



WellStar College of Health & Human Services
 Kennesaw State University
 1000 Chastain Road, MD 4101
 Kennesaw, Georgia 30144-5591



WellStar College of Health & Human Services

excellence

- service
- leadership
- teaching innovations
- scholarship
- wellness

The Dean Speaks

Dr. Richard L. Sowell, PhD, RN, FAAN

As the WellStar College of Health and Human Services looks forward to the new academic year, we are preparing to implement an awareness campaign to highlight the many exciting initiatives we are undertaking.

The health sciences building Prillaman Hall has provided us with opportunities that expand our outreach, our educational programs, and our pursuit of excellence both in the local community and globally. Yet, even more importantly, it has provided our faculty and staff with the opportunity to develop and implement new approaches to education, approaches that combine traditional educational modalities with advanced technologies that will be the hallmark of future education.



Prillaman Hall, the home of innovative health education.

The theme of our new campaign, Innovative Health Education, defines the WellStar College and is the result of a year-long assessment of the College and its initiatives by our faculty and staff, community leaders, and outside consultants. It was determined that the WellStar College has long been innovative in the approach to its academic mission. But now, it is time to take steps to heighten awareness of what the College offers outside the local university community.

Innovative health education can be seen in places ranging from the new Exercise Physiology and Biomechanics laboratories, the Nursing Simulation laboratories, the Brain Biomarker laboratory where research on stroke and head trauma is conducted, to the global video conferencing classrooms. Innovation is evident in the new Forensic Social Work courses that focus on child welfare, and in the new Inclusive Learning and Social Growth program that allows students with developmental disabilities to have a college experience.

While technology is an important aspect in our educational programs, I am proud to report that our faculty and staff understand that technology is not an end into itself.

Innovation is much broader than just adding on-line courses or upgrading teaching technology. The essence of educational innovation is in the spirit of those who design and offer programs that prepare students for their future and expand their world view. It is the willingness to take risks and construct educational opportunities in new and creative ways. Role modeling, risk-taking is as much a part of our innovative spirit as is the cutting-edge technology such as

patient simulators in our nursing skills laboratories and the extensive biomechanics equipment in our Exercise Physiology laboratory.

An example of this adventurous spirit by the College members is represented in our work in the Arab world. The third Arab-American Dialogue, addressing workplace access issues for persons with disabilities, is now being organized to be offered in December, 2011, in Qatar, an Arab emirate, in Southwest Asia. At a time that building understanding and collaboration between the Arab world and the United States is essential, the WellStar College is taking a leadership role. Student experiences are being offered in many regions of the world and build relationships with global colleagues, as well as prepare our students to work in a global society (several of these experiences are highlighted in this issue of EXCELLENCE).

The spirit is seen closer to home. The College established the University Health Services that provide healthcare to the KSU campus community. We now operate three health clinics that offer a full-range of physical and mental health services. The innovative aspect of this initiative is that this nurse-managed clinic system is directly linked to the School of Nursing and serves as a clinical site for our nursing students, with the nurse practitioner providers mentoring students at undergraduate and graduate levels.

In a related initiative, the College delivers health services to under-served community populations through KSU Community Health Clinic located at a

continued on p.2

The essence of educational innovation is in the spirit of those who design and offer programs that prepare students for their future and expand their world view.

give

The give Back Page provides you, the reader, with an opportunity to sustain the types of programs that have been highlighted in this edition of Excellence. It's your choice! Your donation can be directed to a specific program, as mentioned in this publication, or you may choose to support the overall mission of the College.

Why give? Imagine a world without a nurse to greet you at a hospital, a social worker to shepherd the safety of a young child, a health educator providing diabetes literacy.

Contributions are tax deductible to the full extent of the law.

Mission

- Produce quality graduates for employment in the broad-based fields of health and human service, including exercise and health science, health and physical education (P12 Certification), nursing, social work & human services, and sport management.
- Serve as a resource center for health promotion and wellness activities for the campus community through the Wellness Center and the University Clinic.
- Provide outreach to the surrounding community in matters of health and human service.
- Promote interdisciplinary collaboration among the units of the College as related to curriculum, scholarship, and special initiatives, in keeping with the health and human services focus.

Departments & Centers

- School of Nursing
- Health, Physical Education & Sport Science
- Social Work & Human Services
- Wellness Center
- Continuing Education Division
- Academy for Inclusive Adult Education

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● The Dean Speaks • SAVE THE DATE

The Dean Speaks (continued from pg. 1)

local NGO that provides food, housing, and social services to those in our community who are in need. Although offering such health services is both a logical and financial challenge, the innovative spirit of faculty members from Nursing and Social Work and Human Services departments has made the KSU Community Health Clinic an asset to all involved. As much practice as the clinical experience for students this site offers, the faculty and staff provide a deeper dimension to student education through role modeling. When some individuals might have found reasons why this type of offering could not be done, a group of our faculty members have determined that it will be done.

Yet, another example of the innovative spirit of the WellStar College is seen in our Inclusive Learning and Social Growth program. I have often said that this program is implemented on our imagination. It provides an opportunity not only for young people with mental disabilities to have a college experience and expand their potential in life, but it also adds a new dimension to the education of our other students who interact and mentor the

program students. I believe most of the student mentors and faculty will acknowledge that they gain as much from the program students, as the program students gain from being part of the collegiate community. While some individuals may say that expanding the opportunities for mentally-disabled or challenged young men and women is not the mission of a university, innovation is to know what the right thing to do is and then just doing it.

As the Dean of the WellStar College of Health and Human Services, I am proud of the innovative spirit and dedicated service of the College faculty and staff. I believe that this is the essential ingredient that will keep **excellence** as the hallmark of our College. "Innovative Education has a new home" is an appropriate focus for telling our story to the local, national and international community. For those of you in the Georgia area, you will be seeing and hearing more about our College in the near future. Stay tuned as we move our innovative spirit forward.

Dean Richard Sowell and Dr. Carol Holtz Continue Research to Help HIV-Positive Women

Contributed by Carol Holtz

Dr. Richard Sowell, Dean of WellStar College, and Dr. Carol Holtz, Professor of Nursing, collected data from fall 2010 to spring 2011, from 102 consenting HIV-positive women subjects living in the state of Oaxaca, Mexico, who were being treated at the Health Department HIV Clinic called COESIDA.

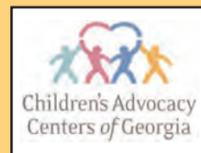
Women being treated often experienced tremendous stress due to stigma, isolation, family violence, and lack of funds for basic living expenses. They frequently were unable to discuss and receive support regarding their problems with family (including their own parents and children) and friends, thus remaining quite stressed and isolated. The COESIDA Clinic director, Dr. Gabriela Velasquez,

wished to request funding from the Mexican federal government for psychological health care for these women and needed documentation of their needs. She asked Dr. Sowell and Dr. Holtz to gather the much-needed documentation in order to request the funds. They had the help of Dr. Gabriela Velasquez and Mrs. Vicky Hernandez, a retired nursing professor from the University of Oaxaca. All interviews and data collection were done in Spanish and were translated into English so that the researchers could run the statistics here on KSU campus. Dr. Lewis VanBrackle, KSU Professor of Mathematics, along with his student assistants, will be assisting in the data processing.

SAVE THE DATE: November 18, 2011

Invitation from Lisa B. Johnson

5th Annual World Day for the Prevention of Child Abuse



The Children's Advocacy Centers of Georgia and Kennesaw State University's Department of Social Work and Human Services will join more than 900 organizations representing more than 130 countries in recognition of World Day for the Prevention of Child Abuse

on **November 18, 2011**. This year, we are pleased to have Chris Hansen, Emmy-Winning Dateline NBC Correspondent, as our keynote speaker. The conference will be held at the KSU Center from 8:30am-4:30pm. Please stay tuned for more information. If you have any questions, please contact Dr. Lisa B. Johnson at **678-797-2165** or ljohn120@kennesaw.edu. (Details on pg. 14.)

● Dr. Holtz and Oaxaca, Mexico • Inside this Issue

Dr. Holtz, Professor of Nursing, Completes the 16th Consecutive Study Abroad in Oaxaca, Mexico

Contributed by Carol Holtz

Oaxaca, Mexico, a city of 400,000 people, was the destination for the 16th consecutive year, for one of the KSU studies abroad, a two-week Nursing program elective course. During the study, KSU nursing students observed and practiced with the personnel in the Doctor Aurelio Valdivieso Hospital and the Guillermo Zarate Mijangos Oaxacan Children's Hospital in Oaxaca.

During a meeting at the Health Department Administration Offices, Dr. Germán Tenorio Vasconcelos, Secretary of Health of the State of Oaxaca, extended a special welcome to the KSU group: Dr. Carol Holtz, Director of the Program and Professor of Nursing; Dr. Astrid Wilson, Professor of Nursing; and 12 students, Ruth Bales, Lois Dapaah, Jennifer Dudley, Amy Dunn, Emily Everitt, Justin Haggard, Erica Kent, Jessica Lasiowski, Kelly Moyer, Heather Scott, Hannah Secunda and Charmain Vilomar. He especially welcomed Dr. Carol Holtz and emphasized the importance of her arrival in Oaxaca, and the study's 16th anniversary. In addition, the Secretary signed an agreement between both institutions to facilitate access to the local hospitals.

Local media interviewed the KSU faculty and students and took a snapshot of the group. The photo and the featured article appeared on the front page of the daily newspaper, "Oaxaca Dia a Dia," on Wednesday, May, 11, 2011. The newspaper wrote: "The study abroad is the result of the commitment of the Governor of the State, Gabino Cue Monteagudo, to strengthen



Photo taken by Oaxaca newspaper "Oaxaca Dia a Dia" - KSU Nursing student with Dr. Astrid Wilson, Professor of Nursing; and Dr. Carol Holtz, Professor of Nursing and Director of the study abroad program (4th and 6th from left); next to Mrs. Vicky Alonso Hernandez, Professor of Nursing at University of Oaxaca and close friend of Drs. Carol Holtz, Astrid Wilson, and Richard Sowell; and Secretary of Health for the State of Oaxaca, Dr. Germán Tenorio Vasconcelos.

the understanding and knowledge among healthcare professionals of the neighboring countries." In addition, the newspaper quoted: "This form of experience exchange exists to promote the relationship between partners of the American Union."

The study abroad included homestays with local families, working in two different hospitals with local nurses and KSU nursing professors, visiting the cultural sites of the pyramids of Monte Alban, the black pottery of San Bartoyo Coyotepec's and the house of Dona Rosa, the rug weavers of Teotitlan del Valle, the wood carvings of Arrozoala, and the folkloric ballet representing the 16 cultures of the State of Oaxaca, staged at the Camino Real Hotel. In addition, students had daily one-hour evening Spanish lessons from the University of Oaxaca Language Center.

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If you have suggestions or comments about the publication, please send them to Jana Mitchell, Editor, at: jmitche2@kennesaw.edu

● KSU Community Health Clinic

Humanitarian Ambassadors “Charley’s Angels” at the KSU Community Health Clinic

Contributed by Jana Mitchell

The fall 2010 issue of EXCELLENCE reported the ribbon-cutting ceremony and the opening of the new, nurse-managed KSU Community Health Clinic. Thanks to Dean Sowell’s leadership, the Clinic moved that summer from a trailer location on highway 41 at MUST Ministries in Marietta to a modern, well-equipped facility in Kennesaw.

For this issue, I wanted to feature an update on the new Clinic and scheduled a visit there. What I learned has changed my perception of the Clinic forever.

I met Jane Conaway, the only full-time nurse there, and Gary Palmer, from KSU Development, at 10:00 am, at the Clinic’s front door designated to staff members. It led directly to a small kitchen.

I noticed fresh tomatoes placed on the kitchen table as we sat down and started talking. Looking back, it would have been natural to assume that one of the patients brought them for the Clinic’s staff. I had a set of questions jotted down on a note pad. But the questions went out the window shortly after I heard the first answer, and when the conversation topics began to expand on their own.

Jane answered: “At the opening of the new Clinic, people lined up to arrange for appointments. We see more than 800 patients. Right now, we are not accepting new patients; we are not able to.”

According to Margarita Diaz, office manager and interpreter, the Clinic receives about 50 calls a day. The demand for the Clinic is immense. People from many backgrounds come in to seek care...the homeless, those who lost health insurance along their jobs, the poverty-stricken, persons coming in from a shelter, and others.

Jane Conaway continued: “We are not just an extension of the School of Nursing and KSU. We provide a humanitarian outreach, and we save lives. Mostly, we treat chronic diseases...diabetes, thyroid disease, high blood pressure, and in emergencies, we can stabilize a person and refer to the hospital. We make a difference here. Some days are overwhelming. We do not have a lot of resources here and have to be creative. We make as much impact as we can. When we see a smile and how grateful our patients are, that’s the pay back.”

Donna Chambers, Nurse Practitioner and Professor of Nursing at KSU, who leads the Clinic, spends as much time as

needed with each patient. She asks how their families are. There is no such thing as a 15-minute visit limitation. Other patients waiting to be seen don’t mind, knowing that they, too, will receive the same attention.

The Clinic’s fee is five dollars per visit, and those who can afford it, pay it gladly. Those who can’t, pay nothing. Some do offer more, even though it’s their last money. Prescriptions are written from a four-dollar list at the Wal-Mart pharmacy. The Clinic has a small amount of medicine available for those who are not able to afford a payment.

Jane commented: “This is my favorite part...we specialize in health education of our patients. We empower patients to take care of themselves. We give the responsibility for their health to them, and in turn prevent complications. That’s the difference we make here. This

helps the health system and keeps people out of ER.” (Feedback from the nearby Kennestone Hospital).

Gary Palmer jumped into the conversation: “They (the clinic’s staff) are the gate keepers. What’s more, they listen and treat people with respect regardless of what they wear, who they are, what circumstances they come from, and what car they drive. People are given a voice and some measure of feeling of being in control. Otherwise, people become hopeless.”

“What I see here,” Gary continued, “is very magical, and it sets the Clinic apart from other university clinics. When I drop in, I can see the magic and the passion for helping people. The staff here is well educated, and they haven’t lost sight of the fact that caring counts. They listen to what the patients have to say, but most importantly, they hear what they say. You can tell it in patients’ faces. They know they are being heard. The byproduct for the community is that here, they’ve done their job well; they helped other human beings; they helped save money and reduce cost in the health care system. Not a lot of universities with clinics do that.”

One of the patients, who initially came for help to MUST Ministries and was referred to the KSU Community Health Clinic wrote:

“I grew up like many of you. I went to college, did well and worked my way up the corporate ladder. Eventually I even owned



Jane Conaway is all smiles when she talks about the health clinic.



Thanks to Dean Sowell’s leadership, the KSU Community Health Clinic exam rooms feature up-to-date equipment.



KSU Community Health Clinic

my own business. Along the way, bad decisions stole everything, and I came to MUST a broken man. I checked into the Elizabeth Inn Shelter, went to the Kennesaw State University Community Health Clinic and began improving immensely. I was an overweight diabetic who needed treatment and nutrition counseling. I needed a job.

I needed someone to believe in me again. My blood sugar levels are normal now, my blood pressure is down, and I’ve lost weight. MUST helped me find a job as a marketing manager and obtain an apartment. I’ve changed emotionally, spiritually and physically. I am so thankful to MUST and the KSU Community Health Clinic that I cannot even put it into words.”

That passion and magic, as Gary Palmer called it, transfers onto nursing students who come here to complete some of their courses.

Jane said: “Students love it here, even those who come here very unwillingly, very reluctantly and feel like they got the short straw when they were sent here. But once they come here, they are reluctant to leave. They are surprised how much they like it here!”

When I commented that the students are young and perhaps before coming here, some may have the perception of nursing as working in a big hospital and as little bit glamorous, Gary quickly replied: “But it is glamorous! I call them Charley’s Angels. When I first came here, I had to hug Jane. You can’t buy these kinds of caring people. It’s just natural to them, and it’s contagious. I’ve sat down with students to talk to them, and they love it here. If we did not have this clinic, we would not be able to instill the values and



The KSU Community Health Clinic features a spacious nurses’ station.

principles on the base core level of what nursing really is! That puts our kids ahead of the game.”

Jane said: “You can’t teach that kind of thing unless you are in it. They got to come here, see it and feel it. It’s wonderful to watch the students develop because they come here the first day and are scared out of their wits. They don’t know how I’m going to be as a preceptor. But I watch them almost daily to gain confidence and competence and just develop a heart for these people.”

By the time students leave the Clinic, they do all the basic patient care; they do all the triage, as well as develop personal skills and social skills.

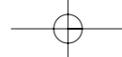
In addition, it is wonderful to have the KSU Nurse Practitioner students who come to the Clinic. They are heavily needed. To stay ahead of the curve, with Donna Chamber’s and Jane Canaway’s input, the Social Work Department steps in to counsel patients. Plans are being made for the Health, Physical Education and Sport Science Department’s involvement in promoting sports activities and a healthy life style. Both departments are part of the WellStar College of Health and Human Services, as is the School of Nursing.

Dean Sowell tries to make sure that the Clinic has what’s needed.

Gary Palmer concluded: “It was Dean Sowell’s vision that caused the clinic idea to be born. His vision was well ahead. When students come here, KSU is looked upon as a leader in education in Nursing. Nursing students become well rounded and seasoned veterans.”

I had all kinds of feelings and images in my head when I left the Clinic. As I drove off, I glanced at the sign that said Kennesaw State University Community Health Clinic, and I knew that the real glamour of being a nurse with a degree meant working in a place like this.

On the next page, a special thank you note to staff and volunteers supporting the clinic.



● Thank You! • Inclusive Adult Education

A special thank you.....can't do it without you!

WellStar College's faculty members and administrators contribute to the Kennesaw State Community Clinic their time and talents: **Kathy Kruszka**, Lecturer of Nursing and Adult Nurse Practitioner, volunteers on Mondays; **Dr. Jamie Lee**, Senior Lecturer of Nursing, who teaches mental health, sees patients at the Clinic one day per week; **Dr. Nicole Mareno**, Assistant Professor of Nursing, volunteers on Mondays, and she is always ready to fill in for Jane Conaway when Jane has to be away. **Dr. Beverly Maddox**, Administrative Director of the

Clinic, on the other hand, contributes to the fundraising efforts for the Clinic.

The Clinic's physician, **Dr. David Cantrell**, has appointments at the Clinic every two weeks and is on call for advice every day. The Clinic also employs **Margarita Diaz**, office manager and interpreter, and on a part-time basis a dietitian, **Sandra Fantauzzi**, and **Lilianna Baquero**, medical assistant.

Academy for Inclusive Adult Education Graduates First Alumni

Contributed by Jennifer Hafer

It was a typical graduation scene: friends and family were gathered; diplomas were conferred; congratulations were offered; and lots of photographs of the new graduates were taken. There were even a few tears.



Kelsey Bizzell (on right) and Chris Hunnicutt became the first alumni of Kennesaw State University's Academy for Inclusive Adult Education.

But this wasn't your typical college commencement. On May 10, Kelsey Bizzell and Chris Hunnicutt became the first alumni of Kennesaw State University's Academy for Inclusive Adult Education.

The academy offers a unique two-year certificate program designed to provide students with developmental disabilities a college experience. The academy is part of the WellStar College of Health and Human Services.

"We're the only university in the state of Georgia to give young adults with developmental disabilities the opportunity to have a college experience," said WellStar College of Health and Human Services Dean Richard Sowell. "Here at Kennesaw State we are focused on inclusion as part of the university's mission, so the academy is a natural extension of what KSU is all about."

Bizzell's mom, Kimberly Tilford, expressed her gratitude for the academy and praised the university's spirit of inclusiveness.

"We have watched Kelsey's immense growth as a young adult under the guidance of many awesome KSU people,"

Tilford said. "Specifically, (program director) Harry Stern and (program coordinator) Jill Sloan are absolutely amazing in their daily plight. Truly, everyone that has worked with Kelsey has been a positive influence. Our heartfelt thanks are extended to the excellent professors, the Bursar's office, the unsurpassed bookstore staff, the friendly Commons staff, the smiling parking lot attendants, and anyone who took the time to be kind and encouraging to our daughter as she has walked the KSU campus these last two years. It is refreshing to know people at KSU are choosing to see the possibilities and minimize any perceived disabilities."

Program coordinator Sloan said Bizzell and Hunnicutt each brought different talents to the university. Bizzell was an "exemplary scholar," she said, while Hunnicutt's gregarious personality helped raise the visibility of the program.

"I am very, very proud of you," she told the new graduates. "You are so brave to be the leaders in offering something that has never been offered before."

Bizzell and Hunnicutt were part of the academy's original three-student cohort, arriving on campus in fall 2009. The program has been so successful that three additional students will be enrolled in the academy this fall, and a future collaboration with Georgia State University and the University of Georgia will create a consortium dedicated to replicating the program throughout the University System of Georgia's 35 colleges and universities.

Plans call for enrolling 25 students in the academy by 2012, and that's welcome news to Karla Wade, the transition specialist for Cobb County Schools.

"This program has been a long time in coming," Wade said. "This is a huge accomplishment, not just for these two students, but for all students with developmental disabilities in Georgia who want a post-secondary education, and until today, those doors have been closed."

Of the 800 special-education students statewide, Wade estimates there are 250 potential academy students in Georgia alone.

● New Biomarkers Laboratory • Buresh

New Biomarkers Laboratory Opens in Prillaman Hall

Kennesaw State University and WellStar College of Health and Human Services announced the opening of the Brain Biomarkers Laboratory in July, 2011. The laboratory is a part of the WellStar College and is housed in the health sciences building Prillaman Hall.

Dr. Svetlana Dambinova, Distinguished Professor in the WellStar College of Health and Human Services, leads the laboratory. Her research team includes Dr. Galina Izykenova, a neuroscientist; Dr. Alex Shikuev, Research Fellow and coordinator for the Department of Defense Grant; and Dr. Alexander Panov, Research Fellow and a biochemist.

Dr. Dambinova's work focuses on developing blood tests to aid early diagnosis of the strokes as a consequence of neuro-trauma caused by brain injuries and concussions.

In January, KSU received a \$2.38 million research grant from the U.S. Department of Defense, for Dr. Dambinova's research. Dr. Kerstin Bettermann, the co-principal investigator on the Department of Defense Grant and assistant professor of neurology at Penn State, collaborated with Dr. Dambinova on this remarkable research for five years. Dr. Bettermann commented that: "The biomarker will help us identify people at risk and optimize treatment. The goal is to identify mild traumatic brain injury, because there is no diagnostic test for mild traumatic brain injury."

Dr. Dambinova's team has also applied for a \$3.6 million grant from the National Institute of Health to fund the vital research.

Buresh's Blurp *Move that Body and Give Beta Cells a Breather.....*

A reduction in whole-body sensitivity to insulin has long been known to be key in the development of type 2 diabetes, and it may well be a basis for a number of other chronic diseases. As you likely know, insulin stimulates the reduction in plasma glucose, but it also strongly influences metabolism in a number of ways. Put simply, an elevation in circulating insulin stimulates fat storage and inhibits using fat as fuel. It's as if the message is, "there is a lot of sugar available, so let's ease off of fat burning for now."

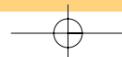
Insulin resistance is characterized by a lower-than-normal reduction in plasma glucose to any given dose of insulin. People who are insulin resistant initially tend to have chronically elevated levels of insulin because the insulin-producing cells in the pancreas (pancreatic beta cells) are required to produce and secrete more insulin to get plasma glucose to return to baseline levels. In this situation the capacity to use fat as fuel becomes increasingly compromised and efforts to lose body fat are often less successful. In this way, insulin resistance can also lead to unhealthy levels of blood fats (i.e., cholesterol and triglycerides), and it's well known that this leads to the development of atherosclerosis and cardiovascular disease. Insulin resistance often progresses to pre-diabetes and type 2 diabetes as (a) the body becomes critically resistant to insulin so that all of the insulin the beta cells can produce no longer keep blood glucose at normal levels, or (b) the beta cells in the pancreas become exhausted, or a combination of both.

Is there anything that we can do to prevent becoming insulin resistant? Well, a key predictor seems to be inactivity, and one reason is related to how muscle activity increases glucose uptake. When muscle fibers are active, they need a lot more energy, and one way in which this need is addressed is

through increasing glucose uptake from the plasma, a mechanism that is wholly independent of insulin! Furthermore, this mechanism seems to be well preserved regardless of one's resistance to the effects of insulin. This means that regular activity takes some of the glucose-lowering "burden" off of insulin, and this allows for chronically lower levels of insulin. Remember – lower insulin levels allow for increases in fat burning and improved blood fats. Much of the health benefit associated with regular activity may be mediated through the effect that muscle contraction has on reducing the need for insulin to regulate plasma glucose.

Skeletal muscle tissue is extremely important in managing plasma glucose, accounting for about 75% of insulin-stimulated glucose uptake. The less we engage the contraction-stimulated glucose uptake mechanism, the more dependent we become on insulin to regulate our blood sugar. The importance of skeletal muscle in aiding insulin in the regulation of plasma glucose was further emphasized in a recent study that found an inverse relationship between insulin resistance and skeletal muscle mass, and this was true in people without diabetes, and even more strongly in people with diabetes. It seems that, the more muscle mass that you have, the more "sink" there is for plasma glucose disposal, and this further unburdens insulin.

Sedentary lifestyles are a strong predictor of insulin resistance and type 2 diabetes, and it really seems that we were never designed to depend so heavily on insulin to manage blood sugar. As our lifestyles have become increasingly sedentary, our skeletal muscle has been given more and more "time off," which has resulted in the need for the insulin-producing cells in the pancreas working "overtime." So, what do you say – how about moving that body and giving those beta cells a breather?



Uganda Study Abroad 2011

Ardith Peters' and John David Johnson's Uganda Study Abroad 2011

"JD Johnson and I had the pleasure of spending three weeks in Uganda with nine students. We focused our service learning on working with children with disabilities. JD's photos and the students' words capture the impact, the beauty, and the fun of the experience." Ardith Peters

"A bit of my heart is still in Uganda!"
Brittany Montgomery

Uganda has opened my eyes to the beauty within this world. My original motivation for going on this trip was to say that I have been out of the country, as this was my first trip overseas. I also wanted to be "humbled" by experiencing of possibly seeing poverty first-hand. Yet, it has meant so much more to me than simply traveling for traveling's sake. The Ugandan people and lifestyles are so beautiful inside and out. I have never experienced such welcoming and genuine, unconditional love from strangers in the US, as I did there. I feel so much gratitude for the care I received. It is easy to subconsciously assume that you are of a higher class than the individuals living in a "third world country" simply because you are an American. However, I left feeling humbled and appreciative of the reality check. As Americans, we could truly benefit from incorporating the lifestyle choices of Ugandans. We must first erase the mentality that we as individuals and as a society are "superior" in one way or another over someone or something else.

Not only are the people beautiful, but the landscape is something that one cannot imagine. The sunrise and sunset of each day truly takes your breath away. I just stood in awe when we caught the sunrise before our land-safari adventure. The one aspect of our trip that I greatly miss is the concept of "felt-time." It is something that you dread at first: never knowing when you are going to be somewhere, what you are going to do, etc. Now that I'm back in

my fast-paced, deadline-locked lifestyle, I miss the simplicity of being somewhere when it "feels" right. All in all, I'd give anything to go again, and I plan to in the future. A bit of my heart is still in Uganda!

"The word 'can't' was so seldom heard, that I almost believe it was not in their vocabulary."
Edric Figueroa

The Pearl of Africa, Uganda, shines for some because of the land's abundance of natural beauty and diversity. From the foothills of Rwenzori, to the lions and elephants at the Queen Elizabeth National Park, all the way to the source of the Nile- Lake Victoria- that connects people, hippos, crocodiles, north to the rest of a country, whose wildlife is often the only pearl people see, Uganda has a beauty rivaled only by the imagery of heaven.

This beauty, however, is not limited to what is visible to the human eye. It is tangible through the caliber of resilience, the liveliness, and critical thinking of the people.

The single story of Uganda I struggled with, prior to departure, was that it was haunted by images of a closed-minded population with little respect for human rights. Images of emaciated families ran through my mind as often as pictures of David Bahati authoring bills and leading demonstrations bent on criminalizing and even killing homosexuals in the name of protecting religion and the country's children.

The news in the US reports little about the good things the politicians and general population are fighting for in Uganda and in the entire African continent. Such as the food riots that took place only weeks before our arrival, organized by the conviction of heart-felt people fighting for their own right to feed and maintain their families. Or the plethora of non-government organizations that teach the people to do for themselves and find their own empowerment through art, sport, and culture.

The word "can't" was so seldom heard, that I almost believe it was not in their vocabulary. The college students, non-profit organizers, cooks, and guest house workers all carried themselves with an air of dignity. They were not afraid to think for themselves and challenge academic points of view and Western standards of capital.

Although, organizing against a government and police force that gas and shoot their own people does create a sense of caution in the people, their hearts and lifestyles, they are challenging the corrupt systems that alienate progress in Uganda.

I can't tell you how many young people I met with several moms, brothers and sisters, and just one dad, young people who yearned for an end to the patriarchal status quo of children and wives equating wealth. Progressive change starts at home within the community you serve; Ugandans have mastered this concept. It is one the United States is still struggling to understand.

For me, the people of Uganda are the "Pearl of Africa." They are quintessential examples of solidarity. I saw the face of real community for the first time during my study abroad experience. It is one I will shape my own home after from here on forth.

"My memories of visiting will last me a lifetime." Tara Hearn

There are many words that can describe my overall study abroad experience in Uganda. However, each and almost every time I am asked my first choice description word is "eyeopening." I arrived with preconceived notions and habits that I was unaware I possessed. I departed humbled, more appreciative, and grateful for the experience. Now, I look forward to maintaining the relationships I made in a country where my memories of visiting will last me a lifetime.

"Little blurb on Uganda" Rachel Fick

Before the trip, I was very nervous, not knowing what to expect. However going with no expectations was probably one of the best things because it allowed me to take in the experiences as they happened. Not thinking if they were better or not living up to what I thought they would be, but rather taking them at face value. One of my favorite activities was when we were able to interact with children from the Kampala School for the Disabled and the Adaptive (soccer) League. The children were absolutely beautiful, so full of laughter and hope. Their disabilities did not define who they were, and that was something we rarely acknowledge here. The interaction between the coaches of the A-League and the players was again a beautiful sight. Mind you, this was not a pity league; these were some of the most talented players I have ever seen. As one of the coaches put it, "Disability does not mean inability."

Upon reflecting on the experience, I realized that I had flown halfway around the world only to be surrounded by people who shared the same values, same dreams, and same activities as Americans. I was greeted by a different landscape, a different way of life, but the things that are important (family, wanting a good education, to get a job, having a childhood) are the same.

In my mind, I think of the Ugandans I met as "pure" people. They are able to speak their mind and do so eloquently and with knowledge. They showed love to their country and their people. They were welcoming to our group, extending a hand, offering assistance, sharing their experiences and open to conversation.

"Uganda, the Pearl of Africa" Brandy Driggers

My experience in Uganda was unforgettable to say the least. I made lifelong friends and learned things about them and myself. The best part of the trip was learning to challenge myself in new ways. I had new experiences, tried new foods, and learned new cultures. This trip not only changed my life, but those who were in my everyday life as well. When I returned to the States, I had a new look on life in general. My whole family said that I had changed, and it was for the better. Reading about Uganda is one thing, but until you visit and experience it for yourself, then you cannot truly understand why it is called the "Pearl of Africa."

"The Ugandan people are the happiest, friendliest, most articulate people I have ever met." Jennifer Ruiz

This trip was truly a life-changing experience for me, and I will always be grateful to professor Peters for taking the time to share such an amazing culture/country with me. I wish I knew how to put into words the impact that this trip has had on me as an individual and on my entire family. The Ugandan people are the happiest, friendliest, most articulate people I have ever met. I fell in love with a culture I didn't even know existed. I made many new friends and was able to experience an entirely different way of life. I will be returning on my own in September with my 10 and 12 year old sons so that they can hopefully learn as much as I did from the impact of learning more than just one story. Ugandans are truly beautiful people.



"The group photo."



"The Conversation," students interact with children at the school for children with disabilities.



"Everyone Likes to Play!"



"At the Dance," starting left: Ardith Peters, Jennifer Ruiz, Carol Collard, Samantha Mathurin, Maggie McGowan, Brittany Montgomery, Sarah Williams, Rachel Fick, Tara Hearn.

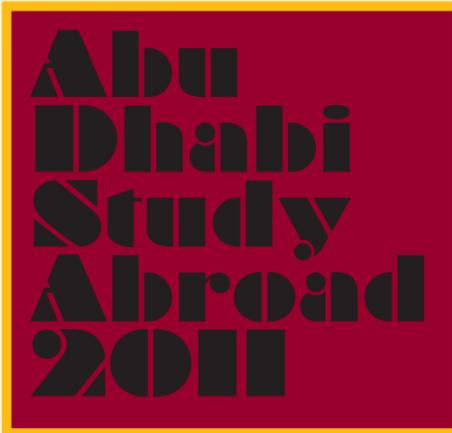


"On the Edge" was taken during the water safari in Queen Elizabeth Park.



"The Game Plan" was taken while visiting and playing with the "A-League."

● Abu Dhabi Study Abroad 2011



Christie Emerson, Lecturer of Nursing, Accompanies Her Students on an Unforgettable Journey to the United Arab Emirates

Contributed by Christie Emerson

During Maymester 2011, seven KSU undergraduate nursing students and one student from the College of Science and Mathematics traveled to Abu Dhabi, the capital city of the United Arab Emirates, for a study abroad. Ms. Christie Emerson, Lecturer of Nursing, and Ms. Amy Bowes, KSU Education Abroad advisor, accompanied the students on their amazing journey to the Middle East.

Abu Dhabi is the largest and most populated of the seven emirates that make up the United Arab Emirates, with over 80% of its land-mass. It is a fascinating place where the domes and minarets of traditional mosques sit comfortably in the shade of gleaming futuristic skyscrapers.

Abu Dhabi culture is closely linked to its Islamic Religion. Local Emirati people are proudly Muslim, which can be seen in all aspects of Arab life, from the clothes worn to the regular call to prayer. The group visited various cultural sites in Abu Dhabi. They also took a day trip to Al Ain, a fertile oasis city located approximately 100 miles east of Abu Dhabi. The last two days of the program were spent exploring Dubai, another of the United Arab Emirates, known for its ultra-modern architecture and many cultural sites.

The 15-hour direct flight from Atlanta to Dubai was not without its problems. The excited travelers were scheduled for the 9:30 pm departure on May 12, but were delayed at the gate and on the runway for five hours. The flight was finally cancelled at 2:30 am. At 4:00 am they were given hotel vouchers and told to meet in the lobby at 11:00 am the following morning to find out what arrangements had been made for them to travel to the UAE. Fortunately, an extra flight was added to accommodate the travelers from the cancelled flight. They left Atlanta 17 hours later than expected, a little tired, but with spirits high.

Upon arrival in Dubai, the group took a bus for the 90-minute ride from Dubai to Abu Dhabi. The biggest challenges initially were acclimating to the 8-hour time difference and the extreme heat. The daily high temperatures ranged from 100 to 114 degrees. Luckily, the air-conditioning in most buildings was excellent.

The students spent ten days in observational experiences at the Sheikh Khalifa Medical Center (SKMC) in Abu Dhabi. SKMC consists of a 568-bed Tertiary Hospital and 14 outpatient specialty clinics, all of which are accredited by the Joint Commission International. The patient population at SKMC is multicultural, with patients from approximately 60 different nationalities. The nursing staff at SKMC is also multicultural, which offered students a fascinating opportunity to focus observation on cultural aspects of providing health-related programs to members of vulnerable populations.

Across the UAE, Emirati citizens make up only for about 20% of the total population; the other 80% are expatriates from

continued on pg. 12



An unforgettable view.



KSU students with students from higher College of Technology.



KSU group's host Linda Clark, COO of SKMC Medical Center in Abu Dhabi (first row, 2nd from right), invited our students to a dinner at Ms. Amna Alansari's (Linda Clark's friend, center first row) residence where authentic Middle Eastern dinner was served.



Rebecca Mabry, undergraduate nursing student, showing off her newly-applied henna.



The Beauty and the Beast.



Safari with Christie Emerson (center, middle row).

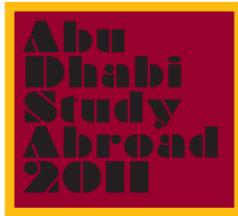


Abu Dhabi skyline.



Courtney McClusky, undergraduate nursing student, perched on a window ledge in the observation area of Burj Khalifa, the tallest building in the world.

● Abu Dhabi Study Abroad 2011



Dune surfing.



Christie Emerson's students visited Burj Khalifa, the tallest building in the world.



Visiting the Sheikh Zayed (founder of United Arab Emirates) mosque. Starting left: students Rebecca Mabry, Lacie Szekes, Courtney McClusky, and Alicia Mikkelsen.

continued from pg. 11

Asia, Africa, Australia, Europe and North America. Rebecca Mabry, senior student in the Wellstar School of Nursing, commented in her journal summary: "The people I met at SKMC are some of the nicest people I have met. Honestly, getting to know the nurses and staff was probably my favorite part of working in the hospital. Learning their backgrounds and how they ended up at SKMC was so interesting. The diversity was incredible."

Another senior student from the School of Nursing, Oxana Hite, recalls one day of observation in the operating room at SKMC with healthcare professionals from South Africa, Egypt, India, Germany, Philippines, Australia, and England all in the same room. Arabic is the official language of the UAE. Because of the multicultural provider and patient population, English is the official language for healthcare. Brian Wolfe, a junior KSU nursing student commented that in spite of the different nationalities of the healthcare providers, "it was interesting to see that the nurses I dealt with all spoke the language of nursing that I have learned at KSU."

While in Abu Dhabi, the students resided in furnished apartments within walking distance of the Corniche, a four-mile sea front road along the Arabia Gulf with public beaches, walking paths, and cafes. Each day after spending the morning and early afternoon at SKMC, they explored different areas of this interesting, modern city. One evening the entire group was treated to a traditional Arabic dinner in the home of Linda Clark, COO at SKMC.

One of the most entertaining activities that the group experienced was a desert safari. The tour departed in the afternoon across the desert of Abu Dhabi with several photo stops during an exciting dune-bashing ride in a 4x4 SUV. The group was then taken to a campsite where they had the opportunity to ride a camel and try sand boarding. They also enjoyed a delicious barbecue dinner and shisha (the famous Arabian water pipe). The evening ended with a belly dancer performing her show by starlight. Some of the students even joined the dancer for some dancing to traditional Arabian music.

Other cultural sites that were visited in Abu Dhabi included the Sheikh Zayed Grand Mosque and the Heritage Village, a living exhibition of the lifestyle and traditions of Bedouin and other cultures from the region. Another activity enjoyed by many of the students was shopping in souks, traditional Arabic markets.

The group took a day trip to the oasis city of Al Ain at the end of the second week. Here they visited the Sheikh Zayed Palace Museum. The palace was Sheikh Zayed's residence in Al Ain between 1937 and 1966. The royal palace and private residential areas are an honest reflection of his country's culture prior to its dramatic development during the post-oil years. While in Al Ain, the group also toured Oasis Hospital, the birthplace of professional healthcare in the Abu Dhabi Emirate and the surrounding region of Oman.

Before returning to Atlanta, the students spent two days and one night in Dubai, the most modern and progressive emirate in the UAE. Some of the highlights of this city included the Burj Khalifa, the world's tallest building, Deira Spice Souk, and the Dubai Museum, along with some final souvenir shopping before leaving.

This study abroad was a unique opportunity for KSU students to experience the health care culture in Abu Dhabi. They were able to experience health care that is largely influenced by Islamic values. When asked how they believe this study abroad will make them different, Alisha Mikkelsen said: "I believe that I not only learned about the culture of the UAE, I learned more about the culture of people in general." Rebecca Mabry responded: "I feel as though I am much more tolerant of those who might not have the same beliefs and religion as I do." Lastly, Lacie Szekies said: "I find that I think differently about many things and especially the people around me."

● Social Work Internships • TeamSTEPPS

Social Work Expands Internships in Thailand Contributed by Alan Kirk

The Social Work program has developed clinical internships in partnership with Special Olympics Southeast Asia. For the 5th year, the program has placed interns in schools for the developmentally-disabled in Thailand. This year, four students were placed at two schools (Chaing Mai and Rayong).

The social work interns live and work for six weeks at the schools, teaching English, leading health education classes, as

well as assisting with teaching in a variety of settings. The Thai Special Olympics organization provides all living expenses for the students while they are in Thailand. KSU provides a generous scholarship that covers airfare to and from Thailand.

Special Olympics International is working with our Social Work faculty to expand opportunities for internships and research in Malaysia, Vietnam, and other pilot projects.

Incorporating TeamSTEPPS, a Teamwork System into Simulation and Lab Experiences at WellStar Contributed by Marie Bremner

The Department of Defense (DoD) and the Agency for Healthcare Research and Quality (AHRQ) have developed TeamSTEPPS. TeamSTEPPS stands for: Team Strategies and Tools to Enhance Performance and Patient Safety. TeamSTEPPS focuses on specific skills supporting team performance principles, including training requirements, behavioral methods, human factors, and cultural change designed to improve quality and patient safety.

Background of Safety Patient Movement and TeamSTEPPS

Over 25 years of research and evidence have been accumulated on teams and team performance in diverse areas to include aviation, the military, nuclear power, healthcare, business and industry. TeamSTEPPS has evolved from research in these high-risk fields and can be applied to the healthcare teams to enhance patient safety.

Healthcare team research began years before the patient safety movement. The integration of teamwork into healthcare by the DoD and cutting-edge researchers preceded the Institute of Medicine report (IOM), "To Err is Human." In 1995, a multi-year research project examined teamwork concepts in an Emergency Department and determined that 43% of errors resulted from problems with team coordination. JCAHO National Patient Safety Goal Requirements began in January 2003. Three of the seven National Patient Safety Goals related to communication, including the need to improve communication among the healthcare team. The 100K Lives Campaign was launched in 2004 for hospitals to implement changes in care that have been proven to prevent avoidable deaths. The focus of the campaign included: Providing Rapid Response Teams, Evidence-Based Care for Acute Myocardial Infarction, and preventing

Adverse Drug Events, Central Line Infections, Surgical Site Infections, and Ventilator – Associated Pneumonia. The Patient Safety and Quality Improvement act was signed in 2005, which required the Department of Health and Human Services to establish a process for the voluntary and confidential reporting of medical errors to patient safety organization. During this same year, TeamSTEPPS pilot curriculum was developed and tested throughout the Department of Defense hospital and clinics.

TeamSTEPPS Course Overview

TeamSTEPPS is composed of four teachable-learnable skills: leadership, mutual support, situation monitoring, and communication. The program includes a Multimedia Curriculum kit with tools and instructional guides, including short case studies and videos illustrating teamwork opportunities and successes.



Healthcare professionals participating in the Master Trainer TeamSTEPPS (R) (Strategies and Tools to Enhance Performance and Patient Safety) Certification Course held at the WellStar College of Nursing at Kennesaw State University in collaboration with Healthcare Team Training of Fayetteville, GA, include Dr. Ajibike Oyewumi, Dr. Marie Bremner, Susan Carr, Mary Beth Maguire, Nicola Wall, Christine Gisness, Abigail Covington, Mary Olivas, Dr. Nick Toff, (front row) Becky Heinsohn, Stephen Powell (CEO of Healthcare Team Training and course instructor) and Daniel Bailly.

WellStar School of Nursing Faculty, Ms. Mary Beth Maguire, and Dr. Marie Bremner recently completed the TeamSTEPPS and Patient Safety Master Trainer Course, sponsored by Duke University Health System. Dr. Bremner and Ms. Mary Beth Maguire will be designing and proposing a curriculum map for implementation of the STEPPS approach through modules to be developed in the skills lab and simulation lab experiences in the fall of 2011, for implementation in the spring 2012. "I am excited about this program, not only is the content important and timely, but this will allow students to incorporate a combination of low, moderate and high-fidelity simulations within the skills lab practice hours. Students will be able to select modules in team groups and practice these important team building skills," Bremner says.

● **SAVE THE DATE • Nichols' New Book**

SAVE THE DATE

*Children's Advocacy Centers
of Georgia
and
Kennesaw State University*

Will join more than 900 organizations
representing over 130 countries
In recognition of

**WORLD DAY
FOR THE
PREVENTION
OF CHILD ABUSE**

NOVEMBER 18, 2011



featuring
Chris Hansen
Emmy-Winning
Dateline NBC
Correspondent

Kennesaw State University Center • 3333 Busbee Drive • Kennesaw, Georgia 30144

IMPORTANT DATES

Registration Materials Will Be Available
No later than October 1, 2011
STAY TUNED!!!!
Please visit our website on October 1st
for more information on how to register
for the conference
www.cacga.org

**Conference Schedule
At a Glance**

November 18, 2011 Friday
8:30 a.m. Registration and Book Sales
8:30 a.m. Continental Breakfast and Mixer
9:30 a.m. Opening Plenary Session
11:00 a.m. Registration Closes
11:00 a.m. Book Signing – Chris Hansen
12:00 p.m. Lunch on Your Own
1:00 p.m. Workshops
4:30 p.m. Conference Ends

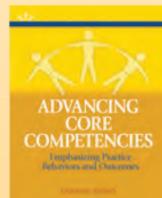
Who Should Attend

- The Community at-Large
- Parents
- Educators
- Division of Family and Children Services
- University Faculty and Students
- Law Enforcement
- Prosecutors
- Social Workers
- Mental Health Professionals

Dr. Quenton L. Nichols' Book to be Released in October



Dr. Quenton L. Nichols,
Assistant Professor of Social Work.



Dr. Quenton L. Nichols' second book contribution to the Council on Social Work Education (CSWE) Core competency/ Practice Behavior workbook for Advanced Courses is scheduled to be released by Pearson Education, one of the largest publishing companies in social work education.

The book, "Advancing Core Competencies: Emphasizing Practice Behaviors and Outcomes" helps MSW students master the competencies and practice behaviors with licensing-type exam questions that apply to specialized fields. It includes websites and online courses such as MySocialWorkLab, MySocialWorkLab Blackboard, and MySocialWorkLab with Pearson eText, all with instant access — for Advancing Core Competencies: Emphasizing Practice Behaviors and Outcomes.

The book builds upon the students' prior knowledge gained from previous social work courses and presents an overview of generalist practice and principles related to the core competencies. It provides a detailed understanding and explanation of the each EPAS standard and is followed by questions that test students' (1) Understanding of Knowledge and (2) Mastery and Assessment of Knowledge of Skills.

Dr. Nichols is an Associate Professor in the Department of Social Work and Human Services in the WellStar College.

● **Motivation • Tribute • Foreign Exchange**

The Art of Motivation Contributed by Cherilyn Hultquist

Drs. McLester, Hultquist, Esmat, Buresh, and Hornbuckle, Health, Physical Education and Sport Science Department faculty, along with graduate students who presented their original research - Kim Kulavic, Tara Truscott and Lindsay Hixson, attended and presented at the 58th National American College of Sports Medicine Conference and 2nd World Congress on Exercise is Medicine in Denver, CO, May 31- June 4, 2011.

Highlight for the Applied Exercise and Health Science (AEHS) department – Kimberly Kulavic's thesis titled "Motivational factors and barriers to physical activity among traditional vs. nontraditional college students" – was selected as an oral presentation, which is very difficult to achieve for this national conference that draws international presentations every year.

The other grad students presented their research as posters and represented KSU very well! All attendees had the opportunity to view research and interact with Exercise Science professionals from around the world.



Kimberly Kulavic, graduate student of Exercise and Health Science, on left, at the conference with Dr. Sherilyn Hultquist, Assistant Professor of Health, Physical Education and Sport Science.

A Tribute to the Nurse Practitioner Program for Foreign Physicians



Shashank Kumar Jha with his wife Ritu.

Shashank Kumar Jha, a physician from India, entered the Nurse Practitioner Program for Foreign Physicians at KSU in May, 2009. He graduated this summer with a 4.0 GPA.

Dr. David Bennett, Associate Dean in the WellStar College of Health and Human Services and Professor of Nursing; and Dr. Genie Dorman, Professor of Nursing; pioneered this program with the goal to educate international physicians as registered nurses and nurse practitioners licensed to practice in the United States. Mr. Shashank Kumar Jha was thankful to have this opportunity and wrote:

I am 1994 Medical graduate from India. I did Family Practice all along till I came to the United States in 2007, after passing my USMLE

Step-1&2. Passed my USMLE Clinical Skill exam & got Educational Commission of Foreign Medical Graduate's Certification from Philadelphia in December, 2007. I tried my best to get into MD residency program till 2008, but as my year of Graduation from Med school was more than 5 years, I couldn't get any.

Luckily I found this MSN-I track and met Dr. Bennett. I got admission in May 2009 and completed the program in record 26 months, which included History & Political Science challenge exam. My Graduation ceremony was on August 2, 2011. I am now ready to appear for my AANP licensing exam in September. I also got an offer to teach Pathophysiology for the same FNP program as a part-time faculty at KSU. This program has helped me tremendously in doing what I am good at, and that is patient care with compassion and competence. I thank Dr. Bennett and this program from the bottom of my heart, **Shashank Kumar Jha**.

Foreign Exchange Contributed by Jennifer Beck

Four students and one faculty member from the Hogeschool van Amsterdam (HVA) traveled to Kennesaw State University in July to take part in a joint International Sport Organization course. The unique course combined the expertise of the instructors and allowed students from different cultures to interact with each other. Since establishing our relationship in 2003, Kennesaw State University has continued the partnership with the Hogeschool van Amsterdam through a variety of student and faculty exchanges. KSU has hosted

two students to study for one semester in the sport management program while HVA has hosted two KSU students studying sport management and exercise and health science.

This past spring, the HPS department sent its first student to study in the Healthy and Active Lifestyle program at HVA. As we finish the second consecutive summer course, the Health, Physical Education, and Sport Science Department looks forward to continuing this relationship with the Hogeschool van Amsterdam.

● New Faculty • Announcements

WellStar School of Nursing Welcomes New Faculty



Camille Payne, PhD, RN, is a BSN graduate of the Medical College of Georgia, MSN graduate of the University of Alabama in Birmingham, and a PhD graduate of the University of Texas at Austin. Her research interests include nursing education and curriculum, as well as nursing faculty issues. She has more than 25 years of experience in various levels of nursing education.

Dr. Payne is a member of multiple nursing organizations, and has served as a committee member or officer in several nursing organizations at the state and national levels. She has previously served on the Education Committee for the National Association of Clinical Nurse Specialists, and is a past president of the Georgia Association for Nursing Education. Currently, she is President of the Society for Clinical Nurse Specialist Education.

Laura La Cagnina, MSN, RN, SANE, MLDJ-R, PLNC, from Marietta, GA, has practiced as a Registered Nurse since 1994. Her experience in course and lecture development is in the areas of fundamentals and critical care. Ms. La Cagnina has lectured on topics of forensic nursing, legal and ethical issues and nursing documentation.

Judith L. Hold, MSN, RN, from Waleska, GA, has a Master's degree in Nursing Education from the University of West Georgia. Her research endeavors focus on qualitative studies using narrative, grounded theory and auto-ethnography methodologies. She has designed and implemented student-centered nursing education courses focusing on nursing foundations, adult health and nursing leadership.

Mary Katherine T. White, RN, MSN, CPNP, from Atlanta, GA, has experience as Pediatric Nurse Practitioner and has previously taught Community Health Nursing in the WellStar School of Nursing.

Marcella (Penny) Ziegler, RN, MSN, CPHQ, from Kennesaw, GA, has worked over 25 years as a Registered Nurse in a variety of progressively-responsible positions. She has experience in education of adult and college-level students, strong background in management, medical-legal case analysis, pediatric emergency and trauma and intensive care nursing.

Social Work and Human Services Department Welcomes New Faculty

Steve King, Ph.D., Assistant Professor of Social Work.
Omar Sums, Ph.D., Temp Assistant Professor of Social Work.

Health, Physical Education and Sport Science Department

Lyndsey Hornbuckle was appointed to American College of Sports Medicine Health & Fitness Summit Committee (January 2011).
Lyndsey Hornbuckle was accepted to American College of Sports Medicine Leadership & Diversity Training Program (April 2011).

Susan Whitlock directed the Georgia AHPERD Summer Institute for Health and Physical Education Teachers at Twin Rivers Middle School in Gwinnett County, June 14-16.

Prillaman Hall Construction Project Receives Awards

The annual South Atlantic Chapter Construction Management Project Achievement Awards program recognizes outstanding achievement in the practice of construction management. The awards program is designed to recognize and promote professionalism and excellence in the management of the construction process.

During the SMAA awards event on June 21, 2011, KSU and Whitting and Turner contracting company received two

awards for the construction of Prillaman Hall health sciences building which was completed in 2010. The awards were for 1. Best Construction Project in the \$30 million+ category, and Best Overall Construction Project in the Southeastern United States (this CMAA District includes Alabama, Georgia, South Carolina, Tennessee and Florida). Prillaman Hall tied for the later award with the Georgia Aquarium for their Dolphin Expansion Project.

● Awards • Grant • Funding

KSU Faculty Awards

During the KSU Faculty Awards Ceremony on August 10, KSU faculty was recognized with announcements of awards recipients and semi-finalists for the KSU Foundation Distinguished Teaching, Research and Creative Activity, Professional Service and Professor Awards.

Dr. JC Bradbury, Chair in the Health, Physical Education and Sport Science department, was honored with KSU Foundation Prize for Publication or Creative Activity with his publication entitled "Peak Athletic Performance and Ageing: Evidence from Baseball." *Journal of Sports Sciences*, 2009 (April), Vol. 27 (6): 599-610.

Dr. Barbara Blake, Associate Professor of Nursing, and **Dr. Jin Wang**, Professor of Health, Physical Education and Sport Science, were finalists for the KSU Foundation Distinguished Research & Creative Activity Award.

Judy Slater, Associate Professor of Social Work, was a finalist for the KSU Foundation Professional Service Award.

Congratulations to the WellStar College's award winners and finalists demonstrating accomplishments in the areas of scholarship and professional service during a successful year!

WCHHS Clendenin Fellowship Awards

Congratulations to the WellStar College's 2011 KSU Clendenin Fellowship Award recipients: **Brian Keith Brooks**, Lecturer of Nursing, who will continue to pursue his Doctorate in Nursing; and **Diane Keen**, student in the MSN program.

Mary Beth Maguire, Lecturer of Nursing and Simulation Laboratories Coordinator; and **Janeen Amason**, Lecturer of Nursing; will receive continued support as KSU Clendenin Fellowship award recipients in 2010.

Grant to Support Masters and Doctorate Students

Dr. David Bennett, Associate Dean of the WellStar College of Health and Human Services, developed and wrote a grant to submit to Kaiser Foundation Health Plan of Georgia, Inc., in support of nursing student and faculty retention. The Kaiser Foundation awarded the \$85,000 grant in June.

The grant supports masters and doctoral students with scholarship funding. It also provides subsidies for faculty members enrolled in doctoral study for release time to pursue their doctoral degree. A faculty development program has also been funded to allow for faculty retention.

FUNDING

Social Work and Human Services

Dr. Ardith Peters, Associate Professor of Human Services, and **Dr. Irene McClatchey**, Temporary Assistant Professor of Social Work, co-wrote and were awarded a grant for \$18,000 from The Halle Foundation to be applied to the Department of Social Work and Human Services study-abroad program in Germany.

WellStar School of Nursing

Hart, P., Brannan, J., Long, J., Maquire, M. B., & Brooks, K., (2011) Effectiveness of a Structured Curriculum Focused on Recognition & Response to Acute Patient Deterioration in an Undergraduate BSN Program. National League of Nursing Research Grant, \$12,224.

● Publications

SPECIAL PUBLICATION ANNOUNCEMENT

Mary de Chesnay, & Anderson, B. (2012). *Caring for the vulnerable: Perspectives in nursing theory, practice, and research (3rd Ed.)* Sudbury, MA: Jones and Bartlett, Inc.

The third edition includes several faculty and student authors from Kennesaw State University:

Nursing Faculty

Dr. Kathie Aduddell
Dr. David Bennett
Dr. Charles Bobo
Dr. Jane Brannan
Dr. Genie Dorman
Dr. Jan Flynn
Dr. Patricia Hart
Dr. Janice Long
Dr. Nicole Mareno
Dr. Lynda Nauright
Dr. Tommie Nelms
Dr. Vanessa Robinson-Dooley
Dr. Lois Robley
Dr. Astrid Wilson
Dr. Anne White

BSN Students

Kristin Cox
Vicky Kronawitter
Heather Payne
Lacie Szekes
Lisa Reyes-Walsh
Suzanne Young

DNS students

Annette Jackson
Rebecca Green

PUBLICATIONS

Brannan J., de Chesnay M., & Hart P. (2011). What to do when the busy day is over. In: M. McAllister, & J. B. Lowe (Eds.). *The Resilient Nurse: Empowering Your Practice*. Springer Publishers: New York.

Buresh, R.J., Berg, K., Hamel, F., and Bilek, L.D. (2011). Moderate exercise of 120 minutes per week improves aerobic fitness and waist circumference but not insulin sensitivity in persons with elevated fasting glucose. *Gazzetta Medica Italiana*, 170, 121 - 128.

de Chesnay, M., Hart, P., & Brannan, J. (2011) Cultural competence and resilience. In: M.deChesnay & B.Anderson (Eds.). *Caring for the vulnerable: Perspectives in nursing theory, practice and research (3rd ed.)* Sudbury, MA: Jones and Bartlett, Inc.

Spiva, L, **Hart, P.**, & McVay, F (2011). The Lived Experience of Mature Nurses: Discovering Ways that Influence the Mature Nurse to Remain Practicing at the Bedside. *Nursing Research and Practice*, May 2011, <http://www.hindawi.com/journals/nrp/2011/840120/>. doi:10.1155/2011/840120.

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Mary Migliaro, M.Ed., The Impact of Personal Bias for Providers and Client, *The Dialogue*, 2011 Volume 17, Issue 1., published by The U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA).

Mitchell, D.B. Unconscious perception. In H. Pashler (Ed.), *Encyclopedia of the Mind*. Thousand Oaks, CA: Sage Publications, in press.

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Wang, J. and **Calloway, J.** (2011). The challenges and strategies of foreign coaches working with Chinese Olympic teams. *International Journal of Coaching Science*, 5, 81-91.

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● Presentations • Continuing Education

AWARDS

CETL Faculty Incentive Award (2011). **Hart, P.** & **Mareno, N.**, Nurses' Perception of their Cultural Competence in Caring for Diverse Patient Populations.

David Mitchell, Distinguished Scholar in Gerontology, received a Tenured Faculty Sabbatical Award, Spring Semester 2011, and served as Visiting Scientist, School of Psychology, Georgia Institute of Technology.

PRESENTATIONS

Bairan, A., Woodall, D., & Boeri, M. "When You Got Friends in Low Places:" *Poor Female Methamphetamine Users in the Suburbs and Barriers to Needed Resources*. (Podium Presentation) Southern Sociological Society Annual Meeting, Jacksonville, FL., April 8, 2011.

Spiva, L., **Hart, P.**, & McVay, F. (2011). *Discovering ways that influence the older nurse to continue bedside practice*. Poster session presented at the Georgia and South Carolina Hospital Association Nurse Leadership Institute, Hilton Head, South Carolina.

Spiva, L., **Hart, P.**, Pruner, L., Johnson, D. Martin, K., & Mendoza, S. (2011). *New graduate nurses' transition into practice*. Poster session presented at the Georgia and Carolina.

Kilday, D., Spiva, L., Barnett, J., Parker, C., & **Hart, P.** (2011). *The effectiveness of combined training modalities on neonatal rapid response teams*. Poster session presented at the Georgia and South Carolina Hospital Association Nurse Leadership Institute, Hilton Head, South Carolina.

Hornbuckle, L.M., L.B. Pantan, and M.C. Whitt-Glover. (June 2011). Poster Presentation: Evaluation and Long-Term Follow-up of a Walking and Resistance Training Intervention in African-American Women. American College of Sports Medicine Annual Meeting, Denver, CO.

Whitt-Glover, M.C., D. Heil, **Hornbuckle, L.M.**, S.A. Ham, and B.E. Ainsworth. (June 2011). Poster Presentation: A Calibration Method to Improve the Criterion Validity of Self-Reported Physical Activity. American College of Sports Medicine Annual Meeting, Denver, CO.

Hornbuckle, L.M., P-Y. Liu, J.Z. Ilich, and L.B. Pantan. (March 2011). Poster Presentation: Fat mass associated with lower bone mineral density in African-American women with metabolic syndrome. American Heart Assoc. Nutrition, Phys. Activity, & Metabolism Scientific Sessions, Atlanta, GA.

Johnson, L.B., & Johnson, D.C. (October, 2011). Reinventing the stress concept. Presented at the Council on Social Work Education (CSWE) Annual Program Meeting, Atlanta, GA. [peerreviewed paper].

Mitchell, D.B. Picture Fragment Identification Norms: Ages 18 to 81. Presented at the Association for Psychological Science, Washington D.C., May 2011.

Mitchell, D.B. How to Conduct a Post-hoc Longitudinal Memory Study. Cognitive Aging Research Seminar, Georgia Institute of Technology, January 2011

Wang, J. (2011). *Technical training approaches for Olympic and professional soccer athletes*. Keynote speaker, presented at the Chinese National Conference of Olympic and Professional Soccer Coaches, Xiang He City, He Bei Province, PR China.

Wang, J. (2011). *Coaching psychology for Olympic and professional soccer coaches*. Keynote speaker, presented at the Chinese National Conference of Olympic and Professional Soccer Coaches, Xiang He City, He Bei Province, PR China.

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