



Fun Facts About Spring

- When it is **spring** in the **Northern Hemisphere**, it will be **autumn** in the **Southern Hemisphere**
- **In spring, the Earth's axis is tilted toward the sun**, increasing the number of daylight hours and bringing warmer weather.
- The **first spring flowers** are typically dandelions, daffodils, lilacs, lilies, iris and tulips to name a few.
- **Holidays that occur in spring** include Easter, Passover, April Fool's Day, Earth Day, Arbor Day, Mother's Day, Father's Day, Cinco De Mayo, and Holi (festival of colors in India).
- **Spring fever** is a term applied to several sets of physical and psychological symptoms associated with the arrival of spring. Experts say the body's makeup changes due to different diets, hormone production, temperature and increased light.

Appreciative Reflection of the Day

"I try to place myself in the shoes of those people that are before me (in my court), and look at them through the eyes of the Lord"

Judge Frank Caprio, Chief municipal judge, Providence, Rhode Island

On his 84th birthday celebration.

Faculty Spotlight



Shari Harding article publication: Harding, S. L. (2021). Intermittent fasting: Clinical considerations. *The Journal for Nurse Practitioners*, [e-pub 2/21/21] [Intermittent Fasting: Clinical Considerations - ScienceDirect](#)

Shari Harding contributed the "OCD and Related Disorders" chapter to a recently published textbook: I Rhoads & P. J. M. Murphy (Eds.), *Clinical consult to psychiatric nursing for advanced practice*. New York, Springer Publishing.

WE ARE UMASS STRONG

A [video showing scenes of the past year](#) reminds us how we are all UMass strong.

UMass Medical School faculty reflect:

Michael Hirsh, MD, and Matilde Castiel, MD, provide comments in [this Telegram & Gazette article](#).

Chancellor Michael F. Collins and Jill Terrien, PhD, ANP-BC, joined Michael Hirsh, MD, on [WCCA-TV](#).



Mechelle J. Plasse, PhD, APRN-BC, Assistant Professor presented her abstract at International Society of Psychiatric-Mental Health Nurses 23rd Annual Conference.

Abstract Title: Incorporating allyship and social justice into a competency-based graduate nursing curriculum: A parallel process of critical consciousness and skill acquisition

Abstract: Compassionate, socially conscious healthcare providers who are ready to commit to being agents of change are needed. Using the leverage that comes with positions of power and privilege, providers must become allies with patient communities and address the socially unjust discriminatory practices endemic to the healthcare system. Nursing has roots in social justice but graduate nurse practitioner programs have become heavily competency-based, including the psychiatric mental health nurse practitioner (PMHNP) curriculum. Through the creation of a transformational learning environment the PMHNP curriculum can offer a synchronous and complimentary trajectory for the development of the credentialing body competencies alongside the raising of critical consciousness. Transformational learning theory elements will be used as a scaffolding for curriculum design, weaving skill development and sociopolitical concepts equally throughout. By creating dissonant learning experiences followed by critical reflection exercises and facilitated dialogue the PMHNP learner will be far better prepared to apply a critical lens when considering bias within policy, practice and other organizational or structural processes. These are the necessary skills needed as a social change agent. This presentation will outline the steps in creating this inclusive curriculum which poises the PMHNP to take up the advocacy and allyship call to action for social justice.

Faculty Spotlight

Sharing the tremendous effort our 3 schools of students are doing in the realm of covid-19 related projects, vaccination and outreach to the community. This is truly an interprofessional effort. March 9th marked the last day of the UMMS employee vaccination drive. UMMS students volunteered more than **640 hours** on this project, and collectively these sites provided **40,000 vaccinations**. Second, we want to **spotlight [this article](#)**, which highlights the efforts of our volunteers to have conversations with patients about the COVID-19 vaccines, in addition to vaccinating.



Kirollos Bisheet (SDM'22) (from left) receives a saline shot from Kendall Mulvaney (MED'21), supervised by Jill Terrien, UMass Medical School Graduate School of Nursing

Syringes, Oranges, and Faculty Help Train More Than 100 Volunteer COVID Vaccinators

GSN involvement: Jill Terrien; Janet Hale; Students; Helen Tsiagras, Madeline Lane, Amanda Sylvia and Allison Carlson (all DNP year 1 and in my CSL group)

Read more: <http://www.bu.edu/articles/2021/medical-campus-students-turn-out-in-droves-to-train-as-volunteer-vaccinators/>

Faculty Spotlight

STUDENT AND FACULTY CONFERENCE PRESENTATIONS

NONPF: Alaina Valcourt, BSN, RN, Heather Lovelace, MS, FNP-BC, RN, Jean Boucher, PhD, ANP-BC, Michele Pugnaire, MD Title: “Innovative Strategies for Nurse Practitioner Education: Virtual Interprofessional Global Health Initiative During a Worldwide Pandemic”

ENRS: Alexandra Young MS, AGACNP-BC; Dawn Carpenter, DNP, ACNP-BC, CCRN, Alexander Menard DNP, AGACNP-BC, Michelle O’Rourke, DNP, RN, CCRN, Erin Guyette MSN, RN, Johnny Isenberger MS, ACNP-BC, Ulysses Torres, MD. “Pedal to the Metal: Nurse-Led Early Mobility Protocol Using Cycle Ergometry for Adult Surgical ICU Patients”

NONPF 47th Annual Conference Submission

Rachel Richards, DNP, ANP-BC, Coordinator, Adult Gerontology Primary Care Nurse Practitioner Program Track; **Susan Feeney, DNP, FNP-BC**, Coordinator, Family Nurse Practitioner Program Track; **Alexander Menard, DNP, AGACNP-BC**, Coordinator, Adult Gerontology Acute Care Nurse Practitioner Program Track

Title: Innovation and Adaptation During a Pandemic

Abstract Text: The COVID-19 pandemic presented many challenges and opportunities for graduate nursing education. Federal, state and local travel bans, and social distancing policies were enacted to slow the spread of the virus. Suspension of clinical rotations and transition to distance learning ensued. A decisive and innovative response and course redesign was required to sustain graduate program progression. At the University of Massachusetts Medical School, Graduate School of Nursing 3-prong approach ensuring competency, communication and outcome-focused was developed to preserve program progression, degree conferral and certification exam eligibility.

Women’s Health Concentration

We’ve had many students over the years express an interest in practicing in women's health. The Contemporary Issues in Women's Health elective (N 691) was developed & has been offered since 2006. In 2018 we developed a new advanced course in women's health (N 693). As part of the new Concentration in Women’s Health students take both courses (N691 & N693) the summer before the clinical practice year. So far 20 students have completed this new Concentration. Three **GSN Alumni teach the courses**. N691 course is taught by **Rosemary Theroux (PhD) & Cathy Violette (DNP)** and N693 course is taught by **Mary Fischer (PhD)**. All three are certified women's health nurse practitioners (WHNP-BC) with many years of clinical practice, including UMass Memorial Medical Center Women's health Services.

Student Spotlight

UMMS students receive Mick Huppert Community Health Scholar Awards to address community health

Recipients: **Heidi Boland and Grace Winship**, first-year DNP students

Implementation of Outer Cape Health Services' Sano Health smartphone pilot project

Mentor: Andy Lowe, chief strategy officer at Outer Cape Health Services, instructor in family medicine & community health.

Boland and Winship are working with Outer Cape Health Services, a nonprofit community health center serving the 10 outermost regions of the island. OCHS is partnering with Sano Health, which provides telehealth-specific devices to health care providers and patients insured under Medicare to facilitate improved access to health care appointments and medical records. Their goal for this project is to use surveys and interviews to ascertain the feasibility of telemedicine during COVID-19 within the Medicare patient population. They also plan to evaluate if access to care is increased by measuring increased video visit attendance rather than audio-only attendance.

"Patients have identified telehealth barriers such as poor WiFi connection, lack of smartphone ownership or experience, and difficulty navigating multiple smartphone applications," Boland and Winship said. "We recognize the future of health will include some form of telemedicine but are curious about the quality of the interactions had over video for both the provider and the patient."

Congratulations Dr. Jenn Berube!



Congratulations **Jennifer Berube** on the successful defense of her dissertation, "**New Graduate Nurses' Perception of the Impact of Dedicated Education Units on Transition to Practice: A Descriptive Study**" on March 22, 2021.

The focus of her study on the transition to practice of newly graduated registered nurses will make a significant contribution to the literature - we look forward to seeing it in print! Addressing the education-practice gap that new nurses encounter is important; results of this study may propel the creation of future DEUs. I would like to acknowledge the Dissertation Committee Members Dr. Sybil Crawford, Dr. Maureen Wassef, and Susan Sullivan-Bolyai for their efforts and help in guiding Jenn through the dissertation process.

Three PhD students presented posters at the 33rd Annual ENRS Scientific Sessions March 24-25, 2021

Jenn Berube shared the results of her dissertation study, "New graduates nurses' perception of the impact of dedicated education units on transition to practice: A descriptive study."

Julia Patrick shared results of an integrative review, "Sleep disturbances experienced by adults hospitalized on medical and surgical units: An integrative review."

Zareen Barry shared a concept analysis, "Bridging in Education: A Concept Analysis"

Student Spotlight



DNP student Jackie Mbugua is drawing up Pfizer vaccines to vaccinate the military in Cape Cod.

Announcements

(Dis)ABILITY Panel

**Thursday, April 8
7-8:30pm**

Let's Talk!

Participants automatically enter a free raffle for a \$33 Amazon gift card!

A panel discussion where people with disabilities talk to caregivers about what matters to them

Students from any year in SOM or GSN are welcome!

Preregister with QR Code:

UMASS MEDICAL SCHOOL

Presented with funding by:
Holy Cross

THE FUTURE IS ACCESSIBLE

DNP practicum project and it's going to be a panel discussion for local youth in Boston and Worcester who will speak to GSN and SOM students about their experiences in healthcare. **Clare Foley, FNP-BC; DNP Student, 2021**

Tri-School UMass Housing

Here is the tri-school Excel sheet for the UMass housing search. Feel free to edit and share with those looking for housing. Happy searching! [UMMS Roommate/Housing Search 2021 - Google Sheets](#)

Announcements



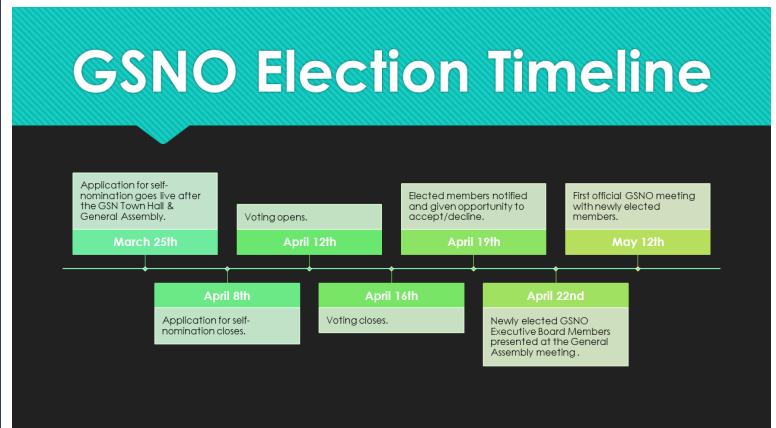
GSNO 21-22 ELECTIONS
A VOICE FOR ALL GSN NURSES

EXECUTIVE BOARD POSITIONS
Co-Presidents
Secretary
Treasurer
Members-At-Large
CLASS REPS (NEW)

- DNP
- PhD
- Master's
- GEP (will be recruited in Fall '21)

LEAVE YOUR LEGACY

Illustration of a male nurse and a female nurse wearing masks.



GSNO Election 2021-22: Self-Nomination Form

This form will be open for students to self nominate from Thursday, March 25th to Thursday, April 8th. Information provided on this form will be shared with the GSN student body (unless you are only applying to be a class representative) when voting begins on Monday, April 12th through Friday, April 16th. The new GSNO executive board (co-presidents, secretary and treasurer) will be elected based on the number of votes from GSN students and current GSNO board considerations. Class representatives will be appointed at a later date by the newly appointed GSNO Executive Board based on interest (Note: there will be no limit to the number of class reps that can be appointed).

Voting will open to the GSN Community on Monday, April 12 and all community members will be given a compiled list of the student candidates.

https://docs.google.com/forms/d/e/1FAIpQLSfvsMrjnSCpSoHchvU2_uIuR4pR-tv9PoQknzYVSlIB8FlahA/viewform

Career & Professional Development Panel Discussion

The Professional Womens Committee of the CEOD, invites you to hear from three passionate professional women within our institution about their career trajectory, career advice, and hopes for the future of women in the workplace and at UMass Medical School. "Meet the panelists:" Lisa Colombo; EVC of Commonwealth Medicine, Marlina Duncan, Vice Chancellor for Diversity & Inclusion and Patty Lanzillotti, ACIO, Academic Technology.

Date: Thursday, April 15, 2021

Time: Noon – 1:00 PM

[RSVP Today](#)

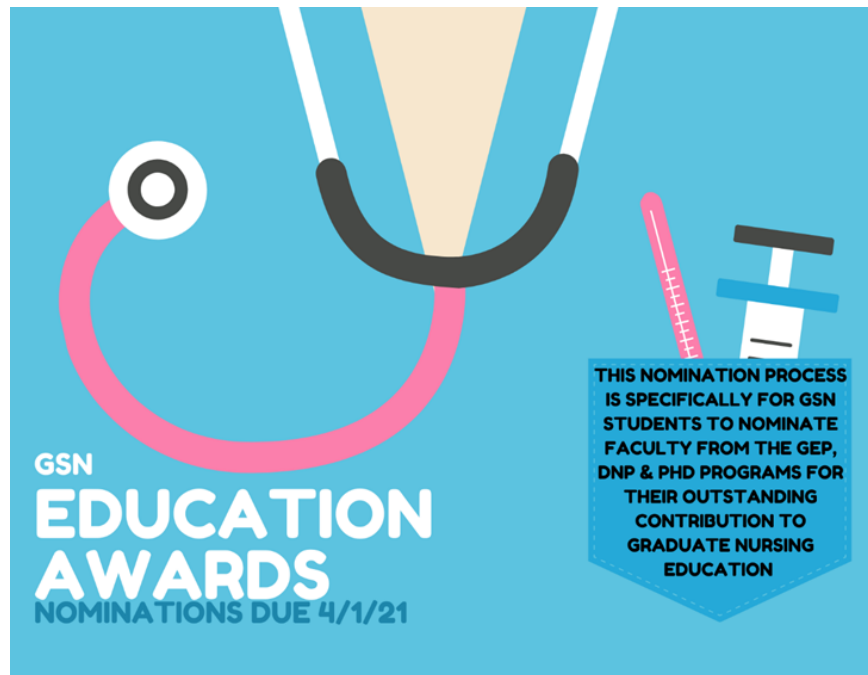
Announcements

CastleBranch Expands Scholarship Support for Nursing Students Through AACN's Foundation for Academic Nursing

WASHINGTON, DC, March 18, 2021 – The **American Association of Colleges of Nursing (AACN)** is pleased to announce that **CastleBranch, Inc.**, a leading provider of customizable screening and clinical experience solutions for health profession students, has committed \$250,000 in new funding to provide scholarships to nursing students in baccalaureate, master's, and doctoral programs. Now under the administration of **AACN's Foundation for Academic Nursing**, the Geraldine "Polly" Bednash Scholarship and the CastleBranch-GNSA Scholarship will provide support to 60 promising nursing students through 2025.

The [Geraldine "Polly" Bednash Scholarship Program](#) provides \$5,000 in funding to outstanding students in baccalaureate, master's, and doctoral programs at AACN member institutions. For more information and to apply, [click here](#).

The [CastleBranch-GNSA Scholarship Program](#) awards \$2,500 in funding to master's and doctoral students who are advancing the nursing profession through a commitment to innovation, leadership, and mentoring. For more information and to apply, [click here](#).



STUDENTS NOMINATE GSN FACULTY HERE:

https://forms.office.com/Pages/ResponsePage.aspx?id=_IWR7qMteEOmxEQF-vV7Lmgb2DXoVNpBh3YtXYRYOdtUNDFGMEQzSFFGOEVTv1NFUEtYMVdVOVY1Si4u

Recipe of the Month



Easter Breakfast Casserole

INGREDIENTS

- 1 pound bacon
- ¼ cup diced onion
- ¼ cup diced green bell pepper
- 3 cups shredded Cheddar cheese

8 eggs

2 cups milk

1 (16 ounce) package frozen hashbrown potatoes, thawed

INSTRUCTIONS

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 7x11inch casserole dish.

Fry the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain on a paper towel-lined plate. Crumble.

In a large bowl beat together eggs and milk. Mix in cheese, bacon, onion and green pepper. Stir in the thawed hash browns. Pour mixture into prepared casserole.

Cover with aluminum foil and bake in preheated oven for 45 minutes. Uncover and bake for another 30 minutes until eggs have set.

Be part of the next newsletter

TELL US SOMETHING GOOD AND EXCITING!

ENTER YOUR NEWSLETTER SUBMISSIONS & BE FEATURED IN OUR 1ST EDITION !

**WE WILL RELEASE THE MONTHLY GSN NEWSLETTER ON THE 2ND WEEK OF EVERY MONTH
YOU CAN BE FEATURED IN OUR STUDENT/FACULTY/STAFF SPOTLIGHT SECTION, OR
RECOMMEND A PEER :)**

- EVENT PROMOTIONS WITHIN GSN & UMMS
- KUDOS & RECOGNITION
- SCHOLARSHIP PRESENTATIONS & PUBLICATIONS
- RECIPE OF THE MONTH
- GSN0 UPDATES
- STUDENT ANNOUNCEMENTS: APARTMENTS FOR RENT, CARS FOR SALE, ETC...

For the April newsletter have your submissions in by April 15th

Send in your submissions today and don't forget to bookmark the [submission form!](#)

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