



On behalf of the Graduate School of Nursing I would like to wish all of our faculty, students and alumni who are nurse practitioners a very Happy NP Week.

The Theme for Nurse Practitioner week is *NPs Moving Forward: Today, Tomorrow, Together*. We join a grateful nation in recognizing NPs for their leadership, putting the health of patients ahead of their own, and we honor those who lost their lives in service to patients. The exceptional care that you provide needs to be celebrated.

Moreover, during this week we also must remind our lawmakers to remove outdated barriers to your practice. Congratulations and enjoy your week! Please stay safe!

**Joan Vitello**  
Dean, Graduate School of Nursing

### *Appreciative Reflection of the Day*

“The path forward may sometimes be unclear. It may be messy but the shared heart is calling and we have the opportunity to make lasting shifts toward love and justice in our world”

*Kristi Nelson*

During NP week we celebrated our faculty, students and alumni.

This is just a few stories we featured, visit our website [here](#) for more.

THE REPUBLICAN | MASSLIVE.COM

Adam Baskin, NP at Baystate Mason Square Community Health Center and 2020 graduate of the Graduate School of Nursing DNP Program. He writes about Managing needs of Seniors in a Pandemic.



## Managing needs of Seniors in a Pandemic

BY LAUREN FAVORITE  
MSW, LICSW  
ADAM BASKIN  
DNP, FNP-C

Over the past eight months, the COVID-19 pandemic has altered all facets of life, resulting in disruptions to "normal" functioning. As healthcare providers, we have adjusted to meet the needs of our patient populations, especially our senior citizens. According to Adam Baskin, a Nurse Practitioner at Baystate Mason Square Community Health Center, many of his senior patients are anxious about leaving their homes to access in-person healthcare due to their increased risk of complications from COVID-19. The need for telehealth visits has grown, but providers are limited to what they can review in a virtual setting. While opportunities exist to improve how comprehensive telehealth visits can be - by providing durable medical equipment to self-monitor at home or through other methods - some conditions require a level of oversight that can only be provided onsite. As a result, senior patients with chronic health conditions may find themselves going to the clinic more

frequently than they are comfortable. In this case, providers offer support and guidance around the importance of coming in for a face-to-face exam, provide health literacy around safe guidelines regarding COVID-19, and address acute and chronic behavioral health concerns. Baskin reports that many seniors are expressing an increase in anxiety-related symptoms, perhaps due to a lack of supports. They are feeling cooped up indoors and are missing socialization due to social distancing guidelines, adult health centers functioning at limited capacity, and lack of technology to connect with their support systems. To address the whole-health needs of his patients, Behavioral Health Network (BHN) has provided Baskin and his colleagues with opportunities to connect their patients to an integrated behavioral health team. Through this service, providers quickly introduce patients to a consultant that will address their behavioral health needs. Addressing and helping seniors manage depression, anxiety, and stress can reduce impacts to functioning and improve health outcomes, which may also result in bet-

ter management of medical conditions. This service helps patients feel empowered to leave their homes safely when needed, to access social supports in a meaningful way, and to benefit from the therapeutic supports in conjunction with the management of physical health conditions. "Having on-site support from the behavioral health team helps personalize the experience for our senior patients, allowing for a warm handoff between providers and patients to occur, as well as a collaborative and patient-centered treatment plan to be developed," shared Baskin. In addition to connecting patients to therapeutic services, behavioral health consultants also address needs around housing stability, food insecurity, and other community and social issues. The result of this cooperative, patient-centered care is an environment where the needs of senior citizens can be fully met. If you or a senior in your life is worried about leaving home to receive care, encourage them to contact their provider and inquire about integrated behavioral health services that can help.



**Adam Baskin, DNP, FNP-C**

Adam received his Doctor of Nursing Practice from University of Massachusetts Medical School's Graduate School of Nursing in 2020, as well as an undergraduate degree in Applied Forensic Science from Mount Ida College in 2011. He works at Mason Square Clinic providing primary care practice for patients across the lifespan.



**Lauren Favorite, MSW, LICSW**

Lauren is a licensed clinical social worker working for BHN in the Springfield area, with a focus on primary care behavioral health. She received her Master's in Social Work for Boston University in 2016, and currently supports BHN's Integrated Behavioral Health Teams as an Assistant Program Director.

### Graduate School of Nursing Faculty NP's

- Karen Dick, PhD, GNP-BC, FAANP: Hebrew Senior Life
- Ken Peterson, PhD, PNP-BC: Family Health Center, Worcester
- Jean Boucher, PhD, RN, ANP-BC, AOCNP: VNA Care Network
- Jill Terrien, PhD, ANP-BC; Sue Feeney, DNP, FNP-BC, NP-C; Rachel Richards, DNP, ANP-BC: Worcester State University Student Health Services
- Alex Menard, DNP, AGACNP-BC; Jes Pagano- Therrien, PhD, RN, CPNP; Nancy Morris, PhD, ANP; Mary Fischer, PhD, MSN, WHNP-BC: UMMHC
- Shari Harding, DNP, PMHNP-BC, CARN-AP, CPRP: Reliant Medical Group
- Mechelle Plasse, PhD, APRN: Moon Spot Wellness Center, PC
- Stephanie Rondeau, ACNP, CCRN
- Ideal Health Care: Pat White
- Carol Jaffarian, MS, RN, ANP-BC
- Mary Sullivan, DNP, ANP-BC, ACNP-BC
- Rosemary Taylor, PhD, RN, CNL
- Donna Perry, PhD, RN

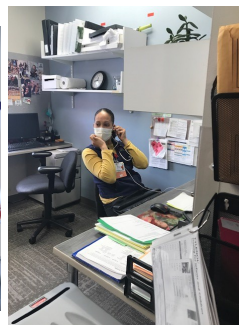
### A few Alumni NP's



Jessica Deglialberti



Abigail Mathews & GSN Grad  
Brianna Leonard



Amaryllis Teixeira



Meghan Lavin &  
Jenna Lizewski  
Pre-surgical evaluation at  
UMMHC

Kennedy Community Health Center

# Faculty Spotlight

## WOMEN'S HEALTH NURSE PRACTITIONERS

### Specializing in Women's Health



**Women's Health Nurse Practitioners (WHNPs)** earn master's and/or doctoral degrees and are certified by a national organization. They uniquely specialize in the care of women of all ages.

WHNPs work in a variety of settings where female patients are seen, including hospitals, private and community clinics, schools, and military healthcare settings.

WHNPs see patients beginning at puberty and provide care throughout a woman's lifespan. They also see and treat male patients to ensure their sexual and reproductive health.

### Providing Comprehensive Care

WHNPs provide holistic care that considers the **health impacts of economic, cultural, and family issues**, such as poverty, violence, sexual and gender identity, caregiving, and aging.

In addition to expertise in reproductive and sexual health, WHNPs are skilled at recognizing **chronic and complex diseases that can present differently in women**, such as gynecologic cancers, endocrine disorders, and communicable diseases.

Rosemary Theroux, Mary Fischer and Cathy Violette are Women's Health NPs (WHNPs) see above for a good description of WHNPs (courtesy of NPWH). GSN has a Women's Health concentration as well as a Women's Health Elective taught by Rose Theroux & Cathy Violette. **Fun fact:** Rosemary, Mary and Cathy are GSN Alumni and Rose was the advisor for both Cathy and Rosemary.

A manuscript, An Exploratory Study of Bullying Directed Toward Clinical Nursing Faculty: Prevalence and Impact by GEP faculty member Rosemary Taylor, PhD, RN and UMass Lowell colleagues Mazen El Ghaziri, Ph.D., MPH, RN and Shellie Simons, Ph.D., RN was accepted for publication in the journal Nurse Educator. It will be available pre-publication and is slated for publication in the fall of 2021.

# Student Spotlight



We are so proud of Melissa Condren, MSN, RN, CPNP of what she has accomplished and her passion in advancing her role as a leader in advanced practice nursing. She is Graduate School of Nursing DNP student and the recipient of the 2020 M. Louise Fitzpatrick Nursing Scholarship Award. Melissa is currently working as a Pediatric Nurse Practitioner at Connecticut Children's Medical Center in Hartford, CT. Learn more about Melissa here: <https://www.n-e-f.org/scholars/2020-2021-winners/melissa-condren.html>



Emily Davenport didn't have a nursing background before she started the Graduate School of Nursing's Graduate Entry Pathway to Doctor of Nursing Practice program. After earning her RN, she began working with **#COVID19** patients: <https://bit.ly/32tdNGr> **#StudentSpotlight**

# Announcements

## **DIVERSITY IN ACTION**

The Office of Diversity sponsored a few all campus virtual events in the month of October. To view the recordings and download the slides from each event go to the diversity website [here](#).

## **Modifications to UMMS travel policy – effective October 5, 2020**

### Travel Policies:

For updated information about travel policies, please refer to [UMMS travel policy updates](#) and the [Student Life COVID-19 sharepoint travel info page](#) for complete details, including an FAQ on travel

- **Clinical SOM (MS3 and MS4) and GSN students**
- Students who are in their clinical years of training/returning to clinical sites are considered healthcare workers and do not need to quarantine after return from travel to a 'higher risk' state.
- However, clinical students must provide SHS with a COVID PCR test within 72 hours of arrival from any location other than a lower risk state, and must quarantine until the results are available.
- The negative test must be provided to SHS in order to be cleared to return to the clinical work site.
- **Nonclinical SOM, GSN and GSBS students** – you must either quarantine for 14 days or utilize the test out option (7 day quarantine followed by SARS-CoV-2 testing and quarantine until resulted)
- **All students must register travel using the student travel form** regardless of clinical/non-clinical status, school, or destination. The link to the form is on the sharepoint site noted above.

### What to do if you are sick:

- **Stay home if you are sick! Do not come to work/school.**
- Check out the [sharepoint site for guidelines on what to do when sick, if you think you may have symptoms consistent with COVID-19](#).
- Contact Student Health Services/Family Medicine clinical line: 508-334-2818 for guidance on whether/when you can return to work/school.

### What to do if you are exposed to someone with COVID-19, either at UMMS or in the community:

- Check out the [sharepoint site for guidelines on what to do if you are exposed to someone with COVID-19](#)
- For community exposures, contact Student Health Services/Family Medicine clinical line: 508-334-2818 for guidance on next steps
- For clinical exposures (SOM and GSN) at UMMHC, Employee Health Services (EHS) will contact students, or students may call EHS at 508-793-6400.
- For clinical exposures (SOM and GSN) at affiliate sites, please call the SHS/Family Medicine clinical line.
- Clinical students must also contact their supervisor if the contact occurred in the clinical setting, so that clinical contact tracing can occur at the affiliate site.



Iota Phi-at-Large Chapter

**Come join us for a program celebrating YOU!**

*"INFUSE JOY BY CELEBRATING AND HONORING THE YEAR OF NURSE, AND THE NURSE'S ROLE IN CASE MANAGEMENT"*

We are pleased to feature 2 of our board members as speakers:

Ellen Rearick PhD, RN, CCM & Elizabeth Rekowski MSN, BSN, RN



**Date:** **Tuesday November 17, 2020**

**Time:** Registration into the Zoom Link will begin at 5:30 pm  
Presentations begin at 6:00 pm till 7:00 pm

**Virtual CEU program:** <https://us02web.zoom.us/j/87367601193>

**Cost:** **FREE 1.0 Contact hours \***

Mass BORN, 244 CMR: Continuing Education 5.04: Criteria for Qualification of Continuing Education

Programs/Offerings. Contact Person: Karin Ciance President: [kciance@annamaria.edu](mailto:kciance@annamaria.edu)



**2020  
INTERNATIONAL YEAR  
OF THE NURSE AND  
THE MIDWIFE**

\*Fundraising: Karawa Nursing School, The Republic of the Congo.

Checks made out to: Iota Phi-at-Large Chapter, Memo: Karawa Nursing School,

## **Project Civility launches series of student workshops on diversity, leadership**

Project Civility, a new series of programs that takes a deep dive into diversity and inclusion issues not covered across UMass Medical School's curricula, kicked off this month with an online conversation about understanding privilege. It was the first of six sessions planned throughout the academic year.

"We had rave reviews. We never really offered anything like 'the identity molecule' in orientation before," said Max Quinn, MEd, assistant dean of student affairs and enrollment management for the Graduate School of Nursing.

Quinn said he and student affairs colleagues across UMMS said, "Let's put our brains together and provide an unprecedented programming slate for our students, issues that we feel speak to the time we're experiencing but also are much needed as we grow as individuals and learners."

Read more [here](#).

# Mick Huppert Community Health Scholar Awards

This is the third year that the annual Mick Huppert Community Health Scholar awards will be given to second year medical and/or graduate school of nursing students interested in family medicine who have demonstrated a commitment to community engaged service and scholarship. Between two and four awards, each up to \$2,500 will support awardees' proposed community health initiatives. Medical and nursing student pairs will be considered and are encouraged. A pair would split one award.

A formal commitment between the applicant(s) and a Department of Family Medicine and Community Health or Graduate School of Nursing faculty member to mentor and provide guidance for the work is required.

Applications should be submitted to Suzanne Cashman at [Suzanne.cashman@umassmed.edu](mailto:Suzanne.cashman@umassmed.edu). Completed applications are **due January 18<sup>th</sup>**. Awardees will be announced within 45 days following this deadline. Funding will be provided by the Department of Family Medicine and Community Health and the Graduate School of Nursing.

For more information about this and other scholarship opportunities visit our website [here](#).

## Massachusetts Coalition of Nurse Practitioners



### Who We Are

The Massachusetts Coalition of Nurse Practitioners (MCNP) is a non-profit organization that represents the professional interests of ALL Nurse Practitioners in Massachusetts, regardless of specialty practice.

### Legislative Successes

The MCNP has shaped NP practice in Massachusetts for more than 25 years and was instrumental in passing legislation for:

- Prescriptive Authority
- 3rd Party Reimbursement
- Death Pronouncement
- Primary Care Provider Status
- Global Signatory Authority

*Our work continues as we lead the effort to pass legislation for Full Practice Authority for ALL Massachusetts NPs!*

***Join Our NP Community &  
Become a Student Member Today!***

### MCNP Member Benefits

- Legislative Advocacy at the State & Federal Level
- E-News Updates with Information on Professional & Regulatory Issues that Impact NP Practice
- Frequent Regional Networking Opportunities Over 9 Regions in MA
- Relevant Continuing Education Offerings
- Member-Only Website Access
- Member Discounts for AANP Membership & Re-Certification

### Additional Benefits for Student Members

- Discounted Annual Membership Rates
- Contacts for Research Projects
- Access to potential preceptors with a Complimentary ENP Preceptor Pass
- Transition to Practice Resources
- Volunteer and Leadership Opportunities
- And much more ...

Learn More and Become a Member at: [www.mcnpweb.org](http://www.mcnpweb.org)

Use Special Promo Discount Code:

GRADSCHOOL25 – for \$25 OFF a 1 or 2-Year Associate/Student Membership



# Recipe of the Month

Submission by Diane Brescia, Admissions Manager



## Sweet Potato Cranberry

### Ingredients:

6 medium sized sweet potatoes  
1 1/2 cups organic cranberries  
1 cup pure maple syrup  
3 tablespoons butter  
1/2 tsp cinnamon (optional)

### Method:

1. Bring a large pot of water to a boil. Add the sweet potatoes, reduce the heat to low, and simmer covered for 25-30 minutes or until the sweet potatoes are fork-tender. Remove the sweet potatoes from the water, set aside, and allow to cool.
2. While the sweet potatoes are boiling, add the maple syrup to a saucepan. Bring to a boil, lower the heat and simmer for 10-15 minutes
3. Add the butter, cranberries, optional cinnamon, 1/2 tsp salt and cook just until you hear the cranberries start to "pop."
4. Once the sweet potatoes have cooled, slice about 1/2" thick and layer in a baking dish. Spoon the maple cranberry syrup over the sweet potatoes and bake at 375F for 25 minutes.
5. To really jazz these up, you can even add walnuts!

## 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
- GSNO UPDATES
- STUDENT ANNOUNCEMENTS: APARTMENTS FOR RENT, CARS FOR SALE, ETC...

**For the November newsletter have your submissions in by October 30th.**

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