



Family Matters

February 2011

News from the Department of Family Health Care Nursing (FHCN)

Greetings from Linda Franck, Chair

Welcome to the Winter 2011 issue of Family Matters.

Our aim is to keep you updated on the many and varied activities of our vibrant, energetic and creative faculty. I continue to be so very grateful for the magnificent efforts of our full-time and part-time faculty and staff, who work together with such intelligence and caring to deliver our tripartite mission to: 1) educate expert nurses and midwives; 2) conduct research that improves the health of women, children and families; and 3) promote innovative clinical care, particularly for underserved populations.



I would especially like to highlight the contributions of our adjunct and volunteer faculty and our active alumni. You enable our students to see expert care in action and to 'learn from the masters'. Your time and wisdom are invaluable and your commitment to the outstanding preparation of the next generation of clinical experts is unwavering. Thank you!

Although 2010 was dominated by financial challenges, our outstanding faculty ensured that we were able to deliver on our mission. We will continue to work together in 2011 to maintain excellence and to expand our capacity to educate, research and provide care to vulnerable families with healthcare needs. There is a lot to be done. Together we can make it joyful and fulfilling work that makes a positive difference to the health of the community and the nation!

Cheers, Linda

Milestones

It is with a heavy heart that we announce that the Child Care Healthline, the largest project funding the FHCN-managed **California Childcare Health Program (CCHP)**, was eliminated from the California Department of Education Child Development Division's budget, effective Oct. 1, 2010. The total elimination of this excellent program, funded continuously since 1987, was completely unexpected. CCHP is still supported by other funding sources, including the California Department of Pesticide Regulation as well as the California Department of Public Health's Maternal Child and Adolescent Health (MCAH) program, to work on smaller projects. The Child Care Healthline website will continue, using funds from the MCAH-funded Early Childhood Comprehensive System grant. Most of the Child Care Healthline staff have moved on to new opportunities; Bobbie Rose will remain working on CCHP grants and Yolanda Abrea has been appointed to the new Pre-Awards Analyst I position being shared by the Departments of Family Health Care Nursing and Community Health Systems. The Department of Family Health Care Nursing heartily thanks each of the CCHP staff for their years of dedication and amazing work. You can read more about their work in the most recent issue of Science of Caring (<http://sonprod.ucsf.edu/soc/fall10.pdf>).

Congratulations!

Yolanda Abrea has been appointed to the new Pre-Awards Analyst I staff position being shared by the Departments of Family Health Care Nursing and Community Health Systems. She will collaborate with faculty and staff to ensure that research and training grants are submitted on time. Yolanda comes to us from the FHCN-managed California Childcare Health Program office in Berkeley, CA.

Abbey Alkon, RN, PhD, PNP, has received funding from the California Department of Public Health for her project, “*California MCAH Early Childhood Comprehensive System (ECCS)*”. This project will create statewide momentum and support for integrating early childhood comprehensive services in California and ensure that coordinated and integrated prevention, early identification, and intervention services are available to pregnant mothers and children from birth to five years of age.



The UCSF-Kaiser Division of Research’s Bridging Interdisciplinary Research Careers in Women’s Health (BIRCWH) K-12 Program (PI: Mary Koda-Kimble) has been funded for another 5 years. Domestic Violence and Post Traumatic Stress is a new focus of mentoring for this renewal. **Janice Humphreys, RN, PhD, PNP, FAAN**, and Thomas Neylan now serve as senior mentors for scholars in academic process and leadership in this area

FHCN’s **Nursing Leadership in Adolescent and Young Adult Health (NLAYAH) program** has been selected as one of six training programs in the nation to participate in the prestigious 2010-11 Diversity Training Peer Collaborative. The Collaborative is an intensive 9-month peer learning process in which grantees are provided a structured and safe environment to address challenges to racial and ethnic diversity within their training program through learning opportunities, technical assistance, and collaboration with peers. The Collaborative is sponsored by the HRSA Maternal and Child Health Bureau (MCHB) Training Branch and will be facilitated by the MCH Training Resource Center in partnership with the National Center for Cultural Competence.

Erica Monasterio, RN, MN, FNP, has received the 2010 Award for Excellence in Patient-Centered Care from the San Francisco Health Plan for her work in adolescent health training.



Sally Rankin, RN, PhD, FAAN, is in the process of being awarded a subcontract from the University of Alabama (Fulbright Interprofessional Award). The purpose of this project is to form reciprocal relationships between the Kamuzu College of Nursing (University of Malawi), the University of Zambia, the University of Alabama, and UCSF to develop and implement a two-way exchange so that Global Health fellows engaged in work with marginalized populations can develop strategies to better serve these populations.

Acknowledgement

Nancy Douglass: The Extraordinary Bag Lady

For many years, the UCSF Faculty Associates, a nonprofit organization that promotes philanthropic and educational activities, have supported the Young Women’s Program (YWP), the UCSF Family Nurse Practitioner faculty practice for young women, including pregnancy, gynecologic, and family planning care. The UCSF Faculty Associates generously supply the YWP with gift bags for the young women at their postpartum visit. Nancy Douglass, who is the current UCSF Faculty Associates President, is singularly responsible! She does all of the shopping and assembling and usually hand-delivers the bags to the clinic at Mount Zion. A typical bag includes a baby blanket, a couple of infant clothing items, a book for the baby, and personal hygiene items for the new mother (see the photograph!). The gift bags provide needed items for the new family and are an incentive for the young women to come to their postpartum appointments. We, the clinicians at the YWP, thank Nancy Douglass for being our extraordinary “Bag Lady”.



“Coping Skills Training for Chinese Immigrants with Diabetes” Kit Chesla, RN, DNSc, FAAN

Dr. Kit Chesla and her research team have partnered with two agencies in Chinatown to address health disparities in type 2 diabetes in Chinese Americans. Working with Donaldina Cameron House and North East Medical Services (NEMS), they have developed a program specifically for Chinese immigrants to help them manage the social and practical problems that arise in caring for diabetes. In small groups over a period of 6 weeks, patients learn important skills to communicate with family, friends and health care providers about their treatment needs. Patients additionally learn new ways to address conflicts and to re-think problems that stand in the way of good diabetes management. The program emphasizes bi-cultural skills to help patients succeed in “western” as well as in Chinese social contexts. This research uses a community-based participatory research model, which builds upon the strengths and knowledge of community members and university researchers. They are in the midst of a clinical trial to test the efficacy of the treatment program. Recruitment was successfully concluded in 2010 and the final year of activity involves completing all the interventions and dissemination.

The University team includes Dr. Christine M.L. Kwan, project director, Dr. Kevin Chun, co-PI, Doris Hung, research assistant and Dr. Kit Chesla, PI. The team is fortunate to have as their consultant Ms. Peggy Huang, RN, CDE, a long-time member of the Department of Family Health Care Nursing and noted expert on diabetes management in Chinese patients.



SFGH Pediatric Urology Clinic

SFGH Children’s Health Center, located on the 6th floor of the hospital, provides acute care, emergency care, and well-child care services to children and young adults up to 21 years of age. It is the off-hours pediatric urgent care site for the Community Health Network and its affiliated partners. One of the exciting new changes that took place in 2010 was for one of our clinical faculty, **Angel Chen, RN, MSN, PNP**, to provide care in the Pediatric Urology Clinic at CHC on Tuesday afternoons alongside the Urology Chief Residents and our APPN students. Ms. Chen joined the clinic with more than 8 years of Pediatric Urology experience. One of the focuses of her clinic includes medical urology, which involves working with families and children with challenging chronic conditions such as recurrent urinary tract infections, dysfunctional voiding and elimination, as well as bedwetting (enuresis). Furthermore, together with the Chief Residents, they are able to provide care to those requiring urological evaluation and surgery, as well as coordinate with UCSF Pediatric Urology when necessary. Ms. Chen has enjoyed getting to know the primary care providers both at SFGH CHC as well as those in the CHN, including multiple curbside consults in person or via email. She has made a strong effort to improve communication between the services to enhance the care of children with special health care needs and improve their quality of life. Together, she and the current Chief Resident, Tom Chi, MD, will start to present at the noon conferences on pediatric urological conditions and management. In looking ahead, Ms. Chen hopes to continue to work closely with the providers at SFGH/CHN and the families to provide excellent pediatric urology care and education.

“What Does Family Mean to You? The Reintegration Experience of Parolees and their Families”

Elizabeth Marlow, RN, PhD, FNP, CDE

All of the 1.6 million individuals incarcerated in the U.S. today belong to a family. While the deleterious effects of incarceration on the family are well known, there is little understanding of the role family plays in the reintegration process after prison. Therefore, FHCN Assistant Adjunct Professor, Elizabeth Marlow, and her fabulous research partners, Pastor William T. Grajeda and Alejandra Bautista, were thrilled to begin the study, “What Does Family Mean to You? The Reintegration Experience of Parolees and their Families”, in Summer 2010. The purpose of this qualitative study is to understand the experience of reintegration after a prison term from the perspective of parolees’ family members and parolees themselves. The specific aims are to: 1) articulate the impact on the family when a paroled adult returns home; 2) identify the practices and processes that occur within the family when a paroled adult returns home; 3) identify the perceived barriers and facilitators to family reintegration, both within the family and the community; and 4) articulate the impact of the family on an individual’s reintegration efforts. This is one of the first studies to examine the role that family relationships and structure play in the reintegration efforts of paroled adults.



Initially funded by the UCLA School of Nursing, where Dr. Marlow was a post-doctoral fellow, the study is now supported by The Gamble Institute (TGI). TGI is a research and resource institute for parolees and their families founded by Dr. Marlow and Pastor Grajeda in October 2009. TGI’s motto is, “...for parolees, by parolees”, and this study grew from discussions with male parolees who were concerned about the welfare of their families and wanted to strengthen their relationships with their loved ones.



Research partner and TGI client-member, Alejandra Bautista, has been instrumental in recruiting and interviewing participants. The team completed interviews with eight parolee-family member dyads and will conduct interviews with four more dyads later this winter. Ms. Bautista is analyzing the data with Dr. Marlow. Preliminary findings suggest that: 1) families both support and hinder reintegration efforts, 2) intergenerational incarceration is pervasive; and 3) family relations evolve and are not defined by relationship dynamics prior to incarceration (i.e. relationships change over time for better and for worse).

We are excited about these first results, as they shed light on the complex and diverse relationships that exist between parolees and their families. They also represent the first results from an expanding portfolio of participatory action research projects that TGI and its community partners are developing. While findings from this study will inform a large, longitudinal cohort study of family reintegration after prison, they also, more importantly, provide the foundation for a program of community-based research that will create meaningful knowledge to improve the lives of parolees and their families.

Nursing Leadership in Adolescent and Young Adult Health (NLAYAH) program

NLAYAH is a training program for Advanced Practice Pediatric Nursing, Family Nurse Practitioner, and PhD students in FHCN. Selected by the HRSA Maternal Child Health Bureau (MCHB) to participate in their Diversity Training Peer Collaborative, NLAYAH is recognized as a model for recruiting diverse nursing trainees and will benefit greatly by learning new ways to enhance its diversity mission. Other participating institutions in the Peer Collaborative include the Universities of Arizona, Arkansas, South Dakota and Wisconsin, as well as the Maryland MCH Programs. The Peer Collaborative is an exciting opportunity for us to gain visibility for our program and school, show leadership in diversity efforts, and learn more about how we can do better at recruiting and retaining diverse students and faculty.

Our NLAYAH team has two levels. The primary core team actively works with facilitators and other teams in the Collaborative by attending monthly meetings, strategic planning activities, consultations, and presentations. We have an additional home team who participates in goal setting and implementation. The core team will travel to Washington, DC in February for a kick-off meeting to present and discuss plans for the coming year.

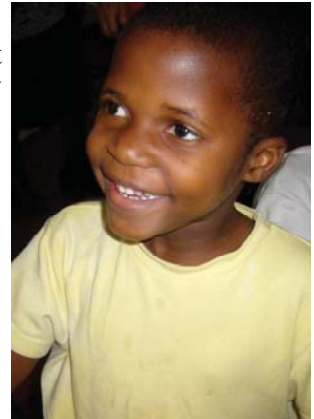
The NLAYAH primary core team is:
Susan Kools, RN, PhD, FAAN- NLAYAH PI and the UCSF team leader
Erica Monasterio, RN, MN, FNP- NLAYAH Project Coordinator
Renee Navarro, PharmD, MD- UCSF Vice Chancellor for Diversity and Outreach
Karen Hill- PhD student and NLAYAH long-term trainee
Rasheda Jones- PhD student and NLAYAH long-term trainee

The NLAYAH home team is:
Abbey Alkon, RN, PhD, PNP- NLAYAH faculty
Ellen Scarr, RN, MS, FNP, WHNP- NLAYAH faculty
Naomi Schapiro, RN, PhD(c), PNP- NLAYAH faculty
Shirley Manly-Lampkin, RN, PhD- Asst Dean of Academic Services/Diversity Enhancement
Cassandra Lopez- FNP student and NLAYAH trainee

Featured Charity

Open Arms Malawi

A portion of the proceeds from the annual FHCN Holiday Silent Auction were donated to the charity, Open Arms Malawi. Open Arms Infant Home is located in Blantyre, Malawi. The home, which was donated by the children of Denmark through their annual Christmas Aid Program, was established in 1995 in response to the rising number of maternal deaths and newborn orphans in Malawi. It is conceived as a transition home for orphans, with the goal of returning each child to his/her existing community whenever possible. The facility is set up so that the main building accommodates 40 infants under two years of age. There is another home on the property (Harrogate House, named for the city in England that raised the money for the building) that houses 12 children between the ages of two and five. Education is provided to the children in Harrogate House by a qualified Malawian teacher.



Because the goal is to return children to their home environment, it is considered essential that the children are brought up within the Malawian culture. Apart from the much needed consumption of imported cereals, the children are raised on an exclusively Malawian diet, which consists of nsima (maize) and masamba (vegetables). The home is located on four hectares (~10 acres) and has a large vegetable garden to provide for the children. To prepare the infants for their eventual re-introduction into the Malawian community, they are encouraged to spend time playing with their visiting grandparents and other surviving relatives in the Open Arms village house, which, like traditional Malawian dwellings, has no electricity or running water with dirt floors and small wood fires for cooking.

Children are provided with (used) clothing and medications as needed (some of the children are HIV-infected). The care is primarily provided by Malawian caregivers, who speak with the children in both Chichêwa and English. There is also a volunteer program by which volunteers can help with the care of the children; the facility will provide on-site housing for a small fee (\$5 per night) for those who commit to staying at Open Arms for least four weeks.

Open Arms is a registered charity in England, Wales, Malawi and the United States. For more information: www.openarmsmalawi.org. Thank you for your donation!

