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Jean Berry, PhD, RN

Director, Advanced Practice Cardiometabolic Nursing Certificate Program



Dr. Jean Berry, PhD, RN
UIC College of Nursing
(MC 802)
845 S. Damen Ave.
NURS 756
Chicago, IL 60612-7350
Phone: 312-996-7931
Fax: 312-996-4979
Email: jkberry@uic.edu

Dr. Jean Berry, Clinical Associate Professor, is the director of the new Advanced Practice Cardiometabolic Certificate Program at the UIC College of Nursing. The program is funded by a grant from the Department of Health and Human Services, Health Resources and Services Administration (HRSA). The program was developed in an effort to respond to the overwhelming incidence of chronic, non-communicable cardiometabolic diseases (i.e., diabetes, obesity, stroke, and other cardiovascular diseases) in our country today. The program's goal is to prepare advanced practice nurses in this new specialty concentration to provide care for patients with these chronic, non-communicable cardiometabolic diseases, including the medically underserved in rural and urban settings.

Dr. Berry works closely with the Adult and Adult/Geriatric Nurse Practitioner Programs. Dr. Berry also volunteers as an Advanced Practice Nurse at Community Health, a non-profit Chicago clinic that provides health care to the uninsured.

For detailed instructions on how to apply to our graduate programs, please visit our Web site. If you have further questions, please contact us via email at con@uic.edu.

Testimonial of Adult/Geriatric Nurse Practitioner Graduate: Isabel Bales, RN, APN



I completed my Adult/Geriatric Nurse Practitioner Program in May 2009. It was an arduous journey, and at times I wondered what I got myself into. With the encouragement of my family, friends, and UIC faculty, I completed it. One benefit that I received from the program was that I developed a great interest for research and writing. The Adult/Geriatric Program provided me with the knowledge to be able to do research and write the findings. I received a lot of support from my research advisor, Anne Padwojski, who shared her knowledge and spent a lot of time helping me go through the necessary steps to complete my projects. I also received the support and encouragement from UIC to present at conferences and symposiums. Going through the program was a great experience, and I feel well-prepared to face the challenges that may lay ahead in my career as a nurse practitioner.

Congratulations to
Susana Castro
RA on the
Cardiometabolic
Grant for receiving
the 2009
“Outstanding
Migrant Health
Center Board
Member Award”
from the National
Association of
Community Health
Centers in May
during the National
Farmworker
Conference in
San Antonio

Spotlight: Screenings at New Life Churches

The new Cardiometabolic Advanced Practice Nursing Certificate Program sponsored a number of cardiometabolic screenings through New Life Churches in Chicago and the Chicagoland area during the Fall 2008 and Spring 2009.



All screenings have been a great success, with approximately 70+ participants at each event.

UIC College of Nursing Adult Nurse Practitioner students played a key role in these events by providing the following types of screenings:

- Hypertension
- Diabetes
- Cholesterol

The APN students also provided counseling to all participants regarding their screening results and on topics such as nutrition, physical activity, HTN, DM, and cholesterol. Educational materials provided by the American Heart Association (AHA) on these topics were also made available to the screening participants.



The screenings were made possible through collaboration with Ken Kalina of New Life Churches and Fil Mendez Guipoco of the AHA.

“Walk for your Health” Event

The Advanced Practice Cardiometabolic Certificate Program sponsored the “Walk for your Health” event which kicked off on May 20th, 2009. During the kick-off event, participants signed up for the event and received free pedometers and log sheets on which to document the total number of steps per day.



The purpose of this workplace walking event was to encourage physical activity and promote well-being among UIC CON staff, faculty and students while having fun.

The event concluded on June 22nd when 22 of the 52 participants submitted their daily log sheets with their accrued step counts. A celebration followed where results were announced, prizes were given and a healthy lunch was served. The top three winners achieved totals of over 400,000 steps! By popular demand, another “Walk for your Health” initiative is currently in progress (from July 1 to August 8, 2009).

The next Cardiometabolic-sponsored workplace event, a healthy cook-off, will take place Fall Semester, on September 14, 2009. See page 4 for more details.

Congratulations to top 3 winners of “Walk for your Health” event !
Below left: Anna Prabowo (left), 1st Prize, &
Linda Graham (right), 2nd Prize
Below right: Blesse Calma, 3rd Prize



Student/Faculty News:

Cardiometabolic Certificate Program Students and Faculty

The new cardiometabolic specialty concentration being offered at the UIC College of Nursing began in the Fall of 2008. Three innovative online courses are being developed and began Spring 2009.

The first course, titled *Cardiometabolic Risk Factors & Disease Management, NUMS 516, (3 hrs)*, was offered Spring Semester 2009 and was taught by Connie Zak, DNP, MBA, APRN-BC. The second course, *Metabolic Disturbances in the Older Adult, NUMS 517, (3 hrs)*, is being taught Summer 2009 by Kathy Marren, MS, RN, GNP. The final course in the sequence, titled *Advanced Diabetes Management, NUMS 518, (3 hrs)*, will be offered Fall 2009 and will be taught by Laretta Quinn, PhD, APN, RN, in collaboration with Cynthia Fritschi, PhD, APN, RN.

These courses are open to all graduate students in the College of Nursing. In addition, if a student wishes to identify themselves as interested in this specialty concentration, they may obtain a certificate in Cardiometabolic Advanced Practice Nursing issued by the College of Nursing. If this is the case, then some of the required clinical hours will be planned in specialty settings addressing a high percentage of patients with these problems.



Faculty of Cardiometabolic online courses:

Far left: Connie Zak, DNP, MBA, APRN-BC
Center: Kathy Marren, MS, RN, GNP
Left: Laretta Quinn, PhD, APN, RN

Cardiometabolic Grand Rounds: A Recap

Beginning in the Fall of 2008, the Cardiometabolic Grant sponsored numerous Grand Rounds focusing on a variety of cardiometabolic topics. Dr. Laurie Quinn presented on diabetes at the Medical Center and Dr. Nicole Stankus presented "Chronic Kidney Disease for the Primary Healthcare Provider," which included a look at blood pressure control and cardiovascular risks in the chronic kidney disease patient population.

During Spring 2009, Grand Rounds topics included standards for diagnosis of metabolic syndrome, the role of obesity in metabolic syndrome and the treatment of dyslipidemia in women. Grand Rounds began in February and included the following:

- "Metabolic Syndrome Part 1 Standards for Diagnosis," Speaker: Connie Zak, DNP, MBA, APRN-BC
- "Beyond LDL: Treating Dyslipidemia in Women," Speaker: Lynne Braun, PhD, CNP, FAHA, FAAN
- "The Role of Obesity in Metabolic Syndrome: How APNs Can Make a Difference," Speakers: Jean Berry, PhD, RN CNP & Connie Zak, DNP, MBA, APRN-BC
- "Thoughtful Practice: Using Cardiometabolic Clinical Practice Guidelines in the Frail Older Adult," Speaker: Prudence Twigg, PhDc, ANP/GNP-BC

Cardiometabolic Grand Rounds concluded in April. All presentations were approved for 1.0 CE nursing contact hour.



Cardiometabolic Grand Rounds:

Above during presentation "Beyond LDL: Treating Dyslipidemia in Women"
Dr. Connie Zak (L) &
Dr. Jean Berry (R) with speaker Dr. Lynne Braun (center)

Below during presentation of "Metabolic Syndrome Part 1 Standards for Diagnosis", speaker Dr. Connie Zak.



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University of Illinois at Chicago
Advanced Practice
Cardiometabolic Nursing
Training Grant
College of Nursing (MC 802)
845 S. Damen Ave.
Room 745
Chicago, IL 60612-7350
Phone: 312-355-2605



Congratulations
to our
Project
Coordinator,
Melissa Hernandez,
who received the UIC
WOW
award in
recognition for her
exceptional concern for
and support of others
and for her service
above and beyond
normal expectations!



Upcoming Event: Healthy Cook-Off

**The Advanced Practice
Cardiometabolic Nursing Certificate
Proudly Presents**

“Cook-Off for your Health”



When: Monday, 09/14/09
Where: 3rd Flr Lounge UIC CON
Time: 11:30 am to 1:30 pm

Come share your favorite healthy recipes.
Winning recipe will be judged by
Nutrition & Culinary Consultant
Sylvia Meléndez Klinger, MS, RD,LD, CPT
RSVP by 09/07/09
to Melissa Hernandez at
pmhern@uic.edu

The Advanced Practice
Cardiometabolic Nursing
Certificate Program in-
vites the UIC College of Nursing
to their kick-off Fall event “Cook-
Off for your Health.” Participants
will submit their “healthy” recipe
for judging, cook it and bring that
favorite recipe and dish with them
to lunch for judging. If you don’t
have a favorite recipe to submit
but would like to attend the lunch
and judging, please RSVP to
Melissa Hernandez at
pmhern@uic.edu.



Nutrition and Culinary Consultant
Sylvia Meléndez Klinger will judge
the “healthy” recipes submitted. In
addition, she will give a brief
presentation on healthy cooking of
ethnic recipes with a focus on
Latino recipes.

Volunteering at Diabetes Camp by Todd Miodek, APN student

I did not know what to expect other than what Dr. Quinn had said, “The kids are great, and you will absolutely learn diabetes management.” Although this was a chance to log clinical hours, it ended up being so much more. It was an immersion course on diabetes management, mostly type 1 but some type 2. Anyone spending more than 2-3 days at camp will leave with a comfortable understanding of diet education, general management, and dose adjusting (including pump management), necessary skills for quality diabetes care. Most of the first day is a “101” on management and dose adjusting. For medical staff (MS) the days are long, lasting 16-18 hours. A large part of my role was reviewing campers’ daily sugars, carbs in their diet, overall activity and then making medication adjustments before every meal/snack. The camp staff is committed to keeping everyone safe and sugars well controlled while letting the campers have FUN. During the day, MS round and review each camper’s activity level, diet, sugars and special issues. They also attend all camper activities checking about 6-12 blood sugars and providing management accordingly. This was not only a great learning experience, but it was also very rewarding to work with the kids. I walked away with 100% improvement in diabetes management and just a great feeling. I do hope that other APN students participate in this program. They will not regret it.

