



Urban Health Program Newsletter

A Look at Nurse Midwifery *by Dr. Carrie Klima, UHP Faculty Liaison*

Nurse-midwifery was established in the United States in the 1920s. Since then, nurse-midwives have been recognized for their contributions in reducing infant and maternal mortality, premature births, and low birth weight rates. Their skills as primary care providers are evidenced by their low rates of infant mortality, cesarean birth, episiotomy, use of epidural anesthesia and their high rates of success in vaginal birth after cesarean. These facts are made more impressive when considering that 70% of women who receive care from nurse-midwives are considered vulnerable to poor health outcomes by virtue of age, socioeconomic status, education, ethnicity or location of residence. While caring for women during labor and birth is a centerpiece of the professional experience of many certified nurse midwives, there are other professional opportunities nurse midwifery offers. For example:

- You can use your knowledge and skills to help women to realize personal fulfillment with their labor and birth. Also, through the art of midwifery you reduce the need for high-tech interventions for most women. But, when necessary, you are trained to make the latest in safe scientific procedures available to assist a normal birth process.
- You can share your professional health care abilities by teaching at a university in schools of nursing, public health, medicine, and allied health.
- You can conduct clinical research on such key topics as the safety, health benefits and cost-effectiveness of non-medical and medical interventions; maternal and infant health care; HIV/AIDS; new contraceptive methods; breast-feeding; and gynecological care.
- You can empower women to take more active roles in making decisions about their health care and lifestyle habits.

UHP Students in the Spotlight:

Donna Calvin, doctoral student, received a \$15,000 grant from the National Kidney Foundation to cover the expenses associated with her research on African Americans' Perception of Risk for Diabetes Complications.

Kameka Brown and Elaine Hardy, doctoral students, were awarded the Diversifying Higher Education Faculty in Illinois Fellowship, which includes a stipend over \$10,000 and a tuition waiver.

- You can play a key role in reducing the maternal and infant death rate in this country and in the world.
- You can have the opportunity to work in collegial relationships with physicians, nursing specialists and other health care professionals.

There are numerous educational programs at the graduate level across the country that can prepare you to become a nurse midwife. Here at the University of Illinois at Chicago, our graduate program is one of the oldest in the country and we have prepared hundreds of nurse midwives who care for women and families, serve in critical posts in the national and international arena of women's health, as well as many educators and researchers. Successful completion of a national certifying exam qualifies you to practice as a Certified Nurse Midwife.

The American College of Nurse Midwives (ACNM) is the professional organization in the United States for Nurse Midwives. The ACNM works politically to improve women's health and promote nurse midwifery as the preferred model of care for women. The ACNM also works with consumers and provides information and consumer advocacy around women's health issues such as breastfeeding, safe birthing places and the rising cesarean section rates. Read more about how to become a nurse midwife at www.acnm.org.



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Congratulations 2006 UHP Graduates!

College of Nursing Bachelor of Science in Nursing UHP Class of 2006

*Alao Tawaqalit
Norma Alvarado
Lawanda Anderson
Mirian Aqil
Vanessa Ayala
Agustin Cabezas
Erica Dean
Estrella Gamez-Dominquez
Ana Cecilia Guerra
Linda Guzman
John Hague
Regina Kirksey
Sheila Kwanuka
Silvia Lara
Jennifer Lewis
Sheon MacNeill*

*Faderin Makinde
Anna Maloney
Thelma Montesinos
John Pascual
Chastity Quinn
Coralyn Quintero
Lynette Soto
Rocio Tirado
Michelle Marie Ubau
Rosina Unzueta
Leana Woodard*

*Master of Science
UHP Class of 2006
Natalie Anderson
Christina Burns
Theresa Burton-Sampson
Mary Kalengamaliro
Saria Lofton*

*Cynthia Lopez
Angelita Oquendo
Dawn Roberson
Shirley Sheppard
Linda Sledge
Sandra Uribe
Malik Walls*

Doctorate of Nursing Philosophy UHP Class of 2006 Glenda Burnett



Another Great Year for UHP *By Dawn Carter, UHP Coordinator*

The spring 2006 semester brought with it a flurry of activity for UHP students following a busy fall semester which included: the annual UHP Welcome Reception, Big Sib Little Sib luncheons and workshops, a Schweitzer Fellowship information session, a resume writing workshop and the annual CON Cultural Workshop: "Worlds Apart", which was expanded to include staff at the University of Illinois Medical Center at Chicago and students in other health colleges.

The spring semester started-off with the annual College of Nursing Job Fair, which was held on two days this year and included over 30 recruiters representing over 35 hospitals and care centers. Undergraduate, graduate and the first class of Graduate Entry Program students visited the recruiters to learn about externships and full and part-time employment opportunities.

Many activities were held throughout the semester to bring students together, provide them with information

to make their time at UIC more productive and to help them enter the professional world of nursing and make their mark including: Big Sib Little Sib luncheons and workshops on topics such as, "How to get started on your master's project" and "How to find your first job after completing your master's program", an UHP student forum and luncheon, a CON Career Night and a scholarship information session with guest speakers Amanda Onysio (UIC Office of Special Scholarships) and Lisa Knepshield (UIC Graduate College).

The highlight of the semester was the 2006 commencement ceremony that was held at UIC pavilion on May 4, 2006. Forty UHP students crossed the stage wearing red and orange UHP honor cords representing joy, celebration, good luck, prosperity, energy, change, balance and warmth. Among the 40 graduates, 27 completed the Bachelor of Science in Nursing program, 12 completed the Master's of Science in Nursing program and one completed the Doctorate of Nursing

Philosophy (PhD) program. Glenda Burnett, 2006 PhD graduate, is the first African American to complete the PhD program since 1999. However, a record number of African American students have been admitted to the PhD program for the fall 2006 semester, so this number will be increasing dramatically in the coming years.

This summer, plans are being made for the Annual CON Cultural Workshop which will be held on November 21, 2006. The UHP Team is also working hard to improve the UHP program for new and returning students. As always, I am looking forward to providing students with many opportunities to enhance their education, and to assist them in achieving their educational and professional goals. Most of all, I am looking forward to another great year for UHP!

The First Black Professional Nurse

by Kelly Pennington, UHP GA

Mary Eliza Mahoney
1845-1926



America's first black professional nurse, Mary Eliza Mahoney, is known not only for her outstanding personal career, but also for her exemplary contributions to local and national professional organizations. Mahoney inspired both nurses and patients with her calm, quiet efficiency and untiring compassion. Patients tended by Mahoney throughout her career gave glowing testimony of her expert and tender care. She graduated from the New England Hospital for Women and Children Training School for Nurses in 1879. She was one of only three persons in her class to complete the rigorous 16 month program. In 1909, Mahoney gave the welcome address at the first conference of the National Association of Colored Graduate Nurses (NACGN). In recognition of her outstanding example to nurses of all races, NACGN established the Mary Mahoney Award in 1936. When NACGN merged with the American Nurses Association in 1951, the award was continued. Today, the Mary Mahoney Award is bestowed biannually in recognition of significant contributions in interracial relationships.

UIC College of Nursing Career Night

The College of Nursing held its first Career Night on March 27, 2006 to give current students an opportunity to meet with alumni of the college and ask questions, such as how to find a job, what to look for in an employer and how to transition from a student to a professional nurse. The event was sponsored by the UIC College of Nursing Alumni Board, the Office of Academic programs and the Urban Health Program. A panel of CON alumni including Johanna Delgado, Osei Omoike and Mai Nguyen shared their professional experiences with graduating students.

The panel provided great tips to help students transition to the nursing workforce, which included:

What should you ask a prospective employer when interviewing?

- *Talk to other nurses on the floor – a nurse manager is going to give you one side of the work, but the nurses actually working on the floor are the ones who will give you the real story.*
- *Find out how the organization supports professional development and opportunities for advancement. Is the schedule flexible; do nurses have a voice on the unit; do they have a mentoring program; what's the nurse-to-patient ratio; and are there opportunities to network with your colleagues?*

What does it mean to have a UIC degree?

- *One participant thought that the degree automatically set her apart because of the program's excellent reputation.*
- *A panelist stated that UIC gives students a wide range of experience, which is what employers are really looking for.*

Did your CON education prepare you well for your nursing position?

- *Yes, stated one panel member, describing the ability to pull everything together and think critically.*
- *Another participant stated that the Concept Map was one of the most helpful tools in her education, because as time consuming as it was, it trained her mind to go through the process of thinking things through.*

When is the best time to go to graduate school?

- *Two panel members were in graduate school while working and they recommended this arrangement stating that a graduate education gives you a stronger voice, better options and more training. Working in a hospital while in school gives you good exposure and helps you discover what you really want to do.*

How do you transition from student life to professional life?

- *The orientation process is crucial and the true transition period. It's also an employer's investment in you, so make sure you're getting the training you want (for a specialty, this can be 3-6 months before you're on your own).*

A few words of advice...

- *Even though you are new to the work force, you have excellent training and you do know what you're doing. Go into your new position with confidence and objectivity (don't take things personally). Listen, learn, and advocate for yourself and what you think is right. Remember that you don't have to "save" everybody and burn yourself out in the process.*

The Urban Health Program thanks Felicia Swanson, CON Assistant Director of the Office of Alumni Affairs and Advancement, for coordinating this wonderful event for students!

Pictures from Spring/Summer Events

**National Association of Hispanic Nurses Conference,
July 19-22, 2006, Phoenix, Arizona**



Top left: Dawn Carter (UHP Coordinator) and Melissa Hernandez (CON Staff) with a conference attendee at the awards banquet.
Bottom left: A group of conference attendees at the awards banquet.

Commencement Ceremony, May 4, 2006, UIC Pavilion



Top center: Erika Salvador (Class of 2007) and Silvia Lara (BSN Graduate) with family. Top right: Gwen Pinager (CON Staff), Glenda Burnett (PhD Graduate) and Lawanda Anderson (RN-BSN Graduate). Bottom left: Sheon MacNeill (BSN Graduate) with family. Bottom right: Rosina Unzueta (BSN Graduate) with family.

Upcoming Events

UHP Student Welcome Reception

Monday, September 11, 2006, 5:30-7:30pm
Contact Dawn Carter at dtcarter@uic.edu to RSVP and for more information.

Welcome Week Open House & Mixer

BSN program information, meet current students, tour the college.

Friday, September 8, 2006, 3-5pm
College of Nursing, 3rd Floor Lounge
RSVP to dtcarter@uic.edu.

Online Informational Chats:

BSN, Tuesday, August 29, 2006, 7-9pm
MS/PhD, Monday, August 28, 2006, 7-9pm
Graduate Entry Program, Wednesday, September 20, 2006, 12-2pm
MS/PhD, Thursday, September 28, 2006, 7-9pm
<http://www.uic.edu/nursing/programs/info-sessions.shtml>

College of Nursing Open House

BSN and Graduate Entry Program Information
Saturday, October 14, 2006, 9am-12pm
Contact dtcarter@uic.edu to RSVP.

Second Annual Illinois Health Professions Student Conference

For Undergraduates, Graduates and Graduate Profession students
Saturday, September 30, 2005, 8am-2pm,
UIC Student Center West
Register at www.uic.edu/depts/uhealth
Free Admission

Annual All College Cultural Workshop

Tuesday, November 21, 2006
Contact Dawn Carter at dtcarter@uic.edu for further information.

About UIC's Urban Health Program

The mission of the UIC Urban Health Program is to improve the quality of health care services for medically underserved urban populations by expanding health profession education opportunities for underrepresented groups and others interested in serving in Health Professions Shortage Areas of Illinois.

Do you have any ideas or would you like to submit an article? Please let us know:

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