

UNIVERSITY OF ARKANSAS FOR MEDICAL SCIENCES

# NURSING



UAMS

College of Nursing



## FRIENDS,

2020 has been, and continues to be, a year unlike anything I have experienced during my nursing career. It is not hyperbole to say that the COVID-19 pandemic has changed our lives. Trying to quantify the human cost of this disease would be fruitless and disrespectful to those we've lost, so I will say only that the world and the nursing profession will likely never be the same.

But in this tremendous challenge I have seen equally tremendous courage. I have never been more proud to be a nurse, seeing countless acts of empathy, support, selflessness, sacrifice, and determination from nurses at UAMS and around the world. UAMS nurses, faculty, and students have stepped forward, bravely and compassionately, to address the challenges associated with the COVID-19 pandemic. This is what drives so many of us in the nursing profession to be who we are, and I have seen it in sharper focus than ever before.

We remain resilient in the face of the unknown and uncertain future. Excellence in nursing requires a commitment to lifelong learning. This pandemic has allowed us to see the weaknesses in our current health system, and has given us an incredibly rare and valuable opportunity to grow to meet these challenges—not only those of today, but also those we will face in the future. The College of Nursing will continue to pursue advances in healthcare delivery and management, and renew our commitment to serving the needs of the various populations of the state of Arkansas.

Thank you for your support. Stay safe, healthy, and strong!

Sincerely,

**Patricia A. Cowan, Ph.D., RN, FAAN**

*UAMS College of Nursing Dean*



## GREETINGS,

This year more than most we have been reminded of the selflessness inherent in the health care profession, sacrifice that has many times been labeled by others as heroism. But it is not uncommon for me to hear care providers shying away from such praise, saying they are simply doing their jobs.

Nursing is a profession that requires a pervasive sense of selflessness every single day, whether in a pandemic or not. I am proud to say that our UAMS College of Nursing embraces this ethos in all its efforts and fosters the same sense of care in all its graduates. In this way, it is helping our students become better nurses.

However, that preparation extends beyond embracing a mindset of service. In addition to clinical training and preparation for all the duties they will soon undertake, our college and its faculty and staff are also leading the way in innovation, promoting students' understanding of and fluency in the growing field of digital health, which has been particularly important this year and, because of the pandemic, will certainly be vital for the future of the profession.

With hearts in the right place and eyes on the future, they stand ready to serve our state as we work to improve lives throughout Arkansas and beyond.

**Cam Patterson, M.D., MBA, UAMS Chancellor**

*University of Arkansas for Medical Sciences*

UAMS COLLEGE OF NURSING

# STEPS UP DURING COVID



When COVID-19 emerged in Arkansas in March 2020, the **UAMS College of Nursing** immediately began to assist in providing clinical support and volunteer labor throughout UAMS to help the institution rapidly adapt to new guidelines for the safety of faculty, staff, and students. These efforts included:

## ENTRANCE SCREENINGS

In March, campus leadership mandated that entrances to UAMS facilities be limited and that all persons entering the campus be screened for COVID symptoms, including a questionnaire and temperature check. UAMS faculty and staff volunteered at these posts, screening both patients and employees during the period of tightest restrictions on campus access.



## DIGITAL HEALTH

When public health guidelines advised against in-person clinical visits, clinical staff from the college, along with alumni working in clinical operations, joined the effort to vastly expand capacity for the UAMS Health Now service. This coalition offered digital health consultations with APRNs, including digital health screenings for COVID symptoms.



## TRACING

To help stop the spread of COVID, nurses and staff within the college helped those working in public health to conduct a robust contact-tracing program, notifying Arkansans whether they had had any recent contact with someone who tested positive for the disease.





## TRIAGE

To meet the spread of the pandemic, UAMS nurses and College of Nursing employees joined the triage team, which opened up drive-up screening locations for the general public. These test sites, which included mobile screenings, helped people from all over Arkansas determine whether or not they had been exposed to the virus.



## SERVICE

Mindful of the social costs and at-risk demographics during the spread of the disease, volunteers from the college helped staff Stocked & Reddie, a food pantry located on the main Little Rock campus whose goal is to ensure that both students and employees of UAMS do not struggle with food insecurity. College of Nursing staff and faculty donated goods as well as time to help stock shelves, clean equipment, and deliver food and other goods to quarantined students and employees.



## LOGISTICS

With the pandemic limiting the number of employees able to be on campus at any given time, simply ensuring an interrupted flow of crucial equipment and supplies became a concern. College of Nursing volunteers helped keep operations running smoothly during crisis moments of minimal staffing.

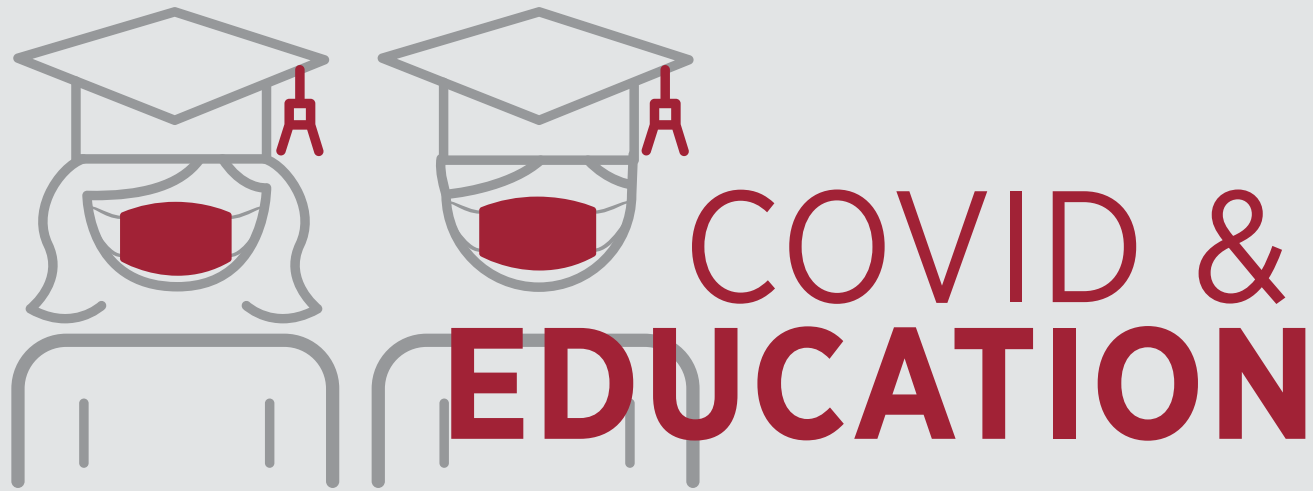


*Far left: Chris Dumas, executive assistant to the dean, aims a thermometer at one of the entrance screening stations staffed by volunteers from the College of Nursing.*

*Above: Donna Gullette, Ph.D., APRN, associate dean for practice and professor in the UAMS College of Nursing, performs COVID-19 screenings and tests at a drive-up triage site on the Little Rock campus.*

*Left: Jessica Ellis, a volunteer from the College of Nursing, brings food to a Stocked & Reddie patron's cart.*

*Right: College of Nursing faculty, socially distanced, masked and in regalia, pose for a photo before virtual commencement exercises in May 2020.*



# COVID & EDUCATION

The advent of COVID-19 in the early spring required quick adaptation by the UAMS College of Nursing. Students returning from their spring break were asked not to return to campus.

Faced with this unexpected limitation, as well as the subsequent restrictions placed on clinical operations, students and faculty worked together to overcome the challenge. All 181 students graduating during the spring 2020 term within the college were able to complete their required coursework and clinical hours in time for graduation..



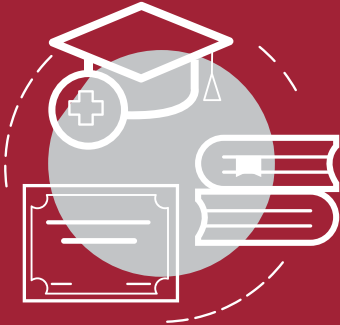
Predictably, the commencement season was a unique one. The College of Nursing Commencement—and all related ceremonies, including hoodings and pinnings—were held

virtually, which was a first for all of us! However, neither faculty nor students let the required physical separation put a damper on the celebration. Video conferencing technology allowed friends and family to join all the newly minted nurses in shared celebration. It truly felt like a new era had begun—perhaps awkwardly, but not without joy and pride.

As we undertake a new academic year, the college has implemented more online learning modules and virtual simulation exercises to provide for student experiences, including new modules in addiction science made possible by a recent grant from the American Society for Addiction Medicine.

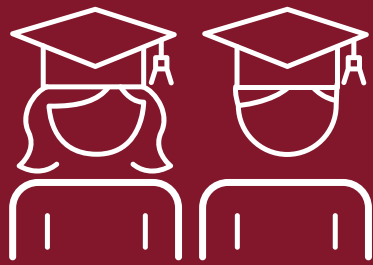
Likewise, newly redesigned course modalities, combining practical experience with digital health equipment, have been implemented for both undergraduate and graduate students—thanks to a grant from the Skelly Charitable Foundation, awarded in March. For example, students in pediatrics learned how to use telehealth equipment to work with adolescents with mental health concerns and their families. These learning experiences will prepare tomorrow’s nurses for a 21st-century clinical workplace, in which “digital health”—i.e. healthcare treatment at a distance, using the newest telecommunication technologies—is already shaping the future of healthcare.

# FAST FACTS: UAMS COLLEGE OF NURSING



## ABOUT THE COLLEGE

- Established in **1953**.
- **Member of the Hartford Center of Geriatric Nursing Excellence**, dedicated to optimal health and quality of life for older adults and the highest level of commitment to the field of gerontological nursing.



## OUR STUDENTS

- **181** graduates in May/June 2020: B.S.N.—108; R.N. to B.S.N.—6; M.N.Sc.—39; B.S.N. to D.N.P.—14; Post-masters D.N.P.—8; Ph.D.—6.
- **604** students currently enrolled.
- **5,311** students have earned a B.S.N. degree.
- **1,989** students have earned a M.N.Sc. degree.
- **76** students have earned their Ph.D. in nursing.
- **72** students have earned their D.N.P. degree.
- **Excellent** NCLEX-RN first-time pass rate.
- **100%**: cumulative Nurse Practitioner Certification pass rate.
- **\$21–\$25**: Average hourly wage for new nursing graduates in Arkansas.

## WHY I CHOSE UAMS COLLEGE OF NURSING



*How are you making a difference? In the wake of COVID-19, my training at the UAMS College of Nursing has prepared me to provide excellent patient care in any setting. The opportunity, technology, and clinical experience available through UAMS is unmatched by any other. UAMS has driven me to accomplish my dreams, and now I work on the front lines to make a positive difference in the lives of others. If you wish to be trained by the best, then the UAMS College of Nursing is the place for you.*

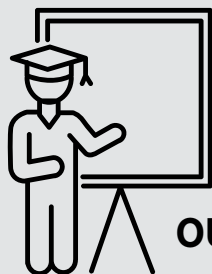
—Zackary N. Williams, B.S.N., RN



*Over the past eight years, I have earned first my bachelor's degree in nursing and then a Doctor of Nursing Practice (D.N.P.) degree at the UAMS College of Nursing. In both cases, the journey would not have been possible without financial assistance, first as a single mother of two young children with little financial support who wanted to care for others and provide for my family, then as a working nurse who faced sacrificing income to enroll in a full-time degree program.*

*As I embark on my new career as an adult-gerontology nurse practitioner, I am now transitioning from scholarship recipient to a new donor. I am a living testimony to the importance of donations to the UAMS College of Nursing and its ability to help transform the lives of future nurses in Arkansas.*

—Vallon Williams, D.N.P.



## OUR FACULTY

109 faculty.

**Faculty practices** in pediatrics, primary care, gerontology, psychiatric and mental health.

**Research** focus areas: cardiovascular, gerontology, mental health and addiction, environment and cancer.

8 extramurally funded grants.



## COST OF EDUCATION: 2019-2020

The average yearly tuition for Arkansas residents, assuming full-time study, was:

**B.S.N. program:** In-state—\$9,579.

**M.N.Sc. program:** In-state—\$10,148.

**D.N.P. program:** In-state—\$10,856.

**CRNA program (Nurse Anesthesia):** In-state—\$22,002.



## SCHOLARSHIPS: 2019-2020

- ☐ 167 students received scholarships.
- ☐ \$426,600 in scholarships were awarded.
- ☐ \$2,500: average scholarship per student.

## DEGREE PROGRAMS

- Bachelor of Science in Nursing (B.S.N.).
- Accelerated B.S.N. programs: R.N. to B.S.N. and R.N. to B.S.N./M.N.Sc.
- Advanced nursing practice degree programs at the master's and doctoral level.
- The only College of Nursing in Arkansas to offer these nurse practitioner specialty programs: acute care pediatrics nurse practitioner, primary care pediatric nurse practitioner, psych-mental health nurse practitioner.
- The only College of Nursing in Arkansas to offer a Doctor of Nursing Practice in nurse anesthesia.
- The only College of Nursing in Arkansas to offer a research doctoral program (PhD in Nursing Science).



## OUR DEAN PATRICIA COWAN

**Patricia A. Cowan, Ph.D., RN, FAAN** has served as Dean of the College of Nursing since 2015. She has more than 35 years of experience in all areas of nursing including academics, clinical practice, and research. Her research interests include lifestyle interventions in overweight youth and adults, and cardiovascular and metabolic outcomes.

Cowan received a Bachelor of Science in Nursing from the University of Missouri in Columbia, graduating magna cum laude. She received her master's degree in adult health nursing from the University of Kansas in Kansas City and her doctorate from the University of Tennessee Health Science Center in Memphis. She is a member of the American Academy of Nursing, American Nurses Association, the Southern Nursing Research Society, and Sigma Theta Tau International.



College of Nursing

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## GIVING

It is only with the help of our amazing family of friends, alumni and donors that we are able to achieve our many goals, especially at a time when both professional nurses and nursing students face so many challenges on the frontlines of a global epidemic.

## SCHOLARSHIPS

For many students, this year has proven especially challenging. Not only have social distance requirements caused adaptation to the delivery of education and training, many have faced hardship as economic factors have affected their family's income and limited their opportunities for part-time employment. They depend on financial assistance to continue their studies. We can ease that burden, as funding allows, by offering donor-supported scholarship assistance. Your support in these efforts is invaluable.

## DEAN'S CIRCLE

The Dean's Circle plays a vital role for the UAMS College of Nursing. Funding from the Dean's Circle has provided several benefits over the years to the college, including educational innovations and new programs that prepare our students to be nursing professionals, scholarships and study-abroad opportunities, and resources for faculty members conducting research and pilot programs in mental health, addiction, chronic disease, oncology and gerontology — all areas of greatest need in Arkansas.

### Membership Levels

- CON Dean's Circle Benefactor—\$5,000
- CON Dean's Circle Corporate—\$2,500
- CON Dean's Circle Individual/Household—\$1,000
- CON Dean's Circle Recent Alumni—\$500

# nursing.uams.edu

To support the College of Nursing, you can donate directly in any amount at [giving.uams.edu](https://giving.uams.edu)

