Rutgers School of Nursing is increasing primary care services it provides in Newark, NJ where its dedicated clinicians are working to reverse some of the poorest health outcomes in the nation.

Rutgers Community Health Center (RCHC) is the School of Nursing’s newly established federally qualified health center (FQHC), launched with a two-year, $750,000 New Access Point Grant from the Health Resources and Services Administration in September 2015.

With its new FQHC designation, the school brought its existing health programs together under the RCHC umbrella. RCHC has a “bricks and mortar” facility in Newark’s Ninth Ward, administrative offices in four Newark public housing developments, and a mobile medical unit that makes weekly visits to the four public housing sites. RCHC is uniquely positioned to reach more than 6,000 of the city’s public housing residents.

Advanced practice nurses with expertise in pediatrics, family practice, and gerontology are the primary care providers. They are supported by teams of community health workers, ambulatory care technicians, and registered nurses. The New Access Point grant is supporting the addition of more clinical staff, increased training for community health workers, and expansion of office hours.

A key goal is to increase the number of adults screened for hypertension and diabetes, and breast, cervical, and prostate cancer. Lead screenings and vaccinations for young children are top priorities and mental health services are among the areas also targeted for growth.
Blazing a Trail for Nursing Excellence

Rutgers, Revolutionary for 250 Years. This is the surrounding theme for the year-long celebration of our university’s 250th anniversary, which will culminate on Rutgers’ Charter Day, November 10, 2016.

I was honored to be part of the platform party with U.S. President Barack Obama as he gave this year’s commencement speech—a truly historic event for our university as we mark a milestone that few institutions have reached. Mr. Obama noted that Rutgers is a “remarkable institution,” and “one of the finest universities in America.” As we commemorate the past while looking to the future, it’s truly an exciting time at Rutgers.

Today, Rutgers School of Nursing continues to make great strides in education, research, clinical practice, and community service.

In U.S. News & World Report’s first-ever rankings of DNP programs, our program was ranked at 17th in the nation. Our master’s program was ranked 19th.

Our second-degree BS in Nursing program was ranked 7th out of 173 accredited programs surveyed by Top RN to BSN.

Our new $4.7 million Helene Fuld Health Trust grant will support development of an innovative career center and out-of-hospital residency program for new graduates nurses.

We successfully completed a rigorous application process that has led to federally qualified health center (FQHC) status for our family clinical practice programs in Newark.

Also, I am publishing a blog! I invite you to read the blog, From the Dean’s Desk, and share your feedback. You can find it on our website, nursing.rutgers.edu/deans-blog. I look forward to hearing from you. Feel free to email me at schoolofnursing@rutgers.edu.

William L. Holzemer, PhD, RN, FAAN
Dean and Distinguished Professor

Message from the Dean

The Helene Fuld Health Trust Awards $4.7 Million for New Career Center and Nurse Residency Program

Rutgers School of Nursing is continuing its leadership in developing innovative nurse residency programs with support from a new $4.7 million, four-year grant from the Helene Fuld Health Trust. William L. Holzemer, PhD, RN, FAAN, dean and distinguished professor, is the project director for the grant that will fund a unique career counseling center and out-of-hospital nurse residency program for Rutgers School of Nursing graduates.

Nurse residents provide on-the-job, specialized training and education for new nurses, thereby strengthening nurse competencies. They are widely recognized as a key to improving quality of patient care, increasing nurses’ job satisfaction, reducing job turnover, and lowering health care costs.

Most residency programs provide training for nurses working in hospitals. However, health care is shifting away from a hospital-based model, creating a growing need for transition-to-practice programs for new nurses in other care environments. To address this demand, Rutgers’ out-of-hospital residency will train new BS in Nursing graduates in community settings such as post-acute care, skilled nursing, home care, and long-term care. A major focus will be boosting nurse residents’ competency in providing evidence-based care for older adults.

The Helene Fuld grant, which takes effect October 1, 2016, will support development, implementation, and evaluation of a model program that will train 150 nurse residents. Career coaching for Rutgers School of Nursing students in their senior year will assist them in identifying and securing residencies. The program will also provide training for preceptors to help them work effectively with new graduate nurses at their facilities.

Typically, residencies and short-term orientations are the sole responsibility of the employer. In contrast, this program will be created collaboratively by Rutgers School of Nursing with participating clinical agencies and health care systems.

Continuing Rutgers’ pioneering work in developing transition-to-practice models, Dr. Holzemer and the project team will build on lessons learned while establishing the nation’s first Long-Term Care (LTC) Nurse Residency program on behalf of the New Jersey Action Coalition. Faculty at Rutgers School of Nursing launched the program in 2013 with $1.6 million from the Centers for Medicare and Medicaid Services.

The Helene Fuld Health Trust is the nation’s largest private funder devoted exclusively to nursing students and nursing education. In 1935, Dr. Leonhard Felix Fuld and his sister, Florentine, created a foundation honoring their mother, Helene.

Photo Caption:
Susan Pepe, MSN, ARNP, shares a moment with Enijaah Jackson, age 5. An alumna of Rutgers School of Nursing, Ms. Pepe is a nurse practitioner with the Rutgers Community Health Center, the nursing school’s federally qualified health center.

ON THE COVER

Helene Fuld Health Trust Awards $4.7 Million for New Career Center and Nurse Residency Program

FQHC Program Funding: This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number H80CS29014, Health Center Program, in the amount of $750,011. Approximately 80 percent of the project is funded by non-governmental sources. The content and conclusions herein are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.
Alumna Sung Poblete Receives one of Rutgers’ Highest Honors

Sung Poblete, PhD, RN, has joined truly illustrious company, taking her nursing education and experience to the highest of heights with her induction into the Rutgers Hall of Distinguished Alumni at the 29th annual awards gala hosted in May 2016 by the Rutgers University Alumni Association.

The Hall of Distinguished Alumni recognizes alumni who, through their superlative achievements in professional and civic life, have brought honor to themselves and to the university. Only 223 graduates have been inducted into the Hall in Rutgers’ 250-year history.

Dr. Poblete, who earned her BS, MS, and PhD degrees in Nursing from Rutgers (‘89, ’92, and ’00, respectively), has dedicated her career to improving research methods and translating research excellence into evidence-based practices across disciplines to improve patient outcomes.

As president and chief executive officer of Stand Up To Cancer (SU2C), Dr. Poblete continues to expand the organization’s fundraising and research endeavors in the fight against cancer. She leads a groundbreaking movement that accelerates innovative cancer research and gets new therapies to patients quickly to save lives now.

Dr. Poblete took the helm at SU2C, an initiative of the Entertainment Industry Foundation, in 2011. The organization has raised approximately $370 million for research projects, enabled 5,200 cancer patients to participate in clinical trials, and allowed countless others to benefit from anti-cancer drugs that received accelerated FDA approval based on SU2C research.

A common thread throughout Dr. Poblete’s career has been her dedication to Rutgers University. While being interviewed by the Big Ten Network, she stated, “The beauty of nursing as a discipline and as a profession is you can choose to be a practitioner, a researcher, an educator or an administrator. In my role as CEO of Stand Up To Cancer, I get to be all of those things every single day. Looking at what I do today, I was fortunate to have wonderful mentors at Rutgers who always challenged the norm, and always pushed me to think outside the box.”

Along with being inducted into the Rutgers Hall of Distinguished Alumni, Dr. Poblete continues to give her time and talents to Rutgers through creative and impactful avenues. She is a champion of Rutgers School of Nursing, as a visiting professor, a sponsor and mentor to students, and as keynote speaker at the Convocation for the Class of 2016. Dr. Poblete embodies the revolutionary spirit of Rutgers University and the School of Nursing.

“We are extremely proud of Dr. Poblete and the work she is accomplishing,” notes William L. Holzemer, PhD, RN, FAAN, dean and distinguished professor at the School of Nursing. “She is a visionary nurse leader, inspirational role model, and an alumna who deserves the highest accolades.”

“We are extremely proud of Dr. Poblete and the work she is accomplishing,” notes William L. Holzemer, PhD, RN, FAAN, dean and distinguished professor at the School of Nursing. “She is a visionary nurse leader, inspirational role model, and an alumna who deserves the highest accolades.”
When traditional research develops new health treatments or interventions, it can take years for these treatments to become available to the public. This is especially true in disadvantaged communities, even when they were the specific subject of the research. Karen D’Alonzo, PhD, RN, APN-c, FAAN, associate professor and associate dean for nursing science at Rutgers School of Nursing, is leading a drive toward a different paradigm.

Community-based participatory research (CBPR) aims to more immediately benefit the people studied by involving them in all phases of research—from study design and implementation, to evaluation and dissemination of findings. As founding director of the nursing school’s Center for Community Health Partnerships (CCHP), Dr. D’Alonzo is making strides in promoting CBPR.

Dr. D’Alonzo is co-principal investigator on a research project, “A Community Academic Partnership to Prevent Obesity in Mexican American Immigrant Families,” supported by a three-year, R13 grant from the National Institute for Child Health and Human Development.* Working with Dr. D’Alonzo is co-principal investigator, Jayme Santiago, vice president of New Brunswick Tomorrow—a coalition of 30 individuals and community groups. The project team also includes the Rutgers University Greater New Brunswick Community Health Collaborative.

The researchers and community partners are investigating biological, psychological, and social factors related to obesity among Mexican immigrants living in the city of New Brunswick, NJ. Estimates are that 40-50 percent of the city’s population is of Mexican descent, with a large number emigrating from the states of Oaxaca and Puebla. Although weight gain is common following immigration, Mexican-Americans have a higher than average prevalence of overweight and obesity, with rates increasing with length of time in the U.S. Scholars, activists and community members agree that obesity and the escalating risk for cardiovascular disease and type 2 diabetes are the biggest public health threats to the Mexican-American community.

Goals for the research project include advancing participants’ knowledge and skills in CBPR, examining community-defined causes and correlates of obesity, and developing and implementing community-driven interventions targeting obesity.

A community advisory board has been established, and the team adopted a popular name for the initiative: Project PESO (People Engaged in Stopping Obesity). A series of workshops, meetings, and public presentations, launched in April 2016, is engaging community members, building consensus, and sharing knowledge and skills to move the project forward.

*Research reported in this publication was supported by the Eunice Kennedy Shriver National Institute of Child Health and Human Development of the National Institutes of Health (NIH) under award number 1R13HD085966-0. The content is solely the responsibility of the authors and may not represent the views of the NIH.
Model Program Educates Nurses in Advanced Practice HIV Care

Innovative Clinic Addresses Pain that Accompanies HIV Infection

A federally-funded program at Rutgers School of Nursing is educating advanced practice nursing students to provide evidence-based, culturally competent primary care to HIV-infected patients in collaboration with other members of the health care team. The HIV Care Advanced Practice Nursing Specialization* was launched in 2013 with a five-year, $1.5 million grant from the Health Resources and Services Administration (HRSA), one of just five programs aimed at increasing access to primary care for individuals living with HIV, especially minorities and people living in under-served urban areas. Rutgers joined Duke, the University of California San Francisco (UCSF), and Johns Hopkins in capturing grants for nurse practitioner programs; SUNY Downstate earned a grant to educate physician assistants.

Suzanne Willard, PhD, APNc, FAAN, Clinical professor and associate dean for global health, directs the program. The School of Nursing’s François-Xavier Bagnoud Center (FXBC) collaborated with Dr. Willard to secure the grant and continues to provide expertise. John Nelson, PhD, CPNP, program director of the AIDS Education and Training Center National Coordinating Resource Center at FXBC, and Peter Oates, MSN, NP-C, ACNP, director of health services, have played key roles in curriculum implementation.

Offered as an option within the school’s Doctor of Nursing Practice (DNP) program, the HIV Care Specialization builds on the DNP curricula for primary care providers and requires completion of three HIV-specific courses for a total of 9 credit hours. Students must devote a portion of their clinical hours to HIV primary care settings. Their DNP final project must be HIV-related and can include program or policy development or quality improvement initiatives.

So far, 37 students have enrolled in the program, two graduated in 2015 and four graduated in May 2016. Because the specialization is part of a three-year, full-time DNP program, a larger cohort is expected to graduate in May 2017.

*This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number H4AHA26222, National AIDS Education and Training Centers. The opinions expressed are those of the authors and should not be construed as the official position or policy of, nor should any endorsements be inferred from, the HRSA, HHS, or the U.S. Government.

In her role as the clinic’s advanced practice nurse, Dr. Barberio conducts a full assessment of patients’ needs, not just their medications, and works closely with other health care providers to develop comprehensive care plans. Patients are seen on an out-patient basis, by referral; treatment modalities include pharmacological, musculoskeletal, and complementary therapies. Patients report sustained pain relief and improved function and overall wellness. Demand is high as word of the program’s effectiveness has spread among patients and providers alike.

In addition to her work at Saint Michael’s, Dr. Barberio practices at other health facilities treating patients with acute or chronic pain and providing palliative care.

“All patients have a right to receive care aimed at reducing their pain and suffering and improving their quality of life,” says Dr. Barberio. “As health professionals, we must always keep the compassion in our care.”

A Trailblazing Nurse Practitioner

Judith Barberio, PhD, RN, APNc, FAAN, associate clinical professor
Increasingly complex patient needs, changing health care environments, and a new vision of the nursing profession are requiring nurses to achieve higher levels of education and be educated in new ways. To address the challenge to transform nursing education, faculty need key resources and support to help them make the best possible use of the instructional tools and technologies they draw upon daily.

“For years, I wanted to open a department of nursing education, modeled after the medical education department at the university where I started my career in health sciences,” explains William L. Holzemer, dean and distinguished professor at the School of Nursing. “There, most faculty members were not expected to be expert in developing curricula and tests, or in measurement and evaluation, so the school of medicine provided this support.”

Now, Rutgers School of Nursing has launched its own initiative to promote educational excellence through faculty development and support—the Center for Educational Research and Innovation (CERI). Established in 2015 under the leadership of its inaugural director, Ann Marie P. Mauro, PhD, RN, CNL, CNE, assistant dean and professor, CERI promotes teaching and learning excellence, collaborations in interprofessional education, and advancement of the science of nursing education. Within CERI are two associated centers:

- The Center for Clinical Learning (CCL) offers realistic, evidence-based, patient care experiences, at four campus locations, using state-of-the-art equipment, high-fidelity patient simulators, and trained personnel who act as standardized patients. The director is Debra Tracey, MSN, RN, CNE, instructor. Email her at traceydl@rutgers.edu

- The Center for Professional Development (CPD) offers cutting-edge continuing education opportunities for registered and advanced practice nurses, nurse faculty, and other health care professionals. The director is Jeannette Matichar, DNP, RN, assistant professor. Email her at cpdnr@n.rutgers.edu

CERI’s efforts target nurses at all career levels and across practice settings. For instance, it regularly hosts faculty development workshops on best practices and emerging issues and offers a robust program of continuing education. As Dr. Mauro notes, “To meet evolving health care needs, all nurses, especially faculty, must be lifelong learners.”

In line with CERI’s commitment to interprofessional education, its Center for Clinical Learning hosted two events that united students from Rutgers’ School of Nursing and its School of Health Related Professions (SHRP) in collaborative classroom and hands-on learning experiences.

The first event, held in February 2016, united more than 100 physical therapy and undergraduate nursing students in a half-day of classroom and hands-on learning in respiratory assessment. For skills practice, the PT and nursing students formed small, interprofessional groups, overseen by more advanced students and instructors. The same students came together again in March for a laboratory on safe patient transfer using correct body mechanics.

CERI offers a range of consultation services in areas include teaching and learning strategies, curriculum design, faculty development and mentoring, peer evaluation, interprofessional education and collaboration, educational research and evaluation, and professional development. For information, please contact Dr. Mauro at ceri@n.rutgers.edu.
Research & Innovation

Learning through Simulation:
Students in the baccalaureate BS in Nursing program practice with high-fidelity patient simulators in the Center for Clinical Learning. Pictured (L-R, facing frontward) are Sally Aryee-Quaye, Malisa Vibulbhan, Kimberly Arenott, and Amy Patel.
Leaving our student leaders – Rutgers nursing students are developing and refining their leadership skills through student-led organizations that are an integral part of the School of Nursing.

Organizations such as the Rutgers University School of Nursing Student Senate, the elected student governance body for the entire school; the Rutgers Student Nurses’ Association (RSNA), the local chapter of New Jersey Nursing Students, Inc. (NJNS) and the National Student Nurses’ Association (NSNA); the newly formed Rutgers Chapter of the American Assembly for Men in Nursing (AAMN); and the Nursing Student Community Ambassadors, are just a few of the student organizations making a difference within the school, university, and community.

Through formal events such as student town halls or day-to-day interactions, which include advisement and mentoring, SON administrators team up with student leaders to strengthen communication and enhance student life. The annual School of Nursing Student Leadership Retreat brings together student leaders from across organizations and programs for leadership development and team-building activities.

**Leadership Briefs**

**The Student Senate** hosted educational forums, social mixers, and retreats to engage students and provide a vehicle for the students to address questions and concerns that may have surfaced during the school year. Their efforts stretched beyond the internal Rutgers community through fundraising and volunteer service for a number of public service health campaigns. Guided by President At-Large Sunaya Almosbbeh, the Student Senate partnered with the Rutgers School of Nursing Alumni Association to host Your Next Step Moving Forward, an exclusive forum for seniors focused on post-graduate life. Panels of experienced and recently graduated Rutgers alumni shared tips for passing the NCLEX, applying for RN residencies and jobs, and thriving in a full-time nursing position. A nursing recruiter shared insight into the hiring process and how graduates can elevate their standing among a pool of applicants.

**The Rutgers Student Nursing Association** organized 50 undergraduates to attend the 64th Annual New Jersey Nursing Students (NJNS) Convention in Atlantic City, NJ. Students attended as NJNS executive board members, convention organizers, delegates, and as convention monitors. Several also served as convention speakers. This marked the largest representation by Rutgers School of Nursing in the history of convention attendance, exposing students to specialty topics and even more networking opportunities.

**The American Assembly for Men in Nursing-Rutgers School of Nursing Chapter** created the “Give and Take Charity Project,” a crowdsourced fundraiser to support a local soup kitchen in New Brunswick, NJ. The project began with a modest goal of raising $500. Through collaborative efforts with the Student Senate, the chapter was able to triple its goal and raised $1,500. By assisting not one but two community soup kitchens, the groups were able to cover the cost of nearly 600 free meals to those in need.

**The Rutgers School of Nursing Community Ambassadors** supported a range of causes including charitable fundraisers, and a holiday adopt-a-family program benefitting families served by the Apostles’ House agency in Newark. In March and April 2016 they held field fitness days at three Newark public housing developments for children served by Rutgers Community Health Center, the School of Nursing’s federally qualified health center.

Rounding out the spring semester, the School of Nursing sent students to the National Student Nurses’ Association’s annual convention in Orlando, FL, to join peers from across the country. Students were surrounded by names, faculty, and other students who were passionate about nursing and dedicated to advancing the profession.

**Rutgers Student Nursing Alumni Association** created the “Give and Take Charity Project,” a crowdsourced fundraiser to support a local soup kitchen in New Brunswick, NJ. The project began with a modest goal of raising $500. Through collaborative efforts with the Student Senate, the chapter was able to triple its goal and raised $1,500. By assisting not one but two community soup kitchens, the groups were able to cover the cost of nearly 600 free meals to those in need.

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or more than 20 years, new medical students have been donning traditional white lab coats in a ceremony where they pledge to treat patients with compassion and empathy. Today, a similar rite of passage is emerging in the nursing profession.

Rutgers School of Nursing was among the first 100 nursing schools selected two years ago, in 2014, to implement white coat ceremonies with the support of the Arnold P. Gold Foundation and the American Association of Colleges of Nursing (AACN). To underscore the importance of humanistic, patient-centered health care, the Gold Foundation launched the white coat ceremonies for medical students in 1993.

Deciding to recognize its advanced practice nursing students at the point they begin clinical rotations in their chosen specialties, Rutgers School of Nursing held its inaugural white coat ceremony in October 2015. Sandra O. Gold, EdD, co-founder and senior advisor to the foundation, an international non-profit, was the keynote speaker. She was joined at the event by her husband and co-founder, Arnold P. Gold, MD.

The celebrants, 50 advanced practice nursing students pursuing MSN and DNP degrees, received their white coats and took an oath to promote humanism as health care providers.

“Inviting nursing into this initiative sends a clear message that all health professionals have an essential role to play in providing compassionate care,” says AACN President Eileen T. Breslin.

Fifty MSN and DNP students participated in the inaugural Rutgers School of Nursing White Coat Ceremony held to mark the start of their clinical studies. Pictured (L-R) are nurse practitioner students Reginald Bonnah, Avery Gardner, Kelly Van Wyck, Cristina Fajardo, and Jasmine Simpson.

Sandra O. Gold, EdD, co-founder of the Arnold P. Gold Foundation, presents the keynote speech at the inaugural Rutgers School of Nursing White Coat Ceremony for advanced practice nursing students.
New Exhibit Commemorates 85 Years of Nursing Education at Rutgers

Nursing has a rich history at Rutgers, from 1928 when university trustees approved the establishment of an affiliated diploma nursing program, to the 2014 merger of Rutgers College of Nursing and the School of Nursing from the former University of Medicine and Dentistry of New Jersey. Rutgers Nurses—faculty, students, and alumni, and the staff who support them—have demonstrated outstanding vision and leadership in advancing nursing education and practice.

To commemorate Rutgers’ yearlong celebration of its 250th anniversary, the School of Nursing commissioned a new permanent exhibit, Tradition of Innovation, Academic Excellence, Leadership and Scholarship: Nursing at Rutgers, 1928-2014. The three-dimensional artistic display, installed at the school’s New Brunswick building, was unveiled at a November 2015 reception. The exhibit traces the milestones of Rutgers College of Nursing through the merger in 2014.

The exhibit was the result of months of dedicated work by the school’s History Wall Committee, which gathered and reviewed historical documents and photos, collaborated with graphic designers, and supervised installation. Dorothy J. DeMaio, EdD, RN, FAAN, dean and university professor emerita, chaired the committee, which also included Elsie E. Gulick, PhD, RN, FAAN, professor emerita; William L. Holzemer, PhD, RN, FAAN, dean and professor; Lucille A. Joel, EdD, RN, APN, FAAN, distinguished professor; and Mary Ann Scoloveno, EdD, RN, professor emerita.

Visitors are welcome to view the exhibit. For more information, or to make an appointment for a tour, please call (848) 932-5615.
igh-quality academic programs are hallmarks of Rutgers School of Nursing. The DNP program is ranked 17th in the nation and the MSN program is ranked 19th (U.S. News & World Report, Best Graduate Schools, 2017). Continuing its tradition of developing academic programs to meet workforce needs, the school is establishing a new Population Health track in the MSN program. A new post-baccalaureate PhD in Nursing program allows nurses to develop as nurse scientists earlier in their careers, while obtaining a MSN along the way to their earning doctoral degree.

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<td>Practice Focus (Executive Weekend Model)</td>
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FOR MORE INFORMATION ON ACADEMIC PROGRAMS

- Visit us at nursing.rutgers.edu
- General Information: 973-972-7014, savercntr@an.rutgers.edu
- PhD in Nursing: Dr. Karen D’Alonzo, kdalonz@rutgers.edu
- PhD in Urban Systems, Urban Health track: Dr. Sabrina Chase, salorina.m.chase@rutgers.edu

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With a gift of $250 or more, you can become a member of the Dean’s Century Club, impacting the next generation of nurse leaders with much needed support, such as scholarship funds and financial assistance for travel to academic conferences, where students are exposed to nursing outside of the classroom. For additional information on giving opportunities at Rutgers School of Nursing, please contact Marianne Wiatroski, BSN, RN, director of development, at marianne.wiatroski@rutgers.edu or 973-353-5060.

You can also learn more and make your donation online at nursing.rutgers.edu/giving.

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Alumni Help Launch Dean’s Century Club as Charter Members

“I chose to contribute to the Dean’s Century Club because I believe Rutgers SON has a great reputation and accomplished faculty. Rutgers SON is educating and graduating outstanding nurses from entry to doctorate levels that are leaders in the state and are impacting health care outcomes in a very positive way.”

— Laura A. Mularz, DNP ’15

“I chose to give to the Dean’s Century Club because I want current and future students to have the best opportunity to receive the same exceptional education that I have received.”

— Daniel Misa, BS, ’10; MSN ’16

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Interprofessional Learning ▶

Dana Tricarico, a student in the second-degree, bachelor of science in nursing program at Rutgers School of Nursing (left), participates in an interdisciplinary respiratory assessment exercise with Rachel Vinciguerra, a student in the doctor of physical therapy program at Rutgers School of Health Related Professions.