Five questions for Gail Armstrong[1]

[2]

A volunteer experience led Gail Armstrong to a career in health care. After earning a bachelor's and master's degree in literature, Armstrong began teaching in New Hampshire. But she decided what she really wanted to do was become a full-time volunteer in a Third World country. She ended up in Micronesia where she taught students from 14 surrounding island groups.

While there, she realized that in the hierarchy of learning, there is no compromise when it comes to health.

"I was contributing to the educational system, but I had students struggling with a variety of health issues," she said. "It opened my eyes to the fact that health is more important than education because if you are not healthy, you can't learn."

During her two years in Micronesia, she thought more and more about health professions. "I knew I didn't want to get another baccalaureate degree, so, long story short, in the early '90s, CU's College of Nursing started a nursing doctorate degree, known as an ND. I applied while in Micronesia and came back to Denver where I completed my degree in 1995."

Armstrong began practicing in the Centura system, and while there, a friend recruited her to teach a medical/surgical course at the College of Nursing. Armstrong has been on the college's faculty since 2000 and is now an associate professor where her focus is adult acute care nursing and quality and safety.

She retains her love of literature, and is a voracious reader, especially modern fiction. She also is a volunteer moderator for the Pen & Podium Book Club, which discusses works by authors who make appearances at the Pen & Podium series hosted by The Denver Post. She loves hiking and enjoys taking her dog along on journeys to the high country near Silverthorne.

1. You were a member of the Presidents' Teaching and Learning Collaborative (PTLC) and have said it was one of the most "influential and important experiences" of your career. What was it about the program that so impressed you? How did it impact your career?

I was still a pretty new faculty member, teaching three days a week and practicing as a nurse two days a week. PTLC gave me the opportunity to interact with teachers from many different disciplines within the CU system: In my cohort, there was a professor of music and a professor of physics. It was stimulating in terms of my own thinking about my pedagogy and sharing my teaching challenges and successes with colleagues. We came from different environments, but we were considering a lot of the same questions. It changed how I thought about my own teaching and it launched me into being more innovative in ways that probably wouldn't have happened if I hadn't have been part of the collaborative.

My PLTC project looked at whether high-fidelity simulation that we had just adopted in nursing improved students' clinical reasoning skills. The experience made me think deeply about how we place different types of learning in the curriculum, and almost all of my subsequent scholarship has been in nursing curricula.

2. And that includes the Quality Safety and Education in Nursing (QSEN) program?

From the PTLC, I was invited to be involved in Quality and Safety Education for Nurses (QSEN), a Robert Wood Johnson Foundation national initiative. There were some significant Institute of Medicine reports that highlighted the amount of preventable harm there is in United States hospitals. QSEN emerged from nursing thought-leaders coming together and looking at how we teach quality and safety in nursing programs across the country. My involvement in QSEN came from my practice, where quite a few safety issues had emerged over a short period of time. My clinical colleagues and I were thinking about how to improve our system, and at the same time, QSEN was examining what schools were teaching nursing students about quality and safety and how to improve it. It was a beautiful convergence.

I'm still involved with the QSEN initiative. The Institute of Medicine recommended that all health profession programs teach students about five competencies in quality and safety; QSEN effectively created a system for nurse educators to do that. The foundation for this transformational curricular work came from some of the stimuli I was exposed to in PTLC.

How to teach updated quality and safety is the same for all schools because all health care systems are struggling with the same kind of gaps. One of the ways adverse events in health care are measured is through sentinel events -- when you have a patient who either dies or is substantially harmed from care that was intended to help them. The Joint Commission that accredits hospital associations tracks these sentinel events, and initiatives like National Patient Safety Goals are the mechanism through which all health care systems focus on the same kinds of health care system gaps occurring across the country.

Examples of health care system issues that everyone faces include how to reduce medication errors, how to reduce falls that happen in the hospital, how to reduce hospital-acquired pressure ulcers, and how to improve communication among health care teams.

One of the brilliant visions of the principle investigator in QSEN was to create common resources that all nursing programs across the country could use, available via the website. For example, there are more than 100 peer-reviewed teaching strategies that are free for all nurse educators. We all have the same students, whether it's Colorado or Indiana or California or Texas, and we're struggling with the same issues. So it's all about being a resource-sharing culture.

3. How else have you kept up with the challenges that the nursing profession and nursing education have presented?

I've been a nurse for 21 years. As our hospital environment has become more complex, our education models have worked hard to keep up. I graduated with a nursing doctorate in 1995, but in 2004, the accrediting body for nursing programs decided that the DNP degree would become the clinical doctorate of nursing practice. In order to update my ND to DNP, I had to go back to school to get a master's of science degree. I finished my master's in 2010, but I realized that I really wanted to do hospital-based nursing research, so that year I matriculated into the Vanderbilt University Ph.D. program. I'm working on my dissertation now and hope to graduate in 2015.

All of this education – of which I've had plenty -- has kept me close to all of the improvements happening that continue to prepare students for this increasingly complex hospital environment.

4. What is the focus of your research now?

My Ph.D. research is focused on what contributes to medication errors in the hospital setting. I was a medical/surgical nurse for more than 10 years. Some of my best instructors were my patients; I always felt it was such a privilege to provide care. But when I started my Ph.D., I stepped away from the bedside to balance being a student with my full-time faculty position. My specific focus has changed from understanding/improving care at the bedside, individual patient level to looking at improving care at the systems level.

One of the things I'm doing now is working on an initiative on the Anschutz campus called the Institute for Healthcare Quality Safety and Efficiency (IHQSE). IHQSE is working with interdisciplinary clinical teams from Children's Colorado and from the University of Colorado Hospital. These teams of clinicians commit to 12 months of training and projects to improve the quality and safety of their unit. The IHQSE Certificate Training Program just launched its second cohort, and I'm the nurse on the faculty, teaching with physicians and process improvement experts. The teams commit to eight hours of class each month while working on these improvement projects. Being on the faculty for this program has been challenging and very enlightening about the need for education not only for our nursing students and also our pre-licensure students, but also clinicians who maybe weren't educated in quality, safety and efficiency.

There is a lot of momentum behind this work and many stakeholders are invested in this important education for clinicians. I'm grateful for the opportunity to teach quality and safety right now and work with clinician groups that are engaging and learning.

5. You mentioned that some of your best instructors were your patients. Can you tell me about an instance where a patient made an impression on you or your career?

It's hard to pick out one; there are so many. But, there was one patient, John, on our med/surg unit who was diagnosed with polycythemia. Basically he had too many red blood cells and the treatment is one where you drain blood from the patient, which effectively dilutes their blood. Every month or so John would come to our Ambulatory Care Center for an IV and a therapeutic phlebotomy. During his appointments, we had this nice, light rapport, and shared a lot of humor. I had probably known him for 10 months and when Christmas came along, he had a present for me. He was so serious, which was unlike him. He told me that I had been a lifesaver. It was heartfelt and I was very touched. The gift was a mug that was decorated with enamel Lifesavers and was filled with Lifesavers.

John's mug sits on my desk at work and I always think of that comment about how important my care had been to him. That's the potential that every nurse holds when he or she cares for a patient. I would never in a million years say that I would be a lifesaver. But it reminds me that what matters is the patient and the patient's perspective of how we help them. And in every interaction, a nurse has the potential of being a lifesaver.

My quality and safety work can be a literal application of that metaphor as well: With rapid response teams and early identification of change of status, we really can save patients' lives.

Supplier Showcases stocked for campus visits in September[3]

[4]

The Procurement Service Center (PSC) is hosting the ninth annual Supplier Showcases, your opportunity to discover potential new suppliers and connect personally with current suppliers. All CU faculty and staff are invited to attend this systemwide series, which is set for September.

First-time exhibitors include Instrument Rental & Calibration, Einstein Bros Catering, Halo Branded Solutions, Macherey-Nagel, Levy Restaurants, Midland Scientific, and Staybridge Suites Air Force Academy.

The showcases present a venue to see new technology and gather free samples of new products. PSC staff will be available to answer questions about fiscal procedures, travel rules, Marketplace and Concur. Stop in to visit with staff from the Controller's Offices, Policy and Efficiency, Internal Audit, Risk Management, Sustainability, FinPro Help Desk, and the PeopleSoft Upgrade Project.

Showcase sponsors Staples, Dell, the Parking Spot, and Xerox will be featured at each event. Representatives from Colorado Correctional Industries (CCI) and Christopherson Business Travel also will be in attendance.

The schedule:

CU-Boulder: 10 a.m.-1 p.m. Wednesday, Sept. 3 at Coors Event Center Practice Gym (Note this year's new location)

UCCS: 10 a.m.-1 p.m. Thursday, Sept. 11 at University Center, Berger Hall

CU Denver l Anschutz Medical Campus: 9:30 a.m.-1:30 p.m. Wednesday, Sept. 17 at Research Center 2, second floor Trivisible Room, CU Anschutz Medical Campus

Register now to join the more than 1,200 CU employees who are expected to participate. Registration details and a list of exhibitors is available here: https://www.cu.edu/psc/2014-psc-supplier-showcases[5]

Questions: Contact Penny Davis, penny.davis@cu.edu[6], 303-764-3445

Modern, historical meet in renovation of residence hall[7]

Student input and creative architectural design are to thank for the melding of eras and the preservation of elements in the Baker Hall renovation, such as ornate iron light fixtures, fireplace facades, decorative woodwork, stone and roof tiles. (Photo: Patrick Campbell/University of Colorado)

The University of Colorado Boulder's Baker Hall, closed the past 15 months for its first major renovation in more than 75 years, is welcoming 456 students this week with a modernized interior that better addresses the needs of today's students while retaining the building's original charm.

"The 1937 Baker building, the second-oldest residence hall at CU-Boulder, represented an exciting design challenge," said Thomas Goodhew, assistant director of planning. "The renovation needed to modernize while honoring the building's rich architectural style created by Charles Klauder. His vision set the campus aesthetic that we enjoy to this day."

Klauder[9], who was known for his architectural work on university campuses across the country, designed 15 CU-Boulder buildings between 1920 and 1938 including Baker and Sewall Hall. Other CU-Boulder fixtures that he designed include Norlin Library, the University Club and the Economics Building.

Student input and creative architectural design are to thank for the melding of eras and the preservation of elements in the Baker renovation, such as ornate iron light fixtures, fireplace facades, decorative woodwork, stone and roof tiles, Goodhew said.

All of the residents are participating in the Baker Residential Academic Program (RAP) held in the building. CU-Boulder has 14 RAPs[10], programs that integrate courses, educational opportunities and social events among classmates within residence halls along with a high level of faculty engagement.

The Baker RAP is for first- and second-year undergraduates in natural sciences, pre-health and environmental studies. It also offers classes that fulfill core graduation requirements such as political science, philosophy and anthropology.

Some of the 18 courses taking place in the Baker RAP this fall will be in geology, environmental studies, biology, chemistry and weather and the atmosphere, said Cindy Carey, director of the Baker RAP.

"In addition to formal courses, we provide co-curricular adventures that emphasize nature and the environment such as rock climbing, backpacking, volunteer activities and internships," Carey said. "And we've tied the RAP theme into the building renovation, naming the floors of Baker after environments such as ocean, mountain and desert.

"There are visual cues that go along with each floor's environment, like subtle paint colors, photographs and quotes on display from various people about the value of nature and the importance of protecting the environment," she said.

Not only do the visual cues of the floors build awareness, but they also help with way-finding, distinguishing various locations in the building from each other, according to Goodhew.

One of the more major changes in the renovation was a transformation of the building's south side. Formerly a loading dock, the south side now is an entrance that opens internally to split-level common spaces, an academic suite of classrooms and faculty offices, a new round-the-clock front desk and a kitchen for student use. The original north-side entrance remains in place.

Baker now is compliant with the Americans With Disabilities Act and boasts a number of sustainability features that are

the standard of new construction on campus to reduce carbon emissions and operating costs. It is designed to receive a “platinum” Leadership in Energy and Environmental Design (LEED) rating, the highest possible designation from the United States Green Building Council.

The building’s “green” features are especially evident in each student room including “smart” heating and cooling units that automatically turn off when windows are open, vacancy sensors that automatically shut off lights in empty rooms and power outlets that can be switched off to prevent energy consumption when appliances are not in use.

Baker also is outfitted with low-flow plumbing, energy-efficient lighting and increased natural light throughout, as well as a water bottle refill station that displays an estimate of the number of plastic bottles diverted from landfills as users fill up.

State-of-the-art washing machines installed in Baker for student use are the first of their kind on campus. They use only cold water, reducing energy needs, and get clothes cleaner through an oxidization process that breaks down the molecular bonds that hold dirt to clothing, having a disinfecting effect.

The $41.5 million renovation includes 115,000 square feet, 456 beds, 256 student rooms, a hall director apartment, a faculty apartment, four classrooms and 10 faculty offices.

The total cost of the project will be financed through available cash and bonds that will be repaid through room and board rates.

Following the renovation of the Kittredge West residence hall in 2012-13, the Baker project is part of a series of efforts to enhance CU-Boulder’s RAPs and to bring the campus’s buildings to current-day standards of quality and efficiency.

For more information about CU-Boulder’s residence halls visit http://housing.colorado.edu/residences/residence-halls[11]. For more information about Baker Hall and the RAP visit http://bakerrap.colorado.edu/about-baker-hall[12].

New report: CU Denver | Anschutz a major driver of Colorado economy[13]

The University of Colorado Denver|Anschutz Medical Campus[14] continues to be a major engine of state growth, creating thousands of jobs, attracting millions in research dollars and contributing over $3 billion to the Colorado economy in FY 2012-13.

The university’s latest economic impact reports, released Aug. 12, show significant growth in its overall effect on the state economy. If it were a publicly traded company, the university would rank in the top 25 statewide.

“The story of this university is one of perseverance, dedication and continued growth,” said CU Denver|Anschutz Chancellor Don Elliman. “We have a profound impact on our state. Our medical researchers pioneer countless new treatments, our professors are sought after experts on everything from commodities to Alzheimer’s disease and our students receive outstanding value for their tuition dollar.”

Colorado ranks 48th in the nation in per capita state funding for higher education, receiving just 6 percent of its total revenue from the state.

“Even though the university receives such a small percentage of its overall campus funding from the state, it an absolutely critical source of funding for us,” said Jeffrey Parker, vice chancellor for administration and finance. “That funding is a key financial foundation of the university’s academic and administrative programs.”

The state also supports student financial aid – $7.3 million in FY 2012-13 – which helps keep tuition affordable for Colorado residents.

“We can’t go it alone,” Parker said, “especially CU Anschutz, which has limited student enrollment and constraints on its tuition generating ability. Without state funding those programs could not continue.”

The report, prepared by the university with economic modeling from Sammons Consulting LLC, showed its contribution to the economy rose from $2.65 billion in FY 2009-10 to $3.3 billion for FY 2012-13.

The employment impact increased from 24,000 jobs to 29,374. That includes direct employment of faculty, staff, residents and student workers along with indirect support from thousands of other jobs. University sales and earnings contributed an estimated $42 million in combined sales and income taxes in FY 2012-13.

Numbers aside, CU Denver|Anschutz has ramped up efforts to graduate students into high paying jobs also benefitting the economy. It stresses hands-on learning and produces more students with advanced degrees than any other public institution in Colorado.

A 2013 study showed that CU Denver|Anschutz graduates with a bachelor’s degree had a median first-year salary of $43,804 while those with a master’s had a median first-year income of $55,605. Graduates with doctorates or other professional degrees earned $85,772.

The economic impacts extended to the university’s broad array of service learning programs which enrich the health and overall quality of life in Denver and throughout Colorado. For example, the Urban Citizen Program in the College of Liberal Arts and Sciences connects students with projects aimed at poverty, housing, diversity, education, crime and immigration. Students average 600-800 hours of community service and in many cases the city is their classroom.

The School of Public Health working with Children’s Hospital Colorado has built a state-of-the-art medical center in Guatemala with students, doctors and researchers now rotating through. The university is also home to 100 centers and institutes conducting research, advocacy and providing medical care which contribute to the overall economic impact of the university.

Each campus impacted the Colorado economy in its own way.

CU Anschutz had a direct impact of $2.6 billion. That’s up from a $2.05 billion in 2009-10. It also supported 21,954 jobs compared to 17,800 jobs in 2009-10. Despite tight budgets, CU Anschutz keeps expanding. A new $36.7 million science building broke ground last April and is slated for completion in 2015.

And the campus remains a research leader. In FY 2012-13, 27 patents were granted, 114 inventions unveiled and four start-up companies launched. Last year, over half of all licenses for CU Anschutz technology were given to companies in Colorado.

“In these times of shrinking budgets it is vital that the people of Colorado understand the enormous economic, medical, social and educational benefits that our university brings to the state,” said Lilly Marks, vice president of health affairs and executive vice chancellor of the Anschutz Medical Campus. “It’s an incredible story and one that needs to be told.”

CU Denver saw a state economic impact of $720 million in FY 2012-13, up from $604 million in FY 2009-10. Its total employment impact was 7,420 jobs, compared to 6,300 in the last report.

The university is home to seven schools and colleges and confers more master’s degrees than any other public institution of higher learning in the state. Some 73 percent of alumni remain in Colorado, increasing the university’s impact.

The economic impact reports are based on university and student spending. The expenditures were taken from the university’s financial records and estimated student spending based on annual housing, transportation and living expenses.

The full reports are available at: http://www.ucdenver.edu/about/departments/OPFA/Pages/EconImpact.aspx[15]

UCCS2GO functionality takes center stage at forum[16]

John Hanna shows live demo of new UCCS2Go app (Photo: Philip Denman)

At an Aug. 6 forum in the University Center Theater, UCCS unveiled a first-of-its-kind mobile application that allows students to access their university information from a smartphone or tablet.

John Hanna, application manager, University Information Systems, gave a live demonstration of the app to UCCS faculty, staff and students.

According to Hanna, UCCS2GO will address the needs of the campus and give students what they want.

“Students want mobile capability,” Hanna said. “(They) will be one tap away from accessing their student data.”

UCCS2GO allows students to search for and enroll in classes, monitor their finances and view their current schedule.

According to Hanna, all information being accessed is considered sensitive data and will be protected by requiring students to login to access their information.

The main page of the UCCS2GO app

“(It) happens every single time a student goes to access the app and is a secure mechanism for delivering this content,” Hanna said.

The app was developed by Oracle Corporation, in conjunction with University Information Systems, UCCS Information Technology and the Office of the Registrar.

UCCS is the first to pilot the application as part of the Oracle Campus Solutions student information system. Features include:
Holds: allowing students to identify any holds on their account Add/Drop: Students can customize their Enrollment Cart by removing or adding courses before the Drop Deadline. Grades: Term and Official Grades along with calculated GPA Map: Students can find their classes location via Google Maps. Finances: Students can view their Bursar Account, payment of any kind is not supported in the UCCS2GO application

CU-Boulder senior auditor registration for fall semester is Sept. 2-3[19]

The Senior Auditors Program provides Colorado residents, ages 55 and older, the opportunity to attend classes on the University of Colorado Boulder campus. Tuition is free and participants pay just an administrative fee to cover registration, application processing and IT support. The program was established in 1973 and is coordinated through the CU-Boulder Alumni Association.

“The Senior Auditors Program shares the academic excellence the university is known for with the citizens of Colorado,” said Ryan Chreist, executive director of the CU-Boulder Alumni Association. “It’s a wonderful opportunity to learn and be part of such a beautiful and energetic campus and we’re proud to share this benefit with over 600 auditors a year.”

John and Carol Driver of Boulder have been taking advantage of the program for years. “I’ve audited several anthropology classes and find them fascinating,” said John, who graduated from CU-Boulder in 1968 with degrees in chemical engineering and business. “At times I feel like I know a lot, but being back in the classroom, surrounded by so many inquisitive minds, reminds me of how little I know.”

Benefits have been expanded this fall to bring senior auditors into the official registration system and list all participants on the official class roster. With these changes, participants have the option of ordering official course transcripts and will have access to the CU-Boulder IT system, where most course materials are found. In addition they will receive an ID card granting access to the CU-Boulder library system and have the option of purchasing a Buff OneCard. The administrative fee for the fall 2014 program is $80 for CU-Boulder alumni and $95 for non-alumni.

Anyone planning to audit one or more classes should first visit http://www.colorado.edu/academics/coursesearch[20] to find classes of interest. During the first week of classes, Aug. 25-29, auditors are encouraged to sample classes prior to registration. The final step is registration, which takes place Tuesday, Sept. 2, from 8 a.m. to 3 p.m. and Wednesday, Sept. 3, from 8 a.m. to 3 p.m. at the Koenig Alumni Center, 1202 University Ave., at the southeast corner of Broadway and University. Registration will take place only on these two days. Late registration will not be available.

Course availability is dependent upon enrollment limits, with tuition-paying students given priority, and on fire code restrictions, which determine the number of students allowed in a room. Grades are not awarded and auditors do not receive credit toward a degree.

The following courses are **not** available for auditing: participatory courses (voice, choral, etc.); courses offered through Continuing Education; first-year law courses; history undergraduate seminar courses in the 3000s; all graduate level courses, honors courses and courses that have a waitlist; and Spanish, Portuguese, Chinese, Japanese, Arabic, Korean, Farsi and Hindi courses. A full listing of courses that are not available for auditing is available on the website.

For more information, call the Alumni Association at 303-492-8484 or visit http://alumni.colorado.edu/services/senior-auditors/[21].

Q&A with Richard Krugman, M.D., School of Medicine[22]

[23]

School of Medicine Dean Richard Krugman, MD, announced in January that he would step down as Dean when a search for his successor is completed. To honor his achievements and to celebrate the School’s history, the School is planning the Bow Tie Ball [24]on Nov. 15.

During more than 24 years leading the school, Krugman has presided over an era of unprecedented growth and prestige, nurturing careers, mentoring colleagues, building a team of physicians and scientists who are training a generation of new leaders in research and medicine and providing world-class care to patients. In the 24 years before he became dean, the School of Medicine had 11 different deans or acting deans and five of those had served in the decade preceding Krugman’s appointment as interim dean in 1990. Since becoming dean, more than 4,000 physicians, physician assistants, physical therapists and medical scientists earned degrees from the School and launched their careers. Krugman has appointed all Department chairs, major center directors and senior leadership at the School, established a workplace that values collaboration, directed the School’s move to the nation’s newest academic medical center campus and strengthened the School’s financial foundation by overseeing the growth of its successful physician practice plan, University Physicians, Inc.

Why did you decide now to step down as Dean and what do you plan to do next?

It was a syzygy. You know what a syzygy is? No? S-y-z-y-g-y. Things came together. A syzygy is an unusual alignment

of several things that don't normally align that way. The first time I learned about the word syzygy was in 1980 when we fired off Voyager 1 and Voyager 2 because it turned out that the planets in the solar system were aligned in such a way that one rocket could pass by every single planet on a single trip. And that normally doesn't happen. So syzygies are not very common. They are the unusual alignment of normally disparate events.

So, among the syzygies, there were work reasons, there were family reasons, there were personal and professional reasons and that included No. 1 I have been in the job longer than most and I'm pleased with what we've accomplished. Having reached the point that I've actually recruited all of the chairs and all the major center directors in the school, I thought it was the right time to move on as I heard a President say once, about 50 years ago, and pass the torch to another generation.

Professionally, I was on my way to do a study and try to make some major changes in the child abuse field in 1990 when I got into this job. I put off a sabbatical at that time to take this job because I thought it would only last a year or two. Interestingly, the problems I was trying to work on in that field are still there 24 years later and I think I'd like to have the next phase of my career be just a professor working in the area that is pretty important for me.

It seems like a long time has passed. The conditions you wanted to study are still the same?

No one has done the study I want to do. The child protection system in the United States is still struggling. The approach that this country has taken to try to help abused children and their parents wasn't working in 1990 and I don't see any evidence that it's working any better now. And the systems I wanted to study in Europe, for the most part, are still there, although they've changed some. But neither system has any data to support their assertions that they have good outcomes. And, from my perspective, that's in part what needs to be done in the field of child abuse.

And, you know, the truth is I'm 71 and I figure I've got at least a decade for this next career and I think it will take me a decade, by the way, and if I waited a lot longer, I'm not so sure. I've looked at the longevity of males in my family and they range from 84 to 97, so I think the time's right for another career.

How did it come to be that you were asked to be the interim Dean?

On Monday afternoon, July 2, at 4:30 I got a call from the Chancellor, Bernie Nelson, at the Kempe Center (where Krugman was director), who said the Dean has resigned, I need to talk to you about who should be acting Dean. Could you stop by the house? So I got there and I gave him three names and he said, 'Well, those are fine, but actually, I need you to do this job.' And I said, 'Well, I can't do this job because I'm going to Belgium.'

He said, 'You don't understand. I really need you to do this job.' And I said, 'Why?' And he said, 'Well, you know, there are warring factions in your school, you know that. I asked the chairs to give me names of who might be acting Dean and you were No. 5 on one list and No. 13 on the other list, but the only one on both lists. I need you do the job. And I said, 'That's not a ringing endorsement. I think I'm going to go to Belgium.' And he said, 'Please don't say no to me. Talk to your family. Let's have breakfast tomorrow morning and we can talk again.'

Three months into the job, Bernie said, 'the President, the Regents and I think you're doing very good job. There's been a lot of turnover in the School. We would like to give you a three year contract as dean.' And I said 'I appreciate the support but I've always believed that if your only support is above you, you're hanging. So, why don't you start a search and if the chairs and the students and the faculty think I should be in the job after a search, I'm happy to consider the job, but I'm not going to just take the job.' He and I had this conversation almost monthly and in March of 91 I said, 'Who's the next dean? I'm going to Belgium in July.' And he said, 'You're serious?' And I said I've been serious for six months. I said I'm not taking the job without a search. So they started a search and I didn't apply.

Why? You didn't want it?

I didn't apply because I really wanted to go to Belgium to do this study.

Well, in mid-May the chair of the search committee and a number of faculty came to see me and said you know we think you're doing a good job and we think you should apply. There are some good candidates but we think that you

should apply. So I said, OK and I put off my trip to Belgium again and went through the process.

In December, there was a schoolwide retreat to try to get some consensus on how could the school solve the problem of the incredible turnover in the Dean's job. I missed that retreat because I wound up in the hospital with appendicitis. I had an emergency appendectomy on the night of Dec. 16, 1991, and when I woke up the next morning, among other people at my bed was the chancellor who said he'd gotten my name from the search committee and he wanted to negotiate. And I said, that's nice, but I don't negotiate on morphine. I'll see you after the first of the year.

Sounds like the retreat solved the issue of turnover.

I have no idea. Nobody ever shared with me what the results were.

What are your favorite accomplishments as dean?

The curriculum change we got in place for the medical students in 2005, the move to this campus, having 24, 23 chairs now, and a dozen major center directors who really do work with each other. Those are the big ones.

As Dean, you preside over a faculty that includes neurosurgeons and pediatricians and cardiologists…

And psychiatrists and basic scientists…and every one of them think differently, solve problems differently and communicate differently, if they communicate at all. And that's why, I've said this before and people always sort of laugh or don't understand it, being in child abuse work for 10 years was really good preparation for this job because in that work you have to work with physicians, lawyers, social workers, law enforcement, criminal and civil judges, educators. They all think differently, they all solve problems differently. They all see life from their own perspective and if you're going to be successful on behalf of the child and the family, you need to be able to work as a multidisciplinary team. You need to listen and take what they say into effect.

It turns out that schools or universities are not very different. And in this environment, it's not just all of the faculty and the departments, but it's five different hospitals, it's different health systems, it's alumni, it's the legislature, it's everybody who's got a different perspective on what the job is. They are made up of all these very different groups of people, but the analogue to the child and the family is that if this school and the university are going to be successful, you have to make sure that all of its parts work well together.

Study shows links between city design, health[25]

[26]
In a rare study of how street network design affects public health, researchers at the University of Colorado Denver[27] and the University of Connecticut have discovered that older, more compact cities promote more walking and biking and are generally healthier than many newer communities.

"Previously we had found that people drive less and walk more in more compact cities with more intersections per square mile," said study co-author Wesley Marshall, Ph.D., PE, assistant professor of engineering at the CU Denver, a major center of timely, topical and relevant research. "Now we've been able to link these city design qualities to better health."

The study, co-authored by Norman Garrick, Ph.D., associate professor of engineering at the University of Connecticut, was published recently in the Journal of Transport and Health. It looked at 24 medium-size California cities with populations between 30,000 and just over 100,000.

"We built these dense, connected street networks for thousands of years but only over the last century or so did we switch to designing sparse, tree-like networks with cars in mind," Garrick said.

The researchers examined street network density, connectivity and configuration. Then they asked how these measures of street design impacted rates of obesity, diabetes, high blood pressure, heart disease and asthma. The study used data collected by the California Health Interview Survey for the years 2003, 2005, 2007 and 2009, sampling between 42,000 and 51,000 adults.

The results showed that increased intersection density was significantly linked to reduction in obesity at the neighborhood level and of obesity, diabetes, high blood pressure, and heart disease at the city level. The more intersections, the lower the disease rates.

The study also found a correlation between wider streets with more lanes and increased obesity and diabetes rates. The reason, the researchers said, was that wider streets may be indicative of an inferior pedestrian environment. The presence of a 'big box' store also tends to be indicative of poor walkability in a neighborhood and was associated with a 13.7 percent rise in obesity rates and a 24.9 percent increase in diabetes rates.

The study also considered the `food environment' of cities. Cities with more fast food restaurants were associated with higher diabetes rates while additional convenience-type stores across a city correlated with higher rates of obesity and diabetes.

Overall, the study showed that the healthiest cities had shorter blocks and more intersections. Marshall said that while Denver falls on the more compact side of the city spectrum, it also has far too many major streets with wide, multiple lanes that were associated with increased obesity and diabetes rates.

"Over the course of the 20th century, we did a great job of engineering utilitarian active transportation out of our daily lives," said Marshall, who works in CU Denver's College of Engineering and Applied Science. "While they were well-intentioned design decisions, they effectively forced people to make an effort to seek out exercise and we are now seeing the health implications of these designs."

Marshall said it may still be uncommon to choose a place to live based on health outcomes but this research indicates that it might be worth considering.

"While it is possible to lead an active, healthy lifestyle in most any type of neighborhood," he said. "Our findings suggest that people living in more compact cities do tend to have better health outcomes."

Garrick pointed out that in their earlier study they had found that these more compact cities also had much lower levels of traffic fatalities.

"Taken together these findings suggest a need to radically rethink how we design and build the streets and street networks that form the backbone of our cities, towns and villages," Garrick said. "This research is one more in a long line that demonstrates the myriad advantages of fostering walkable places."

The study was co-authored by former CU Denver graduate student Daniel Piatkowski and is available upon request.

In memoriam: Jim Carrigan, former regent[28]

[29]

Jim R. Carrigan – a former U.S. Federal District Court Judge and Justice of the Colorado Supreme Court, as well as a former member of the CU Board of Regents – died Aug. 15, 2014, in his Boulder home surrounded by his devoted wife, Beverly and his loving family. He was 84.

Jim was born Aug. 24, 1929, in Mobridge, South Dakota, the son of Michael Leo and Mildred Ione (Jaycox) Carrigan. He and his four siblings grew up in Hallock, Minnesota, where his father ran a bakery.

Jim graduated from the University of North Dakota, Grand Forks, with a bachelor's degree in philosophy and a law degree in 1953. He graduated first in his law school class, was awarded Order of the Coif and Phi Beta Kappa. He was

president of the student body of the university and editor in chief of the law review. After briefly practicing law in Williston, North Dakota, he attended New York University where he received an L.L.M. in tax law in 1956. By age 25 he was an assistant professor of law at NYU.

While living in New York City, Jim met the love of his life, Beverly Jean Halpin. The story of their meeting has been a wonderful family story. Beverly had recently received a master's degree in social work from Fordham University. After a wonderful courtship in New York City, Jim and Beverly were married June 2, 1956, in Los Angeles.

In addition to NYU, Jim was a law professor at the University of Denver, the University of Washington-Seattle, and the University of Colorado Boulder. He served as Judicial Fellow in Residence and lecturer at law schools throughout the country. He twice taught at Oxford University and taught and conducted seminars in Taiwan, Zambia, Jamaica and Croatia. He served as administrator for the state of Colorado Judicial Department and was instrumental in developing Colorado's judicial merit selection system.

In 1963, Jim and Beverly moved their family from Denver to Boulder. They lived in Table Mesa and, in 1969, completed construction of their dream home on a mesa just below the Flatirons and Bear Peak. The home remains in the family and the six Carrigan children were raised there. This property was the site of many large gatherings of family and friends through the years. In the summer Jim would always give a visitor a special tour through the beautiful flower gardens, featuring numerous fruit trees, grape arbors, a raspberry patch and, often, wildlife viewing.

Jim had a respected career as one of the pre-eminent plaintiff attorneys in Colorado. His practice led to many Colorado cases protecting those injured due to the negligence of others. He was a firm believer in justice for all and sticking up for the "little guy."

Jim loved the University of Colorado and the Buffaloes. He was elected a regent of the university in 1974. He received Honorary Doctor of Law Degrees from the University of Colorado, University of North Dakota and Suffolk University Law School. Jim was extremely proud that his children and grandchildren hold seven degrees from CU. (So far). He was honored that one of the mock trial competitions at CU Law is named for him ("The Carrigan Cup"), as is the teaching courtroom in the new law school.

In 1976, Gov. Richard Lamm appointed Jim as an associate justice of the Colorado Supreme Court. In 1979, President Jimmy Carter appointed him as a federal district judge for the judicial district of Colorado. In 1995, Judge Carrigan assumed senior status on the court and subsequently he joined the Judicial Arbiter Group of Denver where he arbitrated and mediated significant cases around the country and around the world. He also served as the Boulder County representative to the Metropolitan Football Stadium Board when the new Broncos stadium was built.

He received countless awards, too numerous to list. He was particularly proud of being one of the founders of the National Institute for Trial Advocacy as well as the National Judicial College in Reno, Nevada. The University of North Dakota's mock trial competition is also named in his honor. He helped found St. Martin de Porres Catholic Church in Table Mesa. He volunteered at numerous positions in politics and law as well as with Samaritan House in Denver and the St. Thomas Aquinas Catholic Church food bank.

There is no doubt that Jim's proudest achievement was his loving marriage of over 58 years to his wife Beverly, who survives him, as do their six children: Sheila P. Carrigan (husband Marlin Buse) of Boulder; Maura M. Christoph (husband James) of Boulder; Patrick F. Carrigan (wife Arlette Julian Carrigan) of Boulder; Kathleen M. Carrigan of Longmont; Andrew O. Carrigan (wife Janel) of Fresno, California; and Michael J. Carrigan (wife Sarah Dotson Carrigan) of Denver. He is also survived by his 12 adored grandchildren, ages 5 to 24, to whom he will always be "Hi-Paw" and "The Toe Fish." They are Brandon Carrigan Buse and Pari Buse; Gretchen and Nicholas Christoph; Quinn, Cole and Delaney Carrigan; Patrick Hardy; Kylie and Keone Carrigan; and Elizabeth and Daniel Carrigan. He is also survived by his sister, Norma Cresien of Federal Way, Washington, as well as numerous nieces and nephews and countless friends. He was pre-deceased by his parents, his sisters Patricia Rustad and Virginia Ducharme and his brother Michael Carrigan.

Judge Jim Carrigan was a man of deep Catholic faith, profound intelligence, reverence for nature and sparkling wit. He had an enduring love of literature, poetry and all things Irish. He believed in the inherent goodness of people, that

everyone deserves a second chance and in equal rights and justice for all people. He and Beverly loved to garden, feed the birds at their house on the hill, spend time in their swimming pool, entertain family and friends and travel the world together. His children are grateful for his unconditional love and support, the fact that he provided them with excellent educations and for the important values he taught every day of his life. He was an incurable romantic, loved a horrible pun and delighted in the accomplishments of his large family as well as his numerous law-clerks and staff whom he considered his honorary children. His wit, cleverness, empathy, compassion and intelligence are legendary in Colorado's legal community. He was a class act who lived the American dream but never lost his humility or forgot his upbringing in a Minnesota bakery. He had a wonderful life and everyone whose lives he touched is richer for having known him. He will be deeply missed.

The family wishes to thank the devoted caregivers from Safe at Home and Family Hospice who provided so much support during Jim's illness and allowed him to complete his earthly journey in the home he loved so much.

Pursuant to his wishes the family has held a private, traditional Irish wake at the family home and a Mass of Christian Burial at St. Thomas Aquinas Catholic Church.

A memorial service will be at 5:30 p.m. Thursday, Aug. 28, at the University of Colorado Wolf Law Building, 2450 Kittredge Loop Road, Boulder. A reception will follow the service. RSVP here.[30]

Donations in memory of Jim Carrigan's extraordinary life may be made to The Judge Jim R. Carrigan Scholarship at the University of Colorado School of Law, c/o the CU Foundation (designate CU Law-Carrigan Scholarship in memo line) 4740 Walnut St., Boulder, CO 80301 or www.cufund.org/JudgeCarriganFund[31] or St. Thomas Aquinas Catholic Church-Harvest of Hope Food Pantry, 2960 Valmont Road, Boulder, CO 80301.

Yakacki wins National Science Foundation CAREER Award[32]

[33]
Christopher Yakacki, assistant professor in the College of Engineering and Applied Science, Department of Mechanical Engineering at CU Denver, has won a 2014 National Science Foundation CAREER Award winner.

Yakacki's project, "A Two-Stage Processing Approach to Shape-Switching Liquid-Crystalline Elastomers for Biomedical Applications," is a five-year investigation into the development of a reaction mechanism to tailor and manufacture liquid-crystalline elastomers for biomedical applications.

Liquid-crystalline elastomers (LCEs) are a class of smart polymers that can repeatedly change shape and optical properties in response to a stimulus, such as heat or light. Traditionally, LCEs have been difficult to synthesize and manufacture for applications, such as biomedical devices.

Shape-changing biomedical devices promote minimally invasive surgery. Devices can be compacted to a small geometry, inserted through a small incision, and deployed in the body. Many medical devices are left in place permanently, however, some devices need to be adjusted over time or even removed. LCEs offer the opportunity to have the device return to its compacted shape for easier removal.

Because of the soft nature of the material and its unique optical properties, Yakacki will use this award to continue his work with Malik Kahook and the Department of Ophthalmology in the University of Colorado School of Medicine to develop new ophthalmic LCE devices.

Yakacki said the award also will support summer, hands-on workshops for local high school students, addressing how smart polymers can be used in biomedical applications.

Using this new technology, he will apply his teaching and industry experience to design and develop interference devices for anterior cruciate ligament (ACL) tears, which also illustrates how mechanical engineering, materials

science, and bioengineering can all combine. Yakacki hopes to show that engineering isn't a confined area of study, and that while there are individual degree programs, engineers often solve problems using an interdisciplinary approach.

Through this experience, Yakacki wants "to give students a better look at how a college education can lead to unique, real-world opportunities and experiences."

The Faculty Early Career Development (CAREER) Program offers the National Science Foundation's most prestigious awards in support of junior faculty who exemplify the role of teacher-scholars through outstanding research, excellent education and the integration of education and research within the context of the mission of their organizations.

Yakacki also recently received an R21 award from the National Institutes of Health, and was named the 2014 CU Denver New Inventor of the Year by the University of Colorado Technology Transfer Office.

Yakacki received his bachelor's and master's degrees and Ph.D. in mechanical engineering from the CU-Boulder. After graduating, he co-founded MedShape Inc., an orthopedic device company that uses proprietary shape-memory technology to design medical devices. At MedShape, Yakacki served as the principal scientist, and he received more than $1 million in Small Business Innovation Research (SBIR) awards to develop shape-memory polymer devices.

He joined the CU Denver Department of Mechanical Engineering in 2012 and has since established the Smart Materials and Biomechanics Lab. He engages in research that spans both CU Denver and the CU Anschutz Medical Campus; his long-term goals include building a research lab at CU Denver investigating how smart polymer systems can be used in medical devices.

Now showing: Movshovitz remembers Ebert[34]

[35]
Howie Movshovitz, CU Denver's director of film education in the College of Arts and Media, first met renowned film critic and author Roger Ebert more than 40 years ago, and remained friends until Ebert died in April 2013.

Because of their history, Movshovitz was interviewed and appears in a new documentary about Ebert. The movie, "Life Itself," directed by Steve James ("Hoop Dreams," 1994), includes interviews with Ebert; his wife, Chaz Ebert; Ebert's late TV partner Gene Siskel; director Martin Scorsese; and other notables.

Movshovitz discusses Ebert's participation in the Conference on World Affairs at CU-Boulder. "During the interview for the movie," Movshovitz said, "I talked about how Roger conducted his Conference film conversations -- with 300 people in the dark."

Based on Ebert's best-selling memoir of the same name, the movie explores his work and legacy.

Brewer awarded oncology research grant[36]

[37]
Benjamin Brewer, director of clinical psychology services for the School of Medicine Department of Hematology and investigator at the University of Colorado Cancer Center, has been awarded a two-year grant to assess the treatment of chronic myeloid leukemia (CML), a rare blood cancer, at four oncology practices across Colorado, including University of Colorado Hospital, St. Mary's Hospital, Memorial Hospital and Poudre Valley Hospital.

The National Comprehensive Cancer Network (NCCN) Oncology Research Program, in collaboration with Pfizer Independent Grants for Learning & Change, awarded the grant to Brewer.

Bone marrow transplants or chemotherapy were once the only treatment options available for CML, and until recently, survival rates weren't remarkable. But new tyrosine kinase inhibitor medications have transformed CML treatment—patients are now living full lives thanks to targeted therapy. "CML used to be one of the more difficult blood cancers to treat. Now, almost all patients respond to the new medications," said Brewer.

The new study will test an intervention for oncology teams designed to address concerns relevant to patients with CML and the doctors who treat them. The intervention is designed to improve monitoring of the gene marker BCR-ABL1, improve the choices physicians make based on data from appropriate monitoring of the gene marker, and teach physicians how to better address the problem of patients' forgetting to take their medication.

Although vastly better than previous treatment approaches, tyrosine kinase inhibitor medications require lifelong monitoring and adherence. The NCCN guidelines currently recommend testing for BCR-ABL1 every three months after initiating therapy, regardless of treatment response. A recent report found that only 31 percent of community physicians and 52 percent of academic medicine physicians in the United States were correctly tracking this vital marker of treatment response in peripheral blood. Instead many are performing unnecessary bone marrow biopsies to conduct monitoring on a suboptimal timeline.

Through interactive educational presentations, monitoring of BCR-ABL1 testing rates, and providing feedback about this rate to each practice, Brewer hopes to change physician and medical team behaviors at all four practices over two years and in turn, improve adherence to the NCCN guidelines for the treatment of CML.

Poeschla named head of Division of Infectious Diseases[38]

[39]
Eric Poeschla has been named head of the Division of Infectious Diseases in the Department of Medicine.

Previously, he was a professor of medicine at the Mayo Clinic College of Medicine.

Poeschla also will hold the Tim Gill Endowed Chair in HIV Research.

He is a graduate of Yale Medical School and served an internal residency at the University of California at San Francisco. He also was a member of the Mayo Clinic Departments of Molecular Medicine and Medicine (Infectious Diseases) from 1999-2014.

Dropping names ...[40]

Some 22 faculty and staff members joined UCCS in July. They are:

Barbara Anderson, custodian, Physical Plant; **Timothy Balagat**, mechanical trades, Physical Plant; **LaCedric DeLoach**, custodian, Physical Plant; **Jeffrey Dempsey**, video producer, Media Services; **CarrieFinkill**, violence prevention educator, School of Public Affairs; **Nicole Gomez**, technician, Office of Student Financial Aid and

Employment; **Joshua Guedes-Everett**, program assistant, Telecommunications Department; **Marissa Guerrero**, scheduling assistant, University Center; **Kristy Hignite**, administrative assistant, Physical Plant; **Nicholas Lockwood**, success coach, Office of First Year Experience; **RebeccaMarshall**, research analyst, Office of Institutional Research; **Christopher Nelson**, instructor, College of Engineering and Applied Sciences; **Toni Ann Passalacqua**, retail dining manager, Dining and Food Services; **Svitlana Patton**, materials handler, Dining and Food Services; **Jeffrey Reed**, associate director, Physical Plan; **Bryan Rossman**, technical specialist, Admissions and Records; **Susan Sargent**, program manager, University Development; **Marcianna Sloan**, cook, Dining and Food Services; **Brynne Thrasher**, scheduling assistant, University Center; **Joel Tonyan**, assistant professor, Kraemer Family Library; **Emilie Vrbancic**, assistant professor, Kraemer Family Library; and **Jordan Zepeda**, cook, Dining and Food Services.

CU Denver block party is today[41]

Kick off the 2014-2015 academic year with your fellow students, faculty, staff, parents, alumni and community friends at the third annual CU Denver Block Party today.[42]

11 a.m. to 2 p.m. Aug. 21, 14th and Lawrence

Lunch from some of Denver's favorite food trucks
Live music from Denver's hottest bands
Academic info from real, live people
Photo ops with Milo the CU Denver Lynx
Games, activities, giveaways and more

For more information, click here.[43]

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