



Nexus: Villanova Nursing's Center for Global and Public Health Newsletter Spring 2020

2020 Year of the Nurse and Nurse Midwife

The World Health Organization (WHO) together with partners, the International Confederation of Midwives (ICM), International Council of Nurses (ICN), Nursing Now, and the United Nations Population Fund (UNFPA) have designated 2020 as the Year of the Nurse and Midwife. Given the novel coronavirus pandemic, this is truly an understatement. This year-long celebration is intended to highlight the important work of nursing and midwifery while focusing on the need to increase the investment in the nursing and midwifery workforce. 2020 was selected because it is the 200th anniversary of Florence Nightingale's birth. Additionally, WHO published the first [State of the World's Nursing Report 2020](#) on April 7, World Health Day.

As nurses we are aware of the important work and impact upon the health of our patients, communities, and nations that professional nursing provides. 2020 has certainly been the year to share with the world what nursing does and can do; thus, making it clear why investment in nursing and midwifery is essential. The daily news of COVID-19 has been full of the important role that nurses play in care of the most vulnerable and sick. But, once COVID-19 resolves, and it will, we need to always highlight our role promoting, maintaining, and restoring health. In a study by Diana Mason and colleagues at George Washington University Center for Health Policy and Media Engagement, only 2% of the articles about health cited nurses, and when nurses are cited, they most frequently discuss the nursing profession, not the health impacts they are making. Additionally, nurses were found to interact on social media with other nurses and not share with other health professions or media outlets. The researchers also found that nurses are not sharing our impact and what we are doing to effect change in health care and health systems outside of the nursing profession. COVID-19 has changed that and in the future nurses in every practice setting must continue to share with the public their collaboration across disciplines and their important nursing contributions to the health of those they serve.

2020 has demonstrated the dedication and courage of nurses in meeting the needs of those with infectious diseases. In addition to addressing the COVID-19 crisis, nurses continue to educate communities regarding the value and science of vaccinations to a church groups, on the radio, or in the newspaper; describe the work and value of hospice care to policymakers; provide remote education to middle school students to discuss vaping and its impact on developing lungs with students and their parents; or share their latest research at a non-nursing conference. There are many ways nurses continue to highlight our important role in improving the health of our patients. Thus, when we publicly share nursing's value, we are celebrating the intention of 2020 the Year of the Nurse and Nurse Midwife. Thank you for your commitment to the health and wellbeing to the health of your patients and their families, my colleagues!

[Read more.](#) [Additional info.](#)

From the Director: Our Roots and Restlessness

This fall, The Rev. Peter M. Donohue, OSA, PhD, University President, shared the University's Strategic Plan that will guide Villanova to 2030. The new strategic plan relies on the themes of *Rooted and Restless*; as we are rooted in our Augustinian Catholic values in the pursuit of knowledge and service to others, and we are restless for greater understanding of our dynamic world and seek ways to address the complexities that affect our health.

These themes match the work of the Center for Global and Public Health. Our roots in the Augustinian Catholic values drive our work to educate our students while serving our local and international partners. We are rooted in the existing evidence, but restless to develop further with global and public health knowledge and expertise; our local and international partners are collaborators in the generation of new knowledge through a variety of research methods; and we are restless to be part of the solutions to address the current public health issues that are seen locally and globally: climate change, migration of people, new and emerging diseases, and the opioid crisis, to name a few. The Center for Global and Public Health has examined our roots and restlessness and we have made the following our goals for the next three years:

- Strengthen and build sustainable domestic and international partnerships.
- Offer opportunities for international scholars to engage and collaborate.
- Gain national recognition for leadership in global health nursing education, research, and practice.
- Build opportunities for interdisciplinary collaboration that addresses global and public health.

Welcome to Our New Coordinator



The Center for Global and Public Health welcomes Mrs. Sandra (Sandi) Schultz to our team as the Research, Innovation, and Global Health Coordinator. She will spend half of her time supporting the Center and the other half supporting the College's research and innovation initiatives. Previously, Mrs. Schultz was the administrative assistant for Drs. Lesley Perry and Anne Fink. Mrs. Schultz will be supporting the global health minor, course-related international travel, and Center-related activities. She can be reached by email at: sandra.schultz@villanova.edu

Reflections on Fulbright in Finland

Ruth McDermott-Levy, PhD, MPH, RN, FAAN

In the fall semester of 2018 the University of Eastern Finland Department of Nursing Science hosted me as a Fulbright Scholar from the U.S. Leaving for Finland, I had some concerns about being away from my family for five months, adapting to the quiet nature of the Finns, and the cold dark months of November and December that I would experience at the end of my Fulbright term.

Leaving my family and living alone in a country with a different culture and language was a very isolating and lonely experience. I spent a lot of time reading, cooking food from home (my husband scanned and emailed many favorite recipes) and reflecting on the experience of those who leave their country without the safety-net of a program like Fulbright and a university host. Like most expatriates, most of my socializing was with other Americans or other international scholars or students.

In the U.S., as in many countries, we talk a lot and that is how we connect. Not so for the Finns, who do not appreciate needless chatter and "stating the obvious." As an American, this added to my loneliness as it was challenging to connect to my Finnish colleagues. The ways that had been successful in the past with colleagues from other countries and cultures did not seem to work. So, I learned to be quieter (those who know me can stop laughing), to be more present, and follow the lead of my hosts. I learned to enjoy the silence and find constant chatter distracting from thoughtful work.

Then came the darkness and cold. Fortunately, the Fulbright Finland group brought us “Fulbrighters” all together in early October to share American life with a Finnish American studies class at the University of Turku. While we were all together, there was time for socializing and learning more about Finnish life. Fulbright Finland staff shared that many Finns use a “happy light” to imitate natural light during the dark winter days. They also shared that getting exercise and using candles (that are sold in every grocery store during the winter) makes the dark days more manageable. For me, the winter darkness tips worked. I used the light when I worked at the computer in the evening. I was sure to walk, swim, or ride my bike (when the paths were snow-free and ice-free- the Finns put snow tires on their bikes), and I loved the beauty of the Finnish winter candles illuminating my apartment. I felt so fortunate to walk to the university each morning and see the magnificent star-filled Nordic night sky. Additionally, I learned and lived the Nordic phrase, “there is no such thing as bad weather, only bad clothing choices.” So, layering my clothes, including socks, was my typical fashion statement.

In my career I have had the opportunity to travel and work with people from around the globe, and it has helped me understand the world through the eyes of people of different faiths, cultures, and races. But the experience of living abroad, by myself for five months, was life changing. I was challenged personally and professionally. As a public health nurse, I thought a lot about my experience related to people who come to a country, not by choice as I did, but as a matter of survival for their families and themselves. I saw many immigrants in Finland, as Finland, like the rest of Europe has had an increase in immigration. I thought about the Bible verse in the Book of Matthew (25:35), “I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me.” I went to Finland because I was hungry for knowledge and thirsty to collaborate with Finnish nursing colleagues. And the Finns, Fulbright Finland, and my fellow sojourners welcomed me. I hope to hold that experience of living in a foreign land close to me as I work with nursing students in our immigrant and refugee clients in clinical settings and in classroom learning. It is hard to leave what you know and love and to make a new home. But, as people of faith, we are called to find a way to address the needs of the traveler and welcome them. I am grateful to all in Finland who welcomed me.

Dr. Ruth McDermott-Levy and Fulbright specialist, Dr. Martha Elford (University of Kansas) sharing March Madness and American college basketball with Finnish students for their American Studies class at the University of Turku.



The Center for Global & Public Health Celebrates 10 years!

In celebration of 10 years of the Fitzpatrick College of Nursing Center for Global and Public Health, we had planned a Global and Public Health Summit for April 3 at Driscoll Hall. With COVID-19 health concerns, we are rescheduling the event and are considering safe options to engage with our colleagues. We will post on the Center for Global & Public Health once plans are confirmed. Global and public health experts will speak about best practices including a coronavirus update, legal issues with international missions, water projects, and the opioid crisis. [Read more as our web page is updated.](#)

Villanova University Recognized by the Nationalities Service Center for Fitzpatrick College of Nursing’s Work with the Health Access Program

The Fitzpatrick College of Nursing has had a 12-year relationship with the Nationalities Service Center (NSC) in Philadelphia. This relationship was further developed in 2016 when a grant from the American Associate of College of Nursing (AACN) to support public health education in the nursing curriculum was awarded. The AACN grant included partnering with the NSC in their Health Access Program. Bette Mariani, PhD, RN, ANEF and Ruth McDermott-Levy, PhD, MPH, RN, FAAN

have led this project to implement a service-learning opportunity for junior level nursing students to assess, screen, and assist with medical referrals for recently arriving immigrants to the U.S. On April 4, 2019 Villanova University was recognized for their service to the NSC as the Margaret Harris Award honoree. The FCN partnership with the NSC was identified as a key player supporting NSC programming and the needs of immigrants and refugees. [Read more about the award.](#)

Public Health Minute: Coronavirus

At the time of publication of the Spring 2020 edition of Nexus, the University has moved to remote teaching and meetings. We continue to follow the Center for Disease Control and Prevention (CDC) advisories as more is learned about COVID-19. While epidemiologists and virologists uncover the details of human transmission and prevention of COVID-19 there are things that we can do to prevent illness and spread of disease. Actions that we all should take include:
Frequent hand washing with soap and water for at least 20 seconds (when soap and water is not available use at least 70% alcohol hand sanitizer).

- Keep your hands away from your mouth, nose, and eyes.
- Cover your cough and sneeze with a tissue and then discard in the trash.
- Keep frequently used surfaces clean. If you are ill, stay home and seek medical care.
- Avoid close contact with people who are sick.
- Maintain a social distance of at least 6 feet from others.
- In public, use a face mask.
- Continue to follow the CDC recommendations as more is learned about COVID-19.

[Read the CDC's recommendations.](#)

Villanova's First International Classroom Available to Global Health Minors

As part of Dr. Ruth McDermott-Levy's Fulbright grant, she developed a course about climate and health for students from Finland, Nigeria, and Villanova. Dr. McDermott-Levy collaborated with nursing faculty at University of Eastern Finland and medical school faculty at the University of Port Harcourt in Nigeria to develop an on-line, asynchronous, interdisciplinary course, Global Perspectives of Climate and Health. Students are engaging in critical aspects that effect human health in their regions of the world. The course debuted this spring semester and in addition to students from the participating schools, there are international students from Iran and Oman all learning within the same on-line class. Villanova global health minor students and graduate nursing students are enrolled in this course and we look forward to their seminar presentations with their international classmate at the end of April.

The Center for Global and Public Health is Pleased to have 21 Students Graduate with a Global Health Minor in May 2019

The May 2019 Global Health Minor students and their majors are listed below.

Julia Berger	Business Management
Samantha Bockoven	Biology
Beitrice Choo	Political Science
Danielle Cote	Accounting
Kimberly Dawes	Global Interdisciplinary Studies
Margaret Dietrick	Comprehensive Science, Honors
Begum Galiv	Psychology
Erin Gibson	French & Francophone Studies
Olivia Harrison	Psychology
Caroline Ibarra	Political Science & Communications
Emily Kohlberg	Communications
Jacqueline Lima	Comprehensive Science
Casey McIntyre	Political Science
Lauren Munter	Nursing

Sabrina Nguyen	Cognitive & Behavioral Neuroscience
Caitlin O'Toole	Cognitive & Behavioral Neuroscience
Danielle Perra	Psychology
Elena Reverdy	Spanish and Psychology
Isabel Ruiz- Irizarry	Comprehensive Science
Lila Samuelson	Humanities
Laura Wolford	Spanish

Reflections of Studying Global Health: From the Classroom to Impact

Allison Wynne, Psychology Major and Global Health Minor, Class of 2020



When I began taking classes for my Global Health Minor (GHM), I was simply interested in the subject matter. I'm a senior now, planning my final classes here at Villanova. My minor in Global Health has inspired me to pursue a career in this field. I've learned about health systems, health determinants, human exploitation, worldwide health issues, healthcare delivery, and much more. The classes I have taken as a part of the minor have been some of the most interesting, engaging, and fulfilling courses I've taken during my tenure at Villanova.

The GHM has already helped me gain experience outside the classroom. Last year, I applied to an internship with a nonprofit called Profugo, which is based in nearby Ardmore, Pa. It was the knowledge of global health I gained in my GHM classes, along with my experience doing research and data analytics in those courses, that helped me get selected for the role. In my internship, I was able to contribute the valuable insights I gained from my GHM courses. I was familiar with the epidemiological aspects of the country we were working in. I was able to use my knowledge about the sociocultural and socioeconomic determinants of health to refine the aid programs we implemented in the community there. I am also able to incorporate the experience I gained in my internship into classes here in the Global Health program. We often draw on our experiences to supplement and engage the material the professors present.

I've had classes with students from all departments of the university as the GHM represents a diverse array of Villanovans. We pride ourselves on being committed to the state of human health around the world and bring varying areas of expertise to the discussion. The GHM is the perfect addition to any curriculum here at Villanova. It makes you think differently about your place in the world and your contribution to it. We believe efforts like inhibiting climate change, working for minority and indigenous justice, and systematically combatting poverty and oppression, are essential to improving the state of human health around the globe. We are passionate about developing a global mindset and will work to incorporate our acumen and awareness of global health into our careers, whatever they may be.

A Nurse with a Global Impact



Sr. Jackline Mayaka, BSN, MSN, a PhD student, was honored at Nurses with Global Impact's International Nurses Day at the United Nations in New York City on May 10, 2019. Sr. Jackline was recognized for her work with new nurses in Kenya in developing programs to support their transition to professional nursing practice in low resource settings. [Read more about Sr. Jackline's work.](#)

From Villanova to Rwanda: Finding My Way to Global Health

Claire Kimilu, BS Biology and Global Health Minor, Class of 2017



I first learned about PIH and Dr. Paul Farmer in one of my global health minor courses. I never imagined I would one day call him a mentor!

From an early age, I developed a keen interest in something I later learned was “global health” thanks to a special pediatrician, Dr. Ann-Marie Craig. She often travelled to deliver care to HIV/AIDS orphans in Africa and would share her stories with me and my parents. I felt a real sense of excitement and pride knowing that my doctor here in the US could understand the needs of children in distant countries—countries like Kenya where my family immigrated from. My parents and Dr. Craig made me aware that there were children like me—even my own family members—who faced challenges due to their different circumstances; and this just didn’t seem fair. What drew me the most to Dr. Craig and her experiences was a deep feeling that all children—no matter their circumstances—deserved to have access to care just like me. I was formulating a belief that health care is a human right.

About halfway through my time at Villanova, I was formally introduced to global health. Unknowingly, I was beginning a journey that ultimately led to a small yet remarkable country called Rwanda. While pursuing my minor, I learned that those “varying circumstances” Dr. Craig and my parents helped expose me to were known as social determinants of health. The more we explored these factors, the more I understood that ensuring quality health for all is an interdisciplinary task which extends far beyond the walls of a hospital or clinic. I saw this firsthand serving at Bon Secours Hospital’s Outpatient Mental Health clinic during a postgraduate year of service. With the help of patients and neighbors in Southwest Baltimore, I gained a new understanding of what it meant to navigate inequity every day; and I learned the value of collaborating with those we aim to serve.



A lesson on malnutrition during a home visit with CHWs in Rwinkwavu, Eastern Province Rwanda. CHWs serve as the backbone of Rwanda’s health system.



Humbled to have been honored by the First Lady of Rwanda, Her Excellency Jeannette Kagame and Dr. Agnes Binagwaho, Vice Chancellor of UGHE and Rwanda's former Minister of Health, in a country determined to achieve gender equity.

While in Baltimore, I was introduced to the University of Global Health Equity (UGHE). Based in Rwanda, UGHE is an initiative of Partners In Health (PIH) which equips students with experiences and skills to be innovative leaders in global health. At UGHE, I was privileged to visit rural PIH sites, participate in home visits with community health workers (CHWs), and even experience life in Mahama Refugee Camp. I learned alongside international faculty, CHWs, local community members, and classmates from across Africa, Nepal, and Canada. I explored issues like: task-shifting to address limited human resources for health; Rwanda's community-based insurance program (Mutuelle de Santé) and universal health coverage; and new concepts like one health—which recognizes that human health is connected to the health of animals and the environment. Halfway through the program, I moved into the rural community of Butaro, Rwanda where UGHE inaugurated its first permanent

campus. Culminating my experience, for six months, I applied my skills in practicum research aimed at helping UGHE understand the Butaro community, its needs, and expectations. Enriched by the experiences and insights of the local community, this research has already contributed to UGHE community engagement initiatives for sustainable development within Butaro.

Throughout my year in Rwanda, I was inspired by a new breed of “rebels,” curious enough to question the status quo and willing to speak up with the vulnerable. I was reminded that: each has something to teach and each has something to learn; and I saw, yet again, that one cannot achieve equity alone. I had learned about partnership, humility, and courage.

The Center for Global & Public Health is Addressing COVID-19:

We have started a weekly webinar that is open to our students, staff, faculty, campus community, and local schools of nursing. The program is offered every Wednesday from 2:00-3:00 PM ET. The weekly webinars will continue through April 29th and previous webinars have been recorded and can be found on the [Center for Global and Public Health website](#).

We are keeping an updated list of local community needs to support health systems, first responders, and community support. The list can be [found here](#). If you are aware of other groups please share the information with the Center's Coordinator - [Sandi Schultz](#):
COVID-19 Information and Resources

The Evidence Regarding Cloth, Surgical, and N95 Masks:

Since the CDC is discussing if the novel coronavirus requires respiratory precautions instead of droplet precautions, we can expect greater concern regarding the limited supply of surgical and N95 masks. Caroline Moore, MSN, RN, FCN PhD student and research assistant reviewed the literature regarding masks and found that for the most part, cloth masks are not effective in limiting penetration of pathogens. Materials that were tested included sweatshirts, T-shirts, towels, scarves, and cloth masks (Rengasamy, Eimer, & Shaffer, 2010). Homemade masks should only be considered as a last resort to prevent droplet transmission from infected individuals (Davies, Thompson, Giri, & Kafatos, 2013). Cloth masks are marginally effective (Shayka et al, 2017) as the penetration of cloth masks by particles was almost 97% compared to surgical masks at 44% (MacIntyre et al, 2015).

Regarding re-using N95 masks, a 2006 study found that there was not a simple, reliable way to decontaminate these masks and enable people to reuse them safely. Any method of decontaminating a disposable N95 mask must remove the viral threat, be harmless to the user, and not compromise the integrity of the various parts of the device. In 2006 there was no method of decontamination that met all three criteria (Ballar & Burke 2006). However, as recent study from the University of Massachusetts demonstrates the N95 facemasks can be sterilized and reused safely. Find this [research here](#). Note: size of particles for this study 20-1000nm. Coronavirus size 125nm. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4369385>

