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TODAY - May 4, 2012

Loma Linda University

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CAMPUS UPGRADES

Construction projects impact LLU and LLUMC campuses

By James Ponder

Parts of the Loma Linda University campus look a lot like a giant construction yard these days.

In the space behind the Del E. Webb Memorial Library, an armada of backhoes, steamrollers, bulldozers, tractors, tanker trucks, and skip loaders digs, claws, and pummels the bare earth in preparation for an enlarged parking lot. That's good news, of course, for everyone who's ever tried to find a place to park on campus.

A few feet away, workmen sculpt a sea of wet concrete into the new Founders Plaza in the space between the library and Magan Hall.

Meanwhile, over on Prospect Street, workmen are getting ready to tear down buildings and erect a giant new parking structure.

At the north entrance to Loma Linda University Medical Center, construction continues on a variety of projects. In the near future, an expansion project designed to help the cancer center keep pace with increasing demand, as well as meet recommendations by the National Cancer Institute, part of the National Institutes of Health, will soon get underway.

The City of Loma Linda and LLU Board of Trustees recently approved plans to erect a pedestrian overpass in the middle of the block

on Stewart Street, and drop the street to subterranean levels in an effort to enhance traffic flow and guarantee the safety of the thousands of students, faculty members, and employees who cross the street en route to the Centennial Complex on a daily basis.

The net effect of all these projects—and too many others to mention—is that the entire campus appears to be in a state of transition these days.

According to Eric Schilt, director of construction management services at Loma Linda University Medical Center, the heavy equipment isn't likely to go away any time soon. Mr. Schilt says his department—which assists executive leadership in strategic planning and compliant implementation of construction projects—has an unprecedented number of new tasks on the docket.

"Right now, we have 150 projects going," he notes, "but that's actually a little misleading since some of those are almost finished and others are still awaiting funding approval and/or permits. We probably have 50 active projects, which are either in the design or construction stages."

Mr. Schilt and his team just installed a massive air handler on the roof of medical center building C. The unit conditions the temperature and quality of the air circulating



The parking lot behind the Del E. Webb Memorial Library is in the final stages of preparation and will soon be paved. With the demolition of the old Block House building, which contained a number of research laboratories, there is now room for a much-needed and much larger parking lot.

throughout the building via a sophisticated network of computer-guided air conditioning, heating, and filtration systems.

On the university side, Ken Breyer, MS, assistant vice president for construction at Loma Linda University Adventist Health Sciences Center, has also been busy. Mr. Breyer and his team in the department of construction and architectural services recently:

- Completed the "Big Box" conversion of the La Mesa RV Center into a large office building for LLU Shared Services and LLUMC;
- Renovated the top floor of Evans Hall;
- Erected the new monument sign near the intersection of Anderson and Stewart Streets;
- Installed the Mission Globe as a focal point of the new Centennial Pathway;
- Initiated construction of the new Founders Plaza in the breezeway between the Del E. Webb Memorial Library and Magan Hall;
- Demolished the Block Building and parking lot adjacent to the campus library and Burden Hall; and
- Initiated construction of a new, enlarged parking lot on the site of the Block Building.

"There's more to do," Mr. Breyer acknowledges. "We're remodeling the University Arts building, creating the new Welcome Center where the old Post Office was, putting in a new curb and sidewalk on Mound Street so people can walk on both sides of the street, finishing the new physical therapy classrooms in the old risk management offices above the Campus Store, refurbishing portions of West Hall formerly occupied by the School of Pharmacy into a shared use area with the School of Allied Health Professions, preparing to relocate a number of organizations away from their current locations on Campus Street, and tearing out the adjoining section of Prospect Street in order to build a new parking structure there."

"Plus," he adds, "we just received the bids to convert Shryock Hall into the new home of the School of Pharmacy."

According to Mr. Breyer, there are three steps in the construction of most new campus projects:

- Discovery and feasibility to produce a scope, budget, and schedule for the work;
- Design—preparing documents necessary to implement the project; and
- Construction—obtaining permits, soliciting bids, hiring a contractor, and the actual construction improvements.

Please turn to page 2



The new Founders Plaza, slated to be finished soon—weather permitting—will commemorate the visionary leaders who foresaw Loma Linda University's development into a premier academic and medical health sciences campus a century later. The new plaza is located between Magan Hall and the library.

STUDENT OUTREACH AND RESEARCH

Public health doctoral nutrition student launches breastfeeding education program in Cameroon

By Brian Weed, MA

It may seem counterproductive at first, but the best option for mothers—especially those who are HIV positive—is to exclusively breastfeed their babies for six months.

Kate Reinsma, MS, is a Loma Linda University School of Public Health doctoral student whose dissertation project focused on developing an audio program to promote exclusive breastfeeding in Kumbo, Cameroon.

“It’s important for all women to exclusively breastfeed in this region because when they introduce other foods, infant mortality rates increase,” Ms. Reinsma states, “and due to unhygienic food preparation practices, the risk increases for diarrheal diseases.”

Ms. Reinsma explained that the gut mucosa gets damaged in babies when they are exposed to other foods and contaminated water.

This creates microscopic tears in the intestines that allow for infections and viruses to be transmitted to the infant’s bloodstream. If the mother is HIV positive, and provides water, food, and breast milk, the child has a high chance of becoming infected with HIV.

However, if the mother exclusively feeds the child with breast milk, the chances of the baby becoming infected are dramatically reduced because those microscopic passages are not present and the gut mucosa is not damaged.

“The gold standard for infants born to HIV positive mothers is providing them with only formula milk,” Ms. Reinsma says. “But in resource-poor areas and where water is contaminated, the recommendation is for infants to

receive only breast milk for six months.”

After spending six months in Cameroon working on the qualitative phase of her project, she collected enough data about local practices and learned that women were typically only providing breast milk for three to four months.



Ms. Reinsma (right) poses for a photo with her research team in Kumbo, Cameroon.

She used the information collected to design an audio program that is composed of four 15-minute episodes.

The participants came once a week for four weeks to listen to the programs. They had a group discussion after each episode.

“We used an entertainment-education model,” Ms. Reinsma explains. “There were actors who emphasized the benefits of exclusive breastfeeding, corrected misconceptions, and provided ideas for overcoming obstacles, as well as improving their self-efficacy.”

Those who were exposed to the audio program statistically improved in knowledge, benefits, self-efficacy, and intention to exclusively breastfeed.

Ms. Reinsma is returning to Cameroon in June to collect six-month post data. She is hoping to see the women who were recruited when they were pregnant continuing to only provide breast milk to their babies.

The project was originally funded by the Nestle Foundation, and it recently received additional funding from the Hulda Crooks grant to translate the audio programming into two local languages: Lamso and Oku.

Ms. Reinsma will be graduating this year with a doctor of public health in nutrition. She will go back to Africa having just accepted a position with Samaritan’s Purse, a Christian organization in Niger.

She will work in that West African country as the nutrition and health manager. Her primary objective will be to reduce malnutrition in that country by distributing Plumpy’nut, a fortified peanut butter product.

Construction projects impact LLU and LLUMC campuses ...

Continued from page 1

“When we are faced with very large projects, or when we general contract the work internally, we often assign more than one person to manage the project,” Mr. Breyer details.

Meanwhile, back at LLU Medical Center, the construction management crew is in the final stages of preparing for the multi-faceted restructuring of the cancer center near the medical student lounge on “A” level.

He says the project, which will expand the center by 9,000 square feet, encompasses a women’s cancer care suite, a surgical oncology care suite, a multidisciplinary treatment planning suite, and an appearance center.

“We both operate much the same way, general contracting for most of our services,” Mr. Schilt explains. “We don’t self-perform anything. On some projects we engage subcontractors directly in a multi-prime contract structure, but we don’t perform any construction in-house.”

Even so, the tasks of planning upcoming projects, obtaining permits, getting bids, selecting contractors and subcontractors, supervising construction, and making sure everything is done according to code requires continual diligence. The department oversees projects ranging from \$5,000 to several million dollars.

“We just got the permit for the remodel of the angiography room on the second level of Schuman Pavilion,” Mr. Schilt says. “The official name is the interventional radiology room upgrade. We’ll start moving soon on it.”

LLU Medical Center’s construction management team will also oversee construction of the new cardiovascular lab room 4 on the second floor of the medical center, as well as the new

critical decision unit—a place where patients seen in the emergency department can be kept and observed for up to 24 hours while the staff determines whether they need to be admitted or not.

In noting the ongoing need for construction, Rodney Neal, MBA, senior vice president for financial affairs at LLU, focuses on the challenges and accomplishments of the construction department. However, his words echo the very similar situation facing Mr. Schilt and his team.

“Educational, clinical, and research facilities must provide for the efficient delivery of service, as well as accommodate university growth

opportunities,” Mr. Neal observes. “Construction and architectural services is a key partner in this process by providing professional management of infrastructure re-development and growth through project delivery, code compliance, and hazardous abatement.

“Due to steadily increasing enrollment and a renewed focus on wellness and research, the next five to ten years will be a time of infrastructure build-out to accommodate these strategic priorities,” he concludes. “I fully anticipate that our project management people will continue to provide excellent service to the university by ensuring projects are competitively bid, in compliance, and managed well.”



With a docket of 50 active phase construction projects demanding his time and attention, Eric Schilt, director of construction management services at Loma Linda University Medical Center, spends a lot of time checking the computer to ensure that progress proceeds according to schedule.



Ken Bryer, MS, assistant vice president for construction for LLUAHSC, and his team have been unusually busy of late attending to a variety of projects at the university.

Civil War medicine ...

Continued from page 7

anapolis, the urban medical campus of Indiana University.

Dr. Schultz will discuss “Words Like Bullets: Citizens, Soldiers, and Surgical Staff in the Civil War” in Randall Amphitheater on Thursday, May 31, at 6:00 p.m. The event is also free of charge and open to the public.

“The library is excited to partner with the School of Nursing, class of 1967, in sponsoring this event, which will enhance our understanding of current medical practices by giving us a glimpse into the lives of those who cared for the injured during the time of the Civil War,” states Carlene Drake, MSLS, director of University Libraries.

According to the National Institutes of Health, more than three million soldiers fought in the war from 1861 to 1865. More than half a million died, and almost as many were wounded, but survived.

Hundreds of thousands were permanently disabled by battlefield injuries or surgery, which saved lives by sacrificing limbs. “Life and Limb: The Toll of the Civil War” explores the experiences of these veterans, who served as a stark reminder of the costs of the conflict.

NURSING ALUMNI HOMECOMING

School of Nursing opens its doors to alumni during reunion weekend

By Dustin R. Jones

School of Nursing classmates that hadn't seen each other for more than 50 years, in some cases, were reunited during the School of Nursing alumni weekend, held April 13 and 14.

The weekend began with events on Friday that included tours of West Hall and the Centennial Complex. The highlight for most alumni occurred Saturday afternoon during lunch, where the classes separated into groups and reconnected with each other. Memories were shared, along with some tears.

"I want to thank all of the alumni who came for alumni weekend," says Zelne Zamora, DNP, president of the School of Nursing Alumni

Association. "We had many compliments about how enjoyable the weekend was and how wonderful everyone looked after 25, 30, 40, 50, or 60 years later!"

"Laughter rang out in the School of Nursing during the Sabbath luncheon as alumni recounted many fond memories and antics while in school," Dr. Zamora continues.

The banquet on Saturday evening started with a roll call by Dr. Zamora, who read off the years as classmates stood to be recognized.

Marilyn Herrmann, PhD, dean of the School of Nursing, gave a brief report on the state of the school, along with the success that has been reached over the past year and the challenges as well.

"Welcome to all of you who have returned for our alumni banquet," said Dr. Herrmann. "It is 105 years ago this spring since we graduated our first class.

"Since that time, we have graduated more than 8,400 nurses at Loma Linda. They have worked all over this globe, so that the name 'Loma Linda nurse' is well recognized. It is a great honor for those of us who teach here to be able to help continue the tradition of graduating nurses who combine the teaching and healing ministry of Jesus Christ in the practice of their profession."

Dr. Herrmann noted that in this past year, 114 students received more than \$250,000 in scholarship assistance.

"On behalf of those students and faculty, I would like to thank you for sharing your finan-



Zelne Zamora, DNP (right), proudly displays her Alumna of the Year award with Marilyn Herrmann, PhD, dean of the School of Nursing.

RESEARCH EXCELLENCE

Loma Linda researchers detail method to quantify muscle damage

By Heather Reifsnyder

Loma Linda University researchers have identified a non-invasive way to detect exercise-induced muscle damage in its early stages using thermal infrared imaging. In a sports setting, early detection of this condition could prevent more serious injuries from occurring. The research was published January 22 in the *Journal of Visualized Experiments*.

Muscle damage, also known as delayed onset muscle soreness, is one of the most common recurring forms of sports injury. While previous research has detailed the mechanism of damage, treatment options, and preventive strategies, it has remained difficult to quantify the condition.

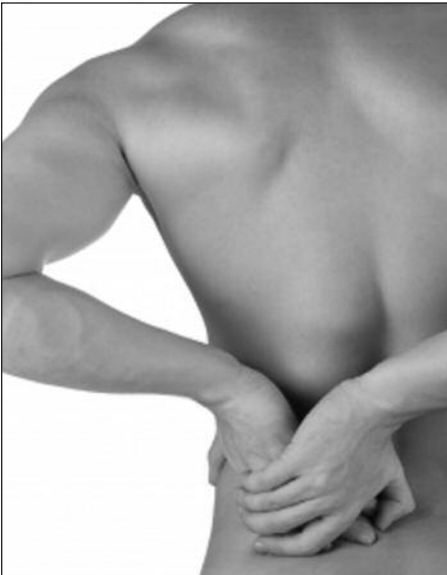
This study—conducted by Hani Al-Nakhli; Jerrold Petrofsky, PhD; and Lee Berk, DrPH, of Loma Linda University School of Allied Health Professions; along with LLU alumnus Michael Laymon, DSc, now of Azusa Pacific University—revealed that thermal infrared imaging accurately detects levels of muscle soreness 24 hours after exercise.

The experienced pain of muscle soreness may not peak until up to 72 hours after exercise, meaning this heat-imaging technique may reveal

the location and extent of injury before a person can fully feel it.

"The higher the skin temperature readings 24 hours post exercise, the sorer the subject would be later on," the researchers note.

In this study, participants used weights to exer-



Loma Linda researchers have found a non-invasive way to measure muscle soreness and possible injury.



Three generations of School of Nursing graduates attended the reunion. Evelyn Shearer (middle right), graduated in 1941; her daughter, LoRita Larsen (middle left), graduated in 1972; her granddaughter, Lydia Larsen (right), graduates in 2012. Evelyn's other granddaughter, Emily Larsen (left), will graduate from the School of Allied Health Professions in 2014.

cial resources with them," Dr. Herrmann continued.

Four Merit Scholarship Awards were presented. Receiving the undergraduate awards were Courtney Hayward and Cassandra Mort. The graduate awards were presented to Megan Schatzschneider and Lili Yang.

In addition, two Alumni of the Year Awards were presented during the alumni banquet. Julie Pearce, PhD, MSN, class of 1962, and Zelne Zamora, DNP, class of 1987, were the recipients of the coveted awards presented by the alumni association.

Dr. Pearce was born on November 11, 1940, in Seattle, Washington. Her parents moved to Redlands in 1960 where she attended Loma Linda University School of Nursing. She received her bachelor's degree from Loma Linda

in 1962 and went on to earn a master's degree in nursing in 1965. She would continue her education at Columbia Pacific University, where she received her PhD.

Dr. Pearce worked as a medical-surgical nurse and psychiatric nurse in her clinical practice. Her advanced degree gave her opportunity to teach for one year at Atlantic Union College, South Lancaster, Massachusetts; three years at La Sierra University, Riverside, California; a community college in Florida; and 12 years at Pacific Union College, Angwin, California.

In her 12 years at PUC, she chaired the nursing program, with responsibilities including tending to four different on-site and off-site campuses, overseeing an LVN-to-BS program for medical airmen, organizing the nursing core courses, and coordinating clinical placement for students.

Dr. Pearce's work at PUC gave her many experiences, such as working with the medical airmen from the Air Force. Even deployed, the servicemen brought their notes and, upon graduation, received not only a promotion to an officer, but also standing ovations from the graduation audience for their service to their country. Dr. Pearce was made an honorary colonel at one of the pinning ceremonies for her part in helping servicemen become registered nurses so they would have a degree once their military experience was complete.

While at PUC, she traveled regularly to off-site

Please turn to page 6

cise the elbow flexor muscles (biceps brachii) of one arm, while the other arm remained at rest. Researchers used an infrared camera to detect heat in each arm before the exercise and then again at 24 and 48 hours post-exercise. A subjective scale in which participants estimated their own level of pain was administered on the same timing.

The results revealed that 24 hours after exercising, pain in the exercised arm was correlated with a rise in arm temperature. While it is normal for increased blood flow to elevate skin temperature during exercise, the fact that it was still elevated 24 hours later indicates muscle damage. This was further confirmed by measuring blood myoglobin three days post-exercise, revealing elevated levels.

"Hence, infrared thermal imaging would be of great value in detecting delayed onset muscle soreness in its early stages," the researchers say. "It would also be an interesting and painless way of looking at muscles that have been exercised and are sore, hours after the exercise is over.

"In a sports setting, early detection could help in lowering the incidence of injuries from over-exercising sore muscles on days following the initial exercise," they conclude.

By 48 hours, arm temperature returned to normal while pain slightly increased. This indicates that thermal imaging is most useful within 24 hours.



Julie Pearce, PhD (right), addresses the audience prior to receiving the Alumna of the Year award from Kathie Ingram, MSN, associate professor, School of Nursing.

ALUMNI EXCELLENCE

Public health alumna recognized for 'Good Morning America' appearances

By Heather Reifsnyder

School of Public Health alumna Wendy Bazilian, DrPH, MA, received the inaugural K. Dun Gifford Journalism Award in 2011 for her guest segment on "Good Morning America" about boosting brain health with the Mediterranean diet.

The award is given by Oldways, a Boston nonprofit that aims to change the way people eat to achieve better health. Dr. Bazilian was given the award by a jury including food writers and journalists Mimi Sheraton, Judith Weinraub, and David Rosengarten.

Additionally, Apple Gifford, daughter of Oldways founder K. Dun Gifford, for whom the award is named, was on the jury, as well as current Oldways president Sara Baer-Sinnott.

Brain-saving wisdom can be found in the staples of the traditional diet of Mediterranean peoples, according to Dr. Bazilian.

"If we look to the crystal-clear blue sapphire waters of the Mediterranean region, we've seen for a long time that they've had lower risk of heart disease, lower mortality risk, lower diabetes," she said to health host Tanya Rivero. "But also what's good for the heart is turning out in a lot of new research ... [to] be good for the brain and helping prepare and preserve our brain as we live longer and longer."

The staples that may help do this include whole grains, beans, nuts, seeds, fruits and vegetables, berries, fish, olive oil, and light amounts of cheese, according to Dr. Bazilian. Berries, for example, contain antioxidants that may improve nerve cell communication, as well as flavonoids that may stimulate the hippocampus, which is responsible for memory and thinking.

But nutrients picked here and there from such a list are not the key to brain health, Dr. Bazilian notes. The total package is key.

"It's not just about single nutrients; it's about

foods that come together on the table," she said. "So it's about being in touch with food and the love of food."

The theme of this year's award was a celebration of the Mediterranean diet, which Oldways promotes in its effort to change the way people eat through science, tradition, and good-tasting nutrition. Founder and award namesake K.

Dun Gifford died in 2010, at which time The Washington Post called him "a longtime advocate of healthful eating and particularly of the Mediterranean diet."

The Mediterranean diet stems from long food traditions in areas bordering the sea to their south such as southern Italy, Greece, and Crete.

Continued next page

STUDENT EXCELLENCE

MBA students compete in Southern California college bowl



School of Public Health MBA students (from left) Joel Hughes, Melanie Raffle, Samuel Nwosu, and Hannah Kemick competed in the April 20 college bowl of the Health Care Executives of Southern California, accompanied by faculty advisor Brian Weed, MA (far right). The students presented a growth strategy for Central California's Tulare Regional Medical Center. "The team's creative strategy represented the MBA program and Loma Linda University well," Mr. Weed says. By Heather Reifsnyder

Miracles in motion: reflections of a patient ...

Continued from page 8

created or rewrote whole courses, and helped begin the weekend tradition of an Evensong service for the university church.

If that didn't keep him busy enough, he started his own business, Comm Consultants, in 1983, through which he offers seminars and workshops on interpersonal, group, and presentational communication.

Dr. Dickinson earned his PhD in rhetoric and public address from the University of Denver, and his master's degree in the same subject from the University of Nebraska.

The Dickinsons have two adult children: Terri Neil, who lives with her husband and two children in Maine; and Greg, who followed in his father's footsteps and is a communications professor at Colorado State University. He and his wife live in Fort Collins, Colorado.

On the side, Dr. Dickinson constructs and sells elaborate children's playhouses and doghouses, a hobby that earned him a feature in the *Walla Walla Union-Bulletin* newspaper. He also collects antique cars, of which his favorites are the mid-60s Cadillacs.

In 2003, Dr. Dickinson was diagnosed with bladder cancer and came to Loma Linda University for treatment. He is now cancer free. Here is what he wrote about the experience at the time.

Miracles in Motion
A Monologue by Loren Dickinson
January 2004

Every guy faces it. Eventually, he has to check with his urologist. These guys work with one's plumbing, male and female. I, of course, would not need the plumber.

Not the case. So I checked in.

Dave was personable, responsive, competent, a Loma Linda grad in the 80s. Did that help? Certainly. But what he found in a routine procedure brought me bolt upright. "I'm afraid it's cancer," Dave said. "It's a tumor near the top of the bladder about the size of a pencil eraser."

I went into a freeze, chilled to the bone. Cancer is a word many of us fear the most. And I had it. Within seconds I wanted desperately to disbelieve it. "The lab made a mistake," I said.

Continued next page

Are you curious about

LLEAP

Loma Linda
Electronic Access Portal

Wondering how this new system will affect clinic and hospital workflows? Would you like the opportunity to assist the LLEAP project team in implementation activities?

We are looking for a few good volunteers to participate in the Workflow Dress Rehearsal event June 10, 2012. Employee volunteers are needed to help test staff and system readiness for Go-Live. You will be volunteering as a mock patient during the Dress Rehearsal at various office and clinic locations. These events will occur at clinics in San Bernardino and Riverside counties. Volunteers will utilize pre-determined scenarios to work through the various access and clinical workflows used by our nurses, physicians and other staff members.

This opportunity is available to all employees. Please contact Jessica Trujillo, LLEAP project analyst, at x33215 or jltrujillo@llu.edu for more information.

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HEALTH SYSTEM

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Public health alumna recognized for ‘Good Morning America’ appearances ...

Continued from previous page

When following the traditional diet, the people in these regions experienced some of the lowest rates of chronic disease in the world, and some of the highest life expectancies, according to Oldways.

“Dr. Wendy Bazilian is an important health advocate and supporter of the Mediterranean diet and presents information in her ‘Good Morning America’ segment that is approachable and eloquent,” says Ms. Baer-Sinnott, president of Oldways.

Dr. Bazilian found herself amazed to be nominated alongside individuals who published in prestigious media outlets such as *The Wall Street Journal*.

“I was beyond honored, quite surprised, and humbled,” she says. “I really attribute so much of what I’ve learned and put into practice to my

education from Loma Linda University and to all my academic and life mentors.”

Dr. Bazilian graduated from Loma Linda University in 2003 with her doctoral degree in public health nutrition. Since then, she has educated, lectured, written, and consulted. She and her husband, Jason, run Bazilian’s Health Clinic in San Diego, where he offers traditional Chinese medicine, and she provides nutrition and fitness counseling.

In 2008, she published her book *The SuperFoodsRx Diet: Lose Weight with the Power of SuperNutrients*. She also contributed to the bestselling original *SuperFoodsRx* book and to the James-Beard nominated *Golden Door Cooks at Home*, which is about the nutrition and cuisine offered at the Golden Door spa in Escondido, California. Dr. Bazilian has also written more than 200 articles for corporate and other media.



Alumna Dr. Wendy Bazilian (right) explains the Mediterranean diet to “Good Morning America” health host Tanya Rivero.

Miracles in motion: reflections of a patient ...

Continued from previous page

“Another test would show it is benign,” I said. I prayed hard that way, in fact.

But the lab was right—cancer.

I can tell you that there’s hardly any of it hanging from my family tree: I’ve never been a coffee drinker, breathed industrial toxins, nor been a smoker. (Well, I did puff on a discarded cigar once when I was 12 and nearly imploded myself.) But there it was, a nasty, active malignancy in the bladder.

You can know where I headed—the closet, figuratively. Nearly incoherent, I spilled out my anguish to the Great Maker. (Now multiple prayers and weeks later, I’ve learned some things. I’ll return to that.)

So, we headed to Loma Linda. There I must have gotten preferential treatment. I prefer to call it miraculous treatment. A niece, vice president for patient care, handpicked the surgeon, opened up surgery rooms, and scheduled me sooner than later.

They wheeled me that afternoon into the operating room under those blazing lights. The hand-picked surgeon and his team emerged and went to work—well into the evening. They

eradicated the bladder, sent it to the spare parts repository and, of all things, fashioned a new bladder from intestinal materials nearby. They call it a “cystectomy.”

They then hooked me up, sewed and stapled me up, and seven hours later awakened me to sedated pleasantness. No pain. “They haven’t started yet,” I mused to the nurse standing over me in the recovery area. “No,” she said, “the surgery is over.” I was incredulous. Miraculous, that’s what it was.

They wheeled me to near the top of those medical center towers where other plumbing patients lay. The staff now had me in a private room and a semi-private gown.

I could see the helicopter pad at my level. Around the clock, victims even worse than I flew in. The cases that arrived in the middle of those dark nights seemed especially ominous to me. I prayed hard for victims I never knew, nor would ever see, as they rolled in.

Soon the bouquets and mail poured in, some of it from people I’d never met. Carolyn and I were vain enough, I admit, to count the mail. One hundred and fifty cards and letters in about two weeks. I now know why. The university president arranged an e-mail blitz.

They released me to our motel nearly two weeks later. But then it happened late one night. I took a nasty downturn with elevated temps and serious vomiting. An infection. Carolyn called the resident on duty.

“I’ll meet you at the front of the medical center,” he said. “Don’t go to the ER. I’ll pry open the front doors and get you in.” He arrived before we did and proceeded to wheel my fragile frame and ill body back to the tower, and then saw me through—an act of sheer compassion and unspeakable assurance. Another miracle.

And so I promised to return what I’ve learned. It’s a mixed picture.

1. I’m a miracle in motion. No moment passes without direct infusion from the Great Healer. Nothing mixed about that.
2. I’m unclear that God permits these traumas because we have lessons to learn. But to miss a moral in this process is even more naïve. So I think about patience. My recuperation is another year. I must be patient; and as surely as I expect the Great Healer to do His work in His time, I must extend patience to you and others over matters lesser and greater.
3. I’ve considered empathy as a lesson. I’m unclear. I want to identify with your woes and your joys and have told myself that I’ve done that for decades. I shall keep at it, and about some things I do understand them

- better than before.
4. And about trust: Is it trust I need? Probably. I cannot heal myself. The journey back to this point is with full credit to the Great Healer, and I have resolved to be clear and honest about it to whomever. It is He in whom I have full faith, even in the downturns.
 5. And finally prayer. It has intensified tenfold, it seems. Does that make a difference? It does to me. Whether or not what we talk about changes Him, it does me. And have you yourself been in a spot where you hardly even know what to say? John Knox was. “Our needs go far beyond the power of our speech to express them,” he said. So are we stuck? No. Romans 8: “The Spirit intercedes for us with groans that words cannot express.” I’ll accept that.

I’m convinced The Great Maker is not oblivious to (and honors) the prayers and the groanings, however incoherent, that ascend from each of us for each other. And I’m unspeakably grateful for yours.

And so, a final word. My journey, which you’ve patiently heard out, is little different from those of many of you. We are not heroes, just mortals subject to nasty, evil powers, but saved and made whole by One yet greater, the Great Healer.

We all are miracles in motion.



Dr. Loren Dickinson speaks with students at the time of his retirement from Walla Walla University in 2000. He chaired the communications department for many years.



Using salvaged materials, Dr. Dickinson designs and builds elaborate children’s playhouses, such as the one this little girl is enjoying.

School of Nursing opens its doors to alumni during reunion weekend ...

Continued from page 3

campuses. Her love of traveling opened up an opportunity to go to Braila, Romania, to visit an Adventist nursing school. In 1998, Romania had been liberated from communism for less than 10 years, so Dr. Pearce was able to assist with setting up the school even through their limited resources at the time.

In 2002, she went to Sri Lanka with curriculum materials based off of PUC's basic nursing format to start a new nursing school. The government approved the format and PUC became a sister school, providing textbooks and many resources to the Sri Lankan school library.

The Sri Lankan nursing school that she helped start became the first non-government school to offer the government exams to receive an RN license. Dr. Pearce was there when the government evaluated the graduates and the school curriculum. The lowest score on the government exams by the students was 91 percent. She was there for the first graduation and continues to get help from the PUC faculty for more books and up-to-date resources.

Dr. Pearce has been married to Chuck Pearce for 45 years, and they have lived in California, Florida, and Maine.

Twenty-five years ago, Zelne Zamora graduated from the School of Nursing, following in her older brother's footsteps. As a student, she demonstrated leadership skills that are present in her current position as assistant professor of nursing. She was active in student government and served as president of her senior class. In recognition of her academic and leadership skills, she was nominated to the honor society in nursing, Sigma Theta Tau.

While still in school, Dr. Zamora began working as a staff nurse at Corona Regional Medical Center and has been in the clinical setting ever since. From 1987 to 2005, she worked at Parkview Community Hospital and Medical Center, moving up the ladder to supervisory positions. From 2005 until now, she has continued to keep her clinical skills

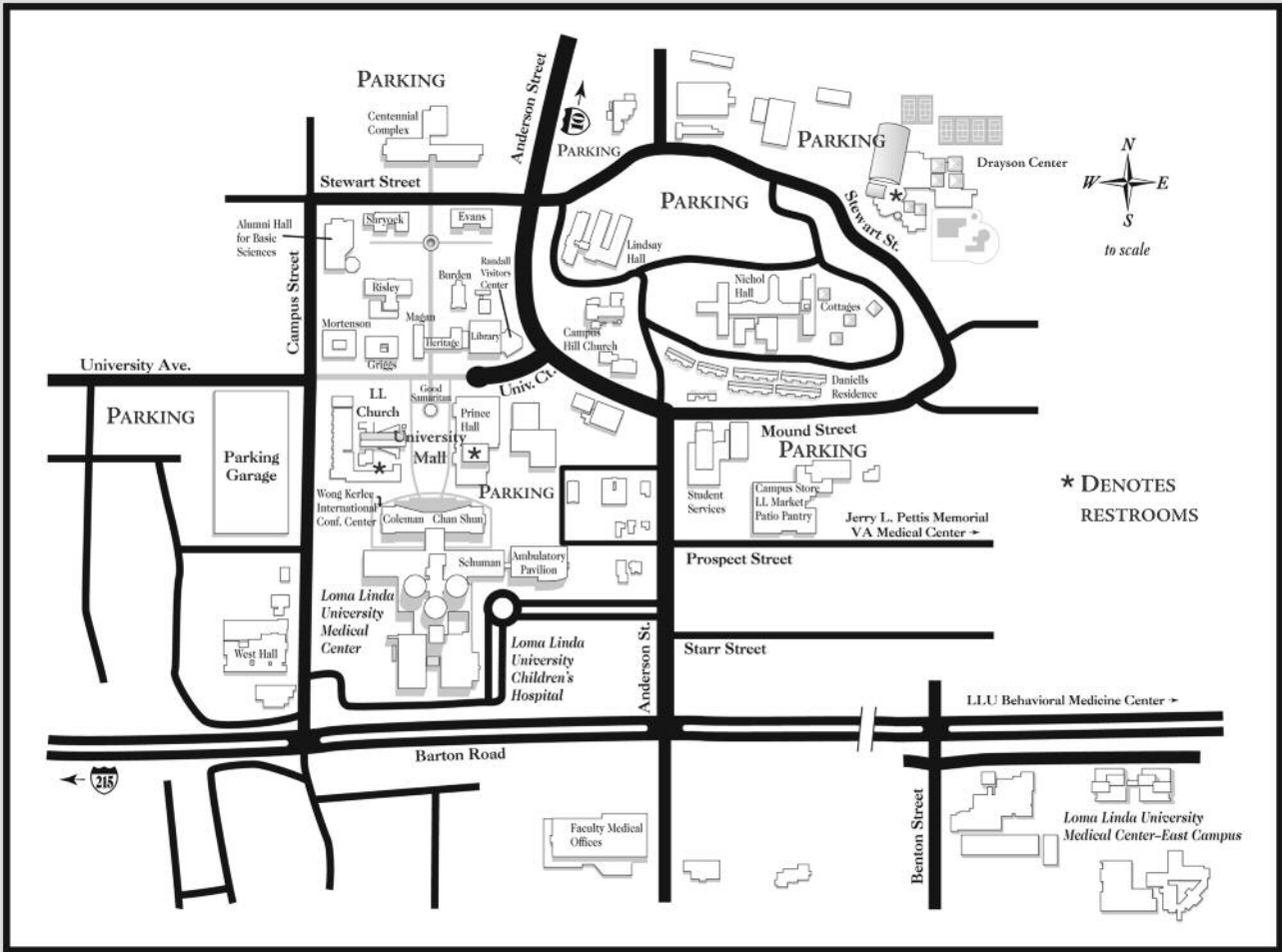
current by working at Loma Linda University Medical Center.

Beginning in 1994, she started her teaching career at the School of Nursing—first as a clinical instructor and then as assistant professor, when she completed her MS degree at Azusa Pacific University in 1997. While teaching full time and keeping current by working weekly at the LLU Medical Center, Dr. Zamora went on to complete her DNP in 2010 at the University of San Diego.

Since joining the School of Nursing as a faculty member, Dr. Zamora has given her time as sponsor to the association of student nurses. For many years she has helped plan student activities including the yearly retreat, while at the same time serving the School of Nursing Alumni Association, most recently as president. She has worked to increase the participation of younger alumni on the alumni board and has encouraged students to develop an awareness of the alumni activities. Alumni weekend activities have been expanded to include a vespers before the banquet, and a Friday registration and tour of the facilities.

Dr. Zamora is recognized by students and graduates alike for her excellence in teaching and her clinical skills; but most of all, students and alumni honor her for the love and care she has for each of them.

“We are blessed to have the School of Nursing and proud of the accomplishments of our alumni,” says Dr. Zamora. “I wish the alumni continued blessings wherever they may be. We hope you continue to keep in touch with the alumni association and hope to see you again at a future alumni weekend.”



LLU Commencement Events

Saving lives with medical simulation ...

Continued from page 8

A graduate of the University of Nevada School of Medicine, Dr. Mangus is married to Corianne. They have two sons and a daughter—Ezekiel, age 5; Alistair, age 3; and Brighton, 11 months. The family lives in nearby Highland, California.

“Incidentally, my fellow chief resident and I recently created two catastrophic scenarios for the simulation center,” Dr. Mangus continues. “The very next week—on the same day—both scenarios actually happened in the Loma Linda University Medical Center operating suite.”

The value of medical simulations has certainly become clear to him. “I only hope we can create as many catastrophic simulation scenarios as possible before we have to face the real situations with actual patients,” he emphasizes. “Simulation has certainly made a difference for me.”

Diversity Consecration Service La Sierra Spanish Adventist Church	Saturday, May 19, 11:00 a.m.	
MAY 25, FRIDAY — CONSECRATIONS/HOODINGS		
School of Medicine—basic science graduate programs Randall Visitors Center	3:00 p.m.	
School of Dentistry—dental hygiene Campus Hill Church	6:00 p.m.	
School of Medicine—medical students Loma Linda University Church	7:00 p.m.	
School of Pharmacy Wong Kerlee International Conference Center	7:00 p.m.	
MAY 26, SATURDAY — BACCALAUREATE SERVICES		
School of Medicine School of Pharmacy Loma Linda University Church Tony Campolo, PhD	9:00 a.m.	
School of Dentistry Loma Linda University Church Tony Campolo, PhD	11:45 a.m.	
MAY 27, SUNDAY — CONFERRING OF DEGREES		
School of Medicine University Mall Joan Lunden	8:30 a.m.	
School of Pharmacy University Mall Richard Hart, MD, DrPH	1:30 p.m.	
School of Dentistry University Mall Gerald Winslow, PhD	5:00 p.m.	
JUNE 8, FRIDAY — CONSECRATIONS/HOODINGS		
School of Science and Technology/Behavioral Health—department of social work & social ecology Loma Linda University Church	10:30 a.m.	
School of Public Health Centennial Complex, Chen Fong Conference Room	1:00 p.m.	
School of Science and Technology/Behavioral Health—Town & Gown Wong Kerlee International Conference Center	2:00 p.m.	
School of Allied Health Professions—nutrition & dietetics Centennial Complex, Damazo Amphitheater	4:00 p.m.	
Celebration of Graduates Program Loma Linda University Church	7:30 p.m.	
JUNE 9, SATURDAY — BACCALAUREATE SERVICES		
School of Allied Health Professions School of Public Health Loma Linda University Church Charles Sandefur	9:00 a.m.	
School of Nursing School of Religion School of Science and Technology/Behavioral Health Loma Linda University Church Charles Sandefur	11:45 a.m.	
JUNE 10, SUNDAY — CONFERRING OF DEGREES		
School of Science and Technology/Behavioral Health School of Religion Drayson Center Clinton Valley, EdD, MBA	8:00 a.m.	
School of Nursing Drayson Center Gina Brown, PhD	10:30 a.m.	
School of Allied Health Professions—physical therapy Drayson Center Brad Budde, MPT	1:00 p.m.	
School of Allied Health Professions—other programs Drayson Center Brad Budde, MPT	3:30 p.m.	
School of Public Health Drayson Center Martin Philbert, PhD	6:00 p.m.	

FACULTY EXCELLENCE

LLU nutrition researcher featured on ‘NBC Latino’ show

By Heather Reifsnyder

With obesity rates remaining disproportionately high in the Latino community, it is imperative for this population to improve diet and exercise regularly, according to the

recent “NBC Latino” interview with Zaida Cordero-MacIntyre, PhD, associate professor of nutrition in the School of Public Health.

Dr. Cordero-MacIntyre has spent years of her career researching community nutrition among

minorities with the LLU Center for Health Disparities and Molecular Medicine. These studies have been funded by the National Institutes of Health.

“The cheapest food in the world is in this country, but the problem is that we have access to so many foods that don’t contribute to our health,” she said in the NBC article. “Eat products of nature, less of what’s manufactured, and make sure to schedule time to exercise.”

Dr. Cordero-MacIntyre has also contributed to another “NBC Latino” article about weight loss in members of this community. The only lasting solution for managing weight is physical activity and a healthy diet, she said.

“At the end of the day, weight loss only comes through lifestyle change,” she told NBC. “As Latinos, we need to educate ourselves and make nutrition a priority.”



Dr. Cordero-MacIntyre

PHILANTHROPY

School of Nursing brunch celebrates friends and donors

By Dustin R. Jones

Without friends and supporters of the School of Nursing, the preparation of qualified nurses could not continue. The importance of these individuals is celebrated each year with a special recognition brunch. This year, the Kathryn Jensen Nelson Society Brunch was held Sunday, April 15.

“This was my first brunch for the society,” says Aaron J. Laudenslager, development officer for Loma Linda University Health System’s advancement team. “It was great connecting with our supporters individually and learning more about what their interests are.”

The brunch, named after one of the School of Nursing founders, honors those who give \$250 or more to the School of Nursing during the previous year. It is held annually on the Sunday following the school’s alumni weekend.

The Sunday brunch began with a welcome from Marilyn Herrmann, PhD, dean of the School of Nursing, along with an introduction of Mr. Laudenslager, who recently joined the team.

Elizabeth Bossert, DNS, associate dean of the

graduate program, offered prayer, and the guests were dismissed for brunch.

Dr. Herrmann gave a report of how the school has performed over the past year. She indicated that enrollment has increased for the school.

A special video, titled “Making it Real,” was shown to the brunch attendees. The video was prepared by students from the School of Nursing and documented a recent elective that they had taken in Botswana with Dolores Wright, PhD, associate professor of nursing.

Dr. Bossert then took the stage and interviewed a graduate student, Shanthi Solomon.

Ms. Solomon shared her personal story of how she ended up at Loma Linda University and how her life has changed since she has attended.

“I could not have done it without your support,” Ms. Solomon shared with the audience.

For information on how to become a member of the Kathryn Jensen Nelson Society, please contact the School of Nursing at (909) 558-9101.



Jan Nick, PhD (left), associate professor, School of Nursing, shares a moment with Anita Schultz, a 1965 graduate, and Helen King, PhD, dean emeritus of the School of Nursing and a 1959 graduate, during the Kathryn Jensen Nelson Society Brunch.

PEDIATRIC NURSING MILESTONE

Nurses invited to visit booth celebrating RN pediatric residency program

By James Ponder

All nurses are invited to stop by a booth celebrating the first 10 years of the RN pediatric nurse residency program at Loma Linda University Children’s Hospital on Thursday, May 10.

The booth will be located in the hallway of the Wong Kerlee International Conference Center during the upcoming Nursing Research Conference, timed to coincide with Nursing Week festivities, and open from 9:00 a.m. to 3:00 p.m.

According to Sherri Eskew, MSN, manager of the RN residency program in pediatrics and manager of quality at Loma Linda University Children’s Hospital, the purpose of the booth is to recognize all nurses who have either served as participants in the program, or worked as preceptors or mentors to the participants.

“We can’t forget the preceptors,” she observes. “They are our frontline leaders in developing and nurturing new nurses. It is their expertise and willingness to spend the extra time it takes to make new nurses feel welcome and valued

that has contributed most to the success of our program. It is these highly skilled nurses and preceptors that we want to recognize the most.”

She says the nurses who graduate from the program inject new life into the units where they serve patients. “New nurses bring a special expertise to Loma Linda as well, and we don’t want to overlook that,” she continues. “Health care is in a constant state of change, and new nurses bring with them some best practices they have learned in

school, as well as an abundance of technological expertise that seasoned nurses can learn from. So we have created a win-win team.

“The program has really been validated by retention,” she says. “Of the 671 graduates, 96 percent of them are still working at LLU Children’s Hospital after one year, and 87 percent of them are still there after two years. We are very happy with the success of this program!”

There are plans to increase the scope and effectiveness of the residency. “We’re taking the residency a step further to focus on succession planning,” Ms Eskew adds. “We want to continue to develop these nurses into Loma Linda’s future nurse leaders.”



Sherri Eskew, MSN

EXHIBIT AND LECTURE

Civil War medicine exhibit headlined with May lectureship

By Dustin R. Jones

A special exhibit on Civil War medicine is headed to Loma Linda University. The exhibit, featuring six banners, each seven feet tall, will be on campus from May 14 to June 22 in the Del E. Webb Memorial Library. Titled “Life and Limb: The Toll of the American Civil

War,” the exhibit was developed and produced by the National Library of Medicine, National Institutes of Health. It is free of charge and open to the public.

The perspectives of surgeons, physicians, and nurses are richly documented in the history of Civil War medicine, which highlights the

heroism and brutality of battlefield operations and the challenges of caring for the wounded during wartime. Yet the experiences of injured soldiers during the conflict and in the years afterwards are less well known. This exhibit focuses on disabled veterans and their role as symbols of the fractured nation.

Highlighting this special exhibit will be a lectureship featuring Jane E. Schultz, PhD, professor of English and director of literature at Indiana University/Purdue University/Indiana

MEDICAL SIMULATION TRAINING

Saving lives with medical simulation

By Larry Kidder

Dustin Mangus, MD, sits in his customary spot at the head of the patient. As anesthesiologist for the case, his job is to keep his patient sedated at just the right level, carefully monitoring vital signs and equipment, while surgeons work quickly just a few feet away.

At the appropriate moment, Dr. Mangus begins to administer protamine sulfate, a drug that reverses the effects of heparin, the primary drug used to reduce the body's ability to create blood clots. He empties the syringe into an intravenous line.

Protamine binds with heparin, restoring the blood's ability to clot and reduce bleeding. This is a routine part of many cardiothoracic and vascular surgeries.

Suddenly multiple alarms sound. The heart monitor drones a single tone as the heart rate drops to nothing. The patient has stopped breathing.

Dr. Mangus and his health care colleagues work feverishly to right the situation. His patient is experiencing catastrophic cardiopulmonary collapse, where both the heart and lungs simultaneously fail. After a few minutes, their efforts prove futile. The patient has died.

Rather than wheeling the patient to the morgue, as would be the next step in a literal hospital operating room, Dr. Mangus and a fellow anesthesia resident retire to a second room with desks and a television monitor. The colleagues who were in the simulated operating room with Dr. Mangus—as well as others who were watching from a control room—assemble to view and critique his actions in the simulation scenario of just a few minutes ago.

Fast forward less than a week. Dr. Mangus is once again at the head of his patient, carefully monitoring the levels of sedation, as well as a multitude of vital signs and equipment. This time, it's a real patient—a 29-year-old heart transplant recipient.

At the age of 6, this young man received a new heart and a new lease on life. On this day, a cardiothoracic surgeon performs open-heart surgery to repair a faulty valve.

Once again, the monitors sound. The patient goes into catastrophic cardiopulmonary collapse just after Dr. Mangus administers protamine. But this time, Dr. Mangus knows exactly what to do. Both he and the surgeon push massive doses of epinephrine, reversing the reaction and saving the young man's life.

A small percentage of patients experience a reaction to protamine sulfate during surgery. Without prompt and proper action, these patients may die on the operating table. Knowing this, attending physicians in the anesthesiology residency program created a simulation scenario to test—and teach—anesthesia residents. During their time at Loma Linda, anesthesiology residents will be tested in a variety of scenarios to prepare them for emergencies just like cardiopulmonary collapse.

This is but one example of just how the Loma Linda University Medical Simulation Center (MSC) can impact the lives of patients. Practicing health care providers and those in training take part in numerous scenarios designed to not only prepare them for the real-life scenarios they may face, but to also teach them to successfully work as part of an interdisciplinary health care team.

Debriefing sessions following the simulation scenarios provide critical opportunities for self-



Dustin Mangus, MD, a medical resident in the department of anesthesiology, experienced firsthand the benefits of medical simulation training. Just a few days after going through a simulated catastrophic cardiopulmonary collapse in Loma Linda University's Medical Simulation Center, Dr. Mangus was faced with the identical situation during an actual surgery case. He applied what he had learned in simulation, and his quick actions helped to save a life.

evaluation, as well as learning from the observations of peers and clinical educators.

The MSC, along with the Clinical Skills Education Center, became one of only 19 programs worldwide to receive accreditation by the Society for Simulation in Healthcare <ssih.org> in January of this year. The organization, “a broad-based, multi-disciplinary, multi-specialty, international society with ties to all medical specialties, nursing, allied health paramedical personnel, and industry,” was founded in 2004.

Medical simulations take place in rooms designed to look and feel like actual health care settings.

A health care team, composed of health professionals and members of the medical simulation center staff playing various roles, works with lifelike computerized manikins that mimic patients in amazing ways. In fact, MSC staff members have affectionately named the

manikins and refer to them by name. Behind the glass in a control room overlooking the simulation rooms sit technical specialists who run the computerized medical simulations. In Dr. Mangus' case, his attending (teaching) physician was also behind the glass.

“In our first month of anesthesia residency,” Dr. Mangus explains, “each resident takes part in three simulation sessions. After that, we have an average of three sessions per year.”

The department of anesthesiology is only one of an increasing number of entities at Loma Linda who utilize the services of MSC.

Dr. Mangus is in his fourth and final year of anesthesia residency. He is one of two chief residents in the program. In May of this year, he will finish residency and begin a fellowship in cardiothoracic anesthesiology at Loma Linda University Medical Center.

Please turn to page 6

A PATIENT'S PERSPECTIVE

Miracles in motion: reflections of a patient

By Heather Reifsnyder

Loren Dickinson spent his life teaching college students to better relate and communicate with others. Now, in his retirement, he's learned his own lessons about relating—to both God and other people.

His teacher was the one most feared of all: cancer. The following reminiscence, written in 2004 shortly after his life-saving surgery at Loma Linda University, describes the fears he experienced and the lessons he learned. But first, some background.

For 38 years, Dr. Dickinson dedicated his life as a professor of communications to the students of Walla Walla University in Washington State. Despite seven temptations to leave for posts at other colleges—including the presidency at one—he and his wife, Carolyn, felt they had found their fit and they stayed there. He retired in the year 2000.

While at Walla Walla, Dr. Dickinson made his mark on the college through both classroom teaching and extracurricular projects—all student focused.


“Teachers' best work may well transpire not in

the classroom, but in the sanctuary of their offices,” he wrote in the Walla Walla magazine, *Westwind*, at the time of his retirement.

Dr. Dickinson chaired the communications department for many years, led students nine times on study tours to England and Scotland, started and managed KGTS college radio,



Dr. Dickinson



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