Hello,
Greetings from the College of Health Sciences (COHS)!

In 2010, the COHS faculty, staff, students and community partners worked to develop a five-year strategic plan. Through this effort, three goals were developed for the college that included expanding our research agenda, growing our graduate programming and changing our curricular focus to include Interprofessional Education (IPE).

In this issue, you will find that the COHS has achieved a milestone in addressing our graduate education goal with the State Board of Education approving two new graduate programs through the School of Nursing. Specifically, we will be offering a DNP program beginning in the Fall of 2013 and a graduate Adult-Gerontology Nurse Practitioner (AGNP) program, which is pending State Board of Nursing approval. Having a doctoral program in the college represents a significant advancement in the complexity and rigor of our educational efforts and a fundamental expansion of what we do. This significant milestone has been achieved because of the hard work and dedication of our faculty and staff and the support and encouragement of our community.

In addition to the progress in graduate education, you will find a wonderful international effort in Belize that supports IPE by helping students and faculty become more global citizens. Also, the on-going success of our students, faculty and staff continue to be inspiring.

As we come to the end of another year, I want to thank the faculty, staff, students, community partners and alumni for supporting the COHS and Boise State. Enjoy the newsletter!

In This Edition
- State Board of Education Approves New Nursing Graduate Programs
- Faculty Travel to Belize for Interdisciplinary Course
- College of Health Sciences Simulation Center Applies for Accreditation
- Saint Alphonsus Loan Provides 41 Boise State Scholarships
- Two Nursing Students Named Top Ten Scholars
- Dean Highlights New Funding Priority for the College
- Iconic Nursing Faculty Emeritus Passes Away
- Health Tip

Additional Stories
- State Plan to Address Alzheimer’s Passes Legislature
- Radiography Students Win Third Place for Their Research Paper
- Two Students Awarded
State Board of Education Approves Two New Online Nursing Graduate Programs

The Idaho State Board of Education on Thursday approved a new online doctor of nursing practice (DNP) degree program and a new online masters of nursing adult-gerontology nurse practitioner (AGNP) program at Boise State University.

The DNP program is aimed at nurses who are seeking a terminal degree in nursing that is a professional practice focused terminal degree. The program starts in August 2013. Learn more about this new program and milestone.

The AGNP program will provide nurses access to education to become an advanced practice nurse which will help to meet the ever increasing need for primary and acute care practitioners. The program starts in January 2014 pending final State Board of Nursing approval in May 2013. Learn more about the upcoming AGNP program.

Two Faculty Travel to Belize for Interdisciplinary, Service-Learning Course

Karen Breitkreuz, faculty in the School of Nursing, and Shawn Dunnagan, faculty in the Department of Community and Environmental Health, are helping students understand what it means to be a global citizen. Breitkreuz and Dunnagan are two of five Boise State faculty teaching an interdisciplinary course, "Global Citizenship and Social Responsibility," which

Want to know more about the activities and accomplishments of the College of Health Sciences? Visit our news page

Health Tip

Getting a good night's sleep is an essential element of healthy living. Insufficient sleep is associated with a number of chronic diseases and conditions, including diabetes, cardiovascular disease, obesity, and depression. Additionally, insufficient sleep can affect your ability to concentrate, make you more irritable, cause memory problems, increase your stress level, weaken your immune system, increase your perception of pain, and increase your risk of a motor vehicle or machinery-related accident.

Maintain a healthy sleep cycle to get the best night's rest with these tips:

1. Make sleep a priority by sticking to a sleep schedule. Go to bed and get up at the same time every day, including weekends.
featured a field trip to Belize over spring break.

This effort supports the College of Health Sciences' interprofessional efforts to train students through interdisciplinary teams. Program director Tony Songer, chair of the Department of Construction Management, led this collaborative effort among Boise State University Colleges of Education, Engineering, Health Sciences and Honors. Twenty-two Boise State students from a variety of disciplines planned and implemented a variety of projects around the theme of "healthy lifestyles" in the village of Corozal, Belize in this unique project, which they called "the Boise State University Corozal, Belize 2013 Peace Village."

Learn more about this exciting course.

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**College of Health Sciences Simulation Center Applies for Accreditation**

The College of Health Sciences Simulation Center welcomed an accreditation team from the Society for Simulation in Healthcare's Council for Accreditation of Healthcare Simulation Programs on April 25. The on-site visit is the second step in the accreditation process. Faculty and staff were pleased with the visit and hopeful that the center will receive accreditation this summer. Between 2010 and 2012, 28 simulation centers have been accredited worldwide, 26 in the United States. If accredited, the College of Health Sciences Simulation Center at Boise State University will join an elite group of cutting edge simulation centers.

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**Saint Alphonsus Loan Provides 41 Boise State Scholarships**

Forty-one Boise State health sciences students will receive scholarships for the 2013-14 academic year thanks to an innovative loan from Saint Alphonsus Health System.

The $2 million loan, invested through the Boise State University Foundation’s endowment in 2011, has earned more than $131,000, which will be used by the university's College of Health Sciences to create 10 scholarships for graduate students and 31 undergraduate scholarships for students pursuing nursing and other health-related degrees. The scholarships will primarily be awarded based on financial need. These scholarships will be the first awarded at Boise State through

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1. **Create a bedtime routine that is relaxing.** Read a book, listen to soothing music, soak in a bath, but avoid spending time in front of an electronic screen like a computer or the television. Research shows that screen time before bedtime can interfere with your sleep.

2. **Get comfortable.** Make your bedroom an ideal place to sleep, which for most people means a cool, dark, quiet environment. Make sure your bed is comfortable to you and to your partner, if you share your bed.

3. **Limit daytime naps.** Long daytime naps can interfere with nighttime sleep. If you choose to nap during the day, limit yourself to about 10-30 minutes and make it during the midafternoon.

4. **Pay attention to what you eat and drink.** Avoid going to bed too hungry or too stuffed. Limit how much you drink before bed to limit trips to the bathroom in the middle of the night. Nicotine, caffeine and alcohol can also wreak havoc with the quality of your sleep.

5. **Get moving during the day.** Regular physical activity can promote better sleep, helping you to fall asleep faster and to

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Two Nursing Students Named Top Ten Scholars

Sara Palma and Mason Shaw, both graduating seniors with double majors in nursing and Spanish, were named Top Ten Scholars in recognition of their exceptional academic success.

Top Ten Scholar is one of the highest honors awarded to a Boise State student. To qualify for consideration a student must have a 3.8 or higher grade point average. Qualified students are then reviewed based on academic breadth of coursework, research, creative works and publications, presentations at professional meetings or conferences, and extra curricular community and campus service. Students are nominated by their academic deans and are subject to rigorous review by a selection committee.

Dean Highlights New Funding Priority for the College

The Department of Radiologic Sciences educates students who serve all of us who seek imaging services throughout the Treasure Valley. Graduates of the program boast 100 percent pass rates on national exams and have scored in the top six percent nationally for many years. Radiologic Sciences students finish their degrees at Boise State to become sought after employees who work at local hospitals and care centers with well-respected radiology teams. Today, the department’s equipment is in critical need of replacement because of years of intense educational use.

Dean Dunnagan invites all of our friends, alumni and donors to consider supporting the department in its quest to replace outdated equipment - some manufactured as long ago as 1982. There is no equipment fund for the department supported by state appropriated funding, so the department must raise $237,500 in the next three months in equipment or cash donations to upgrade its outdated equipment. With your support, we will ensure the best education possible for Boise State’s outstanding Radiologic Sciences students. For more information, please contact Sunny Wallace, Development Director for the College of Health Sciences, at (208) 426-2124 or sunnywallace@boisestate.edu.

Learn more about this innovative loan.

Learn more about Palma and Shaw.

* Does not apply to night shift workers.

7. Keep your stress in check. Stress can keep us thinking as we lay in bed at night. Manage your stress by staying organized and giving yourself breaks when you need them. Write down what’s on your mind before going to bed and set it aside for the night so you can sleep in peace.

enjoy deeper sleep. However, exercising too close to bedtime can leave you too energized to fall asleep.
Iconic Nursing Faculty Emeritus Passes Away

Dr. JoAnn Vahey, beloved faculty emeritus of the School of Nursing, passed away on March 23 at the age of 79 from natural causes. After working as a nurse in her home state of Pennsylvania, she returned to school to pursue a career in nursing education.

One of her many accomplishments during her Boise State career included a major grant award to start a Baccalaureate Nursing program, which subsequently received accreditation from the National League for Nursing in 1991. Previously, only an associate's degree was offered in nursing at Boise State. Dr. Vahey also started a Continuing Education Consortium located at Boise State University in collaboration with local hospitals to offer continuing education to all RNs in the Valley.

Read more about Dr. Vahey.