

# The Cheryl Spencer Department of Nursing

*Newsletter Issue no. 2, February, 2012*



*The Cheryl Spencer Department of Nursing*  
*Faculty of Social Welfare and Health Sciences*  
*The University of Haifa, Haifa, Israel*



***Message from Prof. Dorit Pud,  
Chair of the Department of Nursing***

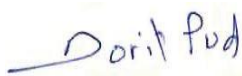
It is a great pleasure to announce the second annual Newsletter of the Cheryl Spencer Department of Nursing at the University of Haifa. It has been a busy year for our department, and we are proud to present some of the exciting new developments that have taken place.

Last month, we celebrated the official opening of the *Cheryl Spencer Institute of Nursing Research*, which is a new initiative to create a center of excellence devoted to the development and implementation of innovative research in the field of nursing. The Institute's overall mission is to promote nursing research that will lead to improvements in health and health care for all. The Institute will operate according to a set of core values including the advancement of health promotion, enhancement of quality of life, and mitigation of health disparities in order to ensure better health for all sectors of the population.

I am happy to announce that our faculty has grown, with the invaluable addition of Prof. Cheryl Zlotnick who has joined us from the United States. A brief profile of her work is presented here. We also present professional profiles of two Cheryl Spencer Doctoral Scholars, who are completing their doctoral studies in the School of Nursing at the University of Washington. These two promising investigators will be joining our faculty in the upcoming academic year.

This spring we are planning a special seminar entitled: "Promoting Patients' Safety". The seminar invites key nursing professionals and investigators to gain knowledge on novel studies. This meeting aims to promote discussion, development of research agenda and cooperation among colleagues.

Sincerely,



Dorit Pud

Associate Professor and Head of the Department of Nursing

**Newsletter Issue no. 2**

**Editor in Chief:**

*Prof. Tamar Shochat*

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**New Research Center Opening:**

**The Cheryl Spencer Institute of Nursing Research**

The Institute seeks to fulfill the following strategic goals:

- Serve as a world-class institute adopting an interdisciplinary perspective to elucidate complex issues in nursing science and leadership to promote health, wellness, and health care of individuals and communities.
- Contribute to nursing science by developing cutting edge research, theories and methodologies.
- Develop international collaborations to formulate new knowledge and perceptions on contemporary nursing and health related phenomena.

**Upcoming Event:**

**Promoting Patients' Safety Workshop**

The Cheryl Spencer Institute of Nursing Research is planning a workshop on promoting patient's safety with a special focus on safety during medication administration. The workshop will take place on May the 7<sup>th</sup>, 2012, at the University of Haifa. The aim of the workshop is to promote discussion among officials in the nursing field and researchers interested in the topic, concerning ways to promote patients' safety. This will be achieved via presentations of recent research findings by key researchers in the field, and a panel discussion of key officials and directors of risk management units at various hospitals in Israel. We hope that the workshop will advance future research agenda and new cooperations dedicated to limit medication administration errors. The detailed program will be published on our website in April.

## Professional Profiles

### Senior Faculty

#### *Prof. Cheryl Zlotnick*

**New senior faculty member Cheryl Zlotnick, RN DrPH**, completed a Bachelor's degree in Nursing from University of Delaware, a Master's from Rush University in Chicago, Illinois, Master's and Doctoral degrees in Public Health from Johns Hopkins University, and a Postdoctorate from University of California at Berkeley. Before making Aliyah, she held a dual appointment as faculty at Children's Hospital Oakland Research Institute (CHORI) and as Director of the Center for the Vulnerable Child (CVC) at Children's Hospital and Research Center Oakland. The approximately \$9 million program was funded by federal and philanthropic grants, and contracts supporting 50 scientists, psychologists, physicians, nurses, social workers, trainees and others who were involved in research or delivery of clinical services designed to benefit families in transition including families with children living in homeless situations, transient or temporary living situations, or foster care.

Prof. Zlotnick was recently awarded 100,000€ from the EU FP7 for a four-year study that is guided by a Community-Based Participatory Research approach and entitled "Native-Born Youth of African Immigrants and Cardiovascular Risk: A

Mixed Methods Study." She and co-investigators Prof. Daphna Carmeli-Birenbaum, Dr. Hadass Goldblatt, and Dr. Efrat Shadmi will examine disparities in cardiovascular risk between native-born youth of Ethiopian immigrants and veteran Israelis.

### Doctoral Scholars

#### *Maayan Agmon, PhD*

**Doctoral scholar Maayan Agmon, PhD**, completed a BA in Physical Therapy from the Ben Gurion University, Israel, an MA in Anthropology from the University of Haifa, Israel, and a PhD in Nursing from the University of Washington.

Her research interests are on the interplay between postural control and cognition, and more specifically, dual-task walking performance, which reflects the ability to conduct two tasks simultaneously when one of the tasks involves walking. This ability tends to diminish among older adults, and is associated with an increased risk of falls and functional decline. In the research performed for her dissertation, the effects of the EnhanceFitness (EF) program on dual-task walking performance were evaluated. EF is a nationwide evidence based program for promoting physical activity among older adults. Measures included postural control, cognition, executive function and dual-task walking performance; and calculated dual-task cost (DTC), which is the

energetic difference between single-task and dual-task performance.

The wide variety of measures used helped explain the underlying mechanisms of the findings, which demonstrated significant improvements in postural control and cognition, but not in dual-task performance. Based on these findings, the next steps include modifying the EF program by incorporating specific dual-task exercises, and extending the study in order to explore transference and retention of interventions aimed at improving dual-task walking performance among older adults.

#### *Oleg Zaslavsky, PhD*

**Doctoral candidate Oleg Zaslavsky, PhD**, is currently in the final stages of completing a PhD at the University of Washington in Nursing Science. He obtained his Bachelor's degree in Nursing from the Cheryl Spencer Department of Nursing at the University of Haifa, Israel, and a Master's degree in Health Administration from Tel Aviv University, Israel. His dissertation project involves a longitudinal study of frailty in the elderly.

Frailty is a common geriatric condition with a wide array of adverse consequences. Although most frail older adults develop age-related deficits their clinical outcomes are not universally poor and fluctuate widely in severity even among individuals

sharing the same level of frailty. Thus far, in longitudinal studies of frailty, investigators used screening instruments that are closely attuned to the unique characteristics of the sample, which challenges the generalization of the findings beyond the examined cohort and fails to capture the longitudinal course of indicators during the follow up period.

The goals of his research are:

1. To examine longitudinal trajectories of change in indicators of frailty using Latent Growth Curve Modeling.
2. To estimate the extent to which the baseline factors conjointly are associated with a likelihood of membership in the longitudinal trajectories.
3. To determine the extent to which membership in different longitudinal trajectories predict incidence of clinically relevant geriatric health outcomes over 15 years of follow up.

A finer-grained description of longitudinal patterns of change in frailty indicators are expected to increase the ability to predict adverse health events affecting elderly population while providing new venues for acute and preventive care.

## About Us

### Senior Faculty

#### **Daphna Birenbaum-Carmeli, PhD**

Associate Professor

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<http://hw.haifa.ac.il/index.php/staff-nursing/342-dcarmeli-cv>

#### **Research Interests**

- Women's health
- Health policies
- Reproductive technologies
- Health inequality
- Health and politics in Israel

#### **Michal Granot, RN, PhD**

Associate Professor

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<http://hw.haifa.ac.il/index.php/staff-nursing/471-michal-granot>

#### **Research Interests**

- Psychophysical pain assessment
- Mechanisms of pain modulation processing
- Pain disorders in women
- Transition from acute to chronic pain

#### **Dorit Pud, RN, PhD**

Associate Professor

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#### **Research Interests**

- Psychophysical assessment of pain
- Factors predicting pain perception
- Cancer pain
- Neuropathic pain
- Opioids

#### **Tamar Shochat, DSc**

Associate Professor

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#### **Research Interests**

- Sleep, health and development
- Etiology of insomnia
- Cognitive Behavioral Therapy for Insomnia (CBT-I)
- Circadian rhythm sleep disorders

**Ada Spitzer, RN, PhD**

Associate Professor

[aspitzer@univ.haifa.ac.il](mailto:aspitzer@univ.haifa.ac.il)**Research Interests**

- Health care systems
- Professionalism in nursing
- Reforms in nursing education systems

**Cheryl Zlotnick, RN, PhD**

Associate Professor

[czlotnick@univ.haifa.ac.il](mailto:czlotnick@univ.haifa.ac.il)<http://hw.haifa.ac.il/index.php/staff-nursing/nursingacastaff/804-cheryl-zlotnick-cv>**Research Interests**

- Health service trends in primary and preventive care
- Ethnic disparities in service utilization and health status
- Families in Transition: homeless, foster care and immigrant youth

**Shulamith Kreitler, PhD**

Professor Emeritus

[Krit@netvision.net.il](mailto:Krit@netvision.net.il)**Research Interests**

- Health psychology (especially psychooncology)
- Cognitive psychology (especially meaning, problem solving and creativity)

**Efrat Dagan, RN, PhD**

Senior Lecturer

[daganef@research.haifa.ac.il](mailto:daganef@research.haifa.ac.il)<http://hw.haifa.ac.il/index.php/aca-staff-nur-eng/nursing-academic-staff/581-efrat-dagan-cv>**Research Interests**

- Hereditary breast-ovarian cancer
- Cancer genetics
- Human genetics
- Genetic susceptibility to late onset diseases
- Genetic counseling

**Anat Drach-Zahavy, PhD**

Senior Lecturer

[anatz@research.haifa.ac.il](mailto:anatz@research.haifa.ac.il)[http://hw.haifa.ac.il/images/stories/files/nursing/internet\\_cv\\_Anat.pdf](http://hw.haifa.ac.il/images/stories/files/nursing/internet_cv_Anat.pdf)**Research Interests**

- Leadership in healthcare settings
- Workplace safety
- Nurses health
- Teamwork in healthcare

**Hadass Goldblatt, PhD**

Senior Lecturer

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**Research Interests**

- Patient-provider relationships in healthcare and social services
- Professionals' experience of the encounter with family violence, trauma and other sensitive topics
- Violence against healthcare staff
- Domestic violence (for example, violence in intimate relationships, adolescents exposed to interparental violence)

**Efrat Shadmi, RN, PhD**

Lecturer

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**Research Interests**

- Health services research
- Quality of care and outcomes
- Equity in health and health care
- Chronic illness and multi-morbidity
- Risk adjustment and predictive modeling
- Integration of care across care settings

**Anna Zisberg, RN PhD**

Lecturer

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**Research Interests**

- Geriatric syndromes, Frailty.
- Caring for frail older adults in hospital and long-term settings.
- Life Routine and its influence on physical and mental function of older adults.
- Instrument development and testing.
- Emotional Intelligence and its application to HR in Nursing.

**Sara Shachaf, RN, PhD.**

Lecturer

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**Research Interests**

- Philosophy of Nursing
- Nursing Education
- Discourse of Nursing Professionalization



**Galia Shemy, RN, MPH, PhD**

Lecturer

[galiasy@research.haifa.ac.il](mailto:galiasy@research.haifa.ac.il)**Research Interests**

- Life Review in elderly people
- Health promotion in community
- Epidemiology
- Settings promoting health

**Tova Band-Winterstein, PhD**

Lecturer

[twinters@research.haifa.ac.il](mailto:twinters@research.haifa.ac.il)**Research Interests**

- Elder abuse and neglect & self neglect
- Quality of life in old age
- Holocaust survivors' in the old age
- Life stories and narratives of old patients

***Clinical Unit*****Dalit Wilhelm, RN, MA** in Curriculum design and Mentoring - Head of Unit[dwilhelm@univ.haifa.ac.il](mailto:dwilhelm@univ.haifa.ac.il)**Carol Ravid, RN MA** in Nursing - Coordinator[cravid@univ.haifa.ac.il](mailto:cravid@univ.haifa.ac.il)**Nava Zuretz, RN, MA** in Nursing – Coordinator[nzuretz@univ.haifa.ac.il](mailto:nzuretz@univ.haifa.ac.il)**Mali Ben Adiva RN, MA** in Health Systems Administration – Coordinator[mbenadi1@univ.haifa.ac.il](mailto:mbenadi1@univ.haifa.ac.il)Contact us at: [NEWSLETTER-NURSING@campus.haifa.ac.il](mailto:NEWSLETTER-NURSING@campus.haifa.ac.il)University of Haifa Website: [http://www.haifa.ac.il/index\\_eng.html](http://www.haifa.ac.il/index_eng.html)Department of Nursing Website: <http://hw.haifa.ac.il/index.php/facultydeps/nursing>