



Faculty of Social Welfare and Health Sciences



The Cheryl Spencer Department of Nursing

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University of Haifa Celebrates 40 Years | אוניברסיטת חיפה חוגגת 40
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The Cheryl Spencer Department of Nursing
Faculty of Social Welfare and Health Sciences
The University of Haifa, Haifa, Israel

Newsletter Issue no. 3

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***Message from Dr. Efrat Dagan,
Chair of the Department of Nursing***

Dear Friends,

I am thrilled to represent the faculty as the incoming Head of the Cheryl Spencer Department of Nursing, and to dedicate my first newsletter to our dear friend and colleague Dr. Galia Shemy, who just recently retired from our department.

Dr. Galia Shemy was one of the original founders of our department. Educated by the leading institutions in Israel, she received her nursing degree from Hadassah Hospital, obtained a Masters in Public Health from the Hebrew University of Jerusalem, and a Doctorate in Sociology from the Ben Gurion University at Be'er Sheva. As a founder of our department, Dr. Shemy designed the infrastructure for the clinical unit, preparing Israel's future generations of nurses. Through the years, she developed seminars and courses for students teaching them about health promotion in populations including the ultra-orthodox Jewish, Arab and other ethnic and marginalized communities in Israel. She worked with groups of all ages from children to elderly at-risk. I would like to add that with all her contributions, Dr. Galia Shemy was kind, modest and an inspiration to me personally and to all of us in the department.

The department is moving forward with many endeavors, and I would like to share with you our current events as well as our vision of the future.

For the next three years, I have identified the following goals:

- To develop a doctoral program
- To further strengthen and extend the achievements of *The Cheryl Spencer Institute for Nursing Research*, positioning it as a unique and leading nursing research center in Israel and abroad
- To open international programs for undergraduate and graduate students
- To strengthen student education and research partnerships with the community

Our upcoming events include three conferences, one investigating issues related to the measurement of multi-morbidity, another studying nurses' encounters with sensitive topics, and a third examining workplace safety with a focus on resilience theory.

It will be a very exciting year.

Warmest regards,

Efrat Dagan PhD

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The Cheryl Spencer Institute of Nursing Research

Upcoming Events:

- ***Multimorbidity–measurement, research and practice implications:*** Dr. Efrat Shadmi will chair a multidisciplinary conference and workshop which will be held in June, 2013. The aim of the conference is to bring researchers and practitioners together to present and discuss the state of the art science and practice in the realm of multimorbid care.
- ***Nurses' encounter with sensitive topics: From practice to research and back to practice:*** Dr. Hadass Goldblatt, together with colleagues, Professor Anat Drach-Zahavi, Professor Michal Granot, and nursing graduate students, are planning a conference that aims to address nurses' encounters with patients who experienced trauma and serious illnesses, and patients who behaved aggressively towards the healthcare staff. The conference is planned to take place in December 2013.
- ***From standardization to resilience: How does the day-to-day life in healthcare organizations shape safety?*** Prof. Anat Drach-Zahavy is preparing a conference that will focus on safety through a resilience theory lens. Its main aim is to elucidate how the day-to-day life in healthcare organizations shapes safety, and to suggest organizational strategies for enhancing resilience. The conference is planned to take place in September 2013.

Community Health Promotion at the Department of Nursing



Dr. Galia Shemy, RN, MPH, PhD; Lecturer Emeritus of the Cheryl Spencer Department of Nursing, has been part of the department's faculty since its inception in 1997, and was founder of the clinical unit. With a background in nursing and public health, Dr. Shemy's major interests lie in life review in elderly people, and health promotion in special community settings and epidemiology. ***In honor of Dr. Shemy's retirement, we dedicate the following three articles to special health promotion projects performed by our undergraduate students and mentored by our faculty members.***

Community health promotion in a Jewish Hasidic ultra-orthodox community: Challenges and opportunities for intervention

Dr. Galia Shemy

A five-year health promotion project was conducted in a small, close-knit Hasidic community, residing in a neighborhood consisting of three streets in a city in the North of Israel. This Jewish orthodox community abides by strict religious values and beliefs and is characterized by a hierarchical paternalistic society detached from the modern world with a strong internal social and welfare system. Families are typically large and childbearing begins early and continues in short successions.

The overall goals of the health promotion project for our senior nursing students were to increase awareness, knowledge and practice of safety issues in the home environment and the surroundings. To achieve these goals, a steering committee was assembled, consisting of representatives from the community health services, the municipal neighborhood rehabilitation project, and the nursing students. Major challenges of this special project were: (1) creating a foundation of communication and trust, between community members and services and our secular Jewish students, (2) to address health and safety related topics that are foreign to religious

practices, (3) to overcome hesitancy, apprehension and lack of motivation to change in a traditional community.

To cope with these challenges, students conformed to modest dress and behavioral codes, activities were coordinated with key community service members and intervention materials were approved by the Admor (honorary acronym, meaning Leader, Teacher and Rabbi) of the community. Activities integrated religious themes with the more secular health and safety issues. Confidentiality was strictly adhered. Fundamental principles of health promotion were implemented, which included mutual agreement of all parties on the intervention issues, assessment and identification of needs, and participation of community members, services and institutions at all levels of the project.

Interventions focused on improving personal health skills and community empowerment. Several areas of safety interventions were identified and achieved in the course of five years: (1) home safety, first aid and Cardio Pulmonary Resuscitation (CPR) for school teachers, community leaders and middle school students, (2) road safety for preschool and schoolchildren as well as teachers, (3) prevention of falls for the elderly population, (4) prevention of injuries of infants and toddlers, and (5) healthy nutrition and physical activity for schoolchildren.

Health Promotion across the National Divide: Ultra-Orthodox Students intervening in a Palestinian Community

Prof. Daphna Birenbaum-Carmeli

Lod is a small town of 70,000 residents, twenty kilometers away from Tel Aviv, across the road from Israel's main International airport. Lod is a poor town, well below the national economic and educational average. The local population is mixed, comprised of Jewish and Palestinian residents. In recent years, Lod has repeatedly been featured in the media, with cases of violence, including murders. We chose this town as the focus of our Health Promotion (HP) project.

This decision was anything but trivial. Bnei Brak, where the health Promotion course was delivered, is an ultra-orthodox Jewish town neighboring Tel Aviv. Strictly sustaining its distance from Israel's secular population, ultra-orthodox registered nurses study in their own program towards a university degree. This program is delivered by the department of nursing at the University of Haifa and the HP course at hand was part of its curriculum.

The suggestion to conduct the course intervention in the town of Lod was mine. The students, all female, all orthodox, came from two distinct subpopulations: a few were from the

ultra-orthodox community and were just mildly politically involved. They were, however, with a strong segregation ethos, which set them apart from men, from secular Israelis, let alone from non-Jewish groups. The rest of the students were of Israel's nationalist-orthodox sector, i.e., more socially integrated and with a strong right wing political conviction, which placed a strong emphasis on the Jewish-Arab demarcation line. Whereas the health deprivation and needs of Lod population were evident to the students, the entire class was, as described, profoundly estranged from Israel's Arab population.

An extensive discussion developed in the class regarding help to alien groups. The initial view was hostile, with the dominant students admitting that they were not willing to invest their time and energy in a project that would not benefit their own community. The long debate ended with acknowledging the discrimination and disempowerment that the Lod community has sustained over the years, followed by a decision to devote our project to improving the health of Lod's Palestinian women and children. At the beginning of the subsequent lesson, three students notified me that they had decided to quit the class on grounds of this decision.

With the remaining students, we collaborated with a Lod advocacy NGO to identify health related subjects we wanted to tackle. The preparations

included a visit of a Palestinian woman to the Bnei Brak campus, which was, for most of the students, the first ever conversation with a Palestinian woman. Later in the year, the class has prepared a health event in Lod. Its first part was conducted in a local elementary school with nationally mixed population. The students delivered to the children a dental workshop and distributed gift toothbrush and toothpaste, they prepared with the children healthy sandwiches, salads and desserts and organized sport games in the school yard. They also measured the pupils' growth and tested their eyesight and drew the school's attention to potentially problematic children. In the afternoon, the students conducted a health event to local Palestinian women and offered childcare in order to enable young mothers to participate. The scrutinized topics were healthy and inexpensive nutrition, physical activity, home safety and domestic violence. The last subject was delivered by a student who had suffered partner violence for many years. Disclosing her own biography and struggle, the student's account invoked numerous reactions from the participants and a lively dialogue developed between the Jewish students and the Palestinian women present. The students left with the local NGO detailed information on organizations that advised women on the subjects at hand. The meeting ended with healthy refreshments

(watermelon, grapes, dates) to the women and their children.

As the course's instructor, I hope that the project has contributed to the health of Lod residents. Beyond this help, however, I am hoping that the personal encounter with Palestinian women – an unlikely event in the students' routine lives – has somewhat enhanced the students' ability to communicate across the national divide.

Health Promotion: Working with the Community.

Prof. Cheryl Zlotnick

Working collaboratively is an important part of the two-semester Health Promotion Course. Groups of two or three senior (4th year) nursing students are paired with non-profit organizations and other groups throughout northern Israel. Together the students and the organization leaders identify a project that will improve healthy behaviors and reduce health risk and ethnic disparities in Israel. Once a topic is identified, the students go to work designing a project that applies information they learned from community members, current research literature, and their own creativity. During the second semester, the students execute their projects and measure the impact. Currently, nursing students are working in collaboration with:

- A dedicated nurse in the town of Zichron Yaakov to reduce violence and

aggressive behaviors in school-age children;

- A nonprofit organization in the nearby city of Nazareth to promote good nutrition in cancer patients;
- An ulpan (an intensive program teaching Hebrew to newly arriving immigrants) in Haifa to teach the ins and outs of the Israeli health system; and
- Volunteers at two branches (located in the town of Kiryat Yam and in the city of Haifa) of the non-profit organization of Elem, an organization dedicated to impoverished youth and troubled families, to reduce risky behaviors in high-risk youth.

Distinguished Awards

It is with great pleasure that we announce the following awards:

Prof. Daphna Birenbaum-Carmeli, together with Prof. Inhorn, received "***The Most Notable Recent Collection Book Prize for 2012***", on behalf of the Council for Anthropology and Reproduction in the American Anthropological Association:

Birenbaum-Carmeli, D. and M. Inhorn (Eds.) (2009), *Assisting Reproduction, Testing Genes: Global Encounters with New Biotechnologies*, Oxford and New York: Berghahn Books (374 pages).

Dr. Oleg Zaslavsky has received the inaugural "***Excellence in Advancing Nursing Science Award***" from the American Association of

Colleges of Nursing, for his outstanding doctoral dissertation titled: "Longitudinal Dynamics in Indicators of Frailty: Predictors and Long-Term Outcomes". The award was given at the AACN's 2013 Doctoral Education Conference in January. Dr. Zaslavsky is the first student to graduate from the University of Washington's School of Nursing in the Nursing Science Statistics

concentration. For further reading: <http://nursing.uw.edu/newsroom/press-releases/phd-alumnus-wins-first-ever-excellence-in-advancing-nursing-science-award-fr>

About Us

Senior Faculty

Daphna Birenbaum-Carmeli, PhD

Associate Professor

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Research Interests

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

Moshe Bronshtein, MD

Associate Professor

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Research Interests

- Prenatal diagnosis with transvaginal ultrasound
- Fetal anomalies during the first trimester
- Cardiac defects in fetal development

Anat Drach-Zahavy, PhD

Associate Professor

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Research Interests

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

Michal Granot, RN, PhD

Associate Professor

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

Shulamith Kreitler, PhD

Professor Emeritus

Krit@netvision.net.il**Research Interests**

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

Dorit Pud, RN, PhD

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

Tamar Shochat, DSc

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

Ada Spitzer, RN, PhD

Associate Professor

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

Cheryl Zlotnick, RN, DrPH

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- 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

Efrat Dagan, RN, PhD

Senior Lecturer

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

Hadass Goldblatt, PhD

Senior Lecturer

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- 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

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- 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

Senior Lecturer

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- 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

Maayan Agmon, PT, PhD

Lecturer

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- The association between cognitive function and motor performance
- Aspects of motor learning through use of new technologies such as virtual reality games

Orit Castel Cohen, MD

Lecturer

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- Education in the health professions
- Graduate (residency programs) and post graduate education (Continuing Medical Education programs)
- Physicians' development as clinicians (professional development) and teachers (faculty development)
- Patient –doctor communication and adherence to chronic medical treatment

Sara Shachaf, RN, PhD.

Lecturer

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

Galia Shemy, RN, MPH, PhD

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

Oleg Zaslavsky, RN, PhD.

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Research Interests

- Geriatric syndromes / frailty
- Positive aging
- Longitudinal Modeling
- Latent Class Growth Modeling

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