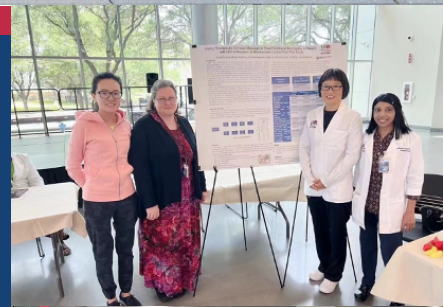




UHD Nursing Students Organized a Health Fair

Under faculty guidance, senior nursing students in UHD RN-BSN Program organized a health fair at the Coleman Campus of the Houston Community College on April 19, 2022. The fair offered fitness assessments, fitness demonstrations, free food distribution, and valuable information about health services, screenings, and opportunities available free for HCC students at Coleman Campus, such as free gym and free dental cleaning by the dental department at Coleman Campus, 5th floor. Having prepared for this event throughout their capstone course, our nursing students actively talked about health promotion-related topics, such as heart-healthy dietary options, the significance of maintaining a healthy weight, calculation of Body Mass Index, and oral health to community residents, used games and teach-back methods to interact with them, and distributed free gifts such as hand sanitizers and fruits to them. This event promoted community residents' health awareness and gave our nursing students opportunities to make a difference in the community.



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- Dr. Song Ge was inducted into Sigma Theta Tau International Honor Society of Nursing-Houston Chapter as a Community Leader and joined its Research Committee in 2021.
- Dr. Song Ge translated three chapters of the textbook titled Gerontology Nursing from English to Chinese. The book was released in China in 2021.
- Dr. Song Ge joined the editorial board of two peer-reviewed journals- The Open Public Health Journal and Frontiers in Healthcare.
- Dr. Song Ge published a co-authored peer-reviewed paper titled “Association between caffeine intake and all-cause and cause-specific mortality: An analysis of the National Health and Nutrition Examination Survey (NHANES) 1999–2014 database” in Nursing Reports in 2021.



UHD nursing and faculty organized the Health Fair in April, 2022.

UHD
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RN to BSN

Peripheral neuropathy (PN), characterized by burning, stiffness, prickling, tingling, and numbness or a loss of feeling in a person's extremities, occurs in half of the people with HIV (PHIV). Currently, there is no Food and Drug Administration-approved treatment for PN. Only half of those who take off-label medications report a significant reduction in pain. Sometimes, PN becomes a permanent issue that PHIV lives up to. Therapeutic Chinese Massage, structured palpations, or movements of soft tissues of the body, is a promising non-harmful, and non-costly intervention that can potentially alleviate or even treat PN, but relevant research is limited. Thus, Dr. Song Ge, Dr. Linda Dune, and nursing students conducted a randomized control trial pilot study to examine if a series of three weekly 25-minute therapeutic Chinese massages delivered by a massage specialist, compared with three weekly placebo massages could 1) reduce PN-related pain, 2) improve lower extremity functioning, and 3) improve health-related quality of life in PHIV. This study is funded by the UHD ORCA grant. It gained support from the AIDS Foundation Houston. Participants were recruited by referral of the staff as well as the snowball method. The research team had two sites to the HIV Foundation Houston between Dec 2021 and Jan 2022 and recruited 20 PHIV. This study is consistent with the mission of UHD as it dedicates to reaching out and serving the under-served population residing in local communities, promoting students' engagement in scholarly research, and contributing to nursing science. The result showed that pain level was reduced and functioning of lower extremities was improved in the experimental group after they received the intervention. The students presented the study at the 2022 UHD Student Research Conference, the 2022 UHD Community Engagement Showcase, and Sigma's 33rd International Nursing Research Congress.

UHD Nursing Faculty Won Multiple Awards to Enhance Teaching

In Summer 2021 and Spring 2022, Dr. Song Ge received two SynergIE Professorship Awards to incorporate inclusive pedagogy into two nursing courses- NURS4320 Community Care and NURS4330 Nursing Research. In revising the community care course, Dr. Song Ge believes that nurses need to possess inclusive perspectives, knowledge, and skills to work effectively with diverse communities. This is consistent with the mission of the American Nurses Association, which recognizes the importance of efforts to eliminate discrimination associated with race, gender, and socioeconomic status through improving access to and attainment of health care and quality of health care.

Healthcare research, including nursing research, has not been inclusive, with most participants being middle-aged Caucasian men. The health problems of vulnerable populations are understudied. Moreover, many marginalized and vulnerable populations were victims of unethical research studies, which caused tremendous harm to them and their families. In the revised research course, Dr. Song Ge reveals these issues to nursing students, improves their ethical awareness in research, and inspires them to improve the health of vulnerable populations using research endeavors in their careers. Dr. Song Ge presented her work at the 2021 UHD Teaching and Learning Symposium.

Dr. Song Ge also obtained a faculty development award to attend the 4-day Advanced Practice Institute: Promoting Adoption of Evidence-Based Practice” in Spring 2022 and another award to attend the Faculty Success Program organized by the National Center for Faculty Development & Diversity in Summer 2022.

UHD Nursing Adjuncts Faculty Achieved 2022 UHD Outstanding Adjunct Award Finalist

Dr. Charlet Jose is an adjunct nursing faculty in the UHD RN-BSN program. Dr. Jose obtained Ph.D. in Nursing Education from the University of Phoenix. She has been teaching nursing courses since 2011. She has taught in various modalities including online educational platforms, in-person classrooms, web-enhanced/hybrid courses, skills labs, simulation labs, and in various clinical units. Dr. Jose has over 34 years of experience in clinical practice including medical, surgical, cardiac, telemetry, orthopedics, oncology/hematology, and IMU units. She has conducted clinical research titled “Nurses’ Lived Experiences on Providing Culturally Congruent Care”. Her career goal is to foster nursing education by applying innovative approaches to student-centered teaching in nursing. Dr. Jose is currently involved in the Teaching Circle Initiative 2022-2023 at UHD along with Dr. Song Ge.

Dr. Charlet Jose received the Outstanding Faculty Award from Coleman College for Health Sciences in 2021. Furthermore, she obtained the Bronze Award from Good Samaritan Foundation in June 2021, the UHD Online Teaching Passport Certificate from UHD in 2020, the Innovation Excellence Award from League for Innovation in May 2020, and the Judy Hayman Student Engagement Award from Coleman College for Health Sciences in 2019.