

# Nurses aid OU academics in research

Patients are big winners as Oakland University and Beaumont Hospital cooperate to encourage research and break down barriers between academic and clinical nurses.

"The projects vary from studying the relationship between blood pressure cuff size and hypertension readings to looking at ways to help new mothers care for their babies," said Carol Zenas, coordinator of the program for OU's School of Nursing.

"The program is called the Collaborative Project for the Enhancement of Nursing Practice. But we simply refer to it as the Beaumont Project," said Zenas, an assistant professor of nursing.

1985 after a conversation between Andrea Lindell, dean of the School of Nursing, and Mary Ann Keyes, vice president for nursing at William Beaumont Hospital in Royal Oak. The program has been extended by the hospital, said Zenas, a Livonia resident.

"We know that the basis of sound nursing practice is research, looking at what we are doing and examining those practices using scientific principles so that we give the best possible care to our patients."

"But the problem is that most research is done in academic settings by doctorally prepared nurses, and that most nursing practice takes place in clinical settings," Zenas said.

"Traditionally, it has been difficult to bring the two areas together."

OU's goals were "first and foremost to teach staff nurses about the research process so that they could conduct their own studies, or participate in studies that we did jointly," she said. Another goal was to "foster collaboration between academicians and clinicians."

ZENAS HAS now taught six classes over three years.

OU colleague Gary Moore assists in data analysis freeing the nurses from that "scary" aspect of research.

"One nurse works in the operating room where same-day surgery or less extensive surgical procedures

are performed. The nurse is looking at the practice of scrubbing down the room after each procedure, hypothesizing that perhaps the process of mopping introduces more bacteria than it removes.

"She is taking a series of cultures to see if this is the case and to determine whether the cleaning is done because of tradition or whether it has validity in terms of running an operating room. It could have a significant effect on the number of surgeries that could be performed in a day."

ANOTHER STUDY looks at the kinds of information given to cardiac patients. "The results may find us changing our teaching approach with

patients," Zenas said.

Still another study was on blood pressure procedures.

"This study is now being picked up on the academic side," the professor said. Senior nursing students have taken the original study by Beaumont nurses Marlene Rhodes and Sylvia Petis and are extending it with studies in the community.

"What a great way for these undergraduates to look into a research project, and they get a chance to interact with these two practicing nurses and foster this relationship," Zenas said.

REDUCED ANXIETY for new mothers is another Beaumont goal. "You take new moms, you give

them Lamaze classes, they come into the birthing room or delivery room, they have their baby, and they have this 'high,'" Zenas said.

"Then we whisk them into a classroom and teach them how to take care of their babies. The mother goes home, and she can't remember what she was taught in class. Why? Because we know now that we made the mistake of attempting to teach her at a time when her anxiety level was very high."

Moore and Zenas combined efforts for a large study at Beaumont on job satisfaction and propensity to leave. The results led to administrative changes at Beaumont in terms of use of nursing personnel.

THE PROGRAM originated in

## I-75 widening pact has bonus

Work has begun on a state project to widen a 6.8-mile stretch of I-75 Freeway in Oakland County from two lanes to four in each direction.

The construction zone begins at the Square Lake Road and I-75 interchange in Bloomfield Township and extends north to Joslyn Road in Auburn Hills.

Completion of the \$17.4 million project is scheduled for July 1989.

"We are doubling the capacity of I-75 through one of the fastest developing areas of southeast Michigan," said James P. Pitt, director of the Michigan Department of Transportation.

tion.

"Traffic along that stretch has increased 30 to 40 percent since 1980 and will continue to grow in the future."

THE CONTRACT between MDOT and Champagne-Webber of Fraser includes clauses that provide an additional \$20,000 a day to expedite completion and a \$20,000-a-day penalty for failure to meet the schedule.

MDOT will take bids in March on a second project to widen the I-75 Freeway from two to three lanes in each direction from Joslyn Road north for an added 8.5 miles to M-15

near Clarkston. It also is scheduled to be done in 1989.

Traffic will be shifted to the right and partially on the shoulder to allow the contractor to begin construction of the two new lanes in the median area on the left.

Traffic will be shifted to the left onto the new roadways by late October. Four lanes in each direction will be open through next winter, when construction ceases, until spring.

FROM MEMORIAL Day to Labor Day, the construction plan calls for two lanes to remain open for Friday evening's northbound traffic and

Sunday evening's southbound traffic.

Two lanes also may be kept open in the evening for special events that draw extra heavy traffic.

The only total closing will be this fall at two of the exit and entrance ramps of the I-75 interchange with M-59 freeway. They must be closed for up to 44 days because physical limitations make it impossible to use the shoulders at that location during construction.

Bridges at M-24, Auburn and Pontiac roads, the Clinton River and M-59 will be widened from two lanes to four.

**SAVINGS**

## EXPERT TAX PREPARATION

**\$15.00 OFF**  
(New clients only)

by retired Internal Revenue Agent with over 28 years experience as a field auditor.

Call between 9 a.m. & 9 p.m. MON.-SUN.  
**855-1656**

**SAVINGS**

## X-Country Skis are on Sale... Now!

INCLUDING: FISCHER ELAN LANDSEER EPOKE BLIZZARD SALOMON ALPINA ROSSIGNOL

FROM \$39.95

M-F 12-9  
SAT. 10-5  
SUN. 12-5

32715 GRAND RIVER AVE.  
FARMINGTON, MI 48024  
(313) 477-8116

BENCHMARK

## DO YOU STILL LOOK SEXY?

We can create an illusion for you

BOUDOIR PHOTOGRAPHY  
Woman photographer and expert retoucher  
**CAPTURED GLAMOUR**

855-0310

---

## JACK Douglas Furs Ltd.

Mid-Winter storewide FUR SAVINGS

Setting the trend for '88 with these unbeatable fur fashion values...while this selection lasts.

Some Examples in U.S. Funds

EBONY BEAVER JACKETS NOW \$1,250 ONLY \$1,250

FURRY LIT OUT FURRY COATS FROM \$3,500 ONLY \$3,500

SHADOW MINK COATS FROM \$2,195 ONLY \$2,195

RACCOON COATS FROM \$1,965 ONLY \$1,965

CANADA MAJESTIC Mink, Sable or Pastel Mink COATS NOW \$3,175 ONLY \$3,175

QUITY & SALES TAX REFUNDED  
FULL PREMIUM ON U.S. FUNDS

423 Pellissier St., Windsor, Canada  
(OPPOSITE CITY PARKING GARAGE)  
**1-519-977-0171**  
Hours: Daily & Saturday 9-6 p.m., Fridays 9-9  
...Major Credit Cards Accepted

## LEARN CPR, PLEASE.

Like a Missionary Red Cross CPR course.

+ American Red Cross

A defense against cancer can be cooked up in your kitchen.



There is evidence that diet and cancer are related. Follow these modifications in your daily diet to reduce chances of getting cancer:

1. Eat more high-fiber foods such as fruits and vegetables and whole-grain cereals.
  2. Include dark green and deep yellow fruits and vegetables rich in vitamins A and C.
  3. Include cabbage, broccoli, brussels sprouts, kohlrabi and cauliflower.
  4. Be moderate in consumption of salt-cured, smoked, and nitrite-cured foods.
  5. Cut down on total fat intake from animal sources and fats and oils.
  6. Avoid obesity.
  7. Be moderate in consumption of alcoholic beverages.
- No one faces cancer alone.

# Make A Modest Investment In Solid Growth Stock... Your Own Children

An investment in a child's education can produce a type of wealth far more valuable than monetary gain. Enrollment in an independent school ensures that your son or daughter will receive a wealth of academic opportunities, a wealth of security, and a wealth of self-confidence and self-esteem.

How can we be sure these assets will accrue? Because each school listed below shares a dedication to certain fundamental principles, including:

- **Emphasis on the student as an individual.** Independent schools recognize that a child is special, an individual with unique talents, aptitudes, needs and interests. Our goal is to help children realize their

full potential while fostering a sense of belonging within the group. Students build upon their own strengths and are encouraged to work to the best of their abilities.

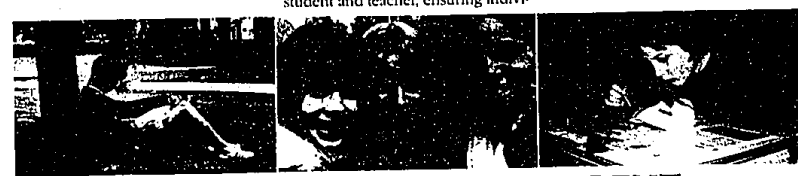
- **Academic challenge.** Independent schools set the highest educational standards and challenge students to stretch to meet them. We stress a thorough preparation for college as well as opportunities to specialize in the arts, sciences, humanities, foreign languages, computer science and communications.

- **A low student/teacher ratio.** Your child is never lost in a crowd. A low student/teacher ratio opens up broad avenues of communication between student and teacher, ensuring individualized instruction and counseling

at all grade levels. Small classes also allow teachers to recognize problems early and to provide supportive care and understanding when needed.

### How to choose a school.

Parents are cordially invited to visit individual schools where they can compare programs and absorb the different atmospheres. We're sure that with 20 diverse schools, you'll find one ideally suited to your family's needs. For more information about the Independent Schools of Michigan as well as information about financial aid programs, write for a free brochure to AIMS, 31201 Dorchester, Madison Heights, MI 48071 or call 1-313-585-9151.



## ASSOCIATION OF INDEPENDENT MICHIGAN SCHOOLS

- |   |   |   |
|---|---|---|
| <p><b>Academy Of The Sacred Heart</b><br/>Bloomfield Hills, MI<br/>(313) 646-8900</p> <p><b>A.G.B.U. Alex Mannington School</b><br/>Southfield, MI<br/>(313) 569-2988</p> <p><b>Cranbrook Schools</b><br/>Bloomfield Hills, MI<br/>(313) 645-5600</p> <p><b>Detroit Country Day Schools</b><br/>Birmingham, MI<br/>(313) 646-2771</p> | <p><b>Detroit Waldorf School</b><br/>Detroit, MI<br/>(313) 812-0200</p> <p><b>The Grange Pointe Academy</b><br/>Grosse Pointe Woods, MI<br/>(313) 886-1223</p> <p><b>Interlochen Arts Academy</b><br/>Interlochen, MI<br/>(616) 276-9223</p> <p><b>The Japhet School</b><br/>Madison Heights, MI<br/>(313) 585-9151</p> | <p><b>Kalamazoo Academy</b><br/>Kalamazoo, MI<br/>(616) 329-9110</p> <p><b>Kensington Academy</b><br/>Bloomfield Hills, MI<br/>(313) 647-9060</p> <p><b>Kingbury School</b><br/>Oxford, MI<br/>(313) 628-2571</p> <p><b>The Leelanau School</b><br/>Glen Arbor, MI<br/>(616) 334-3072</p> |
| <p><b>The Pathfinder School</b><br/>Traverse City, MI<br/>(616) 946-7820</p> <p><b>Rapier City And Country School</b><br/>Bloomfield Hills, MI<br/>(313) 642-1500</p> <p><b>University Eggert School</b><br/>Grosse Pointe Woods, MI<br/>(313) 884-4444</p> <p><b>The Valley School</b><br/>Grand Blanc, MI<br/>(313) 694-7800</p>    |   |   |