



Mary Breckinridge, Founder  
Frontier Nursing Service, 1925



FRONTIER NURSING  
UNIVERSITY

[www.frontier.edu](http://www.frontier.edu)



Why is this baby in a saddle bag?





# The Birthplace of Nurse-Midwifery and Family Nursing in America



# Midwife means “With Woman”

- Midwives have been caring for women in childbirth since the beginning of time  
(Exodus 1:15-20, Shiphrah and Puah)
- By 1900, physicians were attending about half of the births in the U.S.
- Nurse-midwives are educated in the two disciplines of nursing and midwifery
- Nurse-midwives provide care to women across the lifespan





# Mary Breckinridge's Vision

*“In France midwives were not nurses. In America nurses were not midwives. In England trained women were both nurses and midwives. After I had met British nurse-midwives, first in France and then on my visits to London, it grew upon me that nurse-midwifery was the logical response to the needs of the young child in rural America”.*

*Wide Neighborhoods pg 111*





# Mary Breckinridge & The Frontier Nursing Service

- Established in 1925
- First Nurse-Midwifery Service in America
- Provided care to underserved families in Appalachia
- Significantly reduced infant morbidity and mortality





# Goals of the Frontier Nursing Service

- **Safeguard the lives of mothers and babies**
- **Provide and prepare trained nurse-midwives for the rural areas of Kentucky and other areas needing medical care**
- **To give skilled care to women in childbirth**
- **To give nursing care to the sick of both sexes and all ages**





# Frontier Nursing University

- Second Nurse-Midwifery School in the U.S.
- Opened in 1939
- Designed to meet the needs of underserved populations
- Added Family Nurse Practitioner specialty in 1970
- Added **Women's** Health Care Nurse Practitioner specialty in 2005
- Added ADN Bridge Option in 2007
- Added the Post-**Master's DNP in 2008**
- Added the DNP in 2014







## FNU proudly claims the following:

- More than 75 years of experience in graduate nursing and midwifery education
- Oldest and largest continually operating nurse-midwifery education program
- First family nurse practitioner program – started in 1970
- Pioneered the first midwifery community based distance education program
- Nearly 4000 graduates
- Students and alumni represent every U.S. state and many foreign countries
- Ranked by US News & World Report in the top 30 online graduate schools of nursing and #1 for our nurse-midwifery program



# Frontier Nursing University

- Community based
- Distance learning
- Licensed and accredited
- Full- or part-time options
- Supportive faculty





# Distance Learning at Frontier

- First distance learning nurse-midwifery program
- Students from every state and many foreign countries
- More than 4000 graduates



FN02/31 v. 2002



# Benefits of Distance Learning



- Study from the comforts of your home or while you travel
- Use your community as a classroom
- Study on your time—anytime!
- Travel to beautiful Hyden, KY for orientation and workshops to prepare for clinical training



# Hyden, KY Campus





# Specialties Offered

- Nurse-Midwifery (CNM)
- Family Nurse Practitioner (FNP)
- **Women's Health Care Nurse Practitioner (WHCNP)**





# Degree Programs



- **Post-Master's Doctor of Nursing Practice (DNP)**
  - **Post-Master's program for CNMs and NPs with a Master's in Nursing**
- **Master of Science in Nursing (MSN) + Companion DNP**
- **ADN Bridge Entry Option**
  - **Entry option for RNs without a bachelor's degree**
- **Post-Master's Certificates**
- **Service learning Internships (Courier Program)**



# MSN + Companion DNP Program

- **For RNs with a bachelor's or associate's degree**
- Option to opt-out with MSN or seamlessly complete the DNP degree and receive MSN in the process
- Attend 2-3 on-campus sessions
  - Frontier Bound orientation
  - Clinical Bound skills workshop







# ADN Bridge Option

- Allows nurses with an Associate Degree to directly enter the Program
- Designed to “Bridge” the differences between the educational preparation of the Associate Degree nurse and the Baccalaureate nurse
- No Bachelor’s Degree awarded
- Students directly enter the core program after only six (6) bridge courses
- Requires 3 onsite visits including “Crossing the Bridge” visit to campus after first 12 months of coursework completed





# Admission Criteria – MSN + Companion DNP

- RN with a Bachelors or **Associate's in any field**
- 3.0 GPA in last degree
- Good academic standing in prior educational work
- One year of nursing experience
- Three (3) excellent references
- Positive Interview
- Clinical site





# Post-**Master's Doctor of Nursing Practice** (DNP) Program

- Highest degree of clinical nursing practice
- 33 credit hours
- Capstone project
- 2 campus visits required
  - DNP Bound and Project Presentation
- Clinical component
- Full time option only





# Post-Master's DNP Admission Criteria

- RN with a Masters in Nursing
- Good academic standing in prior educational work (3.0 GPA)
- Resume or CV and transcripts
- Narrative statement outlining project goals
- Positive Interview





# Additional Program Support

- Regional clinical faculty and trained clinical preceptors
- On-line study groups
- Student to student support
- Faculty mentors
- Financial aid & Scholarships
- Online library services
- PRIDE Program





# PRIDE Program





# Courier Internship Program

- 8-week well-respected summer internship
- Placements in Hyden clinics and at outpost sites such as rural birthing centers under direct supervision of FNU alumni
- Excellent pre-program training for prospective students
- Visit [frontier.edu/courier](http://frontier.edu/courier)





# Courier Internship Program

*Serve. Discover. Embody.*

- Serve underserved populations the Frontier way
- Discover frontiers of self, vocation and community
- Embody the legacy of couriers proudly serving Frontier since 1928



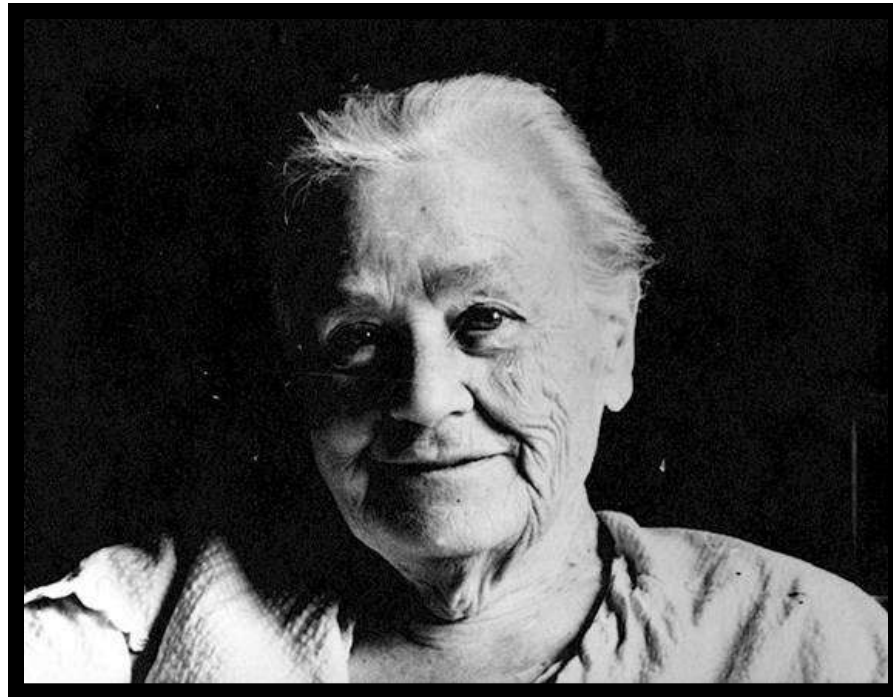


## Frontier Nursing University...

The Birthplace of Nurse-Midwifery & Family Nursing  
in America

More than 75 years of experience in graduate  
nursing and midwifery education





*“... to reach wide neighborhoods of men.”*



# Faces of FRONTIER: *FOCUSED ON THE MISSION*

## Faces of FRONTIER: *FOCUSED ON THE MISSION*



**Cathi Duggan, CNM**  
*FNU Nurse-Midwifery Graduate, Class 39*

It was Cathi Duggan's incredible birth experience with a Frontier nurse-midwife that gave birth to her own career dream.

During the prenatal care and birth of her last child, Cathi became completely enamored with the type of care provided by midwives. Later, during a well-woman visit with her midwife, Karen Helms-Curtis, a CNEP Class 2 graduate, she asked where she had studied, and Cathi spotted the Frontier diploma on Karen's wall. After struggling with "many excuses why it wouldn't work in our family's life," Cathi finally answered the call to become a nurse-midwife.

"I often told her how her job sounded like one I'd enjoy!" Cathi said, "until one day I had run out of excuses not to become a nurse-midwife."

In 2005, Cathi, a Class 39 CNEP alumna, graduated from Frontier with her MSN in nurse-midwifery. She was drawn to Frontier by the tradition, the holistic model of care, and the distance-education model that worked with her busy family schedule. Since graduating, she has stayed involved with Frontier, serving as secretary of the Alumni Council.

Today, Cathi and her family serve as missionaries to Latin America and the Caribbean, working with *fiachiglobal*, the mission arm of the Evangelical Free Church of America. Cathi provides care to Nicaraguan refugees in an impoverished barrio near San Jose, Costa Rica. She works with refugees living at La Carpio, a squatters' community built on a garbage dump. Cathi also serves the underserved women of Costa Rica and families working as missionaries there. Seeing the widespread need and lack of resources to the underprivileged worldwide, Cathi's next steps may lead to a Ph.D. in Public Health with a concentration on maternal-child populations.

Check out Cathi's blog to learn more about her experiences in Costa Rica, [cathinosostarica.blogspot.com](http://cathinosostarica.blogspot.com).

Cathi, a missionary, cares for underserved women in Costa Rica and also works with refugees living in a squatters' community.



Cathi Duggan, Class 39 CNEP Alumna, serves with her family in an underserved area in rural Costa Rica.

## Frontier Students and Alumni Making a Difference



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# Frontier Alumni Making a Difference

## ONE *on* one

### Nadene Brunk, Founder, Midwives for Haiti CNEP, Class 8

On her recent exploratory and volunteer trip to Haiti, Dr. Cara Osborne was able to sit down with Nadene Brunk. Nadene is a Class 8 CNEP graduate and founder of Midwives for Haiti. Nadene founded Midwives for Haiti based on her belief that every woman in the world deserves the knowledge and care to have a safe pregnancy and birth. She has established a very successful non-profit organization with dedicated volunteers, strong partners, and community support. Midwives for Haiti was well poised to provide critical care and support to women and children in the aftermath of the January earthquake. Midwives for Haiti continues to grow and work to meet the needs of the women and children in Haiti. Career goals of the organization include:

- To reduce the high maternal and infant mortality rates by teaching midwifery skills.
- To enhance maternal health by providing regular prenatal care, including preventative services by trained midwives.
- To intentionally provide a safe, clean place for women to give birth.
- To incorporate care of the newborn infant, vaccines, dehydration treatment and prevention along with breastfeeding support with maternal care.

During the visit, we learned more about how Nadene founded the organization, how Frontier helped her to succeed, and her future plans. Thank you Nadene for taking time out to share with FSNFN.



#### PROFILE:

Nadene Brunk,  
Founder, Midwives for Haiti  
Certified Nurse-Midwife,  
Virginia Women's Center  
Richmond, VA

#### EDUCATION:

- Eastern Mennonite University – BSN
- University of Virginia – MSN
- Frontier School of Midwifery and Family Nursing – CNM



[www.midwivesforhaiti.org](http://www.midwivesforhaiti.org)



**FSM1217:** Nadene Brunk – Founder of Midwives for Haiti, Dr. Raphael – Rabbin Ministry of Health, Marlouise Raphael – teacher, Cara Osborne – Midwives for Haiti Board of Directors, Cecile Oshier – teacher, Dr. Zaki – Midwives for Haiti Board of Directors, Renee Saffner – teacher, Editor – Translation.

#### FSM1217:

How did Midwives for Haiti get started?

#### NB:

Midwives for Haiti grew out of my first trip to Haiti. I was on a trip with a medical team in Cote Soleil and saw all of these pregnant women. I immediately wondered where they were getting care and who was providing it. When I discovered that many of them weren't getting care, I began thinking of ways to provide prenatal care. I thought that if I could take a week out of my practice to come down to Haiti, probably other midwives could too, and that if we could get these groups of midwives a year to come down for a week and do prenatal visits, we could take care of these women. The goal of the program has always been to decrease the maternal and infant mortality in Haiti, but it started small. It didn't start as a midwifery education program, it grew into that as specific opportunities and obstacles presented themselves.

#### FSM1217:

What part of your education at Frontier have been useful in developing Midwives for Haiti?

#### NB:

Really all of it—I (the birth center paper taught me to look at the community and understand the needs. Being exposed to the faculty at Frontier—people like Kitty Ezzo—has been inspirational and carrying on the legacy of Mrs. Strickleridge has been a big part of Midwives for Haiti.

#### FSM1217:

Haiti isn't on any map to work. When things get tough, what keeps you moving forward?

#### NB:

I haven't done this alone. Dr. Ben Heisterholz and Dr. Steve Eads who were early Midwives for Haiti supporters have continually convinced me that I can do this. The board members have worked tirelessly to keep things moving. Being able to bounce things off people and to hear others' ideas has greatly added to the strength of the program.

#### FSM1217:

What would you tell a Frontier student or Alumnus who wants to do international work?

#### NB:

It's not easy, but you can do it. In Haiti, people just kept telling me that if I didn't do these things, no one would. Also, you need to talk to people and create resources, but you can't wait until everything is perfect to get started. You have to be willing to do what you can and sort out the details as you go.

#### FSM1217:

What's your long-term goal for Midwives for Haiti?

#### NB:

I think Midwives for Haiti has a strong model and I would like to see the program replicated in other areas of Haiti. Estimates show that Haiti needs about 1,000 skilled birth attendants and it will take more than the twelve a year that we're able to train in Haiti. Ideally I'd like to see the program replicated in other developing countries with high rates of maternal and infant mortality.



Students participating in a graduation ceremony.



# Frontier Alumni Making a Difference



**FRONTIER SCHOOL**  
OF MIDWIFERY AND FAMILY NURSING

**ALUMNI E-NEWS**

July 2010



## Jenny Mitchell

Family Nurse Practitioner, CFNP Class 7

Following in the tradition of Mary Buehler, Frontier graduate Jenny Mitchell has traveled her share of dirt roads to take health care to the underserved. But the jokingly points out one difference: "Even though I have horses, I tend to go to my job."

Jenny's job is an endeavor that has been transformed into a non-profit mobile health clinic, which currently serves the North Fork Valley community of Western Colorado. "Frontier prepared me for that kind of service—going to the sick persons instead of those always coming in to the clinic," says Jenny, a 2003 graduate of FNMN's family nurse practitioner program.

It all started with one little grant that Jenny, a skilled grant writer, received while living in Las Vegas. The grant allowed her to buy and overhaul the ambulances, which became the Headweek Mobile Health Clinic, so that the clinic could make care affordable

and more widely accessible. Jenny worked a full-time job to support her non-profit clinic on the side. She started with a cash-only business and charged only \$40 a visit.

In 2008, Jenny relocated to Colorado, where she continues to operate the mobile clinic as it's needed and also sees patients in a donated clinic space with two exam rooms. Recently, an architecture student at the University of Colorado-Boulder spent several months, at no cost, designing plans for a state-of-the-art building for the Headweek Family Health Clinic. Jenny is eager to move forward with the building and is seeking grant decisions to potentially fund the project.

Jenny provides treatment to all ages and offers primary and reproductive, women's annual exams, physicals, flu clinics, and a wide range of other services. "Our mission is to serve people and take care of people that have no other ways of affording

health-care services and to try to get to those people quickly to prevent them from getting too ill."

Earlier this year, her clinic became a National Health Service Corps (NHSC) site, and Jenny received a \$50,000 grant to pay off student loans in return for her services to a rural area. She's now able to take insurance payments, offer a cash discount to those without insurance and offer a sliding-fee scale to those who qualify. As an NHSC site, Jenny's clinic is part of a network of more than 10,000 dedicated clinicians and sites caring for the most medically underserved people in the United States.

Jenny is an inspiring example for other Frontier students and alumni who agree to help those with the greatest need. "My dream is coming true," Jenny said. "It takes a lot of will and determination to do it, but you just stick to your guns and you keep going."

People HEROES AMONG US

## A DOCTOR PERFORMS SURGERIES FOR FREE

ANDREW MOORE, 61  
Lexington, Ky.



"Helping people out of a medical crisis in these dire times," says Moore (with, from left, volunteers Shirley Pollard Ramsey, Barry Russell and Tony Reyes). "Just feels great."

Andrew Moore, 61, Sunday—time to fire up the barbecue, watch the game, sack out in the hammock. Unless you're Dr. Andrew Moore, a plastic surgeon whose heart broke every time a patient told him he couldn't afford to have a melanoma removed because he had no insurance. "It was so frustrating," Moore says. "How was I going to take care of them?" He started waiving his fees for some, but Moore wanted to do more. In 2005 he launched Surgery on Sunday ([surgeryonsunday.org](http://surgeryonsunday.org)), a nonprofit group of 325 volunteer surgeons, nurses and medical professionals who perform free gall bladder removals, tonsillectomies and other outpatient procedures in a donated surgical facility. To date, Moore's group has performed about 3,000 surgeries—and has a waiting list of 1,500. Raising funds through grants and donations to cover malpractice insurance and medical supplies, this band of medical Samaritans has changed the lives of people like Michael Weyls, a construction worker who lost his job and lived in pain and terror after being diagnosed with a cancerous lesion. A doctor he knew referred him to Moore's group; Moore performed three surgeries and rebuilt Weyls' nose. "It could've killed me, and Dr. Moore worked a miracle," says Weyls, 52, now cancer-free. "I thank God for this man."

By Jennifer Wren

KNOW A HERO? SEND SUGGESTIONS TO [HEROESAMONGUS@PEOPLEMAG.COM](mailto:HEROESAMONGUS@PEOPLEMAG.COM)



# Students Making a Difference

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## NATIONAL NURSE PRACTITIONER WEEK 2010

FRONTIER SCHOOL OF MIDWIFERY AND FAMILY NURSING

### FSMFN SPOTLIGHT ON: Brian Webster, RN, CEN, CPEN, FAWM CFNP Class 69

Brian is currently a Clinical Supervisor in the Emergency Department at the Williamsport Regional Medical Center, Williamsport, PA. His nursing passions are disaster medical relief, wilderness medicine, and providing care to the medically underserved. This fervor has led Brian to the country of Haiti three times to assist with the earthquake disaster relief since January 2010. Brian has recently obtained his Certified Pediatric Emergency Nurse certification and was inducted as a Fellow of the Academy of Wilderness Medicine.

Brian is eager to complete his education as a Family Nurse Practitioner at the Frontier School of Midwifery and Family Nursing (FSMFN). He is very excited to broaden his scope of nursing practice and to serve patients who need care the most. Brian stated his training at FSMFN is second to none and will greatly prepare him for the trials and tribulations of primary care in remote regions of the world.



ABOVE: Brian examines one of many young patients during his time in Haiti.

LEFT: Brian stops briefly to take a much needed break during his disaster relief work in Haiti.



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## NATIONAL NURSE PRACTITIONER WEEK 2010

FRONTIER SCHOOL OF MIDWIFERY AND FAMILY NURSING

### FSMFN SPOTLIGHT ON: Melinda Jennings, RN CFNP Class 73

Over her past summer Melinda served on the USNS Mercy – a naval hospital ship with LDS Charities as part of the Pacific Partnership 2010. This humanitarian project provided medical, dental, veterinary and engineering projects to people of the Pacific. Melinda worked as a nurse in the operating room for 3 weeks during the Indonesian rotation. Her project visited 4 Indonesian islands and helped thousands of people. Melinda provided care for many adults and children from Indonesia. She states, "it was an amazing experience to work side by side with our military personnel in caring for the Indonesian people. I feel amazing gratitude at the opportunity to have been able to serve these wonderful people. In America we have such remarkable health resources that they do not have." Melinda hopes to be able to participate in another effort upon graduation.

For more information you can visit her blog at [www.summerservices2010.blogspot.com](http://www.summerservices2010.blogspot.com).

You may also read a newspaper article that was written about Melinda's experience at <http://www.theCrisis.com/articles/top-28-2010/trip-lifetime>



ABOVE: Melinda takes a break outside of the USNS Mercy

LEFT: Melinda (far right) pictured here with a family during her Indonesian rotation.



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# Students Making a Difference



FRONTIER SCHOOL OF MIDWIFERY AND FAMILY NURSING

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## NATIONAL NURSE PRACTITIONER WEEK 2010

### FSMFN SPOTLIGHT ON: Ed Gonzalez, RN CFNP Class 79

Ed Gonzalez, CFNP Class 79 works as a flight nurse for a native hospital in Alaska. The village that is perhaps the poorest that he serves is called Angoon, AK, a small fishing community. Angoon is remote and patients are screened using a float plane. Ed's program is the only flight program in the United States that has a DHC Beaver floatplane that is licensed for medevacs.

Ed states he chose Frontier primarily because of its reputation and accessibility. "I knew this was the right place for me when I saw how committed Frontier is to underserved communities, and how that commitment is passed on to its graduates," he explains.

Upon graduating, Ed would like to work in a remote community, be it in Alaska or in one of the Western States, where he could take care of that community and get to know most, if not all, of the members. "I'd like to also volunteer either traveling to a Hispanic country I was raised in Costa Rica and have seen first hand the extreme poverty of Central America, or in providing care to migrant workers here in the US. I have volunteered as an RN providing healthcare

education to migrant Guatemalans in the past, and see a great need there as well for providers."



ABOVE: A photo of the Beaver floatplane in Igropev, Alaska

BELOW: Ed and his team prepare to care for a patient



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## NATIONAL NURSE PRACTITIONER WEEK 2010

### FSMFN SPOTLIGHT ON: Jan Stalder, RN PM-CFNP Class 65

Jan Stalder, PM-CFNP Class 65, will tell anyone that her passion is disaster response. She received her masters in nursing from the University of Texas at Arlington and decided to attend Frontier to complete her post master's FNP certificate. Jan serves as a state certified fire fighter and paramedic in Texas where she teaches fire fighters technical rescue. She also holds several positions within state, federal and international search and rescue agencies. And, she holds a highly esteemed position at Frontier-she is a S.A.G.E. Mentor to a fellow classmate.

On her experience as a search and rescue nurse, Jan states "Serving on local, federal and international teams has provided me with countless opportunities to intervene on behalf of those in critical need. I have been an RN for more years than I care to admit in addition to being certified as a paramedic and firefighter, yet disaster and austere settings call out for the added knowledge and capabilities of a health care provider. As a soon to be family nurse practitioner I am excited about putting to work the foundation Frontier has provided me. When the call comes in to serve destitute national and world neighbors, I will be better prepared and qualified to provide creative and more comprehensive care in a compromised setting."



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ABOVE: Jan (pictured) at the site for the World Trade Center attack. Here she served as a supervisory nurse manager for EMSO (Federal disaster medical assistance team).

LEFT: Jan assists in re-baiting while searching in the Australian Outback for a missing American.

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# Future







For More Information about

# Frontier Nursing University



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