Mary Breckinridge, Founder
Frontier Nursing Service, 1925
Why is this baby in a saddle bag?
The Birthplace of Nurse-Midwifery and Family Nursing in America
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
“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
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
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
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
Courier Internship Program


- 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.”
Frontier Students and Alumni Making a Difference

Cathi Duggan, CNM
FNJU 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 Helm Cateas, 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 schools 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 BSN 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’s stayed involved with Frontier, serving as secretary of the Alumni Council.

Today, Cathi and her family serve as missionaries in Latin America and the Caribbean, working with ReachGlobal, 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 underserved worldwide, Cathi’s most steps may lead for 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, cathiduggancostarica.blogspot.com.
Frontier Alumni Making a Difference

One on One

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

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 – CWM

On her recent exploratory and volunteer trip to Haiti, Dr. Carla Okonko 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 this 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 positioned to provide clinical care and support to women and children in the aftermath of the January 2010 earthquake. Midwives for Haiti continues to grow and seek to meet the needs of the women and children in Haiti. Current goal of the organization includes:

- 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 eventually provide a safe, clean place for women to give birth.
- To incorporate care of the newborn infant, vaccines, tetanus 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 us.

FTN:
What would you tell a Frontier student or alumna who wants to do international work?

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

FTN:
How did Midwives for Haiti get started?

Nadene:
Midwives for Haiti grew out of my first trip to Haiti. I was on a trip with a medical team in Cite Soleil and saw a lot of these pregnant women. I immediately wondered where they were getting care and who was providing it. When I was there, I would get these women in a group to provide prenatal care. I thought that I could take a week of my practice income down to Haiti, probably other midwives could, and that I could get some groups of midwives a payout of $100 every Friday. We did that for a month and it's a credit. We could take care of these women. This is the goal of the program. We've 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.

FTN:
What is your long-term goal for Midwives for Haiti?

Nadene:
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 250 trained birth attendants and it will take more than the twelve years that we are 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.

FTN:
Is there anything else you would like to add?

Nadene:
Really all of it—the birth center paper taught me to look at the community and understand their needs. Being exposed to the social and health research, like Kitty Finlay, has been inspirational and carrying on the legacy of the Frontier Nursing University has been a big part of Midwives for Haiti.

Students participating in a graduation ceremony

www.frontier.edu
Frontier Alumni Making a Difference

A DOCTOR PERFORMS SURGERIES FOR FREE

Andrew Moore, 61

In 2006, Andrew Moore, a physician who had just finished his residency, decided to open a clinic in a small town in rural Colorado. He wanted to provide healthcare to those who couldn’t afford it. Moore knew that many people in this area didn’t have access to basic medical care, and he wanted to change that.

The clinic was a success, and Moore continued to treat patients for free. He soon realized that the need was greater than he had anticipated, and he began to look for ways to expand the clinic’s services.

Over the years, Moore’s clinic has grown, and he has been able to provide healthcare to thousands of people in the area. He has also worked with local businesses to help fund the clinic and has been able to attract other doctors to work with him.

Today, Moore’s clinic is a model for healthcare in rural communities. He has shown that it is possible to provide healthcare to those who need it, even if they can’t afford to pay for it. And he continues to work towards his goal of providing healthcare to all who need it.
Students Making a Difference

NATIONAL NURSE PRACTITIONER WEEK 2010

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 patients are disaster medical relief, wilderness medicine, and providing care to the medically underserved. This year he lead 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 trip to Haiti.
LEFT: Brian stops briefly to take a much needed break during his disaster relief work in Haiti.

NATIONAL NURSE PRACTITIONER WEEK 2010

FSMFN SPOTLIGHT ON:
Melinda Jennings, RN
CFNP Class 73

This past summer Melinda served on the USNS Mercy - a naval hospital ship with 1250 beds 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 5 weeks during the Indonesian rotation. Her project visited 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.summereservice2010.blogspot.com.

You may also need a newspaper article that was written about Melinda’s experience at https://www.blaxkites.com/articles/np-ak-2010/trip-lifeline

ABOVE: Melinda takes a break outside of the USNS Mercy
LEFT: Melinda (far right) pictured here with a family during her Indonesia rotation.
Students Making a Difference
Future

The future in our hands....
For More Information about Frontier Nursing University

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