



## Heather M. Young, Ph.D., R.N., F.A.A.N.

### Research/Academic Interests

A nurse leader, educator, scientist and nationally recognized expert in gerontological nursing and rural health care, Heather M. Young is a professor and dean emerita for the Betty Irene Moore School of Nursing at UC Davis.

Young researches healthy aging with a particular focus on the interface between individuals, family and formal health care systems. She co-leads the Healthy Aging in a Digital World initiative at UC Davis Health, in which a diverse team of experts explore the use of technology to provide a bridge between independent living and access to health care across a person's lifespan. She also is associate director for strategic partnerships and faculty with the School of Nursing's Family Caregiving Institute, which seeks to better support family caregivers of individuals with chronic diseases while also improving the preparation of health professionals to provide that support and coaching.

Previously, her research played an instrumental role in shaping long-term care policies in Washington state and beyond and she conducted several longitudinal studies of family caregiving in the context of cognitive and functional decline. Her systems research includes medication management and safety in rural assisted-living settings and hospitals, as well as the use of technology, such as telehealth, and community-based strategies to promote healthy aging.

Young is co-director of the Latino Aging Research Resource Center, one of seven National-Institutes of-Aging-funded Research Centers for Minority Aging Research. She is the principal investigator for a Patient-Centered Outcomes Research Institute (PCORI) study seeking to improve health for individuals with diabetes through technology-enabled nurse coaching.

As founding dean and Associate Vice Chancellor for Nursing for UC Davis Health, Young led the establishment of the School of Nursing, the development of five new graduate programs in Nursing Science and Health-Care Leadership, the design and construction of the 70,000-square-foot Betty Irene Moore Hall and the formation of a nursing science research program focused on healthy systems and healthy people. She served as a Commissioner on the California Future Healthcare Workforce Commission.

**Title** Dean Emerita, Betty Irene Moore School of Nursing at UC Davis  
Professor

**Specialty** Gerontology, Rural Health Care, Health Policy

**Department** [Betty Irene Moore School of Nursing](#)  
[Office of the Dean, School of Medicine](#)  
[Office of the Vice Chancellor, Health System](#)

**Division** Dean's Team



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<b>Center/Program Affiliation</b>	<a href="#">Betty Irene Moore School of Nursing</a>
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<b>Additional Phone</b>	Department Phone: 916-734-2145
<b>Education</b>	A.D.N., R.N., Sacramento City College, Sacramento CA 1983 B.S.N., Southern Oregon College, Ashland OR 1986 M.S.N., University of Washington, Seattle WA 1989 Ph.D., University of Washington, Seattle WA 1991 B.S., Sacramento City College, Sacramento CA 1981
<b>Board Certifications</b>	State of California, Registered Nurse License, 2008 State of Oregon, Registered Nurse License, 1983
<b>Professional Memberships</b>	American Academy of Nursing American Gerontological Society American Society on Aging Association of California Nursing Leaders Council for the Advancement of Nursing Science Gerontological Society of America Sigma Theta Tau Western Institute of Nursing/Western Society of Research in Nursing
<b>Honors and Awards</b>	UC Davis Deans Hero Award for Diversity, 2016 Women Who Mean Business, Sacramento Business Journal, 2015 Dignity Health Deans Chair in Nursing Leadership, Endowed Deanship, 2015 Doris Schwartz Gerontological Nursing Research Award, Gerontological Society of America Health Sciences Section, 2014 Excellence in Writing Award, Nursing Outlook editorial board, American Academy of Nursing, 2013 Health Care Hero, Sacramento Business Journal, 2012 Anna M. Shannon Mentorship award, Western Institute of Nursing, 2012 Best Practices in Innovative Education, Association of California Nurse Leaders, 2012 Regional Geriatric Nursing Research Award as Senior Researcher, Western Institute of Nursing, 2007 Faculty Senate Recognition for Outstanding Research, Oregon Health & Sciences University, 2006



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### Select Recent Publications

Fishman SM, Young HM, Lucas Arwood E, Chou R, Herr K, Murinson BB, Watt-Watson J, (et al) (2013) Core Competencies for Pain Management: Results of an Interprofessional Consensus Summit. *Pain Med.* 2013 Apr 11. doi: 10.1111/pme.12107. [Epub ahead of print].

Siegel, E.O., Leo, M.C., Young, H.M., Castle, N.G. Nursing home administrator self-assessed preparedness, *Health Care Management Review*

Siegel, E.O., Young, H.M., Leo, M.C., Santillan, V. Managing up, down, and across the nursing home: roles and responsibilities of directors of nursing, *Policy, Politics, & Nursing Practice*

Young, HM, Sikma, S., Reinhard, S., McCormick, W., Cartwright JC. (in press) Strategies to Promote Safe Medication Administration in Assisted Living, *Research in Gerontological Nursing*

Miyamoto, S., Young, HM, Henderson, S., Ward, D., Santillan, V. (2013) Recruiting Rural Participants for a Telehealth Intervention on Diabetes Self-Management, *The Journal of Rural Health*: 29(1): 69 - 77

Toles, M., Young, HM, Ouslander, J. (2013) Improving Transitions in Nursing Homes, *Generations: Journal of the American Society on Aging*, 36(4)

Meyers, FJ, Young, HM, Nesbitt, TS, Pomeroy, C. (2013) Re-visioning Academic Health Center Structure to Advance Interdisciplinary Function and Outcomes: The Schools of Health at UC Davis, *Academic Psychiatry*, 37:2

Bennett, JA, Young, HM, Nail, LM, Winters-Stone, K, Hanson, G. (2008). A telephone-only motivational intervention to increase physical activity in rural adults: A randomized controlled trial. *Nursing Research*, 57(1): 24-32.

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Young, HM, Gray, SL, McCormick, WC, Sikma, SK, Reinhard, S, Johnson-Trippett, LS, Christlieb, C, Allen, TL. (2008) Types, Prevalence, and Clinical Significance of Medication Errors in Assisted Living: Is there a Problem? *Journal of the American Geriatrics Society*, 56(7): 1199-1205

Zisberg, A, Young, HM, Schepp, K, and Zysberg, L (2007). A Concept Analysis of Routine: Relevance to Nursing. *Journal of Advanced Nursing*, 57 (4): 442-53.

Lin, Y-C, Huang, L-H, Young, HM, Chen, Y-M. (2007). Beliefs about physical activity - Focus groups results of Chinese community elderly in Seattle and Taipei. *Geriatric Nursing*, 28: 236-244.

Colclough, Y., Young, HM (2007). Decision making at end of life among Japanese Americans. *Journal of Family Nursing*. 13(2): 201-225.

Reinhard, S, Young, HM, Kane, RA, Quinn, W. (2006) Nurse Delegation of Medication Administration for Elders in Assisted Living. *Nursing Outlook*, 54(2): 74-80.

Beverly, C, Maas, M, Young, HM, Richards, K, Scalzi, CC, Kayser-Jones, J (2006). Leadership Development: John A. Hartford Centers for Geriatric Nursing Excellence. *Nursing Outlook*, 54(4): 231-5.

Young, HM, Sikma, S, Trippett, LSJ, Shannon, S, and Blachly, B. (2006). Linking Theory and Gerontological Nursing Practice in Senior Housing. *Geriatric Nursing*, 27(6), 346-354.

Young, HM, Swanson, EA, Richards, K, Wallhagen, MI, Archbold, P, Spool, M, Flaherty-Robb, M (2006). Extending Influence through Partnerships. *Nursing Outlook*, 54(4): 204-11.

Young, HM and Young, EWD, (2006). Almost Home, but not quite. *The Gerontologist*, 46(4): 565-6.

Gray, SL, Odegard, PS, Sales, AEB, Young, HM, Sullivan, JH, Hedrick, SC, and. (2006). Quality of medication records and use of pharmacy resources in community residential care facilities. *Annals of Pharmacotherapy*. 40(5):894-9.

Harrington C. Beverly CJ. Maas ML. Buckwalter KC. Bennett JA. Young HM. Sochalski J. Naylor M. (2006). Influencing health policy for older adults: initiatives by the John A. Hartford Centers of Geriatric Nursing Excellence. *Nursing Outlook*. 54(4):236-42

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