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Foreword

Mary Graham
Butler University

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Foreword

Volume 1

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BU Well is tangible evidence that Butler's mission is being achieved.

"The mission of Butler University is to provide the highest quality of liberal and professional education and to integrate the liberal arts with professional education, by creating and fostering a stimulating intellectual community built upon interactive dialogue and inquiry among students, faculty, and staff."

The value of this new journal is linked not only to the timely, informative content presented in written and visual formats, but also to the process by which it was created. Those involved in this new intellectual community participate in a collaborative, experiential learning experience that truly integrates liberal arts educational outcomes with those of professional education.

When Associate Professor of Pharmacy Practice Erin Albert attended law school and was selected to participate in a law review a few years ago, she extolled the educational outcomes associated with the experience and suggested that health professions' students might also benefit from such an opportunity. I subsequently had the privilege of partnering with Dr Albert in submitting a successful Butler University Innovation Grant, which expanded upon the traditional law review format to create *BU Well*: an open access, student managed online journal related to issues in health policy and innovations in healthcare.

Excellent clinical skills are expected of health professions graduates. In addition, analytic and communication skills are increasingly sought after in health professionals as they are linked with being influential and creating positive change. The ability to influence others (patients, co-workers, other health professionals, legislators) is a characteristic that is ideal in entry-level health professionals and essential in those seeking to distinguish themselves in a healthcare setting. Butler University is distinguishing itself by creating *BU Well* as a vehicle by which our graduates can learn to be influential.

A major educational outcome for today's healthcare provider is preparation for collaborative practice in which many professions work together to achieve the desired outcome of high quality, efficient patient care. Interprofessional education, which is defined by the World Health Organization as students learning "about, from, and with each other," is a required component of health professions curriculum. *BU Well* is the product of collaboration not just among health professions students but with students in a variety of majors who contribute a wide range of skills to the production, management, and marketing of the publication. Lessons learned from this type of collaboration are applicable not only in the delivery of healthcare but in solving a wide range of complex problems.

This edition of *BU Well* addresses the theme of "Wellness" by looking at a patient's challenge in managing chronic disease, some unique perspectives regarding nutrition, and the importance of the relationship between healthcare providers as a factor in improving patient health. Wellness is examined beyond the physical domain to include the social and financial issues impacting well-being. Other topics relate to strategies now available to communicate and educate about wellness. The diversity of these topics illustrates many of the factors that we know to impact wellness and introduces strategies to improve the well-being of individuals and our society.

Let this first edition of *BU Well* be the prelude to a sustained contribution by Butler University in which students facilitate a dialogue about substantive issues through a distinctive experiential collaboration. Congratulations and best wishes!

Mary H. Graham, PharmD
Dean, Butler University College of Pharmacy and Health Sciences