

Welcome Back Fall 2005

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Study Abroad South Africa Fall 2005

The fall marks the 5th time we have offered a study-abroad program for senior nursing students in Port Elizabeth, South Africa. We take our curriculum along, and the students are accompanied by a CSB/SJU nursing faculty in order to assure timely graduation and maintain compliance with regulatory bodies. At this point we have offered our mental health and global health theory and clinical courses in South Africa but are exploring the

feasibility of adult nursing (see info re: Kathy O's sabbatical elsewhere in this newsletter). The program has been very successful in students' and faculty understanding of health care issues and systems globally and in another country. The students repeatedly remark that it was a life-altering experience; and they practice nursing very differently now, because of that learning op-



portunity. Please see http://www.csbsju.edu/nursing/curriculum/south_africa.htm for additional information and more pictures.

Revised Curriculum

The nursing curriculum recently underwent significant revision from the bottom up. Chemistry is no longer a prerequisite (no sadness please) and new courses were implemented in gerontology and health policy/economics and management. The last of the new courses was implemented in spring 2005 when we launched a 6-credit Clinical Immersion (capstone) course. On a global course performance item, the preceptors rated the students at 5.73/6.00; and, students rated themselves at 5.54/6.00. A major theme in preceptor feedback and student self-evaluation was an increase in confidence and competence over the course

of the experience. A few preceptor comments illustrate some of our desired outcomes:

"I am writing to inform you that [student] did an exceptional job as a student intern. [Student] puts extra energy into everything she does. She goes above her assigned duties to search for ways to help me, as well as other nurses on the unit. She has the insight to notice when other nurses need help. She then uses a teamwork approach to provide assistance to lighten their load. This insight and teamwork approach can distinguish an average nurse from an exceptional one."

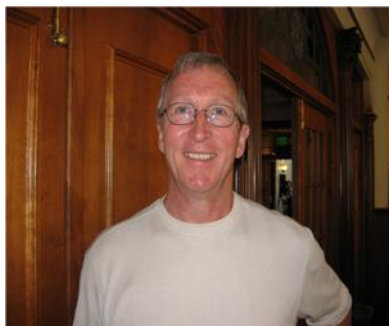
"I continue to be impressed with [student] and the St. Ben's nursing program. [Student] has been quite impressive in her skills, her confidence, and how quickly she picks up on the nursing plan of care. [Student] has also shown me some actual critical thinking skills, which is unusual at this stage of development."

"[Student] feels comfortable talking with other nurses, doctors, about patient care/concerns. Asks relevant questions; interested in the reasoning behind cares/treatments. Treats the whole patient (physically and emotionally)."

Faculty and Staff News: New Faces

You may see three new faces among nursing faculty this fall, although one actually began last spring teaching just one course. The new folks are Gary Gillitzer (CSB/SJU nursing '78), Sigrid Hedman-Dennis, and Matthew Byrne (CSB/SJU nursing 2000). Also meet our new student office worker, Katie Whitcomb.

Gary Gillitzer has two undergraduate degrees, one in education



(SCSU) and his nursing degree from CSB/SJU. He received his master's of science in med/surg and informatics. He was employed at the St. Cloud Veterans Administration Medical Center in St. Cloud as Director, Extended Care and Rehabilitation prior to

coming to the nursing department. Gary teaches the nursing leadership/management and policy areas; and, this fall he will be teaching both sections of NRSG 321 (Health Promotion in the Care of Older Adults and Their Families) while Laura Rodgers is on sabbatical. Please welcome Gary!

Sigrid Hedman-Dennis has accepted a nearly-full-time position in the nursing department following a 10-year stint as CSB's Health Educator. We've been trying to get her on our side of campus the whole time. Sigrid received her BA in nursing from Gustavus Adolphus College in St. Peter, MN and her MS in nursing from University of Northern Illinois. She is a pediatric clinical nurse-specialist. Sigrid will be teaching this fall in NRSG 323 Advanced Nursing Skills and a cultural

selective in D mod. She will also be our nursing lab coordinator working toward innovative learning activities, including laboratory learning for nursing interventions that are not necessarily technical/psychomotor in nature (e.g. communications, electronic records, and eventually some management activities). Most of the faculty and many students have known Sigrid for some time so you know that she brings energy, creativity, fun, and high expectations to everything she

does. Welcome her back to the nursing community!



Matthew Byrne is also returning to the nursing department. Matt, too, is "one of ours" and is jumping into the nurse educator role after completing his MS in nursing education degree at Winona State this past spring (thanks to Carie Braun for her ongoing mentoring and recruiting efforts!). He has been working

in perianesthesia care at Rochester Mayo since leaving CSB/SJU and recently added responsibilities as the clinical educator for surgical services. During undergraduate years here, Matt was instrumental in developing the climbing wall and in the Men's Health Initiative at SJU. Matt will be teaching in NRSG 323 Advanced Nursing Skills and NRSG 322 Adult Nursing this fall. Bring on that Benedictine hospitality and help Matt to feel at home!

New Faces, cont.

Katie Whitcomb is our new student office worker. She is a psych/communication junior from Foley, MN. She will be working every day from 2:30 to 4:30. Please stop in to help us welcome her.



Other Faculty News

All the usual suspects have returned for the 05-06 school year except **Laura Horn**. Laura has taken a full-time position at St. Cloud Hospital to help with the ramp-up for their new electronic medical documentation system. The hospital has purchased EPIC software and expects to launch the product in about 18 months. We appreciate all that Laura brought to the nursing department and wish her well in her new position.

Kathy Ohman is on sabbatical during fall term, and as you might suspect, has set herself quite an agenda! She delivered two papers at an international nursing conference in Johannesburg in early August and then moved on to Port Elizabeth where she is investigating the feasibility of teaching NRSG 322 (adult nursing) and initiating an international research study on the perceptions of health care providers regarding family presence during

resuscitation and invasive procedures. She plans to return in October, completing her sabbatical activities locally.

Laura Rodgers is also on sabbatical this year, part-time both fall and spring, so you will see her around. She is completing course work for the psychiatric/mental health nurse practitioner role. She will be heavily involved in her own clinical work throughout the year.

Four Faculty Working on Doctoral Study Activities

Julie Strelow initiated a doctoral program in education in May at Cappella University and has been taking course work at a breakneck speed this summer. She will be taking additional courses throughout the year while holding a full-time faculty position and managing a household and farm with her husband.

Carrie Hoover completed course work and her comprehensive exams at the University of Wisconsin, Milwaukee. She is now a PhD candidate and is thankful that those components

are behind her. Her dissertation study involves the effectiveness of home monitoring in preventing re-hospitalization of recently discharged CHF clients. Carrie also spent untold hours organizing her 3rd year review file for submission this fall along with parenting a one-year old. This is beginning to sound like the same level of intensity at which our other Carrie lives...

LuAnn Reif submitted the IRB proposal for her thesis, a qualitative study on the lived experience of health in Hispanic men. She will be collecting and analyz-

ing data this next year and hopes to defend her dissertation in spring.

Rachelle Parsons submitted 5 IRB proposals ("note to self- multi-site research with students requires an IRB review at every site"). She also will be collecting (electronically- good stewardships of resources, Rachelle) and analyzing data this year, and defending her dissertation in spring. Rachelle's study relates to preparedness of nurse precepting undergraduate nursing students.

Nursing Classroom and Laboratory Updates



We are slowly but surely making classroom and laboratory improvements. Two federal grants have made it possible to purchase new manikins and other lab equipment; used (virtually donated by SCH) beds,

overbed tables and bedside stands; colorful new bedspreads; new tables and chairs for Main 422 and two window air conditioners (YES!) — one for 422 and one for the lab. We have also added computer software, including an electronic medical record, and updated our video collection.

While drastic changes have been made, we are still in need of a bigger lab space, a SimMan (@\$50,000), and a home-like environment. We hope to add a space/corner furnished as a client living room that could have additional

of old newspapers, dirty dishes, etc.) added for various learning



activities.

Alums in the Spotlight

Karen Witzman ('93) will soon wrap up her third year as executive director of the Central Minnesota Nurse Managed-Center. Karen has used all of her liberal arts background in critical thinking, communication, and lifelong learning in conjunction with some awesome nursing science to carve out a new niche in the Central Minnesota health care arena.

The Center provides services to enhance elder-caregiver role competence and confidence. Students have been able to make significant contributions to the safety, well-being, and quality of life for some 400 elderly clients/caregivers through clinical/practica, service learning and internship experiences, undergraduate

nursing, social work, dietetic, marketing and public administration.

Since students are not paid for their services, approximately \$2-5 million dollars has been saved in what would have been admissions to LTC and/or assisted living without the services of the Center. Plus, the older adults are much happier maintaining their independence in their own homes.

Recently, family practice medical residents joined the care team and inter-professional case conferencing (possibly cyber-based) is just around the corner. The opportunities for holistic care and integrated learning are *amazing*; some are not yet even imagined! The CSB/SJU summer nurse-interns were so convinced of the Cen-

ter's value as a learning site, that they prepared a DVD to persuade faculty and other students of its significance as a clinical placement for all students. If you want more information and/or an uplifting experience contact Karen at mnc@hpcmc.com or 320-203-2032.

For Alums— We hope you all will enjoy this first, of what we hope to be a regular, electronic newsletter. This is your corner so be sure to provide us with information about your accomplishments and the exciting breakthroughs that you and your colleagues are making in nursing. In turn we will periodically ask for your input and/or feedback on current practice initiatives that may have curricular implications. We hope you take advantage of

Summer Internships

Thinking about doing a nurse internship next summer? A summer nurse internship is a fantastic way to explore the nursing world, while enhancing your clinical nursing practice. Summer nurse internships can be categorized as: (1) the student nurse intern or (2) the patient care assistant. Although both can provide an invaluable experience, there are differences. Basically, a student nurse, who functions in the student nurse intern role, performs the duties of the professional nurse under the guidance of a preceptor and supervision of an instructor, while enrolled in a nursing program. The responsibilities and patient care expectations parallel that of the beginning professional nurse. The student in this role is required to register through CSB/SJU for summer course credit (NRSG 397, 2 credits) at a cost of about \$350 per credit. This year, we had 15 students who were hired into 10-12 week full time paid (@\$9-12/hour) student nurse internships positions and subsequently enrolled in NRSG 397. The agencies that hired these students included Children's Hospitals and Clinics, St. Cloud Hospital, United Hospital, the Nurse Managed Center, Mercy Hospital, and the VA Medical Center (Valor program). Clinical areas were varied and included pediatric intensive care, home care, oncology, telemetry, critical care, medical, surgery, pediatrics, obstetrics, and outpatient services. The experiences as student nurse interns were resoundingly positive.

Since course enrollment and faculty

supervision is not required for those performing the duties of the nursing assistant, less information is available about students in these experiences. Approximately 4 students participated in the Mayo Summer III program in Rochester and 4 students were placed at the VA Medical Center as Student Nurse Technicians (SNTs). In addition, several others were patient care assistant (nursing assistants) throughout the state. The Summer III and SNT positions are similar to an internship, but the students here do not function in the role of the student nurse. These are hired positions that provide nursing-related service by a nursing assistant who has been delegated the specific function and is supervised by a registered nurse or monitored by a license practical nurse (Minnesota Statutes, section 148.171-148.285 commonly known as the "Nurse Practice Act"). Restrictions to practice often include administration of medications, performing independent assessment, or performing patient teaching. These positions are not required to enroll in NRSG 397.

More information about nursing internships can be found on the nursing department web page under "Student Resources". Applications for internships are usually posted in late fall with applications typically due anywhere from December to March. Information about NRSG 397, including the course syllabus, intern expectations, the registration form, etc can be found at <http://www.employees.csbsju.edu/cbraun>.

Jennifer Stoffel's Intern Experience

"These past two weeks have been full of wonderful experiences! In addition to doing my internship in the Short Stay Unit, I also had the opportunity to work in the NICU, ED, and with a Neurosurgery Pediatric Nurse Practitioner. The ED presented far different experiences than the NICU. My assessment skills were much different here. In this area assessment is very quick and focused. There is no time for a complete assessment in most situations. Among the numerous cases that I saw there were a few that have stuck in my mind. One of the experiences was with a young boy who had had an allergic reaction from an unknown source. By the time they arrived in the ED his lips and face were completely swollen and he had hives everywhere. Because of the nature of his condition we did not even complete an assessment and went immediately to administering epinephrine. It amazed me how quickly this medication took action. I had never seen anything like that. I know we talked about allergic reactions and treatments in class but experiencing the real thing is so different. Also, I was able to see a child who had a brain injury which was further complicated by a drop in sodium. I was able to see the child in an unresponsive state, worse than the previous day, and then observed him as sodium was administered. This allowed me to see the direct effect between sodium levels and patient symptoms. As the sodium levels began to rise he became more responsive. This experience continues to add to my goal of linking health problems to treatments to responses."

Melissa Horning's Intern Experience

"Working at the Nurse Managed Center has profoundly changed the way I look at nursing. At the NMC, I have been immersed in community-based nursing. We work with adults who are 60 and older to help improve their quality of life. I meet with my clients in their homes. I connect them to community resources. In doing this, I have gained a huge working knowledge of the volunteer and non-volunteer agencies in these communities, which have the potential to greatly help my clients. . . A program like Elder Network is one that we commonly refer to with caregiver burden and social isolation cases. This agency matches one of their volunteers (a healthy older adult) with our client. They begin a friendly relationship. This allows the caregiver a break from the constant care and gives the client a friend who cares about them. I work for the promotion of health: taking care of one's self and doing things to help build health. I work to help prevent health problems."

Community Outreach

The nursing department will, from time to time, request feedback from various members of the community. This may be focused on specific areas such as use of informatics, delegation/supervision of care, best practices. Please feel free to submit more generic information and feedback related to curriculum at any time; we welcome your ideas and input!

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