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# SIGMA THETA TAU INTERNATIONAL HONOR SOCIETY OF NURSING

Iota Sigma Chapter Newsletter

## In this Issue...

1. Iota Sigma Farewell, by Alison Riggs (page 2)
2. President's Message, by Jennifer Cooper (page 2)
3. Iota Sigma Fall Induction, by Patricia Esslin (page 3)
4. New grads go to Prague, by Claire Villaroman, Danielle Briscoe, and Victoria Pennell (page 4)
5. Report from Bohemia, by Marilyn Klakovich (pages 5-6)
6. My Experience in Prague, by R. Mwangi (pages 7-9)
7. Studying Abroad in Hangzhou, China, by Emily Emminizer (pages 10-11)
8. Phyllis Esslinger Endowment, by Pam Cone (page 12)
9. Upcoming Events (page 13)
10. Odyssey Brochure (pages 14-15)
11. Save the Date, Nursing Research Symposium (page 16)
12. Members in the New (pages 17-20)
13. 2013-2014 Iota Sigma Calendar (page 21)

## Chapter Officers and Leaders

**President:**

**Jennifer Cooper, MSN, APRN, CNS**

**President-Elect:**

**Nicole Ringo, MSN/ED, RN**

**Vice-President:**

**Patricia Esslin, MSN, RN, CNS, CNE**

**Secretary:**

**Lidia Pusnik, BSN, RN**

**Treasurer:**

**Marcia Harris-Luna, MSN, FNP-C, CPNP**

**Governance Chair/Counselor:**

**Catherine Heinlein, EdD, RN, PHN, RD, CDE**

**Leadership Succession Chair:**

**Lynda Reed, MSN, FNPc**

**Research Chair:**

**Marilyn Klakovich, DNSc., RN, NEA-BC**

**Fund Raising Chair:**

**Kathleen Van Allen, MSN, RN, CPN**

**Immediate Past President:**

**Alison Riggs, MSN, RN, ONC**

**Newsletter: Erin Warner BSN, RN**

**Student Leadership Interns:**

**Renata Costa, Monica Sherratt, Michelle Sytsma**

## Iota Sigma Farewell

By: Alison Riggs, MSN, RN, ONC

Dear Iota Sigma Members:

After two years as president of Iota Sigma chapter my term was up on June 30, 2013. It has been my honor to represent you for Sigma Theta Tau International. I have learned so much about the organization, the faculty and staff at Azusa Pacific University and the valuable contributions Iota Sigma makes to students and community nurses. All that said, I could never have made it through without the invaluable help of the Board members who work so well together in a professional and knowledgeable manner, always seeking to improve nursing.

Our chapter has been celebrating its 25<sup>th</sup> anniversary all through 2013. This is a real testament to the members and especially the Charter group which gave us such a good foundation and several of those nurses are still active. We thank them again for following the tenets of STTI – providing nursing leadership, knowledge, research, service to the community and sustaining us over the years.

Our current Board and members are dedicated also and I am sure the chapter will continue to be so under our new president, Jennifer Cooper. We welcome her and offer our help and support in the next two years.

Thank you all.

Sincerely,

Alison Riggs MSN RN ONC

## President's Message

By: Jennifer Cooper, MSN, RN

As the incoming president of Iota Sigma Chapter I am honored and humbled to be part of an organization whose members support the learning, knowledge and professional development of nurses committed to making a difference in health worldwide. Together we have made strides in supporting this effort and together we will continue to build an even stronger organization with this global pursuit in mind.

I look to the next two years knowing that my predecessors have set very high standards of leadership. Alison Riggs (2011-2013), Lourdes Salandanan (2009-2011), and Marilyn Klakovich (2007-2009) during my time on the board have demonstrated exceptional vision and tremendous determination to make the society a more valuable part of its members' lives. We owe them all a great deal of gratitude.

Similarly, I would like to acknowledge the contribution of those who have completed their terms on the Board this year: Rose Liegler, Pam Cone, and Marilyn Klakovich. Continued thanks to Vice President Patricia Esslin and Secretary Lidia Pusnik who will remain in their office until next year, as well as Marilyn Klakovich who continues in her role as Research Chair.

Next, we are pleased to welcome our incoming board members: Marcia Harris-Luna as Treasurer, Lynda Reed as Leadership Succession Chair, and Catherine Heinlein as Governance Chair.

We will continue to rely on the invaluable contributions of others who deserve our thanks: Faculty at Azusa Pacific University, the Western Conservancy of Nursing History, Phyllis Esslinger, the staff at Citrus Valley Health Partners, and all Iota Sigma members who have generously given of themselves making possible our chapter's successful outreach events, inductions, and fundraisers.

Please review this newsletter, our website: <http://www.apu.edu/iotasigma/>, and our Facebook page: Iota Sigma Chapter, Sigma Theta Tau International Honor Society of Nursing for more information on our activities and how to get involved.

Again I would like to thank all of you for your support and involvement in Iota Sigma. I look forward to the next two years and welcome your suggestions and feedback.

## Iota Sigma Fall Induction

By: Patricia Esslin, MSN, RN, CNS, CNE

Hi everyone!

It is that time of year again, the Iota Sigma Fall Induction Ceremony. The induction of eligible students and community members is always a special and honored time of reflection. The details are as follows:

**Date:** December 13, 2013

Arrive 07:30 AM

**Time:** 0750-0840 AM [Welcome and Banquet  
Breakfast]

0845-1015 AM [Induction ceremony]

**Location:** East Campus - Upper Turner Campus  
Center

**Cost:** \$30 per person (Inductees and guests)

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Mark your calendars now!

Prospective Inductees, please RSVP through your  
personalized

Sigma Theta Tau International email invitation.

Iota Sigma members, community preceptors,  
community members welcome!

## The New Grads Go to Prague!

By: Claire Villaroman, RN, BSN, Danielle Briscoe, RN, BSN  
& Victoria Pennell, RN, BSN

We had the privilege of presenting our Honors project titled “Evaluation Methods for Study Abroad, Mission Trips, and Service Learning Programs” at Sigma Theta Tau’s 24<sup>th</sup> International Nursing Research Congress in Prague, Czech Republic. We completed this project for our Nursing Research class in Fall 2012 while studying abroad in South Africa. We were also able to hear from a variety of nursing researchers, educators, and professors during several breakout sessions. Being able to present our project as new graduates and to network with nurses from around the world was an incredible experience!

Attending this conference enhanced our educational experiences because we took part in research that will benefit Azusa Pacific University’s School of Nursing as well as study abroad, mission trips, and service learning programs all over the world. We are blessed to have met people who are dedicated and passionate about research. They have opened our eyes to a different aspect of nursing. We are encouraged to pursue research in the future as we begin our careers as newly graduated nurses.



*Claire, Dr. K, Victoria, & Danielle after presenting*

We also had some time to explore the city of Prague. Some of the locations that we visited include Prague Castle, Wenceslas Square, and Old Town Square. The architecture is unlike anything we’ve ever seen before. Prague is known as “the city of a hundred spires” because of the spires that can be found on many of the buildings. We also enjoyed eating traditional Czech food at various restaurants. We learned so much about the history and culture of the Czech Republic during our stay and have a great appreciation for its beauty.



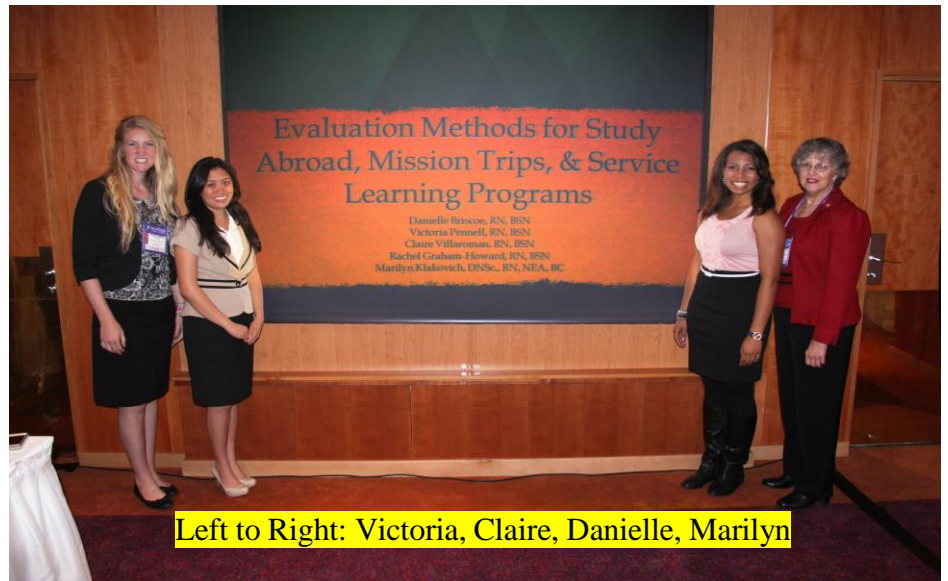
*View of Prague from top of tower in St. Vitus Cathedral*

This experience would not have been possible without all of the people who have supported us along the way! We would like to thank our families, friends, our professor Dr. Marilyn Klakovich, Azusa Pacific University School of Nursing, the Undergraduate Research Department, and our Iota Sigma Chapter for supporting us and believing in us. Claire would also like to thank Sigma Theta Tau for selecting her to receive the Leadership Education Grant. She is grateful that she had the opportunity to attend the tea reception, where she met some of the grant donors. We are truly grateful to be a part of Sigma Theta Tau International. We look forward to attending more conferences in the future!

# Report from Bohemia STTI International Nursing Research Congress (INRC) Prague, Czech Republic

By: Marilyn Klakovich DNSc.,RN, NEA-BC

This year, I was privileged to attend the INRC in Prague with 3 former students who were there to present their work completed as honors students in their BSN research class. I was thrilled that they represented Iota Sigma and APU so well through their presentation, as well as their interactions with others throughout the event.



Left to Right: Victoria, Claire, Danielle, Marilyn

Iota Sigma had 6 members who presented their work at the Congress.

Name	Podium Presentations	Poster Presentations
<b>Danielle Briscoe</b> , RN, BSN Rachel Graham-Howard, RN, BSN* <b>Victoria Pennell</b> , RN, BSN <b>Claire Villaroman</b> , RN, BSN <b>Marilyn Klakovich</b> , DNSc, RN, NEA-BC	<b><i>Evaluation Methods for Study Abroad, Mission Trips, and Service Learning Programs</i></b>	
<b>Linda L. Hansen-Kyle</b> , PhD, RN, CCM Patricia Roth, EdD, RN		<b><i>The Transition Experience of Spousal Caregivers of Congestive Heart Failure Patients</i></b>
<b>Rosemary Mwangi</b> RN, BS, MSN, PhD		<b><i>King's Conceptual System Theory in Understanding Social Cultural Perceptions of Kenyan Women with HIV</i></b>

\*Unable to attend

In addition to attending plenary sessions, multiple presentations, and poster sessions, I attended the International Induction (where 18 nurse leaders from 9 different countries were inducted) and Welcome Reception, and the International Nurse Researcher Hall of Fame Induction. The link below will take you to more information about the extraordinary research careers of the 19 inductees, who represented 6 different countries including 11 different states in the US.

<http://www.nursingsociety.org/Media/Pages/NRHOF2013.aspx>

## Report from Bohemia...Continued...



Marilyn (standing left) and group of nurses from China and Korea including International Nurse Researcher Hall of Fame inductee Yeur-Hur Lai, PhD, RN, professor, School of Nursing, National Taiwan University (seated right).

It was an amazing experience to have opportunities to hear about research and evidence-based projects presented by researchers from 48 different countries. There were almost 900 nurses at this event, and the opportunities to network were boundless! For a more detailed "Taste of Prague" visit [http://www.reflectionsonnursingleadership.org/Pages/Vol39\\_3\\_STTI\\_ResCong\\_Prague\\_Day1.aspx](http://www.reflectionsonnursingleadership.org/Pages/Vol39_3_STTI_ResCong_Prague_Day1.aspx) Consider attending the 25<sup>th</sup> International Research Congress in Hong Kong, July 24-28, 2014 to share in an amazing experience.

Note: To download the congress book for 2013, please click on

[http://www.nursingsociety.org/STTIEvents/ResearchCongress/Pages/2013\\_24\\_INRC\\_home.aspx](http://www.nursingsociety.org/STTIEvents/ResearchCongress/Pages/2013_24_INRC_home.aspx)

Marilyn Klakovich, DNSc., RN, NEA-BC  
Research Chair, Iota Sigma

## My Experience in Prague

By: R. Mwangi

Traveling to Prague was a great adventure. A retired colleague and I decided to Euro rail and visit a fellow Colleague deployed and serving in Landstuhl, Germany where wounded soldiers in war are first treated. Visiting with Lieutenant Patricio was both refreshing to her and us, felt like a missionary visit on our journey to Prague. At the Landstuhl Military Hospital we had wonderful interactions with nurses serving our country there which was an honor. James served in the same place 25

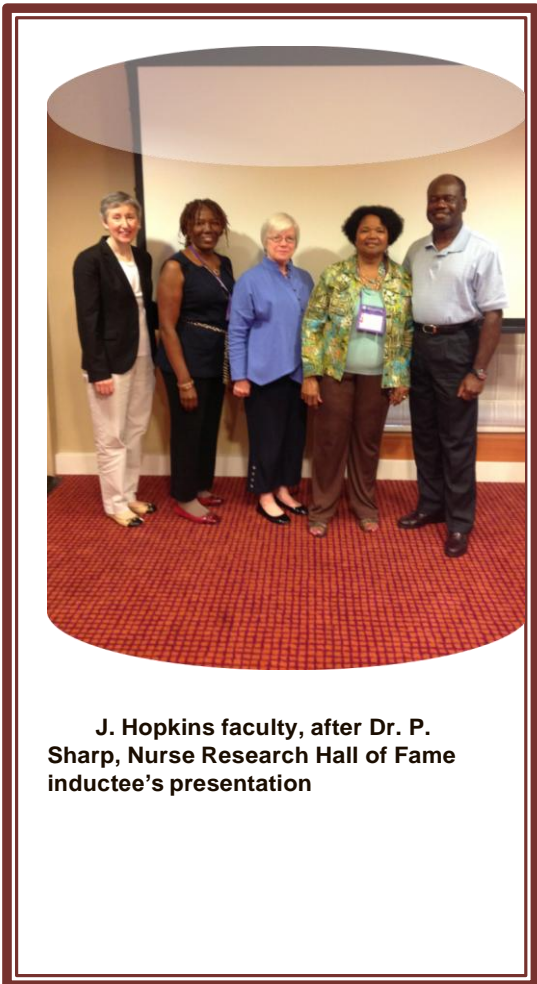


Attending the induction ceremony for the International Nurse Researcher Hall of Fame was an inspiration. During the panel discussion the aspect of mentoring resonated with me the most as the scholars related their achievements in relationship to others whom had believed in them and fanned the flame to Nursing Scholarship. Inductee, Dr. L Rispel (left) from S. Africa, with Rosemary and H. Klopper (STTI, President elect).

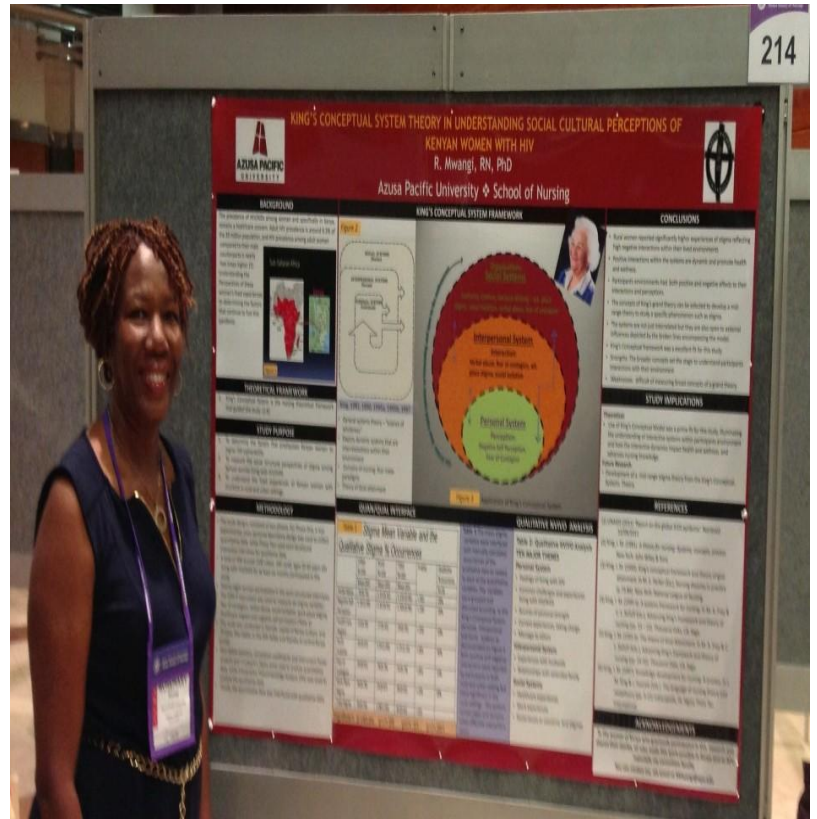


APU New Grads & Dr. Klakovich

Danielle, Rachel, Victoria, and Claire lead by Dr. Klakovich did an outstanding podium presentation on evaluation instruments they have used during various mission trips and service learning programs. The new grads were also celebrating having passed their board exams just before this trip. Congratulations!



J. Hopkins faculty, after Dr. P. Sharp, Nurse Research Hall of Fame inductee's presentation



R.Mwangi Poster Presentation: King's Conceptual System Theory in understanding

A few highlights:

1. A need to tie cost effectiveness to nursing research.
2. A need for meta-analysis studies alongside evidence based practice.
3. We do not empower women but we help women tap into the power they have! (Stated in relation to women's health)
4. Identify a purpose, make choices that align to that purpose and do something daily related to the purpose. What would you do in the next 3-5 years if you knew that you would not fail?





Picture from Australia 2012 of Rosemary & Tammy, revolving entrance door Hilton Prague. Pleasant Surprise!



Prague from the Petrin Tower



Dinner at Charles Bridge: L>R; Linda, Marilyn, James & Rosemary



A. Al-Rubaiey, UAEmirates, S. Prevost, STTI President & R. Mwangi



Dinah & Rosemary and friends from S. Africa

## Studying Abroad in Hangzhou, China

By: Emily Emminizer, Iota Sigma Member

This past spring, I had the opportunity to study abroad in Hangzhou, China with six other students from Azusa Pacific University. I would have never expected to live in Asia for two months, or even travel there, but God opened the door wide so I walked through it. We studied Mandarin intensively, had two full days of clinicals twice a week, took classes online at APU, went to weekly lectures on health care in China, went on cultural excursions, became involved with the local church, and made sure to take time to rest too. As most of us did not know Mandarin very well before our arrival, we went through this experience as an intimate community of seven people. We did not know each other beforehand, but quickly became like a family. If I were to summarize my trip in three words it would be *full of growth*. I grew spiritually, clinically, academically, professionally, interpersonally, and emotionally. This growth wouldn't have happened without the wonderful six other students standing by my side as we looked to God and experienced it all: struggles and victories, tears of sorrow and tears of joy, conflict and resolution, weakness and strength. We all came out stronger, having a greater understanding of our identities as individuals and children of God.



One of the most impacting days for me in China was during my preceptorship in the ER. One moment all of the nurses were talking about their weekend plans, and the next everyone was systematically rushing to care for a 35-year-old male with second-degree chemical burns covering 18% of his face and arms. This husband and father was completely healthy, working efficiently at his job, and suddenly he finds himself lying on a hospital bed, unable to focus on anything but the pain. It's as if everything is moving in slow motion: he moans aloud as constant waves of pain from his wounds hit him, we (my preceptor and I) start an IV on an intact area of skin on his forearm, and the doctors assess and evaluate the burns. Unable to speak and barely able to open his eyes, we have to rely on non-verbal communication with our new patient. I see that the pain chains him down, as he lies there seeking relief. I stand at the head of the bed, washcloth in hand, and pray as I simply help wipe his mouth when he needs to cough up his sputum. As the tears occasionally streamed down his face, which is an extremely vulnerable act within males in Chinese culture, I was humbled to be the one to wipe them off his cheeks, maintain his trust, and guard his dignity. After all the appropriate nursing care was completed, I stood there thankful that I could pray and provide basic care, as otherwise I would have been helpless. As a Christian nurse, one of the most life changing and impacting tools I have is the power to pray in the name of Jesus Christ. I felt his pain and was suffering with him, in an intangible but very real way, and I could lift up that burden to my Heavenly Father and intercede on his behalf.

## Studying Abroad in Hangzhou, China...Continued....

I share this experience because it is a great reminder of the unique gift that nurses, especially Christian nurses, have to be in a position of compassionate service during some of the most sacred moments in a person's life. Compassion and love should never be underestimated as characteristics in the heart and hands of a nurse. Nurses should strive to not see their job as "just another day at work", but rather remember that each workday is a glimpse into the reality of another person's life. The patients do not go home at 7pm; their scars do not disappear when they walk out of the hospital. Nurses have the opportunity to be a vessel of comfort in a situation that is flooded with pain.

As time passes, I am acutely cognizant of how the many lessons I learned in China act as springboards in my development as a person, woman, Christian, and nurse. These lessons are not static, but rather are ever-evolving as God continues to enlighten my understanding. Perhaps the greatest lesson that I learned while I was there is that He transcends culture, His love is not bound to a certain human language, and He is with us no matter where our feet may go. As a woman of God, Christian nurse, leader, and ambassador for Christ, I am now more aware than ever that I will always need God no matter where I am in the world. I have come to learn that it is not opportunities or experiences themselves that cause growth, but rather the condition of the heart before God. If a person seeks opportunities to grow with a humble and willing heart, whether in China or Azusa, God will always provide opportunities for development. With this growth, consequently, comes a deeper, richer walk with Him and more abundant life. So although I have returned from my wonderful adventure in China, the adventure continues as I seek growth with Him. God is *the* source of life and growth, and I praise Him that He is with me wherever I go.



**Phyllis Esslinger Endowment**  
**Azusa Pacific University General Endowment**  
**By: Pam Cone, PhD, RN**

The Endowment is named after Professor Emeritus Phyllis Esslinger, a California nurse with a high interest in our local nursing heritage, who has worked at APU for many years and is founder and director of the Western Conservancy for Nursing History.

Each year, the monies raised by the PE Endowment provide one scholarship associated with the California based Western Conservancy of Nursing History that Iota Sigma Chapter helps sponsor. The scholarship, awarded yearly at the Fall induction each, is different each year, based on annual earnings that are made available for IS Chapter to award. The amount is around \$1000, sometimes a little more, and funds are disbursed directly to the student's account from the University Endowment.

In Fall 2012, we awarded Abigail Ireland the Phyllis Esslinger Scholarship for this year, and she contributed to the WCNH by writing a paper on a California Nurse, Dr. Connie Brehm, an APU professor who heads up the NP managed Homeless Clinic. In all, we have awarded five scholarships from the endowment; we have four papers written by student recipients and one 30+ hour volunteer service by the 2011-2012 recipient, Marcia Harris-Luna.

At this moment, there is \$25,535 in the portion of the APU Endowment that belongs to the IS Chapter, an amount that grows slowly as a percentage of the earnings is added to the main fund each year and as any PE Endowment designated donations are received by IS. Direct giving to the endowment has been less than \$1000 over the last few years, so we need to work on increasing contributions to this fund. It would be wonderful if our constituents would give directly to the PE Endowment so that it can grow more rapidly and become a more substantial award.

## Upcoming Events

### Odyssey 2013: "Voices of Nurses: Past, Present, and Future"

Please see the Odyssey brochure on pages 13-14 and plan to attend. A number of Iota Sigma members will be presenting their research or innovative projects in both podium and poster sessions. Hope to see you in San Diego!



### 2014 Research Award

If you are planning to do a research study and need some funding to assist with your study, please plan to apply for the 2014 Research Award to be presented at our May 2, 2014 induction. The application deadline is February 28, 2014 and the application information is available on our website at:

<http://www.apu.edu/iotasigma/research/> .

You can also obtain an electronic copy of the application by emailing [mklakovich@apu.edu](mailto:mklakovich@apu.edu)

The award amount for 2014 is \$1000. So plan now to apply, and let me know if you have any questions or need assistance.

Submitted by:

Marilyn Klakovich

Chair, Research Committee

### 2013 Biennial Convention

It's not too late to sign up for STTI's 42nd Biennial Convention from 16-20 November 2013 in Indianapolis, Indiana, USA.

This convention we will celebrate STTI's 90th anniversary with more than 2,000 colleagues representing over 30 countries. We will share our knowledge with one another to advance nursing and to help improve the health of the world's people. The convention, which is themed "Giving Back to Move Forward," is an exciting environment to engage in new relationships through networking with nurse leaders from our global nursing community.

The convention showcases programs and special events that celebrate and honor nurses and friends of nursing. You can expect more than 190 concurrent sessions, more than 30 special sessions, multiple plenary sessions and 12.5 hours of Continuing Nursing Education Contact Hours (CNE). Information about these events can be found at <http://www.nursingsociety.org/STTIEvents/BiennialConvention>. If you have any questions regarding the convention, please contact headquarters at 888.634.7575 (U.S./Canada toll free) or +1.317.634.8171 (International).

# HONOR SOCIETY OF NURSING ODYSSEY 2013 CONFERENCE



## "Voices of Nurses: Past, Present, and Future"

OCTOBER 31<sup>ST</sup> - NOVEMBER 1, 2013  
SAN DIEGO, CA



GAMMA GAMMA

IOTA SIGMA

OMICRON DELTA

RHO BETA

NU MU

GAMMA TAU AT  
LARGE

XI THETA



GAMMA ALPHA

IOTA ETA

UPSILON BETA

ZETA MU AT  
LARGE

PHI ALPHA

PHI THETA

PHI LAMBDA

## PROGRAM

*Research and Innovative Sessions: Speakers identified after abstracts reviewed.*

### THURSDAY PROGRAM 10/31/13

7:30-8:30 Registration & Continental Breakfast  
Exhibits & Posters

8:30-8:45 Welcome

8:45-9:45 **KEYNOTE** – Heather Young, PhD, RN, FAAN

9:45-10:15 Break (Exhibits, Posters & Refreshments)

10:15-11:45 *Breakout Session I*

A. Research Session

B. Innovation Session

12:00-1:00 Lunch (Exhibitors & Posters)

1:00-2:30 *Breakout Session II*

A. Research Session

B. Innovation Session

2:30-3:00 Exhibits, Posters & Refreshments

3:00-4:00 **Movie:** Nurses: If Florence Could See Us Now

4:00-4:30 Debrief the Day, Raffle

### FRIDAY PROGRAM 11/1/13

7:30-8:30 Registration & Continental Breakfast  
Exhibits & Posters

8:30-8:45 Welcome

8:45-9:45 **KEYNOTE** – Jim D'Alfonso, MSN, RN

9:45-9:55 Poster Awards

9:55-10:15 Break (Exhibits, Posters & Refreshments)

10:15-11:45 *Breakout Session I*

A. Research Session

B. Innovation Session

12:00-1:00 Lunch (Exhibitors & Posters)

1:00-2:30 *Breakout Session II*

A. Research Session

B. Innovation Session

2:30-3:00 Break (Exhibits, Posters & Refreshments)

3:00-4:00 **SPEAKER:** Jane Georges, PhD, RN

4:00-4:30 Summation and Raffle

## "Voices of Nurses: Past, Present, and Future"

OCTOBER 31-NOVEMBER 1, 2013

### Conference Objectives:

1. Promote the goals of the society, to increase nurse leaders and scholars.
2. Provide an avenue for dissemination of research, clinical, and educational topics.
3. Utilize role models to encourage excellence in students and colleagues of nursing.
4. Increase networking opportunities and promote collegiality among local chapters.
5. Encourage nurses to spread their influence globally to effect positive health care change.

### HOTEL INFORMATION:

**Handlery Hotel Mission Valley  
950 Hotel Circle North San Diego, CA 92108**

For reservations, call 800.676.6567 to book, modify, or cancel a reservation. You may also book your reservation online at [www.sd.handlery.com/](http://www.sd.handlery.com/). The convention room rate is 110.00 plus tax. Group Convention Promo Code is STTI2013. Parking will be 10.00 per day. If room block is sold out contact [marlene.s.ruiz@kp.org](mailto:marlene.s.ruiz@kp.org) to investigate increasing the size of the room block.

Note: Dress is Business casual. Due to the lack of control for the ambient temperature, we recommend you bring a light sweater or jacket for your comfort.

**Registration:** Online registration is available at <http://odyssey2013.eventbrite.com/>. If you choose to register via mail tear off and return this section with registration fee. Everyone who registers with a postmark by October 5, 2013 will get their name entered into a contest drawing. The winner will get their registration fees reimbursed. Make checks payable to: *So. Ca. STT Research Fund*. **Mail to Marlene Ruiz, 1574 Penasco Rd., El Cajon, CA 92019.** For same-day registration, add \$25.00 per day for registration fees.

For more information about the conference check web page <http://gammagamma.sdsu.edu/> or <http://www.omicrondelta.net/> or e-mail: [marlene.s.ruiz@kp.org](mailto:marlene.s.ruiz@kp.org)

**Cancellation Policy:** No refunds for cancellations after October 18, 2013.

Name \_\_\_\_\_

*Check one: Thursday Friday Both days*

RN \$150   \$150   \$275   Student

Address \_\_\_\_\_

\$ 75   \$ 75   \$140   Retired RN \$80

\$80   \$150   (Non-working)

Phone: (Home) \_\_\_\_\_

Includes program proceedings, continental breakfast, lunch, breaks and contact hours.

(Work) \_\_\_\_\_

Provider approved by the California Board of Registered Nursing, Provider #00788 for **7.5 contact hours/day**

E-mail: \_\_\_\_\_

**Vegetarian Meal Please** \_\_\_\_\_

STTI Member Yes   No

Chapter \_\_\_\_\_

First time attendee? Yes \_\_\_\_\_ No \_\_\_\_\_

If student, identify school: \_\_\_\_\_

How did you hear about Odyssey 2013? E-mail \_\_\_\_\_ Chapter Website \_\_\_\_\_ STTI Website \_\_\_\_\_ Flyer \_\_\_\_\_

## SAVE THE DATE!

# The 10<sup>th</sup> Annual School of Nursing Research Symposium: *“Applying Research to Practice in a Changing Health Care Environment”*

Thursday, April 3, 2014

8:30 AM- 3:00 PM

Cosponsored by School of Nursing and Iota Sigma



## Celebrating 25 Years

*“Promoting scholarship,  
leadership, and service”*





## Members in the News

An article written by Professor Sharon Favazza, School of Nursing, was published in a journal.

**Favazza, S.** (2013). Transcultural nursing: A presentable and unrepresentable experience in Cambodia. *Imprint*, 60(1), 53-57.

A podium presentation was given by Professor Patricia Esslin, School of Nursing, at a regional conference.

**Esslin, P.** (2013, March). *Simulation learning-teaching attitude, skills, and knowledge (SIMLTASK) scale feasibility pilot*. Podium presentation at the 2013 Pacific Institute of Nursing Conference. Honolulu, HI.

The expertise of Dr. Felicitas Dela Cruz, School of Nursing, Director, Center for the Study of Health Disparities, was tapped in her role as a reviewer for training grant proposals for a federal department.

**Dela Cruz, F.** (2013, April 1-3). [Panel reviewer for training grant proposals]. Advanced Education Nursing Traineeship (AENT) [grant program], Division of Nursing, Bureau of Health Professions, Health Resources and Services Administration (HRSA), U.S. Department of Health and Human Services.

A presentation prepared by Dr. Felicitas A. dela Cruz, Dr. Marilyn Klakovich, Ms. Shirley Farr, and Ms. Phyllis Esslinger, all of the School of Nursing, was given at a regional conference.

**Dela Cruz, F., Klakovich, M., Farr, S., & Esslinger, P.** (2013, April). *Growing our own: Preparing non-nursing college graduates as APRNs and nurse educators*. Podium presentation at the 46th annual Communicating Nursing Research Conference, Western Institute of Nursing. Anaheim, CA.

An article written by Dr. Catherine Heinlein, School of Nursing, was published in a journal.

**Heinlein, C.** (2013, April). Teaching patients about vitamin and mineral supplements. *American Nurse Today*, 8(4). <http://www.americannursetoday.com/Article.aspx?id=10150&fid=10122#>

An article written by Dr. Felicitas Dela Cruz and Dr. Catherine Heinlein, both of the School of Nursing, and a colleague, was published in a journal.

**Dela Cruz, F., Lao, B., & Heinlein, C.** (2013). Level of acculturation, food intake, dietary changes, and health status of first-generation Filipino Americans in Southern California. *Journal of the American Association of Nurse Practitioners*, 00:1-12.

## PUBLICATIONS

A previously published book, written by Dr. Vicky Bowden, Vice Provost of Undergraduate Programs, and a colleague, has been published in another language.

**Bowden, V., & Greenberg, C.** (2012). *Procedimentos de enfermagem pediátrica*. Sao Paulo, Brazil: Guanabara Koogan.

An article written by Dr. Pamela H. Cone, School of Nursing, and a colleague, was published in a journal.

**Cone, P.H., & Giske, T.** (2013, April). Open journey theory: Intersection of journeying with students and opening up to learning. *Journal of Nursing Education and Practice*, 3(11), 19-27. doi: 10.5430/jnep.v3n11p19

A paper written by Dr. Pamela Cone, School of Nursing, and a colleague, was presented at a regional conference.

**Cone, P.H., & Giske, T.** (2013, April). *Open Journey Theory: A teaching-learning theory based on two substantive grounded theories, Journeying with students through maturation in spiritual care and Opening up to learning spiritual care*. Podium presentation at the annual conference of the Western Institute for Nursing. Anaheim, CA.

An article written by Dr. Pamela H. Cone and Dr. Leslie Van Dover, School of Nursing, was published in a journal and a second article by Dr. Cone and a colleague was published in an advance online journal issue.

**Cone, P.H., & Van Dover, L.** (2012, August). Shaping how graduate nursing students write. *Nursing Education Perspectives*, 33(4), 272-273.

**Cone, P.H., & Giske, T.** (2012, August). Teaching spiritual care – a grounded theory study among undergraduate nursing educators. *Journal of Clinical Nursing*. Advance online publication. doi:10.1111/j.1365-2702.2012.04203.x

## AWARD

An award was granted to Dr. Anna Hefner, School of Nursing, for her paper presentation which was based on her dissertation.

**Hefner, A.** (2012, November). Midlevel Professional Award, American Association for the Study of Liver Disease, for the presentation, *Facilitating lifestyle changes to manage progressive fatty liver disease*.

## PRESENTATIONS

A podium presentation prepared by Dr. Anna Marie Hefner, School of Nursing, based on the study completed for her dissertation, was presented at a national conference.

**Hefner, A.** (2012, November). *Facilitating lifestyle changes to manage progressive fatty liver disease*. Presentation at the annual conference of the American Association for the Study of Liver Disease. Boston, MA.

Abstract:

**Background:** With the increase in obesity in the United States, and the rising incidence of metabolic syndrome, more patients are presenting with abnormal liver injury tests related to fatty liver. There is no standard therapy for fatty liver disease other than lifestyle changes to combat the metabolic derangement and avoid the progression to NASH/cirrhosis. The aim of this study was to describe the relationship of the intensity in care management by the nurse practitioner on education and support of lifestyle changes to improve metabolic parameters in patients with fatty liver. **Methods:** Seventeen patients were identified with a diagnosis of Fatty Liver disease-13 adult patients and 4 pediatric patients. Patients were identified through elevated liver enzymes, and exclusion of all other possible liver diseases. Patients were followed every 2-3 months initially and then tailored to the individual patient needs resulting in 1 month to 3 month follow up. Each structured clinic visit lasted 30-45 minutes to assess patients and discuss lifestyle changes. **Results:** Thirteen adults-8 females (62%) and 5 males (38%), age range 29-72 years and four pediatric subjects-3 males and 1 female, age range 12-17 years were in the study. The adult participants had an initial BMI of  $30.93 \pm 3.7$ , AST  $49.5 \pm 27.8$ , and ALT  $71.5 \pm 43.8$ , while the pediatric participants had a BMI of  $33.33 \pm 6.3$ , AST of  $42.3 \pm 14$ , and ALT  $66.65 \pm 36.6$ . During the follow-up period, the adult participants self-selected to increase frequency of visits to monthly or every other month for self-accountability. Diet changes were more difficult in adults since 85% of the adult's skipped either breakfast or lunch. The adult averaged 4 medications-including antihypertensives, and cholesterol medications. The pediatric participants continued with every 3 months but increased their physical exercise to 5 times a week-1-1/2 hours per session. Their diets included more fruits and vegetables previously lacking. By self-report, they made better choices through the school lunch program. The BMI remained relatively stable for 6 months for both groups, though at three months ALT and AST was normal in the adult group in 55% and 44% respectively. In contrast, 100% of the pediatric participants achieved normal AST and ALT levels by 3 months

Adolescent growth in height facilitated the mild changes in the BMI, whereas in the adult, the BMI changes were based on actual weight loss. Conclusions: Outside clinical trials; (1) management of fatty liver is feasible; (2) improvement occurs with dedicated time and a contract with the patient-listening to their individual needs, (3) albeit chemical and metabolic improvement occurs, it is slow, and (4) pediatric patients require full participation and family support in lifestyle changes of the patient to achieve the goals of therapy. The trial showed to be labor intensive and this model could be the most cost effective.

A poster prepared by Dr. Anna Marie Hefner, Dr. Catherine Heinlein, and Dr. Renee Pozza, School of Nursing, and two colleagues, was presented at a national conference.

**Hefner, A., Heinlein, C., Pozza, R., Monson, T., & Hassanein, T.** (2012, November). *Facilitating lifestyle changes to manage progressive fatty liver disease*. Presentation at the annual conference of the American Association for the Study of Liver Disease. Boston, MA.

### DEGREE EARNED

A doctoral degree was earned by Dr. Anna Marie Hefner, School of Nursing.

**Hefner, A.** (2013, May). *Nutritional parameters of end stage liver disease: An outpatient assessment*. (Unpublished doctoral dissertation). University of San Diego, San Diego, CA.

#### Dissertation Abstract

“Cirrhosis is the 12<sup>th</sup> leading cause of death in the United States. It is well documented end stage liver disease drives a patient to a catabolic state thus depleting them of essential nutrients. Malnutrition is often unrecognized and untreated in outpatients. Though BMI, nutritional intake, anthropometric measurements have been used in clinical trials, there still remains no standard nutritional assessment.

The purpose of this dissertation was to (1) identify the incidence of malnutrition in patients with compensated and decompensated liver disease utilizing defined nutritional parameters (Subjective Global Assessment, anthropometric measurements, hand grip strength, and laboratory values) and (2) correlate with care (hospital visits, physician appointments, outcome and quality of life) secondary to viral hepatitis, metabolic and alcoholic liver disease.

The conceptual framework underlying this study is derived from the literature based on the domains of liver function, nutrition, and malnutrition. Nutrition includes the chemical substances in food utilized by the body for growth, maintenance, and repair: the intake, digestion, and assimilation and utilization of nutrients for tissue maintenance and energy provision.

There is no gold standard for proper nutritional assessment of patients diagnosed with liver disease; notably, the traditional assessment tools are invalid with end-stage liver disease. Ascites, edema, and diuretics cause fluctuations in weight and weight changes. Cirrhosis of the liver drives a patient to a catabolic state, thus depriving them of essential nutrients. Simple and easily applied methods are needed to identify the patients approaching the state of malnutrition.

Study findings presented in three papers provides a major contribution in discriminating the nutritional parameters of different etiologies of cirrhosis leading to malnutrition.”

14 Board Meeting  
31 Odyssey Conference  
San Diego, CA

OCTOBER '13						
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NOVEMBER '13						
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1 Odyssey Conference  
San Diego, CA  
11 Veterans Day  
Board Meeting  
16-20 Biennial Convention Indy  
TBD Career Forum  
28-29 Thanksgiving Break

9 Board Meeting  
13 Induction/Pinning  
17-31 Winter Break  
31 New Year's Eve

DECEMBER '13						
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1 New Year's Day  
1-12 Winter Break  
13 Board Meeting  
20 M.L. King Jr. Day

10 Information Meeting  
& Freshman Welcome +  
Board Meeting  
14 Presidents Day

FEB '14						
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MARCH '14						
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9 Daylight Savings Time  
begins  
10 Annual Business  
Meeting and Alumni  
Networking Event  
10-14 Spring Break

3 Research Symposium  
14 Board Meeting

APRIL '14						
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MAY '14						
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2 Induction, Pinning  
12 Board Meeting  
26 Memorial Day

Transition Meeting TBD

JUNE '14						
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4 Independence Day  
24-28 INRC, Hong  
Kong

AUGUST '14						
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SEPTEMBER '14						
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1 Labor Day  
8 Board Meeting