



SIGMA THETA TAU INTERNATIONAL: IOTA SIGMA CHAPTER NEWSLETTER

NOVEMBER 2018

Look for us online!

APU Chapter Website: <https://www.apu.edu/iotasigma/>

Newsletter Editor: Jenny Chuang, Co-Vice President of STTI Iota Sigma Chapter, RN BSN

About the Chapter

The Iota Sigma Chapter of Sigma Theta Tau International established its charter at Azusa Pacific University in 1988. It was preceded in 1980 by the Nursing Honor Society of Azusa Pacific College. The chapter currently includes approximately 800 members. The Azusa Pacific University [School of Nursing](#) offers both baccalaureate and master's degrees in nursing, as well as credential programs for nurse specialist, nurse practitioner, and school nurse. The baccalaureate program, inaugurated in 1975, has an enrollment of approximately 240 students. It also offers a variety of options for registered nurses and licensed vocational nurses that lead to a [Bachelor of Science in Nursing](#). The [graduate programs](#) in nursing offered at APU include master's degrees for those with a BSN or an AA degree/diploma plus baccalaureate degree in a field other than nursing. Clinical specialties are: Clinical Nurse Specialist (CNS), Parent/Child or Adult Nursing, combined Parent/Child CNS and PNP, Family or Adult-Gerontology Nurse Practitioner, combined Adult CNS and AGNP, Parish Nursing, and [School Nurse Services Credential \(non-degree\) plus master's degree in PNP or FNP](#). Azusa Pacific University is an evangelical, Christian university committed to [God First](#) and excellence in higher education. With 61 [bachelor's degrees](#), 45 [master's degrees](#), 24 [certificates](#), 12 [credentials](#), and 8 [doctoral programs](#), the university offers its more than 10,000 students a quality education on campus, [online](#), and at seven [regional locations](#) throughout Southern California.

MEMBERS IN THE NEWS

May, 2018 APU Awards;

For the Community Engagement Award, the winner was **Catherine Heinlein** from the School of Nursing who was not present because she was on a Fulbright in India.

- An article written by **Dr. Catherine Heinlein**, School of Nursing, and Dr. Cheryl Westlake, School of Nursing, was published in a journal.

Heinlein, C. R., & Westlake, C. (2018). Service learning teaches caring and compassion. *Nightingale Nursing Times*, 14(4), 26-29.

- A presentation by **Dr. Catherine Heinlein**, School of Nursing, was shared at an international conference.

Heinlein, C. R. (2018, February). Reaching the unreachable: Establishing a diabetes prevention program at a volunteer organization and community group setting in Kolkata, India.

Presented at the South and Central Asia Fulbright Conference, New Delhi, India.

- The expertise of **Dr. Catherine Heinlein**, School of Nursing, and colleagues was shared as panel presenters at a foundation.

De, A., Heinlein, C. R., Mondal, S., Treloar, J., & Walia, K. (2018, May). Panel session: Pre-departure orientation panel session. Dr. Heinlein presents on diversity issues, culture, pedagogy, travel safety, and health matters. Presented at the United States-India Educational Foundation, Kolkata, India.

- The expertise of **Dr. Catherine Heinlein**, School of Nursing, was shared as a moderator.

Heinlein, C. R. (2018, February). Session II C-public health. Moderator of public health session, South and Central Asia Fulbright Conference, Vivanta by Taj-Dwarka, New Delhi, India.

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- The expertise of **Dr. Catherine Heinlein**, Certified Diabetes Educator, School of Nursing, was shared as an invited speaker at two workshops.

Heinlein, C. R. (2018, February). Self-Monitoring of blood glucose: An important patient centric paradigm. Invited speaker at the Diabetes Awareness and You (D.A.Y.) Workshop, Diabetes Educators Education Program (DEEP), Kolkata, India.

Heinlein, C. R. (2018, May). Making you a diabetes scholar. Invited speaker at the Diabetes Awareness and You (D.A.Y.) Workshop, Diabetes Educators Education Program (DEEP), Kolkata, India.

- The expertise of **Dr. Catherine Heinlein**, School of Nursing, and colleagues was shared as a panel presenter at an orientation.

Heinlein, C. R., Sundararajan, M., Tiwary, I., & Varma, A. (2018, May). Panel session: understanding U.S. culture. Dr. Heinlein presents on diversity issues: gender, race, religion in the United States; accepting of others versus xenophobia. Presented at the 2018 Indian Fulbright-Nehru Scholar Orientation, Delhi, India.

- The expertise of **Dr. Catherine Heinlein**, School of Nursing, was shared in a magazine article.

Heinlein, C. R. (2018, June). [Interviewee], Diabetes in India: Can things change? Interviewed by A. Ganguly, UPWORDS Magazine [health & fitness section], Issue 12, 26-29.

- An article by Dr. Felicitas dela Cruz, School of Nursing, Dr. Chong Ho (Alex) Yu, Department of Psychology, and a colleague was published in a journal. dela Cruz, F., Yu, C. H., & Vindua, K. I. (2018, May).

The factor structure of a shortacculturation scale for Filipino Americans in an adult U.S.-born sample. *Journal of Community Psychology*. Advance online publication. Retrieved from <https://doi.org/10.1002/jcop.21955>

Abstract:

The influx of non-European immigrants since 1965 ushered the development and use of acculturation measures in immigrant health studies. A Short Acculturation Scale for Filipino Americans (ASASFA) represents a validated, unidirectional ethnic-specific measure used with first-generation FAs. ASASFA's psychometric properties with adult U.S.-born children—the second generation—remain unexplored. This study determined (a) the factor structure of ASASFA with adult U.S.-born FAs and (b) the predictors of their acculturation scores. A secondary analysis was conducted on ASASFA data from a mental health survey of 116 U.S.-born FAs. Exploratory factor and parallel analyses showed a two-factor solution: language use and preference (Factor 1) and ethnic social relations (Factor 2). Ordinary least squares regression indicated gender and ethnic self-identification predict Factor 1 scores; self-identification solely predicts Factor 2 scores. Results demonstrate ASASFA's validity and parsimony, supporting its use in FA health studies when lengthy bidirectional acculturation measures become impractical.

A podium presentation by **Dr. Sharon Titus**, School of Nursing, and a colleague was shared at regional conference.

Titus, S., & Kataoka-Yahiro, M. R. (2018, April). Adherence & barriers to management of T2D among immigrant Latinas: A CBPR approach. Presented at the 51st Annual Communicating Nursing Research Conference, Transforming Health through Advances in Nursing Research, Practice, and Education, Spokane, WA.

Abstract:

This study will describe the cultural/ethnic/racial perception behind the adherence and barriers to management of Type 2 diabetes (T2D) voiced by Latina immigrant women who have lived in rural Washington State for more than two decades.

Dr. Kathleen Ruccione, School of Nursing, was appointed to serve in two committees.

Ruccione, K. (2017 & 2018). [Grant proposal review committee chair], St. Baldrick's Foundation, Supportive Care Research Grants. Monrovia, CA.

Ruccione, K. (2017 & 2018). [Committee member], St. Baldrick's Foundation, Scientific Advisory Committee. Monrovia, CA.

An article written by **Dr. Gail Reiner**, Director of MSN Programs, School of Nursing (San Diego), and colleagues was published in a journal.

Zima, L., Ceulemans, S., Reiner, G., Galosi, S., Chen, D., Sahagian, M., Haas, R. H., Hyland,

K., & Friedman, J. (2018, July). Paroxysmal motor disorders: Expanding phenotypes lead to coalescing genotypes. *Annals of Clinical and Translational Neurology*. doi:10.1002/acn3.597

A presentation by **Dr. Vicky Bowden**, DNSC, RN, Vice Provost, and a colleague was shared at a national conference.

Bowden, V., & Bigani, D. (2018, July). Advancing a culture of inquiry through evidence-based scholar programs. Presented at the Pediatric Nursing Conference, Washington, D.C.

Finding History in Our Nursing “Stuff”

Patricia Frohock Hanes, PhD, MSN, MAED, MS-DPEM, RN, CNE, NEMAA, CLSSGB

Professor, Azusa Pacific University School of Nursing

We nurses collect and are interested in things that others would find odd, to say the least. Letters and books signed by Florence Nightingale sell for thousands of dollars and are prized collectibles. At the other end of the spectrum, so to speak, are the more humble items such as bedpans, chamber pots, urinals, etcetera that nurses collect. Ask a group of nurses and you will surely find collectors.

Why do we care about this stuff? As a historian who studies artifacts (known as material culture), I know that these artifacts are physical pieces of history. We can feel them, touch them, and sometimes smell them. They convey an essence that reading about history cannot. Holding objects used by our nursing ancestors binds us to them and makes us realize that in many ways we are not so different. We learn lessons from those nurses, both named and nameless, who have gone before us. Each object has a story which is up to us to unravel. Even the simplest objects can have an extensive tale.

When conducting research on Victorian-era sickroom objects, I came across an object called a *veilleuse*, sometimes called a “night light teapot”. Over a period of time, I acquired a few which I was able to closely study. A story of women and nurses emerged as I learned more: of women caring for the sick, of views on nutrition, of the cooking and kitchen norms of the era. Heating up something warm for an invalid might involve heating an entire woodstove—in a kitchen that was perhaps not connected to the house. The dim light from the *veilleuse* provided guidance and comfort in a darkened room. Night nurses in France were called “*veilleuses*”, a reference to their comforting presence, even pre-Nightingale.

Interestingly, in extending my research, I discovered that a popular glaze used in *veilleuses* contained lead. This could extend to more research on public health issues of the day, perhaps including the English royal family, as the glaze was popularized by Queen Charlotte, wife of George III in the late 1700s, at the time of the American Revolutionary War. Questions emerged as well: could this glaze, popular in dinnerware, have had an effect on the King’s mental health,

a major concern at the time? Are there long-lasting effects on the population? These are exciting discoveries and questions that can bring us back to contemporary health issues.

So, for all of you collectors out there, get those artifacts off your shelves. Whether it's something as exotic as a signature or as homely as a bedpan or the Cherry Ames books you read as a child, each object has a story shaped by you. It's up to you to find it.



Above is: Veilleuse, mid-1800s

Below is: Wedgwood veilleuse,

English creamware (contains lead), ca. 1802



Painting the Homeless Shelter

The project began on Feb 2, 2018 with the initial assessment that the current mural that was painted was outdated and the children's room was no longer a children's room but a storage for used clothing and surplus supplies. The children's play and study area was not available and the children were in a area that had no room for studying or playing.

This undertaking was done with the blessing and support of the Victor Valley Homeless Shelter and with Learning2Read program director Lynette Ramirez. The children's room was provided with a whimsical design that Cohort 19 2+2 nursing student Rachel Dixon had drafted especially for this room.

Once the room was cleared, the painting began. Members of Cohort 19 helped Rachel get the painting started, then Rachel and Ms. Lynette Ramirez began to draw and detail out the entire room into an area where children will be able to enjoy time away from the stress of homelessness, read, do crafts and get help with homework.

The students won recognition from not only the Homeless Shelter but as well from the San Bernardino County 1st District supervisor Robert Lovingood. Supervisor Lovingood's field representative personally came to the High Desert Regional Center to give Ms. Dixon a special award that recognized her efforts to provide a safe environment for the children of the Homeless shelter.



2+2 High Desert APU Nursing Cohort 19 helping out with painting the homeless shelter.

Iota SIGMA was provided an Certificate of Appreciation for their support in providing supplies for painting of the Children's room.

This project provided the Community and Rural Health Nursing Students a mark in time demonstrating what compassion and love for their community can bring to those in need.

Thank you Iota SIGMA for supporting us with this project.



Socks, Shoes, and Salvation 2018

High Desert Regional Center Foot Washing Event



Service in the Community

Welcome to the 4th Annual Socks, Shoes, and Salvation Foot Washing Event for the Homeless and near homeless of the High Desert. Homeless from the communities of Barstow, Adelanto, Victorville and various High Desert locations came to the foot washing event, for gently used shoes, clean socks, a meal, social services, a haircut and foot care services.



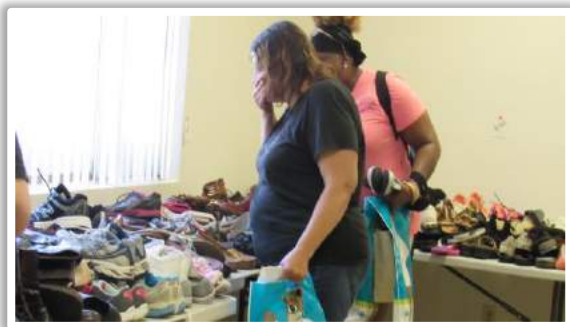
Waiting for Service



Victor Koivisto, RN, wound care specialist from St. Mary Medical Center. Assisted the students with foot assessments



A photo booth to capture memories



It's All About the Shoes

Community Health and Rural/Health Nursing students poured many long hours cleaning and sanitizing the shoes that were collected.

Student Reflections

Stories: “While I was soaking his tired and calloused feet in the soapy water I began to massage them. He started to tear up during this, “You have no idea how good this all feels”. Everyone deserves a respite, especially those without. I’ll never forget the raw emotions of that day, and the joy expressed by those that we were serving. It was a blessing to be able to provide during this event.”

Stories: “The Foot Washing event was a humbling experience. I not only felt more thankful for my circumstances, but also more connected with a demographic that is often marginalized and looked over.”



Stories: A student reports that a homeless man was really in need of socks. “Every little bit helps, and you have no idea how much I needed socks,” the homeless man said. “I witnessed how one person took off some of the dirtiest socks and he still wanted to save them. I hope this event helps to serve as an example for many other communities to carry out.”

Stories: “Being able to wash the feet of the homeless just as He did was truly humbling. It keeps you grounded and let me know that even though I may have higher education, and socioeconomic status than those I was serving, I am not above them. They are human, my fellow man. We are all equal under his judgement.”

Stories: “This event was such a humbling experience and I was impressed by the amount of volunteers that came together with the same goal in mind. I was able to see the various resources there are for the homeless community as well as the level of need there is for this aggregate... Overall, it was a gratifying experience and I know that we made a difference because those who attended the event expressed how grateful they were for the work we put in.”

Stories: “Jesus’ humility to wash someone’s feet is a reminder of how humble we should be with other people. We should never think of ourselves as too highly of servitude. I am grateful for what the foot washing event reminded me about exemplifying Christ-like behavior.”



Refreshing

Haircuts were provided by Bridges Beauty School.

Capt. Joseph Alvarez with the Salvation Army and Cohort 20 preparing for our day of service





Zen Beauty Nails Bar Salon provided nail care

Let's not forget our chefs Lee, Tara, and Jackie who devoted their time in cooking and serving up over 250 hotdogs for the event.





Salvation

The word of God was provided by our very own security guard, Isaiah Sanfeld.

Professor Lydia Garcia-Usry (right) who made this event possible with APU's Director Doctor Renee Marquez.




Outpouring of Community Support


Azusa Pacific University, along with community partners, such as St. Joseph's Health-St. Mary Medical Center and Center for Wound Care, Victor Valley Global Medical Center, Victor Valley Rescue Mission, San Bernardino County Preschool Services Department, IEHP, High Desert 2nd Chance, God's Hand Extended, Ready4readingbook club, Bridges Beauty College, Zen Beauty Nails,

Mayor Gloria Garcia, Offices from US Senator Wilk, Assemblyman Jay Obernolte, U.S. Representative Paul Cook, Victor Valley College, San Bernardino County Public Health, the Salvation Army and countless community volunteers, supported this ministry to the homeless. Thanks to the community, 250 homeless were able to receive Shoes, Socks and Salvation.

APU NURSING STUDENTS & THE SALVATION ARMY
PRESENT
HOMELESS FOOT WASHING
SOCKS, SHOES, & SALVATION



WHERE: THE SALVATION ARMY
14585 La Paz Dr.
Victorville, CA. 92395




WEDNESDAY, AUGUST 1, 2018
11:00AM-4:00PM
14585 La Paz Dr, Victorville

This is a faith-centered foot washing event!
Open to the homeless
FREE MEAL, FREE SOCKS, & FREE SHOES
will be provided

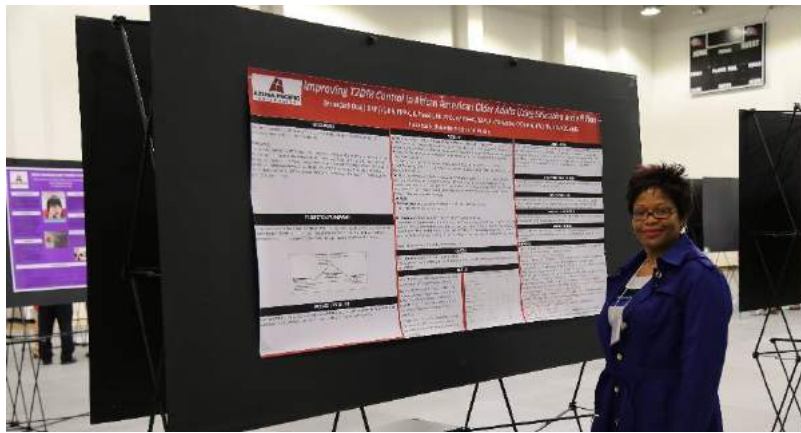
We will also provide a health screening, spiritual support, and information on community resources.
Health Screenings Provided by Choice Medical Group

WEDNESDAY, AUGUST 1, 2018
11:00AM-4:00PM

"I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples." John 13:34-35



Save the Date!



What: 2019 15th Annual School of Nursing and Iota Sigma Research Symposium—***“Transforming Nursing through Research”***

When: April 4, 2019

Where: Felix Event Center, Azusa Pacific University

Who: Keynote speaker- Kathleen R. Stevens RN, EdD, ANEF, FAAN, Professor of Nursing at the University of Texas Health Science Center at San Antonio (UTHSCSA)

Call for Abstracts is available for students, faculty, and nurses in our community.

Visit our Research Symposium website for more details.

<https://www.apu.edu/nursing/researchsymposium/>

Research Grants

Iota Sigma chapter provides financial assistance to members who are conducting investigations on phenomena relevant to nursing. Visit our Iota Sigma website for more details and for the application form.

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



Keynote speaker- **Kathleen R. Stevens RN, EdD, ANEF, FAAN**, Professor of Nursing at the University of Texas Health Science Center at San Antonio (UTHSCSA).

		OCTOBER '18						
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10	Board Meeting		1	2	3	4	5	6
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		NOVEMBER '18						
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8-9 Odyssey Conference
14 Board Meeting
19-25 Thanksgiving Break
30 Induction

		DECEMBER '18						
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12	Board Meeting							1
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15 Commencement
16-31 Winter Break

		JANUARY '19						
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1-6 Winter Break
9 Board Meeting
21 MLK Birthday

		FEBRUARY '19						
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13	Board Meeting						1	2
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		MARCH '19						
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31								

4-10 Mid-semester Break
13 Board Meeting
23 Spring Induction

		APRIL '19						
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4	Research Symposium		1	2	3	4	5	6
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10 Board Meeting

		MAY '19						
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8 Board Meeting

		JUNE '19						
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		JULY '19						
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4 Independence Day
25-29 International Nursing Research Congress
Calgary, Canada

AUGUST '19						
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SEPTEMBER '19						
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TBD Board Meeting

TBD Board Meeting

OCTOBER '19						
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NOVEMBER '19						
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TBD 16-20 Board Meeting
45th Biennial Convention,
Washington D.C.

2018-2019 IOTA SIGMA CALENDAR