

SCHOOL OF NURSING

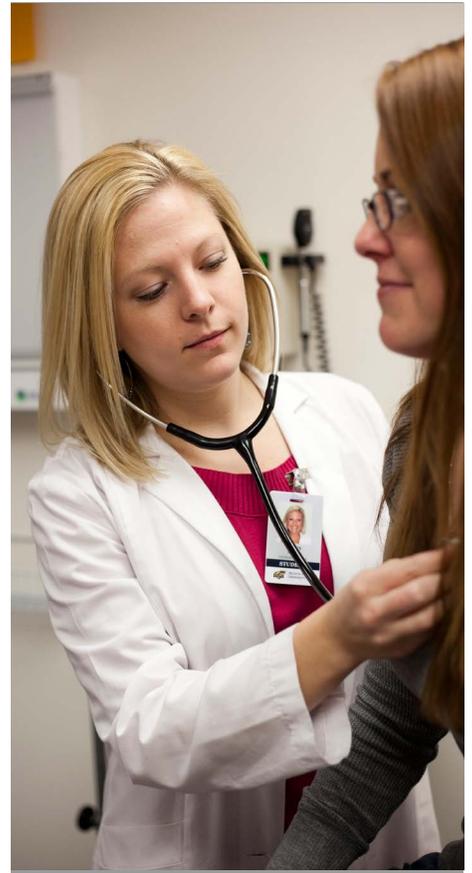
Newsletter Spring 2017



WICHITA STATE
UNIVERSITY

COLLEGE OF
HEALTH PROFESSIONS

School of Nursing



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Message from the Chair



Victoria Mosack
Department Chair and Associate
Professor

Greetings from the School of Nursing at Wichita State! I am happy to share the spring 2017 edition of our newsletter.

Our plan is to create spring and fall editions of our newsletter moving forward, which will serve as a channel for everyone connected to the School of Nursing to share news, activities and information.

As we come to the end of the academic year, it is a good time to reflect on the highlights and accomplishments of our remarkable students, faculty, staff and alumni. All of these wonderful achievements are a good reminder of how we provide improved care and health to countless people in our community and beyond. We have so much to be proud of and many exciting things to look forward to as our department and the university progresses.

National Nurses Week is May 6-12, and this special time gives us the opportunity to celebrate the importance of nurses and your dedication to our profession. Often, those in the nursing community go above and beyond in their roles and I would like to thank each one of you for your invaluable work. Your commitment to safe, heartfelt nursing care does not go unnoticed.

I am grateful for our faculty, staff and community partners who INSPIRE, INNOVATE and EXCEL to help achieve our mission – improve the health of the community by inspiring change in health care through innovation and excellence in nursing education, scholarship, practice and service. I wish you all the best as the semester comes to a close.

INSPIRE

INNOVATE

EXCEL



NATIONAL NURSES WEEK 2017

Each year nurses and their vital role in health care are recognized during National Nurses Week. This celebratory week begins each year on May 6 and ends on May 12, Florence Nightingale's birthday. Florence Nightingale was a pioneer in public health and is widely considered the founder of modern nursing.

The week is devoted to celebrating YOU and the numerous ways in which nurses improve health and wellness. Nurses dedicate their lives to caring for others and your commitment is appreciated!

Updates – School of Nursing

SCHOOL OF NURSING (SON)

The School of Nursing's mission is to improve the health of the community (public good) by inspiring change in health care (cultural/economic driver) through innovation and excellence in nursing education, scholarship, practice, and service (essential educational driver).

The accomplishments and activities of our faculty, staff and students featured in this newsletter demonstrate our commitment to excellence in education, applied learning, interprofessional activities and community service.

FIRST LEGEND SENIOR LIVING FELLOWSHIPS AWARDED

Ashley Schalk, Doctor of Nursing Practice (DNP) student, was one of three CHP students awarded the first fellowships through the new Legend Fellows Program with Legend Senior Living. The students will be working on projects that address challenges facing the senior care industry.

Legend Senior Living's gift of \$75,000 created the Legend Fellows Program for Wichita State, aimed at supporting students in the CHP who have an interest in health-related issues affecting senior adults. The students will work to improve the lives of the aging population through strategies such as preventing falls, reducing hospital admissions and helping health care workers avoid job burnout.

NIGHTINGALE PLEDGE

The annual Nightingale Commitment Ceremony was held February 17 at the Hughes Metropolitan Complex. 136 first and second semester nursing students recited and signed the modern Nightingale Pledge as a commitment to uphold the standards of the nursing profession.

Maryon Habtemariam, clinical educator; Terri Core, clinical educator; Brandy Jackson, director of undergraduate programs; Sandra Bibb, dean of the College of Health Professions; Victoria Mosack, chair of the School of Nursing and Pam Martin, clinical educator, made remarks and announced the names of the students. Florence Nightingale herself even made a surprise appearance!

The ceremony is an important occasion for the students dedicating their lives to compassionate, patient-centered care.



BADGE PROGRAM

Designed for practicing professionals, WSU's badge program makes education accessible and affordable. Badges are credit courses that appear on a transcript indicating academic work was successfully completed in a short course for less than a full credit hour. The School of Nursing developed the first badge course for WSU. The badge was implemented in 2015 with a focus on care of populations (population health). For more information about WSU Badge courses, contact the Office for Workforce, Professional and Community Education. workforce@wichita.edu 316-978-6487

STUDENT HEALTH 101 ARTICLE

MSN student Susan Meyer contributed an article about the importance of sleep for the Student Health 101 Newsletter.

Updates – continued

FALL RIVERSIDE HEALTH FOUNDATION GRANT

Susan Parsons, Jackie Berryman and Veronica Ramos-Blanford implemented the Riverside Health Foundation Grant/Service Learning Project Award with the Accelerated Nursing Students in their N450-Nursing Care of Populations Course.

The students were divided into two groups. One group traveled to St. Joseph Ost School in Mount Hope to teach students about the importance of hydration to health. They presented age-appropriate information, posters, games and activities for the students, along with a WSU water bottle for each of the 94 students, 11 teachers, plus staff and cafeteria volunteers.



The second group traveled to the Kansas Veterans Home in Winfield to present veterans with activity boards, a specialized board designed to stimulate the minds and benefit daily living for residents with Alzheimer's or dementia. The students provided the boards with education for the veterans.



Young children, instructors and the older adult veterans all benefited from the grant. Students were able to integrate Healthy People 2020 goals and plan and deliver age-appropriate interventions. Students and faculty agree the service learning model exceeded expectations.

SPRING RIVERSIDE HEALTH FOUNDATION GRANT

Debra Pile also implemented the Riverside Health Foundation Grant with her nursing students. Each spring the accelerated nursing students do a nutrition and exercise module at Oak Street Elementary School in Goddard as a service learning opportunity. They wanted to do scooter relays to build a MyPlate; however the school had only four old, small, unstable scooters and the special needs children struggled with them. Due to safety concerns they were not able to use that activity. As part of the grant, nursing students and faculty purchased new stabilizer scooters for the school. The nursing students, along with Wu Shock, presented the new scooters to the school on April 27. The kids had a blast playing with the new scooters and hanging out with Wu Shock. After the scooter race, the nursing students and Wu reviewed nutrition and healthy food choices with the kids.



MEDICAL MISSION AT HOME

Nursing students, faculty and staff participated in the Medical Mission at Home event, held at Fairmount Park on April 8. Volunteers acted as greeters and navigators, managed patient registration and set-up and tore-down booths. The event was a wonderful experience for everyone involved and a great opportunity for students to give back to the community.

MARY KOEHN RETIREMENT

Mary Koehn has been a valued faculty member of WSU for more than 25 years. She has served as the associate dean for the College of Health Professions and the chair of the School of Nursing. She was instrumental in the integration of interprofessional education and simulation throughout all of the health professions programs. Her community involvement includes extensive work with HealthSim United, serving on the Board of Directors and as faculty. We thank Mary for all her years of service and the countless lives she has impacted.



Interprofessional Education (IPE)

COMMITMENT TO IPE

The School of Nursing is dedicated to providing interprofessional education and applied learning opportunities for students.



POINT-IN-TIME HOMELESS COUNT

Several students in the traditional and accelerated programs in the School of Nursing participated in the United Way of the Plains annual Point-in-Time Homeless count. This interprofessional activity gave students the opportunity to work with the local homeless population by providing health care screenings to those in need. Nursing Instructor Jolynn Dowling has coordinated the CHP faculty team and health screening services provided since 2013. Students and faculty in the Physician Assistant, Physical Therapy, and Medical Laboratory Sciences programs took part in the event as well. The team also included collaboration with second-year KU Medical students (JayDoc), Guadalupe Clinic and Lions Club Mobile Screening Unit.

FIELD OPERATIONS TRAINING

Nursing students participated in Hutchinson Community College's Paramedic Field Operations training. Volunteers simulated various scenarios in which students provided immediate treatment in the ER. Nursing students ran a set-up emergency room in the Encampment Building and got experience in receiving patients, giving them immediate treatment, and even speaking with patient's family members.

CLARION IPE EVENT

Nursing student Destinee Baucum was part of the student team that competed in the prestigious Interprofessional National Case Competition in Minneapolis April 7-9. It was exciting to be part of a collaborative team across WSU colleges and universities and everyone is very proud of the students! Several faculty members also worked together to organize the process and help prepare and support the students.



Alumni Updates

ALUMNI IN THE NEWS

We are proud of our alumni who have dedicated themselves to serving patients, communities and the profession!

ALUMNI EDITORIAL FEATURED IN TOPEKA-CAPITAL JOURNAL

Amber Wagon, 2010 MSN graduate, was featured in the Topeka Capital-Journal in her editorial about step therapy. Amber is also a previous recipient of the Advanced Education Nursing Training (AENT) grant.

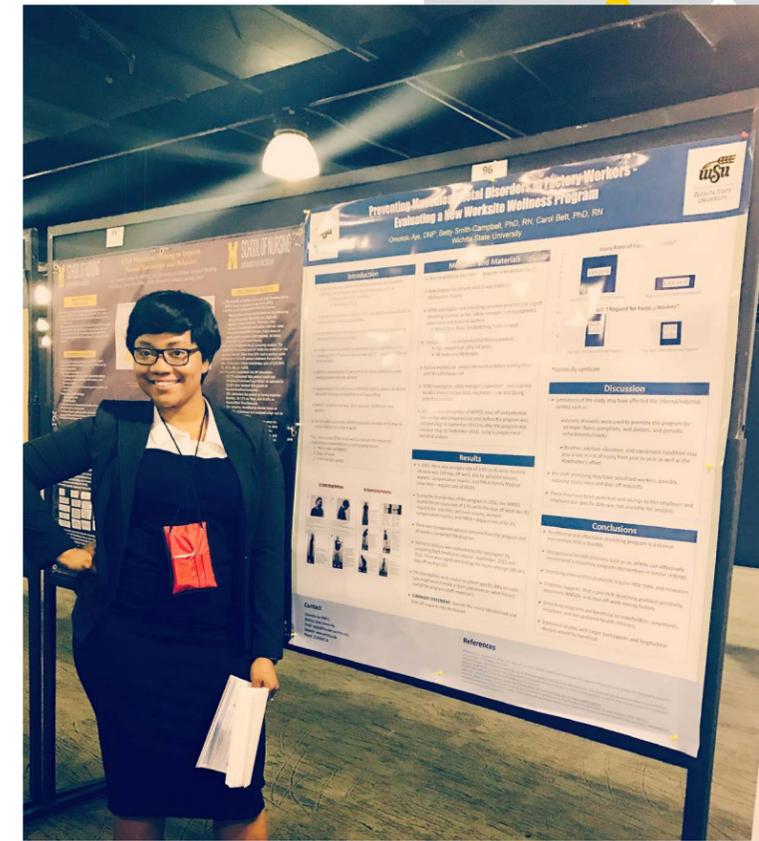
MIDWEST NURSING RESEARCH SOCIETY CONFERENCE

Recent DNP graduate Omotolu O. Aje presented at the prestigious Midwest Nursing Research Society (MNRS) conference.

Project title: Preventing Musculoskeletal Disorders in Factory Workers - Evaluating a New Worksite Wellness Program

Authors: Omotolu Aje, DNP; Betty Smith-Campbell, PhD, RN; Carol Bett, PhD, RN

The Midwest Nursing Research Society's Mission is to advance science, transform practice and enhance careers through a network of scholars.



2016 Highlights

IN CASE YOU MISSED IT

The School of Nursing had a great year in 2016!



FACULTY GRADUATES FROM LEADERSHIP ACADEMY

Congratulations to the School of Nursing faculty graduates from the 2016 WSU Leadership Academy, Carol Bett and Jolynn Dowling. The Leadership Academy Fellowship is a prestigious yearlong program designed to foster the development of instrumental leaders in growth, change and quality improvement on college, university and community initiatives. Other graduates from the College of Health Professions included Mary Beasley, Speech-Language-Hearing Clinic Director and Julie Scherz, Communication Sciences and Disorders Department Chair.

CLASH OF THE COLLEGES

The School of Nursing was in full-on spirit mode during the week leading up to the annual Clash of the Colleges event in August. Each department decorated their office door for the CHP spirit completion, and the nursing door was decked out in orange. There was also a fantastic hand-drawn WuShock on the fifth floor window on display for all of campus, courtesy of Kelly Eden! Leading up to the Clash event was a lively pep rally in front of Ahlberg Hall where students, faculty and staff showed their pride through the department chant competition.

SHOCKER PRIDE CELEBRATION

Congratulations to Victoria Mosack for receiving the President's Distinguished Service Award at the Shocker Pride Celebration! Read more about Victoria's background and accomplishments [here](#). We are very proud of Victoria's dedication and years of service to WSU!



2016 Highlights - continued

WICHITA RECOGNIZED AS A COMMUNITY SUPPORTING BREASTFEEDING

Wichita has received the Community Supporting Breastfeeding (CSB) designation from the Kansas Breastfeeding Coalition Inc. (KBC). Jolynn Dowling, along with members of the Wichita Area Breastfeeding Coalition (WABC), initiated the designation and were involved through the entire process.

WSU nursing students assisted the coalition with the project and met their N450 Care of Populations course objective to facilitate health promotion strategies in the community setting. The students recruited local businesses to talk about the importance of being supportive to breastfeeding mothers and take a pledge to become part of the "Breastfeeding Welcome Here" program. By taking the pledge, businesses agreed to provide a welcoming environment for breastfeeding mothers and display a Breastfeeding Welcome Here window decal. Employers were also encouraged to apply for the Breastfeeding Employee Support Award.



RN TO BSN ONLINE PROGRAM NAMED A 'TOP VALUE'

Wichita State University's RN to BSN online program was recognized by College Values Online as one of the top 30 best value online RN programs in the nation. WSU was the only Kansas school ranked.

HRSA NURSING GRANT

The school of Nursing was awarded a \$348,267 grant from the Health Resources and Services Administration (HRSA) to fund primary care nurse practitioner graduate students intending to practice in rural or underserved areas. Dr. Alicia Huckstadt, professor and director of graduate program in the school of nursing, procured the federal funding to assist students completing at least 50 percent of their education in medically underserved areas. The funds enable recipients to complete their nurse practitioner education, gain advanced cultural and diversity knowledge and join the workforce at faster rates. Alicia and the grant were also featured in a story on KSN News.

FACULTY MEMBER HELPING PERFECT ONE-OF-A-KIND MOBILE STROKE UNIT

Wendy Dusenbury has embarked on a new specialty practice. Because of her expertise in the area of stroke management, Dusenbury was invited to join an inaugural group of practitioners at the University of Tennessee to help test a one-of-a-kind mobile stroke unit.



STATE-OF-THE-ART MANNEQUINS PROVIDE NURSING STUDENTS WITH REAL-WORLD EXPERIENCE

The School of Nursing acquired a new family of state-of-the-art mannequins that can realistically simulate a variety of symptoms and scenarios, including childbirth, seizures, blood pressure problems and bleeding. The mannequins are an excellent tool for our students, allowing them to safely make mistakes and receive immediate feedback to learn from those mistakes. The new mannequins were also featured in a segment on KWCH Channel 12.

NURSING FACULTY AND STUDENTS FEATURED IN THE KANSAS NURSE

Several school of nursing faculty and students were featured in the October 2016 issue of The Kansas Nurse. Nursing faculty member Alicia Huckstadt wrote a case study that is featured in the October issue of The Kansas Nurse (pgs. 13-14). Several nursing students are also highlighted as Kansas Nurses Foundation Scholars (pgs. 34-35).



⋮ Mara Pounds

STUDENT IN THE SPOTLIGHT

Mara Pounds is a junior from Minneapolis, Kansas. Mara became interested in nursing in high school after she scored high on a career test that pointed her towards the medical field. While in high school, she got her CNA license and joined an on-the-job training program at Ottawa County Health Center that allowed her to follow all the departments and learn about every aspect of the hospital.

She says her sister and brother went to school at WSU, so coming here was a natural choice. Her favorite memory at WSU so far is when ESPN held their College GameDay on campus. She also enjoyed her experience on the Future Health Care Professionals Executive Board, where she gained an inside student perspective and got to know

various faculty members, who have given her career insight and advice.

Her favorite part of the School of Nursing at Wichita State is the personable faculty and staff. She says they are always willing to answer questions and aren't afraid to discuss concerns a student has.

In addition to nursing, Mara is also very passionate about sports. She was very active in high school on the basketball, volleyball and track teams, and says basketball is her number one love. Mara suffered from a torn ACL near the end of high school, which she says was devastating at the time. But she says the injury eventually led to her interest in orthopedics and sports medicine, so it turned out to be a blessing in disguise.

Mara's hobbies and extracurricular activities include the Gamma Phi Beta sorority, being a member of Marshallville's Executive Team, playing intermural sports and supporting/attending athletic events.

She says the most challenging part of being a nursing student is balancing school, work, family and social life. She has learned how to prioritize and pick and choose her activities.

The one skill she thinks every nurse should possess is to develop a rapport and trust with patients. She says by showing a patient that you care and are willing to listen, they are more likely to open up and possibly share other things that might be bothering them, which can be an underlying emotional problem contributing to their ailment.

Her advice to future nursing students is to stick with it. She says to expect to make sacrifices, but if you're passionate about nursing and know it's what you are meant to do, it will be worth it.

Mara expects to graduate in May 2018 and plans to earn her doctorate as a nurse practitioner.



⋮ Shirley Hazen

FACULTY IN THE SPOTLIGHT

school graduation and one year of community college under her belt, Shirley was accepted into the St. Francis school of nursing. She went on to hold various positions for 23 years before making the move to education.

Shirley began teaching at WSU in 1994. In 1996 the first bridge course in nursing became available online and eventually other courses followed. The RN to BSN program became fully online in August 2014. The program has experienced a steady growth and attracted the highest online enrollment in the College of Health Professions. Shirley says the RN to BSN team works hard and puts a lot of time and effort into advertising and promoting the program at area colleges and conferences.

Shirley says the biggest challenge with the program is condensing all the information from the traditional 16 week course into eight weeks. Keeping up with all the changes in the industry and helping students

realize the importance of education is also a constant challenge.

"The program takes a lot of time-management skills and self-discipline," she says. "Sometimes students mistakenly think that an online course equals an easy course."

Shirley says she loves the group of people she gets to work with and the flexibility of her position. Her favorite part of the job is the rewarding feeling when students connect with the information taught in class.

"I love seeing everything come together for a student and they find their niche," she says. "Sometimes I hear from former students and they say 'I didn't get it at the time, but now I understand how important that is.' That's when you know what you taught made a difference."

Shirley is an avid gardener and loves working in the yard and with her flowers. She also enjoys reading, cooking and baking in her spare time.



Tracy Lindstrom

ALUMNI IN THE SPOTLIGHT

Tracy says at first she was hesitant to pursue a career in nursing because of her hearing challenge, but ultimately decided it was important to set an example for her three daughters and show them how beneficial education is.

Tracy made some accommodations in her classes to be successful; she sat in the front row of the classroom, requested documents in writing and relied on visual cues and lip reading. She uses some special tools, including an FM device that overcomes background noise to boost her hearing aid performance by transferring voices directly and clearly to her hearing aid. She also uses an amplified stethoscope that intensifies the sounds received and enables her to adjust listening frequencies.

She experienced some challenges through the years because of her hearing impairment. Her hearing has fluctuated and she acquired sensorineural hearing loss from problems of the inner ear. She recalls the transformation from analog to digital signals in hearing aids and the difficulty of training her brain to relearn basic sounds. Occasionally she faces communication challenges in the workplace, but always informs patients about her hearing impairment and makes it work.

Tracy says her hearing impairment is actually beneficial when communicating with patients one-on-one. Since she needs to concentrate exclusively on the conversation and reading lips she is able to have intimate conversations with patients without being distracted.

Her children have been her main drive to work hard and accomplish everything she has. She says her family, friends and professors have been very supportive and she encourages those with hearing challenges to work around their limitation and follow their heart. She says a lot of people use their struggles in life as an excuse to not pursue their dreams, but wants her kids to know they can achieve anything, no matter what's going on in their lives.

She also attended the mission trip to Haiti with fellow students and faculty in the CHP. She says the trip was a wonderful, life-changing experience and they were able to do a lot of good for the people in Haiti. The team was able to serve over 600 patients that would not have received treatment otherwise.

Tracy graduated in December 2016. Her passion is practicing family health in underserved populations.

Tracy's story was also featured in [The Wichita Eagle](#).

Tracy Lindstrom didn't let any obstacles stand in the way of earning her doctor of nursing practice degree at Wichita State. Tracy recently became the first student with a hearing impairment to graduate from WSU's School of Nursing with a doctoral degree.

Tracy's hearing impairment started as a child. When she was 4 years old her mother noticed something was wrong when Tracy covered only one of her ears at a loud fireworks show. Shortly afterward she was diagnosed with total hearing loss in her right ear and moderate to severe hearing loss in her left ear. She has worn hearing aids ever since.

As a Wichita native and parents who are WSU alumni, Tracy has always wanted to attend Wichita State and pursue a career in health care. Her compassionate nature and desire to help others made nursing a natural fit.

Message to Alumni, Faculty & Friends

Alumni - we want to hear from you! There are many reasons to stay in touch and be involved. Keep your lifelong relationship with Wichita State and the School of Nursing a strong one. We encourage you to:

- ➔ **UPDATE YOUR CONTACT INFORMATION.** We want to make sure you receive the latest news, invitations to events, department updates and more.
- ➔ **KEEP US UP-TO-DATE WITH THE LATEST NEWS.** Send your achievements and news to chpcontent@wichita.edu for promotion on social media and in upcoming newsletters.
- ➔ **ATTEND UNIVERSITY AND ALUMNI EVENTS.** These events are a great opportunity to network and reconnect with fellow alumni.
- ➔ **CONNECT AND ENCOURAGE THE NEXT GENERATION OF WSU NURSES THROUGH YOUR EXPERIENCES.** This is an important way in which your leadership can help further the nursing profession and the School of Nursing at WSU.
- ➔ **CONTINUE YOUR EDUCATION WITH US.** Stand out and take your nursing career to the next level.

Let us know the what's happening with you by emailing the following information to chpcontent@wichita.edu. Thank you for sharing!

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 Tell us about yourself. Where are you living, what are you doing in your career and what are your future plans?

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