

# Nursing

AT TRUMAN STATE UNIVERSITY

Fall 2014 Nursing

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The Cochrans: **Diana** (left) and **Cara** (right)

From Truman to the University of  
Kansas Medical Center:

## The Cochran Twins

**D**uring their time at Truman State University, twins **Cara (Cochran) Busenhardt '98** and **Diana (Cochran) Richter '97** worked in the nursing skills lab where they taught basic nursing skills to other students and assisted with check-offs. Cara and Diana attended Truman together for 4 years, as Diana completed nursing school in 1997, one year before Cara.

Since graduation from Truman, Cara and Diana have been busy pursuing their nursing careers. After graduation, both sisters began their professional careers at Independence Regional Health Center. Diana started on a telemetry unit while Cara worked on the labor and delivery unit. After a couple of years of gaining clinical experience at Independence, the two parted ways: Diana accepted a position as a dialysis nurse while Cara returned to school at the University of Missouri-Kansas City where she received her MSN in nurse midwifery in 2004. Cara then joined a private practice group in Kansas where

*(continued on pg. 5)*

From Truman to the University of  
Missouri Women's and Children's  
Hospital NICU:

## The Anderson Twins

**T**wins, **Sarah (Anderson) Cammack '06** and **Jennifer (Anderson) Hanford '06**, began their nursing careers together as nursing students at Truman State University in 2002. Both sisters thoroughly enjoyed their education at Truman.

One of Jennifer's fondest memories at Truman was practicing her nursing skills in the lab, and she expressed, "Research and evidence-based practice skills we learned have carried over to my clinical practice; I truly enjoy making positive changes in our unit." Sarah enjoyed the small class setting at Truman because her professors knew her and cared about her success, which gave her the knowledge and experience to be able to develop and expand her critical thinking skills. She said "I graduated with confidence in myself as a nurse because I had a solid educational foundation." When asked what it was like having their twin in the same nursing class, both stated they were very competitive and were always pushing each

*(continued on pg. 5)*



The Andersons: **Jennifer** (left) and **Sarah** (right)

# News in Nursing

Welcome to the newest edition of the Nursing Alumni Newsletter. The fall semester has been busy (of course!) with new and returning students, faculty, and staff. You probably noticed photos of our newest faculty/staff, **Kate Breitenbach**, **Kimberly McDaniel**, and **Sarah Weber**. We greatly appreciate their hard work and contributions with our students and department. **Sarah Delaware** and **Shirley Riley** retired after the spring semester. Thanks to Sarah, Shirley, and all of the faculty, staff, and students for their important work.

Thank you to our nursing alumni! The updates from our alumni twins, **Sarah** and **Jennifer Anderson** and **Diana** and **Cara Cochran**, are very special. We enjoyed October visits from alumni during Homecoming Weekend and from **Terri (Jones) Rebmann** for the Biology Seminar Series. Please let us know if you plan to visit the department in the near future.

Nursing faculty, staff, and students have been engaged with many service projects and community events. During the fall, nursing students have provided service at many influenza vaccine clinics, school screenings, health fairs, and the "Heart and Sole" walk to raise funds for the American Heart Association. The **Nursing Student**

**Association** (NSA) hosted an interactive theatre troupe performance about breast cancer, and they are working on plans for a health fair in the spring semester.

The department has greatly appreciated Missouri State Board of Nursing grants in 2012 and 2013 to develop an accelerated BSN (ABSN) program. After completing pre-requisite courses, students may complete a second baccalaureate (BSN) degree in 15 months of study. Members of the first accelerated cohort will graduate in December 2014. The second cohort is completing their first semester of junior clinical courses, and the third cohort will begin nursing course work during Summer 2015.

The Rho Omega Chapter of Sigma Theta Tau International (STTI) held an induction ceremony, luncheon, and keynote address in October. Special thanks to our chapter's leadership, **Stephen Hadwiger**, **Teak Nelson**, **Kit Hadwiger**, **Sarah Delaware**, **Susan Lambert**, and others who assisted with recruiting, inducting, and sustaining membership.

Please enjoy the remaining days of 2014, visit us, and stay in touch!

Best wishes,  
**Dr. Stephanie Powelson**  
Chair  
Department of Nursing

## Truman Nursing Class of 2014



**F**orty-two senior nursing students were honored at the Nursing Recognition Ceremony that took place May 9, 2014 in Baldwin Hall Auditorium.

*First Row, L to R: Carly Moriarty, Adrienn Myers, Nicole Marion, Shelby Giese, Mariah Mitchell, Alicia Kimberlin, Danielle Burgess, Hannah Tangen, Gabriella Epstein, Emilie Locke*  
*Second Row, L to R: Kayla Ridenhour, Stephanie Lepper, Abigail Howe, Elizabeth Turnure, Andrea Grojean, Taran Burgess, Nicole Miller, Kalina Brinning, Brittany Thompson, Katherine Carlton*  
*Third Row, L to R: Mallory Eubank, Meghan Krepel, Maggie Scharnhorst, Josie Collett, Nicolette Jerowski, Ashleigh Hampton, Allison Daraban, Natalie Linneman, McCall Oliver*  
*Fourth Row, L to R: Eva Copeland, Erin Bavery, Jessica Ray, Shelby Leppin, Allison Faron, Zachary Esperanza, Jessica Curl, Bailey Ross, Sonny Phan, Megan Greving*  
*Not Pictured: Tara Manillo, Shelby Maples, Penny Schutter*

# IN THE Spotlight



## Alumni Presenter: Dr. Terri Rebmann '92

In October, Truman Nursing Alumni **Dr. Terri (Jones) Rebmann '92** presented “Ebola: Not Just a River in the Congo” as the fall 2014 Biology Seminar Series speaker. Rebmann is currently an Associate Professor and Director of the Institute for Biosecurity in the Saint Louis University College for Public Health & Social Justice. While on campus, Dr. Rebmann also visited the Nursing Department, toured the Nursing Simulation Center (NSC), and met with numerous faculty/staff members.



*Sharon McGahan and Dr. Terri Rebmann '92 pose with the Class of 1992 composite after reminiscing for several minutes about Rebmann's time at Truman.*



*Kate Breitenbach  
RN, MSN, APN  
NP-C*



*Kimberly McDaniel,  
RN, BSN*



*Sarah Weber,  
RN, BSN*

## New Nursing Faculty and Staff

**Kate Breitenbach RN, MSN, APN NP-C**, is the newest faculty member as she accepted the position of Assistant Professor of Nursing. She attended and earned her BSN degree at Luther College. After graduation, she moved to Chicago, IL and practiced as an oncology nurse for nine years. Breitenbach then earned her MSN degree from the University of Illinois and began working as a nurse practitioner at the University of Chicago medical center in the leukemia program. There she assisted in creating and implementing an adolescent and young adult oncology clinic focused on the comprehensive care of 13-30 year olds with leukemia, lymphoma, or undergoing stem cell transplantation. Kate hopes to find a medical mission or trip to South America next summer.

**Kimberly McDaniel, RN, BSN**, accepted the position of Nursing Admissions Coordinator in May 2014. McDaniel

earned her BSN degree from South Dakota State University in 2013. She is also employed with the Northeast Missouri Health Council as a RN in their Family Practice clinic in Kirksville, MO.

**Sarah Weber, RN, BSN**, accepted the position of Nursing Technology Coordinator in August 2014. Weber graduated with her BSN degree from Illinois State University Mennonite College of Nursing in 2011. She is also employed as a RN at the Samaritan Wound Clinic in Macon, MO.

## Rho Omega Scholarship Awarded

**Hannah Moravec '15** (right) is awarded the Rho Omega Scholarship by Treasurer **Kit Hadwiger**. This scholarship is awarded yearly to a Junior Truman Nursing Student based upon an essay application detailing a patient education plan for a chronic illness.



# Student Life



## Nursing Students Participate in Major's Day

The Nursing Department's faculty and staff met with the incoming Class of 2018 for Major's Day. Activities for the event included students meeting their nursing advisors, touring Northeast Regional Medical Center (NRMC), and enjoying a picnic and pontoon ride at Thousand Hills State Park. The nursing students also participated in team-building activities (pictured left) developed by Truman ROTC.

## Nursing Student Association Activities

By **Ellie Cavuoti '15**



Senior NSA members **Nikki Brandt**, **Ellie Cavuoti** and **Mandy Watts** enjoy a late-night Waffle House meal while at conference in Nashville, TN.

Truman's Nursing Student Association (NSA) has been busy this semester! We hosted another successful Health Awareness Week, participated in Health Partners in conjunction with A.T. Still University, and sent five NSA members to National Conference in Nashville, TN. We also hosted Dialogues about Breast Cancer, an interactive theatre performance from the University of Missouri, in conjunction with the Kirksville Arts Association

and paint nails at Twin Pines, run booths at Bacon Fest and Red Barn Festival, and play with puppies at the Humane Society to fulfill these community service hours.



Back row, L to R: **Miranda Barnes**, **Madison Siman**, **Kendra Jones**, **Kyle Sweeney**, **Shellie Brashears**  
Front row, L to R: **Brianna Gibbs**, **Jaclyn Morris**, **Sarah Marcum**

## Truman Nursing Welcomes Second Cohort of Accelerated BSN Students

In June 2014, eight incoming students were welcomed into the second class of the accelerated BSN program. They will complete 15 months of rigorous study to obtain a BSN degree in December 2015. The first class of ABSN students will graduate in December 2014.

## Junior/Senior Super Lab

Each fall, junior and senior level nursing students participate in “super lab” activities in the NSC. The “super labs” allow students to practice their previously learned nursing skills in preparation for upcoming clinical rotations. The juniors practiced transferring techniques using a gait belt and Hoyer lift, applying elastic bandages to the lower extremity, emptying a Foley catheter bag, performing

*Juniors  
Madelaine  
Scheckel and  
Nicole Skinner,  
practice  
application  
of an elastic  
bandage in the  
NSC.*



*(Cochran twins, cont. from pg 1)*

she had delivery privileges at three hospitals. In 2002, Diana accepted a position as a Cardiothoracic Surgery Nurse Liaison at Independence Regional Health Center while earning her MSN as a Family Nurse Practitioner at Research College of Nursing. Cara served as one of Diana’s preceptors for her MSN at KC Free Health Clinic where many patients were shocked to have two providers who looked so much alike.

In 2009, Cara joined the faculty at KU School of Nursing as the director of the nurse-midwifery education program. Interprofessional education has always been her passion, and she has worked collaboratively with OB/GYN and Family Medicine to create full-scope midwifery clinical experiences at KU. Cara has taught and worked with many students, including undergraduate nurses, advanced practice nurses, medical students, and residents. In 2013, the twins were reunited in their professional nursing careers as Diana began as a Pulmonary/Critical Care NP on the medical intensive care units at KU Hospital. Typically, Cara teaches the students at the medical center, and Diana interacts with the same students in the clinical setting; However, Diana has also assisted Cara with her teaching responsibilities as a guest lecturer in her Advanced Health Assessment course. Cara is currently a PhD candidate at University of Kansas School of Nursing and is planning her dissertation defense for November 2014.

The twins said, “Both of us were raised to set goals and follow our dreams. For each of us, that led us to Truman for our BSN degrees and has led us to the University of Kansas Medical Center. Here, at an academic medical center, we are on the cutting-edge of research and practice in each of our respective areas. We are helping other health care providers see the benefit, worth, and quality of advanced practice nursing. We hope to work ‘together’ for many, many years to come.”

Diana resides in Independence, MO with her two daughters, Megan and Lauren. Cara lives in Overland Park, KS with her husband **Tim Busenhart ’97**, BS in Chemistry; **’98 MAE**, a high school science teacher, and their two children, Julia and Maxwell. Cara and Tim met during Freshman Week at Truman.

assessment skills, and performing blood glucose checks. The seniors practiced performing skills such as TB skin testing, immunization/vaccine administration, and venipuncture.



*Professor Stephen Hadwiger observes as senior Kaitlyn Clark (left) performs an intramuscular injection on a manikin.*

*(Anderson twins, cont. from pg 1)*

other to do their best. They agreed it was nice to have someone to bounce ideas off of and to explain a difficult topic if one of them did not understand. Today, Sarah and Jennifer continue to study and perform research and quality improvement projects together.

After graduating from Truman in May 2006, both sisters began their professional nursing careers at the University of Missouri Women’s and Children’s Hospital on the Neonatal Intensive Care Unit (NICU). They have worked there together since graduation! The twins stated their coworkers had to learn how to tell them apart which was difficult at first. The parents of patients also sometimes are confused that two nurses look so similar. One mother of a patient thought the same nurse had cared for her tiny baby for 24 hours when the twins had the same patient assignment for two adjacent 12 hour shifts.

The twins continue to push each other to further their educations and to be the best NICU nurses they possibly can be. Together, Sarah and Jennifer became certified in neonatal nursing and obtained certification as International Board Certified Lactation Consultants. In 2013, the twins received the March of Dimes Critical Care Nurse of the Year Award. They were two out of 22 individuals from Missouri and Illinois elected to receive this award.

Currently, Jennifer is enrolled in a program to become a Neonatal Nurse Practitioner. Sarah is continuing to work as a neonatal RN and enjoys spending time with her husband and two young children. The twins stated, “We truly believe our education from Truman has shaped us into the nurses we are today and gave us the foundation to develop our careers as neonatal nurses.”

Several other Truman nursing alumni work with the twins in the University of Missouri Women’s and Children’s Hospital NICU. These alumni include **Erin (Ramsey) Cerneka ’97**, **Joanna (Venneman) Harrold ’08**, **Cassie (St. Onge) Huckabay ’12**, **Paige (McCullough) Regue ’12**, and **McCall Oliver ’14**.

# Gift/Change of Address

Send this form to **Truman State University**  
**Office of Advancement**  
**100 East Normal Avenue**  
**Kirksville, MO 63501-4221**

New Address  Name Change

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## Comments and News

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Please include this information in the *Truman Review*

Please send me the online newsletter, [News@Truman.edu](mailto:News@Truman.edu).

I would like to make a tax deductible donation to the Truman State University Nursing Program:

\$1000  \$500  \$100  \$50  \$25  Other \_\_\_\_\_

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My employee will match my gift. The appropriate form is enclosed.

**Thank you for your generous support—your help does make a difference!**

**Drive Code 74**

## Alumni News/Notes

Share your news, accomplishments, plans, travels, marriage, births, etc. Don't forget address changes so we can keep up with you. Send updates and notes to **Kimberly McDaniel**, [kmcdaniel@truman.edu](mailto:kmcdaniel@truman.edu) or to [nursing@truman.edu](mailto:nursing@truman.edu), or by postal mail.

**Allison (McCue) Lachance '07** is working as a cardiac research RN at Mercy Medical Center in St. Louis, MO. In 2013, she married **Steve Lachance '07** who majored in business administration with a concentration in finance. Steve is currently working for Mercer.  
[allison.e.mccue@gmail.com](mailto:allison.e.mccue@gmail.com)

**Kristen (Nissen) Harms '10** is working in a medical-surgical ICU at Bryan Medical Center in Lincoln, NE. She recently graduated from Clarkson College with her Family Nurse Practitioner degree and will be working for Inpatient Physician Associates at Bryan Medical Center. There, she will be rounding on patients in the hospital, admitting new patients who need to be hospitalized and overseeing their care during their hospital stay. [kristenjharms@gmail.com](mailto:kristenjharms@gmail.com)

**Nicole Miller '14** is working in the PICU at St. Louis Children's Hospital.  
[miller.nicole.rn@gmail.com](mailto:miller.nicole.rn@gmail.com)

## In Memoriam

**Dr. Timothy Dean Ernst '83**, age 57, of Kirksville, MO passed away Aug. 17, 2014. He graduated from Northeast Missouri State University with a Veterinarian Technician degree in 1980 and a BSN degree in 1983. He worked as a registered nurse for several years before attending Kirksville College of Osteopathic Medicine and graduating in 1990. Following his anesthesiology residency in Grand Rapids, MI, Dr. Ernst worked at Northeast Regional Medical Center until the time of his death. He was also an educator at A.T. Still University.

**Kimberly Featherston '00**, age 47, of Kirksville, MO passed away July 30, 2014. She worked as an emergency room nurse at Northeast Regional Medical Center for 14 years. Kim's daughter, **Taylor Chambers '13**, graduated from Truman with her BSN.

## A Special Request

The Department of Nursing is searching for class composites for the following years: 1979-1981, 1983-1985, 1987, 1988, 1990, 1991, 1993-1997, 1999-2001, 2003, and 2009. If you have any of these or know someone who may have access to them, please contact [nursing@truman.edu](mailto:nursing@truman.edu) or [kmcdaniel@truman.edu](mailto:kmcdaniel@truman.edu).