

## Truman Alum Specializes in Pelvic Floor Therapy



**E**lizabeth (Beth) Lonberger '78 has spent the majority of her nursing career as an Advanced Practice Registered Nurse (APRN) caring for patients with urologic health problems. Beth received her Master of Science in Nursing from University of Missouri's Sinclair School of Nursing (97). After working initially in Family Practice; she joined a private urology practice where she focused on urological care for men, women and children. Recently, Beth began focusing on women experiencing pelvic floor problems such as urinary urgency, incontinence, and pelvic floor muscle spasm. She joined the Urogynecology Division in the Department of Obstetrics and Gynecology at the University of Missouri Women's Health Center in Columbia, MO.

"Since I began practicing in urology 11 years ago, I have thought there must be more we can do to improve the quality of life for women with pelvic floor dysfunction. Medication and surgery may not be the optimal therapy for management of pelvic floor symptoms such as urinary frequency, urgency, incontinence and bladder pain," Lonberger says. "A Nurse Practitioner position opened in the Division of Urogynecology. I began practice in August and it has been great, especially with my background in general urology."

Pelvic floor therapy (PFT) has been utilized for many decades, but therapy varies from practice to practice. The PFT program is an extension of our clinic, which offers "One-stop shopping" for women with pelvic organ prolapse, bladder and bowel dysfunction and pelvic floor muscle weakness and spasm. Women are educated about the pelvic floor, how it functions, why it affects the pelvic organs and how to strengthen it.

The Continence and Advanced Pelvic Surgery clinic has 2 urogynecologists, one colorectal surgeon and 2 advanced practice nurses. Lonberger and Julie Starr, APRN,

both manage very busy pelvic floor therapy clinics five days a week. "Soon after beginning practice I was seeing several patients a week and now my schedule is almost full. We receive referrals from providers all over the state of Missouri," says Lonberger. "I have found my role as advanced practice nurse caring for women to be personally and professionally rewarding!"

Beth is originally from Kirksville and graduated from Truman State University in 1978 with a BS in Nursing. She practiced at Laughlin Hospital and Kirksville Osteopathic Hospital until she moved to Columbia in 1991 to work as a supervisor in the MICU at the University Hospital. Beth has a daughter Nicole and granddaughter Kaitlyn who also live in Columbia. Beth enjoys being involved in her church, Mizzou sports and traveling with friends. "While family and work has a tendency to keep me very busy, I am blessed to have great friends with which to have fun," said Lonberger. You may contact Beth at lonbergerea@health.missouri.edu.

# News in Nursing

**G**reetings! We just returned from Jefferson City with all of our senior nursing students and five faculty members. Former nursing faculty member, **Rebecca McClanahan '75**, provided the key note address regarding the need for nurses to be politically involved and advocates for our clients. I also visited with **Courtney Wallace '09**, who assisted MONA with organizing and publicizing the event.

I spent this morning in our new lab in the Health Sciences Building. The construction work is coming to an end and the finish work (installing desks) is going on. The Department will move into a new nursing lab, classroom, and offices during May 2011. The faculty and I look forward to welcoming students to the new space in the fall.

We have greatly appreciated the second year of "Caring for Missourians" state funding. Nursing received funds for additional faculty members and equipment. During this academic year, we added Nurse Squared on-line documentation system to assist the nursing students with improved documentation skills. We appreciate your support of the nursing lab fund and contributions to nursing scholarship and development funds.

Our faculty, staff, and students have been active and productive. **Teak Nelson** successfully defended her dissertation research on March 1. We inducted several new members to the Rho Omega Chapter of Sigma Theta Tau. Thanks to **Connie Ayers, PhD**, former faculty member and director, for her presentation at the fall Rho Omega induction ceremony. All nursing cohorts are full with 200+ students. The Nursing Admissions Committee has received more than 200 applications, and they will continue to review applications and invite students to become a nursing major during Fall 2011.

We hosted an on-site Five Year Survey visit from two representatives of the Missouri State Board of Nursing in November. The nursing program will continue with full approval from MSBN for 2010-2015.

I appreciate the work of the faculty, staff, alumni, and students and their contributions to the health of communities, families, and clients. We hope to see you at Homecoming in the fall and we anticipate providing tours of the new facility!

Best wishes,

Dr. Stephanie Powelson  
Chair, Department of Nursing



# Improving Student Retention

**T**he Caring for Missourians (CFM) Initiative has provided Truman's Nursing Department with funding over a three-year period with the goal of increasing the number of nursing graduates. We have increased our freshmen admissions during the past two years by approximately 15%. In addition to using CFM funding to increase faculty, buy needed equipment, and improve our technology, the funds are also being used to improve student retention rates. A retention program was developed and coordinated by Sharon McGahan using upper level students to make up a Nursing Academic Assistance Team to provide one-on-one tutoring and supplemental instruction. **Jessamyn Phillips '11** worked with Teak Nelson on providing directed study groups for NU 310 Pharmacotherapeutics, resulting in an increase in HESI Pharmacology Exam scores. **Kaitlyn Friedly '12** and **Allison Harper '12** worked with Sally Carlisle to provide supplemental instruction for NU 240: Nursing Assessment and Fundamentals I. **Amanda Kliethermes '12** worked through the Student Success Center providing tutoring for NU 100 & 200 courses. This spring, the Nursing Academic Assistance Team expanded to include each of the five clinical lab student assistants to provide 2-4 hours of tutoring per week. Each student assistant was assigned to a 300/ 400 level nursing class and worked directly with the course faculty to provide study guidance and student support. The student support services have been very well received by both students and faculty and appear to be improving our retention rate.

---

## Mark Your Calendars For Homecoming --- October 8, 2011

**W**e hope you will make plans to join us in Kirksville to celebrate homecoming next fall. We will host our annual nursing alumni reception and provide tours of our new area in the new Health Sciences Building. We can't wait to show it off to you.



# Student Life

NU185 students **Kalina Brinning**, **Alycia Preston**, and **Devin Lingenfelter** attend a Health Awareness Week presentation by **Elizabeth Sorensen '07** on her work in Ivory Coast, Africa at an AIDS Clinic.



Juniors **Maxine Brenner**, **Sarah Marshall**, **Amanda Kliethermes**, **Sarah Coffman**, **Amelia Payne**, with Prof. **Kit Hadwiger** at the end of their clinical day (NU351) at Northeast Regional Medical Center.



**Rebekah Weicken '11** explains her research on "The Effect of Massage Therapy on Cancer-Related Pain in Advanced Cancer Patients at Senior Capstones."

**Carrie Ingersoll '12** (above) measures height and **Kayla Portwood '12** (below) checks vision while assisting with school screenings at Mary Immaculate Elementary School in Dr. Teak Nelson's NU385 Course.



# Dr. Constance Ayers returns to Truman



**F**ormer Truman Director of Nursing, Constance Ayers, PhD, RN, was welcomed back to campus by the Rho Omega Chapter of Sigma Theta Tau International Nursing Honor Society. Dr. Ayers was the keynote speaker for the combined Fall Speaker Series and New Member Induction on October 2, 2010. Ayers presented “Nightingale’s Nursing” and the impact of Florence Nightingale’s teachings on modern nursing. She outlined how Nightingale’s decisions paved the way for a new breed of educated women, who then paved the way for generations of nurses throughout the world. Sigma Theta Tau International declared 2010 as the “International Year of the Nurse”. Dr. Ayers’ presentation served to honor the impact that the Nightingale School had, not just on nursing,

but on the health of all humans coming after her. Dr. Ayers served as an educator at Truman for 21 years (1980-2001) with the last nine years as Director of the Nursing Program. She currently teaches at Texas Woman’s University in the Texas Medical Center in Houston, Texas. Dr. Ayers is also the Coordinator of the BSN Program and oversees a program with 350 junior and senior level students. She was named one of 20 outstanding nurses in Houston by the TNA District 9 in 2004. She currently has two funded projects, one using NASA integrated simulation techniques to develop a simulated hospital environment.

*“This was Florence Nightingale’s vision—to take nursing to the world. During the International Year of the Nurse, and the 100th anniversary of the death of Florence Nightingale, it is fitting to remember and honor the impact that the Nightingale School had, not just on nursing, but on the health of all humans coming after her.”*



*L-R, front row: Rebekah Weicken, Devon Mills, Danielle Brewster, Jacqueline Ross, Stephanie Bedford, and Kathryn Leakey  
Middle row: Audrey Gough, Bonnie Carman, Katie Hamilton, Katie Hansen, Yolanda Dale, Megan Mielke, and Laura Groebel  
Back row: Alyssa Scott, Kimberly Dodd, Karrie Evens, Julie Dusheke, Alex Sievert, and Elizabeth Sorensen  
Not pictured: Theresa Hasting and Julieanne Hagedorn*

## Fall 2010 Rho Omega Chapter Inductees



On Friday, October 2, 2010, 16 senior nursing students from Truman State University and 4 community nursing leaders were inducted into Rho Omega Chapter of Sigma Theta Tau International Honor Society of Nursing.



# IN THE Spotlight...



**Elizabeth Sorensen '07** (center) is pictured with NSA Health Awareness Week Co-Chairs **Amanda Kliethermes '12** (left) and **Megan Mielke '11** (right).

## Living with AIDS in Africa

**E**lizabeth Sorensen '07 presented "Living with AIDS in Africa" as part of Health Awareness Week 2011 on Feb. 15th. Elizabeth, who spent 18 months living in Ivory Coast, Africa working at an AIDS clinic, recalled her experiences treating men, women, and children who had been diagnosed with HIV. She explained the culture, the languages, the resources they had, and the resources they lacked. Health Awareness Week was co-sponsored by the Nursing Student Association and Rho Omega Chapter of STTI. Elizabeth is a member of Rho Omega, lives in Quincy, IL and works at Blessing Hospital.



**Dr. Teak Nelson**, assistant professor of nursing, successfully defended her doctoral dissertation, entitled "Finding 'the answers inside me': a model of empowerment through breastfeeding and weaning" on March 1st. She will graduate with a Doctor of Philosophy (Ph.D.) in nursing in May.

## Powelson/Tucker Nursing Lab Fund Established

**D**r. Stephanie Powelson and her husband, Tim Tucker, have pledged \$15,000 as part of Truman's "Bright Minds Bright Futures" Campaign. Their gift will be used to create an endowed fund specified for the growth and development of the nursing lab. Powelson currently serves as Chair of the Department of Nursing and has been with the University since 1996. Tucker earned his Bachelor of Science degree in biology at Truman in 1976 and serves as the Director of Student Resources at A. T. Still University.

The "Bright Minds Bright Futures" Campaign is the University's first comprehensive fundraising campaign, designed to help Truman achieve its vision of becoming the nation's premier public liberal arts and sciences institution and elevate its profile among all liberal arts schools.

This fund will be administered by the Department of Nursing and is an open fund capable of receiving additional contributions. Dr. Powelson would be happy to visit with anyone interested in contributing to this fund or establishing one's own additional fund.

To learn more about "Bright Minds Bright Futures," visit <http://campaign.truman.edu>.



<http://nursing.truman.edu>

# Gift/Change of Address

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

New Address  Name Change

Name (First, Last, Grad Name) Grad Year

Address

City, State, ZIP

Phone E-mail

Employer

## Comments and News

---

---

---

---

---

Please include this information in the Truman Review  
 Please send me the online newsletter, News@Truman.

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

\$1000  \$500  \$100  \$50  \$25  Other \_\_\_\_\_  
 Check  Discover  MasterCard  VISA

Account No. Exp. Date

Signature

Please make checks payable to **Truman State University Nursing Program**

Please direct my gift to:

- Nursing Skills Lab
- Nursing Foundation Fund
- Scholarship
- Other \_\_\_\_\_

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

**S**hare with us your news, accomplishments, plans, travels, marriage, births, etc. Don't forget address changes so the newsletter can keep up with you. Please send updates and notes to **Shirley Riley**, [sriley@truman.edu](mailto:sriley@truman.edu) or to **nursing@truman.edu**, or by postal mail.

**Katie Spiegel (2000)** recently moved to Bangkok, Thailand with her husband. They are expecting their first child. She currently works as a clinic nurse/lactation consultant.

**Vanessa Lincoln (2004)** and her husband recently welcomed their third child, Zachary. She continues to work at Chariton County Health Center and is pursuing a MSN degree at Sinclair School of Nursing (MU).

**Rachael Smith (2007)** works at Barnes-Jewish Hospital as an Infection Prevention Specialist. Rachael will graduate with a MPH degree from St. Louis University in May 2012. She is engaged to **Ben Snyders (2009)** who works at St. John's Mercy Medical Center in the CVICU.

**Kelly (Gannon) Bunnell (2007)** and her husband share the news of a new baby, Nellie. Kelly works at St. Francis Medical Center in Peoria, IL.

**Nohemi Alvarez (2008)** and her husband are now stationed in Great Lakes, IL. She is starting a travelling nursing position.

**Courtney Wallace (2009)** is pursuing a MSN degree in public health nursing at Sinclair School of Nursing (MU).

**Bryan De Guzman (2010)** is starting a new position at Duke Medical Center in Durham, NC. He is engaged to **Erin Randall (2009)**, who is pursuing a MSN degree at UNC-Chapel Hill.

**Haley Hamlin & (2010)** passed boards and is working at BJC in St. Louis, MO.

**Thiky Vorachack (2010)** passed boards and is working at BJC in St. Louis, MO.

**Tina Roybal (2010)** and her husband have a new daughter, Eva. Tina works at St. John's Mercy Medical in St. Louis.

*Thanks for your e-mails and notes.*

## History Buffs

We are looking for pictures of the various NMSTC, NMSC, NMSU nursing pins. If you have one, please send an "up close" digital picture of it to [sdelaware@truman.edu](mailto:sdelaware@truman.edu).