

Nursing

AT TRUMAN STATE UNIVERSITY

Spring 2012 Nursing

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Healing Hands in Haiti

Kari (Edgar) Elliott '04 spent the first five years following graduation from the Nursing program gaining the experience she needed to become a highly skilled, competent pediatric nurse. The years spent working in Pediatric Intensive Care (PICU), Emergency Room, Orthopedic Surgery, and Burn Intensive Care prepared her for her current role in maintaining and promoting health in children. In March 2009,



Truman Nursing Alumna **Kari Elliott '04** holds one of the young patients she cared for while doing mission work in Haiti.

back and legs. His surgery for debridement and grafting had to be postponed because he didn't receive the blood that was ordered. "Physician orders were often not followed and medications not administered properly". Putting her burn care skills to use, Elliott began to work daily with this patient and by the end of the week, he was able to get out of bed and walk for the first time since his injury. Another of her young burn patients was a one month old with first and second degree burns to much of her body. With diligent, consistent burn care she saw the young patient's skin almost completely heal by the end of the week.

Elliott began working for Tiger Pediatrics, a busy clinic in Columbia, MO. She enjoys her job, her patients, and especially her boss. "I saw enough sadness in my years in the PICU... now I try and help keep patients out of where I used to work".

In March 2011 Elliott put her knowledge and skills to use in Milot, Haiti working in a hospital where an Intensive Care Unit (ICU) and Post Anesthesia Care Unit (PACU) were set up. While she worked with a variety of patients, much of her time was spent working with the pediatric population. Her young patients suffered from a variety of conditions and illnesses which included burns, failure to thrive, diaphragmatic hernia, and low birth weight newborns. One of the first patients that Elliott cared for was a five year boy who lived with his blind grandmother and had sustained first to third degree burns from an oil lamp spill on his face, arms, chest,

In addition to missed orders and medication omissions, there were multiple other problems with patient care at the clinic. Elliott observed tiny one kilogram (2 lbs. 2oz) newborns that were positioned so poorly that their airways were blocked and they suffered from hypothermia. Emergency equipment, such as ambu bags, was difficult to find in poorly organized storage areas. Burn care and bilirubin protocols were nonexistent. Elliott responded to these needs by establishing written protocols and teaching a class on burn care, neonatal care, and hyperbilirubinemia to physicians and nurses. She included a graph to plot bilirubin levels in the hope to get the bili-lights started earlier. She demonstrated and emphasized importance of positioning and temperature control for neonates who were hypoxic and hypothermic. Elliott didn't just go and help for a week; she left them with tools and knowledge that will help them for many weeks and years to come.

"It was an amazing and rewarding experience... a trip I will never forget," says Elliott. She returned Kirksville to share her Haiti experience with Truman nursing students in Dr. Teak Nelson's Child/Family Nursing Course (NU 385). Elliott, who is PALS (Pediatric Advanced Life Support) certified also maintains her connection with Truman by allowing nursing students to shadow her at Tiger Pediatrics in Columbia, Missouri. **Kaitlyn Polley '13** summed up her experience with Elliott stating "She is knowledgeable, does a great job connecting with her patients and their families, and is a wonderful role model for Truman Nursing students".

Elliott lives in Columbia with her husband Tony. You may contact her at camybree77@yahoo.com.



Rachel Luttbeg '13 and **Megan Howe '13** pose with young clients (twins Chase and Drew who were born at 29 weeks gestations) during their day spent shadowing Elliott at Tiger Pediatrics in Columbia, Missouri.

The Nursing Learning Lab Through the Years:

The nursing lab has seen many changes through the years which include name changes, new locations, new directors, and new technology. Dukane projectors and filmstrips have been replaced by DVDs, streaming videos, and YouTube. Overhead transparency projectors have been replaced by Laptops and Power Point presentations. Manikins are now equipped with computerization to simulate cardiac arrhythmias, respiratory rates, lung sounds, seizure activity, cyanosis, etc.

The first learning lab was located in the Kirk Building and was called the Independent Learning Center (ILC) from 1980 to 1995. **Norma Winslow '72** was the Director. This was a “state of the art” learning lab where students could go independently to watch film strips and practice various patient care techniques. The Nursing Program moved to Barnett Hall in the early 1990’s. In 1995 Truman Nursing adopted Jean Watson’s theoretical framework for care (Science for Human Caring) and the name of the lab was changed to Nursing Center for Caring Arts (NCCA). Upon Winslow’s retirement, **Susan Barrow** took over as the NCCA Director until 2001. At this time, **Sarah Delaware** became the Director and remained until her retirement in 2011. The summer of 2011 found the Nursing Department moving into the third floor of the Health Science Building, specifically designed for Nursing with a learning lab equipped with ten beds, two break-out rooms, various simulators, and recording equipment to facilitate simulation scenarios and debriefing. The name of the lab was changed to Nursing Simulation Center (NSC) in order to reflect the increased role of simulation in the education of nursing students. **Pam Melvin '84** became the first Coordinator of the NSC in June of 2011.

Winslow stopped by the new facilities last fall for a tour and to reconnect with current faculty and former students. Winslow educated (and nurtured) many nursing students. “I have lots of wonderful memories of the students checking off on their motor skills in the ILC”. Her former students include current faculty Melvin (NSC Coordinator), **Susan Lambert '93** (Adult Health) and **Corrie Willis '87** (Community Mental Health). The learning lab may have undergone many changes through the years, but one thing remains the same: it continues to provide a safe, hands-on environment for students to practice and refine nursing skills before they practice in the clinical setting.

Name Changes/ Location Changes/ Director Changes

- Kirk Building: Independent Learning Center (ILC)
- Barnett Hall: Nursing Center for Caring Arts (NCCA)
- Health Science Building: Nursing Simulation Center (NSC)



1983: **Dianna Cahalan '84** watches a “filmstrip” on the Dukane projector in the Kirk Building ILC



2011: (L-R) Delaware, Melvin, Winslow, Lambert and Willis.



2011: Melvin observes **Emily Berenz '12** as she practices assessment techniques in the NSC.

Student Life



Jessica Flieg '13 takes a blood pressure during a clinical rotation at Northeast Regional Medical Center.



(above) St. Jude Marathon: Ten nursing students from the class of 2012 traveled to Memphis, TN to participate in the St. Jude Marathon Weekend on December 3rd, 2011. Front. L-R: **Jessy Wehner**, **Molly Wersching**, and **Bridget Cahill**. Back, L-R: **Amanda Kliethermes**, **Sarah Marshall**, **Stephanie Grauel**, **Kaitlyn Friedly**, **Kayla Portwood**, **Emily Berenz**, and **Amy Wiley**.



(left) **Tamera Guilford '12** explains her Capstone Research Poster Conceptualization and Effects of Animal – assisted Therapy on Chronic Pain in Geriatric Patients with Rheumatoid Arthritis to Department Chair Dr. Stephanie Powelson.



(above) Nursing students have a place to hang out on the bridge which connects the HS Building to Pershing Building. L-R: **Ramina Caballas '14**, **Catherine Neiner '13**, and **Rebecca Abernathy '13**.

(Left) **Dr. Teak Nelson** debriefs (N385) students following a pediatric simulation scenario. L-R: **Jessica Baker '13**, **Erin McAndrews '13**, and **Kaitlyn Polley '13**.



News in Nursing

Greetings! We are enjoying some lovely spring weather in Kirksville with just a month until the end of the semester and graduation. Senior students are applying for positions and preparing for nursing boards. To assist the graduates, the department hosts an NCLEX preparation course during two weekends in April. Many of the students appreciate an on-site review course.

Pam Gardner, former faculty member, will be teaching the on-site course and assisting the students as they prepare for this significant exam.

We are nearing the one year anniversary of our move to the new Health Sciences building. Faculty and staff members have been very productive in creating new simulations and in engaging students in new ways of learning. I'd like to express my appreciation to Pam Melvin for facilitating much of the work in the nursing simulation center. With the help of five senior nursing students, the lab is open during extended hours (evenings and Sundays).

Although Sarah Delaware retired in December 2011, she returned to assist the students with clinical instruction. Sharon McGahan continues to teach a writing enhanced class in death and dying. Sarah and Sharon share a love of nursing history, and they are working on organizing some of the department's history and artifacts.

Senior nursing students present a senior capstone project at the end of the nursing research course. Spring Capstones are scheduled on April 26, 2012, sponsored by the Rho Omega Chapter of Sigma Theta Tau International (STTI), and several other nursing and health care organizations. The keynote speaker, Dr. Pat Porterfield, will be sharing her nursing experiences in Rwanda. Many of the nursing students have studied abroad or aspire to work in developing countries. I hope to see some of our alumni at Capstones. Special thanks to the leaders in Rho Omega for assisting with the plans, including Shirley Riley, President, Melissa Holcomb, Vice-President, Angella Shuey, Secretary, and Kit Hadwiger, Treasurer. Thanks to Steve Hadwiger for his work in preparing the students.

The department will be hosting an on-site accreditation visit with the Commission on Collegiate Nursing Education (CCNE) during October 2012. The faculty and staff are preparing a self-study to provide evidence of the quality of our baccalaureate nursing program.

We are in our last year of the "Caring for Missourians" funding for health professions. This grant has been very helpful in providing equipment in our new classroom, labs, other areas, and support for additional faculty.

We hope to see you at Homecoming in the fall! Have a wonderful summer, and please stay in touch!

Best wishes,

Dr. Stephanie Powelson, Chair and Professor of Nursing

Student Honors Class of 2012

Three members of the Class of 2012 will be honored as Valedictorians with 4.0 GPAs. They are Kaitlyn Friedly, Amy Wiley, and Stephanie Grauel. Friedly has also been named Outstanding Nursing Student for the Class of 2012 and Wiley will receive Outstanding Graduating Student Nurse



Kaitlyn Friedly

Stephanie Grauel

Amy Wiley

Who's Who Among Students in American Universities and Colleges:

Six seniors from the class of 2012 are being recognized for outstanding academic achievement, character, leadership and service.

- Amy Wiley
- Heather Talpers
- Stephanie Grauel
- Amanda Kliethermes
- Kayla Portwood
- Jessica Wehner.

MARK YOUR CALENDARS FOR HOMECOMING:

OCTOBER 20, 2012

We invite all alumni and friends to visit us at the Nursing Alumni Reception immediately following the homecoming parade. Hope you can come!

Cluster Class Reunion Luncheons will be held in the Student Union for the following classes:

- Golden Alumni - Class of 1962* & All Prior Classes
- Classes of 1971, 1972 & 1973
- Classes of 1981, 1982 & 1983
- Classes of 1986, 1987 & 1988
- Classes of 1991, 1992 & 1993
- Classes of 2001, 2002 & 2003

IN THE Spotlight



Nursing Day at Jefferson City

41 Senior Nursing students and four faculty members pause for a picture on the steps of the Capitol on Feb. 22nd in Jefferson City, MO. They were there to participate in both Missouri Nurses Association (MONA) Nurse Advocacy Day and Truman Day.



Hadwiger's Publish Article on Childbirth

Mariquit (Kit) and Stephen Hadwiger published "Filipina mothers' perceptions about childbirth at home" in *International Nursing Review's*, March 2012. Kit completed this study in the Philippines during her sabbatical of Spring 2010. Kit interviewed 26 Filipina mothers who had delivered children at home with the support of a traditional birth attendant instead of a professional. In the Philippines, professionals include physicians, nurses, and trained midwives. However, many women choose to use untrained traditional *hilots* (traditional midwives). Kit presented her findings on Nov. 1, 2011, at the 41st Biennial Convention of Sigma Theta Tau International Honor Society of Nursing.

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

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Alumni News/Notes

Share 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 or to nursing@truman.edu, or by postal mail.

Norma Winslow '72 (retired Assistant Professor and Director of the Independent Learning Center (ILC) and her husband Bill spent their winter in Mesa, AZ. They now plan to sell their home in Kirksville and make Arizona their permanent address. She welcomes hearing from former students. Her address is 2373 Leisure World, Mesa, AZ 85206. nwinslow@cox.net

Ronda Shockley Baird '84 is employed by "The Meadows" in Wickenburg, AZ as the Assistant Director of Nursing. She is married to Jeff Baird, DO ('87 graduate of KCOM). Ronda has two children, Jake, age 21, and Lyndi, age 17, and three dogs, two horses, and three hens.

Amy Heidotten '02 recently left her job at St. Louis Children's Hospital to become a school nurse at Twillman Elementary School in the Hazelwood School District. She, once again, will spend her summers as a nurse at Girl Scout Camp Tuckaho. She is volunteers as a Girl Scout Leader and with the local American Red Cross and Health Services team. ames802@yahoo.com

Gregg Nurrenbern '06 started a new position at the Cabot Clinic in the Kansas City metro as a Nurse Practitioner. It is a safety net clinic primarily for the Hispanic population of KC. He has passed boards and has received all license requirements. nurrenbern@hotmail.com

Matt Doellman '06 completed the Rouge-Orleans 126 mile race in February. He finished in 35 hours 16 minutes 38 seconds, winning 1st in his age division and 10th overall. Matt was among participants from Hong Kong, Canada, and the US. The runners ran on top of the levee following the Mississippi River from Baton Rouge to New Orleans.

Michelle Kwartta '07 works at Cardinal Glennon in St. Louis. Following a couple of years in NICU she now works in same-day surgery and is working toward a Pediatric Nurse Practitioner degree.

Stephanie Bedford '11 is working in a busy Children's Hospital Emergency Department in Fresno, CA. She enjoys being close to the mountains and ocean. She is returning to Kirksville for a visit and as a guest speaker in Pam Melvin's Profession in Leadership (NU480) course this spring.