

Nursing

AT TRUMAN STATE UNIVERSITY

Spring 2014 Nursing

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Loloma Mai Viti — Love from Fiji

by Courtney Oxandale '13

Bula Vinaka! Greetings from the South Pacific islands of Fiji, where I have been serving as a health volunteer in the Peace Corps for the past six months. I arrived on Fiji's main island in September, where I trained in an indigenous village for two months. During this time I learned about the culture, language, and health practices within Fiji. Some of my fondest memories from training include washing my clothes in the river with the women in my community, learning how to crack coconuts with my machete, and finally teaching the women and children about nutrition.

It was difficult leaving the village, but in November I was assigned to my permanent post in the capital of Fiji, Suva. I currently work in a health center within the most densely populated region in the country, Raiwaqa. I serve as a clinical instructor for nursing students and also lead continuing nursing education classes. My favorite days are when I journey into the slums for health outreach regarding malnutrition, dengue fever, typhoid, and scabies. Lack of education, proper sanitation, and resources are all challenges regarding these illnesses.

Despite its health disparities, Fiji is a country rich in culture, natural beauty, and most of all, generous people. In many ways, serving in the Peace Corps is much like serving as a nurse. Every day there are challenges, yet at the end of the week, it is our passion for others that propels us to achieve the highest level of care for our patients.

Courtney Oxandale '13, courtney.oxandale@gmail.com, entered the Peace Corps following graduation last May and will be serving in Fiji for two years. If you would like to keep up with Oxandale and her Fiji adventure, you may visit her blog at: <http://Fijipeacecorps.wordpress.com>



Courtney Oxandale '13 teaching dental health to Fiji children.

The toughest job you'll ever love.

—Peace Corps



Oxandale with Fiji nursing students.

Cadet Battalion Commander Adrienn Myers '14



Myers in a medevac at Fort Knox before her trip to Tanzania.

Nurse at Landstuhl Regional Medical Center. During NSTP, participants provided care under a preceptor's supervision, and were exposed to a variety of learning opportunities (Medical/Surgical, ER, ICU, opportunities to speak to a variety of Army Nurse Corps officers, etc.). In her assignment to Germany she was involved with caring for and stabilizing severely injured soldiers from Afghanistan and Iraq enroute to facilities in the US.

In the summer of 2012, Myers was selected to attend a highly competitive paid Cultural Immersion Trip with the Army to Tanzania, Africa. While in Tanzania she worked with a team of Cadets from other ROTC programs across the US. Their team went into underserved schools to teach Math and English.

In addition to being an outstanding cadet, Myers also excels as a nursing student. She was inducted into Sigma Theta Tau International Nursing Honor Society in October 2013.



Myers working with students at Faraja Orphan Center in Tanzania.

Myers participating in the Bataan Memorial Death March (White Sands Missile Range, New Mexico)

Adrienn Myers '14 was selected to serve as Cadet Battalion Commander during the academic year 2013-14. This position is given to the top ROTC cadet out of 200 cadets in the battalion. As Cadet Battalion Commander she is responsible for managing her staff of 8 senior cadets and providing over 280 hours of training for up to 200 Truman students and cadets. She is only the second female Battalion Commander in the last 15 years and the first nursing student to ever receive this honor. She also received the prestigious George C. Marshall Award, for which she will attend a seminar in Virginia with the top Cadets from 247 ROTC programs across the nation.

Myers spent one month of training at Fort Lewis last summer in the Leadership Development and Assessment Course. In this capstone event she was grouped with 5000 other ROTC juniors from around the nation. She was challenged daily with "hands on" tests of physical and mental resilience and leadership ability. Myers was a distinguished graduate of this Assessment Course.

Additionally, Myers spent one month of training in Germany as part of the Nurse Summer Training Program (NSTP). During the 140 hour clinical opportunity, she worked one-on-one with an Army





Rho Omega Induction

Rho Omega Chapter of Sigma Theta Tau International Nursing Honor Society inducted thirteen seniors on Oct. 13, 2013. *L-R first row: Brittany Thompson, Carly Moriarty, Andrea Grojean, Adrienn Myers, Danielle Burgess, and Meghan Krepel. Second row: Stephanie Lepper, Jessica Curl, Megan Greving, Allison Faron, Nicolette Jerowski, Erin Bavery, and Shelby Leppin. Not pictured: Allison Daraban and Mariah Gottman.*

News in Nursing

Greetings!
 April in Kirksville! We are enjoying some cool Spring weather. Our senior students are making plans for their future nursing positions, applying for their nursing licenses, and of course, passing their nursing boards. Best wishes to our graduating seniors as they consider employment and/or graduate education.

The spring semester is always very busy for faculty and students. The senior class and six faculty members participated in Missouri Nurse Advocacy Day in February 2014 to speak with legislators about funding for education and removing barriers to practice. The students advocated for the profession and access to nursing care. Several students will attend the National Nursing Student Association spring meeting. Nursing students also organized and offered a campus health awareness fair and screenings for early detection of disease. Special thanks to Cindy Mayberry, RN, MSN for her presentation about mental health as part of health awareness.

The first accelerated BSN (ABSBN) cohort is progressing through their nursing courses and clinical rotations. The second ABSBN cohort will begin nursing classes during Summer 2014. The faculty and staff have been very busy working with the ABSBN and traditional students. **Nancy Bussineau**, Nursing Admissions Coordinator, has been invaluable as she met with prospective students and assisted faculty/staff. Nancy will be returning to Michigan with her husband during Summer 2014. We will miss you, Nancy!

Faculty and staff continue to utilize technology to

improve teaching/learning in classrooms, clinical, and the nursing simulation center (NSC). We were very excited to welcome our newest manikin, Anne, to the NSC. A new patient lift has been recently added to enhance instruction about patient safety. Special thanks to the faculty and staff for their work in the NSC, classroom, and clinical areas.

I am sure you will enjoy reading about the experiences of our students and alumni, including **Courtney Oxandale** in the Peace Corps and **Adrienn Myers** as Cadet Battalion Commander. Please continue to share your news and experiences with us.

If you are searching for additional information about the nursing department, please feel free to visit our updated website or email or call us. I hope you will consider visiting the department during homecoming weekend (October 10-12, 2014).

Please enjoy your spring/summer, and stay in touch!

Best wishes,
Dr. Stephanie Powelson
 Chair
 Department of Nursing

Stephanie Powelson
 with Cadet Battalion
 Commander **Adrienn**
Myers '14



Student Life



World AIDS Day

Nursing students held their annual candlelight memorial service on Dec. 3, 2013 to commemorate those affected by the human immunodeficiency virus infection (HIV) and acquired immunodeficiency syndrome (AIDS). The service was to encourage people to get tested for the disease, know their status, and promote disease prevention and education.



Health Awareness Week 2014



Seniors **Eva Copeland**, **Megan Greving**, and **Nicolette Jerowski** educate on "Ways to Manage Stress".

Seniors **Danielle Burgess** and **Allison Faron** prepare to perform HIV/STI Testing.



Accelerated Bachelor of Science in Nursing (ABSBN) Cohort

First class of the Truman's ABSN program are well into the 15 month program. First Row L-R: **Laura Anderson**, **Mary Manley**, **Valerie Speight**, **Tricia Piccirillo**. 2nd Row: **Teresa Vodopest**, **Katelyn Thomason**, **Kyle Shaw**, **Mendon Kelrick**, **Brooke Weseman**, and **Amanda Schaffner**.

Health Awareness Week is an annual event sponsored by the Nursing Student Association (NSA).

Throughout the week there are a number of events and activities, including speakers and screenings, aimed at educating and promoting healthy lifestyles on campus.



IN THE Spotlight



L-R: Asst. Professor **Pam Melvin** with seniors **Ashleigh Hampton** and **Meghan Krepel** at Nurse Advocacy Day.



New Manikin shares in the Truman spirit on “Purple Friday”

Anne (a newly purchased mid-fidelity manikin) was captured sporting Truman purple in the Nursing Simulation Center on “Purple Friday” with nursing students and faculty. L-R: **Stephanie Powelson**, **Madeline Niehaus** ‘15, **Emilie Locke** ‘14, **Sarah Delaware**, **Anne**, **LeeAnn Corneilson** ‘15, **Jessica Curl** ‘14, **Pam Melvin** and **Mollie Killion** ‘15.



Prof. **Emerita Sharon McGahan** and **Dr. Paula Cochran** (Communication Disorders) traveled to India to attend the wedding of **Alafiya Nasrulla** (’09). While McGahan retired in 2008, she continues to teach part-time. She has taught JINS: Death and Dying and is currently teaching NU 475 Critical Care.

Nurse Advocacy Day

Nursing faculty and senior nursing students spent Feb. 19, 2014 at the Missouri Nurses Association (MONA) Nurse Advocacy Day in Jefferson City, where they learned about the political process that affects all nurses and nursing students. The legislative issues discussed were licensure for advanced practice registered nurses (APRNs), the addition of scope of practice for APRNs, and the removal of barriers within collaborative practice arrangements to increase patient access to care. Speakers urged nurses to become proactive in protecting their patients and practice by educating their state and federal legislators. Legislators they met with included **State Representative Nate Walker** and **Missouri State Senator Brian Munzlinger**. The daylong event concluded with a speech by Missouri **Governor Jay Nixon**.



On Oct. 12, 2013 nursing faculty **Stephen** and **Kit Hadwiger**, members of the Filipino Kultura Dance Troupe, performed at the National Federation of Filipino American Association’s Region 3 celebration of Philippines History Month. Under the choreography and direction of Faith Oyangurin-Omandam, a professional folk dancer from the Philippines, the Hadwigers performed a traditional bamboo dance called Tinikling. They repeated this performance again on Christ the King Sunday for the Diocese of Jefferson City. On Sunday, Jan. 12, 2014, Kit performed with other troupe dancers in a dance for the Filipino Celebration of Sinulog—a celebration in honor of the baby Jesus—at Lady of Lourdes Church in Columbia.

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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. Send updates and notes to **Stephanie Powelson**, spowelso@truman.edu or to **nursing@truman.edu**, or by postal mail.

Brandi (Sweiger) Breckenridge '03 is a Home Health RN Case Manager at Cameron Regional Medical Center. She lives in Lathrop, MO and is enrolled in the MSN Nursing Education program at UMKC. brandisweiger@hotmail.com

Shradha Pandey '11 plans to graduate from LSU Shreveport with a Masters in Public Health Degree in May and plans to pursue her FNP soon. shradha_01@hotmail.com

Carissa (Allen) Cox '05 received her MSN Nurse Educator from Graceland University in December. She is currently working at Wayne County Hospital in the Surgery Department. Her husband, Justin works at Wayne County Hospital as a registered nurse in the dialysis department. They have a 4 year old son, Caden and a 1-year old daughter, Jordyn. cajcox@graceland.edu

Mark Your Calendar: October 12-14 Homecoming 2014

We love to have alumni come back and visit. Get a group of your classmates and come back to reminisce about the good times at Truman.

Funding Endowed Scholarships

Endowed scholarships at Truman range in value from \$15,000 to over \$3.5 million. Endowed scholarships are awarded when the principal balance reaches a minimum level of \$15,000 and the fund has generated sufficient earnings. Endowed scholarships can be established with an outright gift, pledges fulfilled over a period of years, or with a planned gift. Donors select the name, description and criteria for the scholarship with the assistance of the Advancement staff. If you are interested in learning more, contact Charles Hunsaker at 800-452-6678.