

Nursing

AT TRUMAN STATE UNIVERSITY

Fall 2011 Nursing

Truman State University • 100 East Normal • Kirksville, MO • 63501
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Delaware Retires



Associate Professor Sarah Phelps Delaware MSN, RN will retire this December after 31 years at Truman State University. She joined the Department of Nursing in 1980 when she and her husband, Dana (Professor of Chemistry), decided that Northeast Missouri State University was a place where they could both find rewarding careers in higher education.

Delaware, the daughter of a nurse and college professor, received a diploma from West Suburban Hospital School of Nursing (affiliated with Wheaton College, IL); a BSN from the University of Iowa; and an MSN

from the University of Arizona. She taught many nursing courses, including medical-surgical, public health, assessment, introduction to nursing, maternity nursing, and clinical elective. She also served on various committees and councils, including Curriculum, Student Affairs, Faculty Affairs, Undergraduate Council, Graduate Council, Faculty Senate, Faculty Development, and Freshman Week. Delaware spent the last 10 years as Director of the Nursing Center for Caring Arts (NCCA) preparing students for patient care. In 1998, she received the William O'Donnell Lee Advising Award recognizing her excellence in advising students.

When asked what she has enjoyed most about her time at Truman, she mentions students, faculty, and staff. "When the joy of learning and the 'ah-ha' experiences take over the drudgery of schoolwork and seeing the light bulb go on for students, sometimes after they graduate. They all bloom at different times and in different ways."

Following retirement, Delaware plans to work on the history of the nursing program with Sharon McGahan. She hopes to find a way to archive and display the nursing program memorabilia (uniforms, caps, photo scrapbooks, pinning programs, image pieces, yearbooks, and the

cont. on pg. 2

A New Home for Nursing

The Department of Nursing spent the spring and summer pitching, packing, and moving into the new Health Sciences Building. Faculty and staff excitedly moved into and organized their new offices, work room, and simulation labs. We are well into our first year of providing quality education to our talented and enthusiastic nursing students.

The new Nursing Simulation Center (NSC) is conveniently located in the center of the Nursing Department and has a ten bed capacity, an eight bed ward plus two breakout rooms. The NSC provides a safe setting where students learn, practice and refine nursing skills (verbal and motor) before they practice in the clinical setting.

With the help of new technology and innovative ideas, Truman's nursing faculty are reaching today's students in the classroom, in the laboratory and in a variety of health care settings.

See page 5 for more photos of the facility.



The manikins enjoy some rare time out of the lab during their move from Barnett to the HS Building.



Sarah Delaware assists **Sarah Jacobson '12** (right) as she performs a "finger stick" on **Amanda Kliethermes '12** for glucose monitoring.

Sarah Delaware: "Jill of All Trades"

By Sharon McGahan**

I was sweltering! It was July 1980, and I was living in a mobile home on the top of a hill. My air conditioning had gone out, and I was sitting in my living room in shorts with the windows open. The phone rang, and a male voice said "Could you come down and talk to a potential nursing faculty member?" **Dean Darrell Krueger** believed that everyone knew his voice! I did not even realize we were looking for faculty! For the sake of possible air conditioning at the Vice President's office, I dashed off to meet this person. History was made! I met a soul mate and friend, and Truman Nursing gained a historian, hospitality queen, and "Jill of all trades".

Sarah Delaware and I came from similar educational backgrounds. As diploma school graduates we were very practical in orientation. Sarah has always made notes, on tiny pieces of paper, up one side, and across the other. This enabled her to keep track of almost anything and to respond to any request. I think her mind is a collection of notes, because she always seems to be able to pull a name, home town, or workplace out of thin air! This ability is especially helpful during homecoming, when Sarah can remember alumni, their school experiences, and where they used to work!

Her interest in nursing history has lead to "hoarding" of all types of Truman Nursing artifacts. This interest has inaugurated several capstone presentations on Nursing at Truman, the who, what, and where of our professional academic journey at Truman. Her collection contains uniforms, scrapbooks, yearbooks, programs, even old textbooks. Now we just have to catalogue and organize it all!!

Delaware is eminently adaptable, from labeling everything in sight, to jury rigging IV bags, foley catheters, or dressings on a pretend wound. Some of the first "simulations" in the lab in Kirk Building and Barnett were her ideas. She has taught almost every course and clinical area, and frequently was the "swing" person to cover extra clinical groups.

Her interest in people is long standing. She really gets to know the students, and has a keen desire to see all students succeed. This drive was validated in 1998 when she was a recipient of the William O'Donnell Lee Advising Award. Sarah believes the program and the university are a community, and she has served in a variety of leadership roles throughout her tenure. Within the department, she has served on Faculty Affairs and Curriculum Committee for years, and has well represented the program and Division on Undergraduate

Council, Graduate Council, and Faculty Senate, and Faculty Development committees. Delaware has been our correspondent to alumni and former faculty, keeping the rest of us informed. She is always thinking of others, and the first to initiate cards for birthdays, anniversaries, and condolences. Sarah's brownies are infamous at meetings, and she is one of the first to think of the coffee pot!

She takes pride in the little things she does. From dancing the Macarena in clinical orientation, to calling for help as a convincing choking victim in CPR practice, Sarah Delaware has always given of herself. In her own words, "I love it when my daughter says, 'Mom, you know everybody...and everybody has been your student!' I love it because I feel like I've been able to touch many lives in a variety of ways...perhaps like a pebble thrown in a pond....and the ripples go on and on? I certainly hope so."

Sarah Delaware will be missed; not just for the big events, but for all the little ways she has tried to grease the wheels of our little community of students, staff, and faculty.

Faculty Emeritus **Sharon McGahan Ed.S., MSN, RN (smcgahan@truman.edu) taught in the Truman Department of Nursing from 1977 until her retirement in 2008 and currently teaches JINS 332: Death & Dying.

Delaware Retires, cont. from page 1

composite pictures of the nursing classes. She is looking forward to spending more time with her husband, Dana; and children, Ruth, Ben (Shannon), Mary, Becky; and her very special first granddaughter, Sydney.

She hopes to find a way to archive and display the nursing program memorabilia (uniforms, caps, photo scrapbooks, pinning programs, image pieces, yearbooks, and the composite pictures of the nursing classes. She is looking forward to spending more time with her husband, Dana; and children, Ruth, Ben (Shannon), Mary, Becky; and her very special first granddaughter, Sydney.

Delaware leaves Truman with a big pair of shoes to fill. Besides her official duties, she has a number of unofficial ones: frivolity and refreshment organizer, card preparer for birthdays, graduations, retirements, and song leader. She is the "go to" person for historical, alumni, and former faculty information. She is compassionate, caring, and nurturing of students, staff, and faculty. Sarah Delaware is a fun loving friend and serious educator rolled into one. Yes, these are some very big shoes.

Delaware's Passion for History...

Sarah Delaware plans to be busy in "retirement" with cataloguing, organizing, preserving, and displaying Truman nursing memorabilia. We look forward to sharing our proud history with tasteful display cases and composite holders. If anyone wishes to make a contribution in her honor, the funds will be used toward this endeavor. See the back page of this newsletter for information on how to send your contribution in honor of Sarah.



News in Nursing



reetings! We just celebrated Homecoming 2011 and an open house in the new Health Sciences building. We were delighted to see so many graduates and their guests return for a visit. Thanks to **Sarah Delaware**, **Sharon McGahan**, and other faculty and staff for assisting with the reception and open house.

In mid-May 2011, nursing faculty/staff moved into the new HS building (which connects to Pershing Building via a bridge or underground). We are especially pleased with our offices, classrooms, and the nursing simulation center; we purchased 8 new beds and other needed equipment for the lab, including a recording system to enhance simulation experiences. We also opened a second nursing lab in Pershing Building with 6 beds and other clinical equipment.

Sarah Delaware has announced her plans to retire in December 2011. We look forward to celebrating this very special event with her. **Pam Melvin** accepted the responsibilities of the nursing simulation center coordinator by opening the new labs and organizing many of the simulation activities associated with most of our clinical courses. Thanks to both Sarah and Pam for serving our department in this way.

We welcome new faculty members, **Susan Lambert** and **Tami Blecha**, who started with us this fall. Susan is a graduate of our program, and Tami is currently a graduate student at the University of Iowa. They are teaching in adult health nursing. We are pleased to work with **Dr. Janet Gooch**, our new dean of the School of Health Sciences and Education. **Dr. Sam Minner**, our former dean, began his position as provost at Radford University in Virginia on July 1.

We are in our last year of the "Caring for Missourians" funding for health professions. As you may recall, Nursing and Communication Disorders received funding of \$750,000 for three years for additional faculty, equipment, and other support. This grant has been very helpful in providing equipment in our new classroom, labs, and other areas.

Enrollment has been very strong in our nursing program. All of our cohorts, freshmen through seniors, are full. We accepted 60 freshmen students for the Class of 2015.

We would be happy to see you at Truman when you are in the area. Please stay in touch!

Best wishes,
Dr. Stephanie Powelson
Chair and Professor of Nursing

Preceptors of the Year

Each year highly qualified registered nurses are selected to serve as role models, mentors, and supervisors for senior nursing students. These RN preceptors assist the faculty and students in meeting course objectives in selected clinical areas. Preceptors of the Year are selected by faculty and senior nursing students. Preceptors of the Year were recognized April 28, 2011 at the Capstones of Nursing Luncheon.

• Community Preceptors of the Year: Schuyler County Health Department nurses **Sharon Wheeler**, RN and **Marge Weber**, RN for their work with students in a community setting.

• Acute Care Preceptors of the Year: Northeast Regional Medical Center nurses **Dustin Hubbard**, RN (Emergency Department) and **Laura Williams**, RN (Obstetrical Unit) for their work with students in the acute care setting.



Truman Community Preceptors Of The Year: (L-R) **Pamela Melvin** (Nursing Faculty), **Laura Groebel '11**, **Marge Weber**, RN, **Sharon Wheeler**, RN (Schuyler Co. Health Department), and **Stephanie Bedford '11**.



ACUTE CARE PRECEPTORS OF THE YEAR: (L-R) **Shradha Pandey '11**, **Laura Williams '01, RN (NRMC)**, **Holly Cooper '11** and **Sarah Delaware** (Nursing Faculty). Not pictured: **Dustin Hubbard**, RN (NRMC).



Pam Melvin oversees as Molly Wersching '12 prepares to insert a venous catheter into classmate, Cassie St. Onge '12 in the NSC.

Nursing Simulation Center (NSC) Coordinator

Asistant Professor **Pam Melvin**, MSN, RN was named the Nursing Simulation Center (NSC) Coordinator and spent a busy summer moving and organizing the NSC. Melvin will oversee the operations of the simulation lab and will assist faculty and students in the use of the advanced technology that our new Sim Center offers. The two breakout rooms, hardwired with cameras, microphones, and monitors to record simulation experiences, enable faculty to play back and debrief students following simulation. The NSC simulates the look and feel of a hospital and the breakout rooms can be transformed into a home setting. The NSC is home to several mid-fidelity manikins, including adult, child, infant, and newborn. These manikins are controlled remotely by faculty to simulate a variety of clinical situations. Henry and Ima Payne are two of our favorite clients!

With the help of new technology and innovative ideas, Truman's nursing faculty are reaching today's students in the classroom, the laboratory, and a variety of health care settings.

11th Annual Capstones

The 11th Annual Capstones of Nursing was held April 28, 2011 at Truman. The Capstones Day was co-sponsored by the Department of Nursing and Rho Omega Chapter of Sigma Theta Tau International Honor Society of Nursing in order to promote nursing scholarship. **Jenny Dine, RN, BSN, '08** presented the keynote address, *Another World's Disease: Perceptions of Breast Cancer and Lymphedema in South Africa*.

The following awards were presented during the luncheon:



Dr. Teak Nelson (Rho Omega awards chair) and NEMO Nurse of the Year award recipient **Lesa McCartney**.



Dr. Steve Hadwiger with keynote speaker **Jenny Dine '08**.



Shirley Riley (Rho Omega President), **Bridget Cahill '12** (scholarship recipient) and **Dr. Steve Hadwiger** (Rho Omega scholarship chair).

Attention Critical Care Nurses...



I am looking for critical care nursing alumni to serve on a Truman Alumni Critical Care Group which is being formed. The purpose of the group will be to help me improve the critical care student experience. I am currently restructuring NU475 Critical Care Nursing around on-line modules for lecture content and case scenarios to enhance critical care discussions in class. I would appreciate your expertise in developing realistic case scenarios. I would be grateful if you have a particular patient area about which you would like to collaborate. I am planning to develop high fidelity human patient simulations for this course. If you are interested in collaborating with me as a consultant, please contact me. I am also looking for alumni who are in a position to provide our students with critical care experiences at their places of employment. Those of you who went to St. John's Mercy Medical Center for your critical care clinical hours may remember this opportunity arose through collaboration with an alumnus who was working there. I would be eager to visit with you about such options for our future students. As practice changes in the critical care setting, I would like to provide our nursing students with the latest developments in the field.

Thank you.

Stephen Hadwiger, PhD, RN
shadwige@truman.edu

Student Life



L-R: Seniors
M.E. Kanago,
Sarah Marshall,
and **Kayla**
Portwood enjoy
a light meal
while on break
at the Adair
County Health
Department flu
clinic.



L-R: **Dr. Teak**
Nelson works
with juniors
Maggie
Scharnhorst and
Caitlyn Schaefer
on pediatric
assessment skills
in the NSC.



L-R: Seniors **M.E.**
Kanago, **Sarah**
Lacy, **Carlyn**
Wall, **Pam**
Melvin (faculty),
Katie Moore,
and **Whitney**
Henke pose for
a picture with
simulator "**Ima**
Payne" (seated)
following the
home visit
simulation.



L-R: Seniors
Kaitlyn Friedly
and **Paige**
McCullough view
a video in the
computer lab.

New Home for Nursing

cont. from pg. 1



Dr. Teak Nelson puts the finishing touches on her new office.



Sarah Delaware with senior nursing students during the first "super lab" in the NSC. (l-r: **Allison Harper**, **Amelia Payne**, **Amanda Kliethermes**, **Delaware**, **Sarah Jacobson**, and **Molly Wersching**)



Nursing student workers **Emilee Ludee '13** and **Dalton Baker '13** greet visitors in the front office.



Pam Melvin works with **MedDispense®** in the Nursing Simulation Center.

IN THE Spotlight



Class of 2011

Forty-one senior nursing students were honored at the Nursing Recognition Ceremony that took place May 6, 2011 in the Baldwin Hall Auditorium. First Row (L-R): Pam Gardner (Instructor), Theresa Hasting, Emily Shaw, Ashmita Karki, Stephanie Bedford, Sarah Koch, Kathryn Leakey, Katie Hamilton, Shradha Pandey, Jessica Reynolds, Duyen Van, and Pam Melvin (Senior Class Advisor). Second Row (L-R): Danielle Dilday, Megan Mielke, Danielle Brewster, Jamie Boschert, Katie Hansen, Kate Hagenhoff, Meghan McKendry, Elizabeth Miller, Kassandra Henning, Rebecca Beitling, and Laura Groebel. Third Row (L-R): Devon Mills, Holly Cooper, Allison Dunard, Alex Sievert, Mary Allemang, Alyssa Scott, Jessamyn Phillips, Lindsey Bramon, Karrie Evens, and Jacqueline Ross. Fourth Row (L-R): Clinton Narayan, Chelsy Shaul, Ashley Schroth, Kimberly Dodd, Julie Dusheke, Jennifer Moberly, Rebekah Weicken, Grace Lowe, and Amber Wates. (Not Pictured: Rachel Cope)

Photo Winner

Courtney Oxandale '13 was the winner of the "Sweet Internship Photo Contest" hosted by the Truman Career Center. *"This summer changed my life. I spent eight weeks in the slums of Kenya, Africa where I worked as a student nurse and teacher. I spent my mornings helping with tuberculosis, HIV/AIDS, prenatal, maternal, and wound care in a local clinic. In the afternoons I worked as a fifth grade science and math teacher at a school full of 243 students—half of whom were orphans, and a fourth of whom were HIV positive."*



Promotion



Melissa Blagg Holcomb '96 was promoted from to Associate Professor. Holcomb received her BSN from Truman in 1996 and her MSN from the University of Missouri Sinclair School of Nursing in 2004. Her past clinical experiences include inpatient mother-baby and women's health. In 2005, she joined Truman's nursing faculty where she currently teaches Maternal/Neonatal Nursing and Women's Health.

New Faculty



Susan Lambert '93, MSN, RNC, accepted the position of Assistant Professor of Nursing. Lambert graduated from Truman in 1993. Lambert earned her MSN in Nursing

Education from Walden University in 2008 and has certifications in Inpatient Obstetrics and as a Breastfeeding Educator. Her past experiences include staff nurse at Northeast Regional Medical Center, Adjunct Nursing Instructor with Indian Hills Community College, and Nursing Instructor at Kirksville Area Technical Center.



Tami Blecha, BSN, RN, accepted the position of Instructor of Nursing. Blecha earned her BSN from Washburn University in 2002. Her past nursing experiences include the PICU at

Cardinal Glennon Hospital and six years of active duty in the Air Force clinical settings of obstetrics, pediatrics, psychiatric, medical/surgical, and family care. Following retirement from the Air Force in 2009 she was a Clinical Staff Educator/Manager at Mercy Medical Center in Centerville, IA. She is currently pursuing a MSN from the University of Iowa.

Alumni News/Notes

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

Lois (Hopkins) Manning '64 spent her career in Labor and Delivery with the last 17 years in an OB/GYN office. She retired in 2000 and lives with her husband in Phoenix, AZ.

Joyce Gentry '79 is an Assistant Professor of Nursing at Columbia College in Columbia, MO.

Michele Petersen '81 has been a critical care nurse since graduation. She is currently employed by the University of Missouri in the adult ICU at Women's and Children's Hospital. Eleven years ago she began her own nursing consulting firm. She has been married for 38 years, has two sons, and grandchildren. Her family keeps her busy life balanced.

Susan Leathers '84 is the Emergency Department Director at Samaritan Hospital, Macon, MO.

Lynn (Jackson) Vest '88 is a Neonatal Nurse Practitioner at Overland Park Regional Medical Center in Overland Park, KS. She lives in Boonville, MO and commutes to work for 24 hour shifts. She also works at Research Medical Center in Kansas City, MO, Centerpoint Medical Center in Independence, MO, and per diem shifts at Boone Hospital Center in Columbia, MO. She has a daughter who is a junior in high school, and a son who is a sophomore at Missouri University of Science and Technology.

Monica (Mueller) Crim '89 (former faculty member 1990-1991) is currently the owner of her own Rural Health Clinic in LaHarpe, IL. She has been to Puerto Rico twice with this program.

Cindy (Benz) Keneipp '91 is a Nurse Clinician at the University of Missouri Hospital in Staff Health Services. She has a 15 year old son and an 11 year old daughter.

Renee' (Bleske) Keeney '94 graduated from Marquette University with her MSN in May. She is currently working as a CNM in Hoffman Estates, IL. She is considering her DNP down the road.

Dr. Tonya (Fleming) Haynes '99 obtained her MSN with an Adult NP focus and graduated with a Doctorate in Nursing Practice this past summer. She has worked on the same unit at Barnes-Jewish Hospital in St. Louis, MO since graduating in '99. She is married and has one son with another baby boy due in October.

Becky (Borgmann) Brandes '99 is currently working at Lenoir Woods Health Care Center as the MDS Coordinator and Nursing Supervisor. She is married with two children and lives in Boonville, MO.

Amy Huston '01 has her MSN and is a Nurse Practitioner in women's health. She works in a Wellness Center that focuses on Bio-Identical hormones. She and her family live in Houston, TX.

Liz (Hug) Sefcik '01 returned to Truman to be inducted into the 2011 Truman Athletics' Hall of Fame for her role on the 2001 women's swim team which won the Division II National Championship. She is pursuing a MSN at the University of Southern Florida.

Valery Webb '03 lives with her husband in Kansas City, MO and works as a Certified Nurse Midwife at the Women's Health Care Group in Overland Park, KS.

Sarah (Anderson) Cammack '06 is currently working at University of Missouri-Columbia Women's and Children's hospital (NICU) in Columbia, Missouri.

Jessica (Miller) Baker '06 and husband welcomed their first child in August. She is currently on maternity leave, but will return to work on the medical oncology unit at Duke University Hospital in Durham, NC. She and her family have been living there since January 2009.

My-Linh "Twink" Pham '07 returned from Afghanistan just before Christmas 2010. She then moved from Washington State to North Carolina, where she works as a Nurse Case Manager for the Warrior in Transition Battalion (the army program for wounded soldiers).

Lauren (Wilson) Martin '10 moved to Johnstown, Pennsylvania in June 2011. She is working as a float pool RN at Conemaugh Hospital, where her husband is a first year resident. She will soon be starting a second job in Labor and Delivery at another hospital in the area.

Dr. Cheryl Roat (former faculty member 1979-1987) earned her EdD and currently serves as an Associate Dean at Grand Canyon University, where she has been working during the last 24 years. She taught pediatrics for 16 years and worked at Phoenix Children's Hospital to keep current skills. "I enjoy what I do professionally and love being a grandmother."

Dr. Gretchen Cornell (former faculty member 1974-2002) lives in Oklahoma and continues to educate nursing students at the University of Central Oklahoma. She stays busy with work and family.

Sally Carlisle '04 (faculty member since 2009) recently moved to Springfield, Missouri with her family. She is currently teaching Lifespan Development as an online course for the nursing department and teaching at Cox College of Nursing.

Pam Gardner (former faculty member 2000-2010) lives in Unionville, MO and works for Kaplan Integrative Testing. She works with faculty and nursing schools across the country assisting with curriculum development. pamgardner1956@gmail.com

Gift/Change of Address

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Comments and News

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- Nursing Foundation Fund in honor of Sarah Delaware
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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!



Truman nursing students with their nursing "buddies" from West Visayas State University in Iloilo City, Philippines.

Truman Nursing Students Visit Philippines

Eight nursing students from Truman traveled with faculty Kit and Steve Hadwiger to the Philippines May 20-June 12 to gain clinical experience with patients from a transcultural perspective. During the first week in Manila, the students participated in maternal and nursery care where they developed competencies in the assessment of birthing mothers and newborns, and cross-cultural communication. Four students completed 24-hour shifts in the delivery room. Students also had the opportunity to assist with patient care in units of their choice, including the operating room, PICU, burn unit, ER, and pediatric ward.

From Manila, they traveled south to Iloilo City where the students enrolled in the 12th Transcultural Nursing Program at West Visayas State University. Clinical experiences included home visits, a social hygiene clinic, a leprosarium, and hospital rotations in the medical, pediatric and surgical wards of WVSU medical center. Communication and cultural accommodation during clinical experiences were facilitated by nursing student buddies from West Visayas State University. Senior nursing students who participated were: **Kayla Aydelott, Emily Berenz, Sarah Brown, Allison Harper, Lauren Lampe, Andrea Russell, Molly Wersching, and Amy Wiley**.