

# Nursing

AT TRUMAN STATE UNIVERSITY

Spring 2016  
Truman State University  
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## Truman Nursing Couples



### Ben '09 & Rachael '07 (Smith) Snyders

**R**achael graduated in May 2007, and began working at Missouri Baptist Medical Center in St. Louis, MO on a telemetry/Advanced Cardiac Care unit. About two years after graduation, she enrolled

in the Master of Public Health program at Saint Louis University (SLU). Rachael states, “While I loved getting my feet wet in an acute care setting, I also saw so much potential to merge my clinical background with the epidemiologic principles of public health.”

Rachael began working as an Infection Prevention Specialist at Barnes-Jewish Hospital in St. Louis, MO in 2010, and graduated from SLU in 2012. In 2014, she began working as an Infection Prevention Consultant for BJC HealthCare. “Infection Prevention offers me the PERFECT balance between clinical practice and epidemiology--it’s been a great career!” Rachael states.

Ben graduated from Truman in May 2009, and began working at Missouri Baptist Medical Center on a neurology/renal unit. In 2011, he began working in the cardiothoracic ICU at Mercy in St. Louis, MO, ultimately working toward his goal of becoming a CRNA. In 2012, he began graduate studies in the CRNA program at the Goldfarb School of Nursing at Barnes-Jewish College.

Ben graduated from Goldfarb in 2015, and started working for Washington University Department of Anesthesia--splitting his time between both Saint Louis Children’s Hospital and Barnes-Jewish Hospital. Working at both hospitals is challenging and rewarding, as it allows him to provide anesthesia to an incredibly diverse patient population.

Ben and Rachael have been happily married since February 2012, and adopted their fur-baby Lola—a

### Bryan '10 & Erin '09 (Randall) De Guzman

**B**ryan and Erin met in chemistry class in the Fall semester of their Freshman year at Truman. They dated throughout nursing school (in the limited amount of time that Truman Nursing leaves for a social life). Erin graduated in 2009 and worked as a staff nurse on a psychiatric unit in Cedar Rapids, Iowa, until Bryan graduated in 2010. Shortly after, they moved to Chapel Hill, North Carolina, where Erin attended graduate school at UNC-Chapel Hill. She also worked as a recruiter for the UNC nursing program as well as a per diem nurse at the psychiatric unit at Duke University Medical Center. Bryan worked at Duke on a surgical step-down unit. In 2013, Erin began working as a Psychiatric & Mental Health Nurse Practitioner in geriatric psychiatry in long-term care facilities. At that time, Bryan moved to UNC Hospitals, working for their float team and gaining a wide range of experience.

While in North Carolina, Bryan and Erin have taken advantage of their proximity to the beach and mountains. They enjoy hiking, backpacking, biking, and exploring local restaurants. They married in June 2011, and a few months later they adopted their fur-baby, a goldendoodle named Marley. Their son, Aidan, was born in November 2015. With this recent addition, they plan to move back to St. Louis this spring to be closer to friends and family.

*cont. pg. 5*

# News in Nursing

**W**e are enjoying the gift of cool spring weather offered in northeast Missouri. Our academic year is busy for faculty, staff, and students. In February, six faculty members and the senior class participated in Missouri Nurse Advocacy Day in Jefferson City to discuss pending health care legislation. And, in March, nursing students organized and provided a health fair on campus, including screenings for HIV and sexually transmitted diseases, a yoga class, poster presentations, and other events.

Several guest presenters shared their knowledge and experiences during the semester, including forensic nursing, housing, and poverty. Students appreciated the opportunities for collaboration, service, scholarship, leadership, and studies (the five pillars in the School of Health Sciences and Education). Interdisciplinary collaboration includes the nursing students' participation in Health Partners, simulation, and a cross-campus case study (with students from Truman, A. T. Still, and other universities).

Faculty and staff continue their work with the accelerated BSN (ABS/N) and traditional BSN students. The second ABS/N cohort participated in Nursing Recognition Pinning Ceremony in December, and the third ABS/N cohort is nearing completion of junior classes and clinical rotations. The fourth ABS/N cohort will begin course work during Summer 2016. While grant funding for the ABS/N program has ended, the students' interest in the accelerated program continues.

Faculty and staff utilize technology to improve teaching/learning in classrooms, clinical, and the Nursing Simulation Center (NSC). Equipment in the NSC is being updated, including a new Pyxis medication dispensing system. Kimberly McDaniel, Nursing Admissions Coordinator, and Sarah Weber, Nursing Technology Coordinator, have assisted in the NSC and at several health career fairs and classes. Kimberly, Sarah, and Kate Breitenbach will move with their families to other states this summer. We have been fortunate to work closely with them during the last few years.

The Missouri State Board of Nursing visited in October 2015 for a routine five year visit. Their final report was highly positive about Truman and the department. Their next scheduled on-site visit will be in 2020. The Nursing Advisory Council met and offered their insights regarding the program's strengths and areas for improvement. We greatly appreciate their support, encouragement, and insights.

As Nursing Capstones soon approaches, we look forward to a keynote presentation from Courtney Oxandale '13 speaking about her Peace Corps experiences in Fiji. Thanks to Rho Omega Chapter of Sigma Theta Tau for planning Nursing Capstones in late April.

Please continue to share your news, memories, and experiences with us. Please visit our website at <http://nursing.truman.edu> or email or call us. I hope you will consider visiting the department during Homecoming in October 2016. Best wishes to our graduating seniors as they prepare for board exams, employment, and/or graduate education. Please enjoy your spring/summer, and stay in touch!

Sincerely,  
Dr. Stephanie Powelson, Chair, Department of Nursing



## Rho Omega Induction

In October 2015, The Rho Omega Chapter of Sigma Theta Tau International (STTI) Nursing Honor Society inducted 20 senior nursing students, one nurse leader, and four nursing faculty from West Visayas State University (WVSU) in Iloilo, Philippines. *Seated (left to right): Megan Doerhoff, Laura Dungan, Lindsey Purcell, Taylor Park, nurse leader Doris Fountain, Kendra Jones, Savanna Hughes, Lauren Dwyer, and Paige Allen. Standing (left to right): Nicole Skinner, Rebecca Vadalabene, Kaylee McCune, Alexis Schwald, Kristen Holwick, Hannah Hyer, Erin Cowling, Olivia Labman, Sarah Marcum, Trisha Rowe, Stacey Wolff, and Emily Jacob.* Inducted in absentia were *Sheila Beliran, Rosana Belo-Delariarte, Febray Lapidante, and Ryan Oducado* from WVSU.

# IN THE Spotlight

## Truman Nursing Advisory Council Meets



*Back Row, L to R: Janet Gooch, Tim Tucker, Lesa McCartney, Becky Pike, Damon Kizzire, Mark Laughlin*

*Middle Row: Dee Lesseig, Odessa Ofstad, Becky Osborn, Elsie Gaber, Mary Knudsen, Shirley Riley*

*Front Row: Judi Misale, Jane Wheeler, Myra Baiotto, Harriet Beard, Janet Head*

*Not pictured: Brinda Geisbubler, Martha Gragg, Andy Grimm, Chris Halliday, Jim LeBaron, Jack Magruder, Sandra Novinger, Alice Allinson, Charles Baldwin, Rick Fleschner, Craig Harris, Bertha Thomas, Ranee Brayton, Dianthe Cable, Bonnie Collier, Randy Hatcher*

**T**ruman's Nursing Advisory Council met on February 26, 2016. The council promotes the recognition, welfare, and progress of nursing education at Truman through advising and consulting with the department. Dr. Stephanie Powelson, Chair, highlighted several of the department's activities. Council representation includes members from the community and the university, and is led by Dr. Mark Laughlin (council chair) and Dr. Elsie Gaber (council vice-chair).



*Faculty and staff for the 2015-2016 academic year:*

*Back row, L to R: Kimberly McDaniel, Susan Lambert, Pam Melvin, Melissa Holcomb, Brenda Wheeler, Sarah Weber*

*Front row, L to R: Sharon McGaban, Kit Hadwiger, Steve Hadwiger, Stephanie Powelson, Kate Breitenbach*

*Not pictured: Teak Nelson, Corrie Willis, Cinda Mitchell*



*Senior nursing students, Paige Allen, Alex Scherr, and Laura Dungan, shared their inter-professional educational experiences in working on student teams formed at Truman and A. T. Still University at the Nursing Advisory Council meeting.*

*Mark Your Calendar for Homecoming 2016:  
**October 21-23***

*We love to have alumni come back and visit, so get a group of your classmates together and come back to reminisce about the good times at Truman! We invite all alumni and friends to visit us at the Nursing Alumni Reception immediately following the parade.*

# Student Life

## Donating Bone Marrow

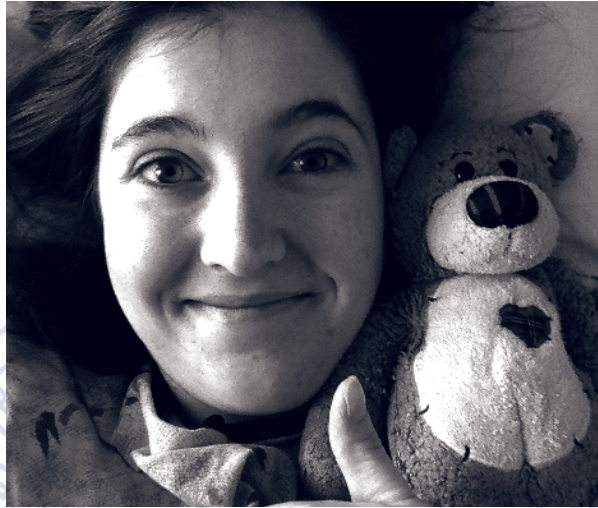
By Victoria "Tori" Holt '16

**T**he first step in being a bone marrow donor was joining "Be the Match" which is the National Marrow Registry Program. I did this during the Spring of 2014. Joining Be the Match is simple: you give a cheek swab sample and then the swab of your saliva is added to the registry with your human leukocyte antigen (HLA) markers.

In August 2014, I received my first email, asking me to contact Be the Match because I was a potential match. Before my donation, I went through several phone interviews, a physical and gave a blood sample. It was during this time, I learned the patient I would be potentially donating to was a baby boy with Severe Combined Immunodeficiency Disorder (SCID). SCID is a disease that inhibits the body from fighting illnesses. Without a donation, this baby would not have an immune system, and he would eventually die. A bone marrow transplant is the gold standard for curing SCID, and if the transplant is successful, those affected are essentially healed! I was a perfect match to my patient!

Next came donation day! On January 26, 2015, my dad and I arrived at Presbyterian St. Luke's Hospital in Denver, Colorado at 5 am. It was the beginning of a very special day. At 7:45 am I was wheeled into the operating room for my same-day procedure. When I first woke up, I cried! I couldn't believe I had donated bone marrow. The bone marrow was drawn from my pelvic bone, and I had a pressure dressing attached to my lower back. The worst part of the entire day was that I had to stay flat on my back for 6 hours! Around 7 pm, I was released from the hospital!

I received my first update about the transplant six weeks after the donation. Unfortunately, the transplant hadn't worked yet. The baby boy remained in the hospital



and was waiting to see if the transplant would be successful. I received my second update six months after the transplant. The transplant worked! I received my last update exactly one year after the donation: the baby was doing well and everything was going as great as anticipated.

All communication between the donor and recipient must remain anonymous for one year. I decided to wait until the

year mark to contact my recipient. At the end of January, I received an email from the recipient's mom. I am in the process of emailing them back. I have waited to hear from them for so long, now that the time is here, I am not sure what to say. I am overcome with love for this family. They have changed my life: my passions, my perspective and my heart. Someday I hope to meet my recipient and his family as they are a huge part of who I am today.

I was inspired to become a bone marrow donor because I believe in loving people in real-life, tangible ways. Donating bone marrow was a way in which I could give of myself, potentially saving someone's life and cause a lasting impact. I knew donating bone marrow was going to be painful but I relied on the phrase "Temporary pain for momentous gain." My experience was incredible. I am continually inspired by the fact that we have the opportunity to give of ourselves to help someone else.

Today, I am a senior nursing major and graduating in May 2016. I accepted a job at the University of Kansas Hospital as a clinical nurse who will rotate throughout their Hematology/Oncology units. My donation experience changed my life, providing me with a new perspective and direction for the areas of nursing I am interested in. In my role as a clinical nurse, I will be caring for those who are undergoing bone marrow transplants. I hope through hearing my story, others may be inspired to join Be the Match and save a life also.

## New Pyxis Medication Management System

**W**e are excited to announce the arrival of the new Pyxis Medication Management system to the Nursing Simulation Center (NSC). This item has been on the department's "wish list" for quite some time, and the students and faculty are eager to get started

using the unit. The Pyxis system is the same medication system found in hospitals all over the nation. It includes features such as barcode scanning to help ensure accurate medication dispensing and active alerts to provide an added safety precaution for high risk medications. Not only will this system help the students prepare for clinical experiences during the nursing program but will also help them feel more confident with these machines as they enter the workforce as an RN.

Catahoula/hound mix—that same year. The couple is now anxiously awaiting the arrival of the first human-baby into the family, due in March 2016! They love to travel, try new foods, recipes, and restaurants, spoil Lola, and play coed kickball and soccer. “Once the baby is here, we’ll probably just love to sleep for more than three hours at a time,” Rachael added.

Rachael reminisced about her college years at Truman by stating, “The nursing program at Truman played such a huge role in both of our careers. Although the program was challenging, we were grateful to have such close relationships with our classmates and professors, and thus always felt supported by those around us. Going to college in a small town like Kirksville forces you to really throw yourself into school and other campus extracurricular activities, which made Truman truly feel like a second home during the years we spent there.”

## Roy '84 & Paulette '90 (Wellman) Martel



**P**aulette (Wellman) Martel graduated in 1990. This July

will be her 46th year in her nursing career. She spent 18 years as a nurse aid and LPN working on a medical-surgical floor at K.O.H/K.O.M.C. Her career started in the Emergency Dept. during her junior year of nursing at Northeast Missouri

State University (NMSU). Following graduation, she continued her career in Emergency Nursing at KOMC, Columbia Regional, and Boone. Since 2008, she has been with the Trauma Team at University Hospital and Clinics in Columbia as a Trauma Nurse Clinician. Her duties consist of morning rounds on all the Acute Care Surgery/Trauma patients with some case management and social work involvement, responding to all Class 1 and Class 2 traumas as second nurse, and updating families on the status of their loved ones. Paulette is involved in data collection and entering the data in the National Trauma Data Bank on all patients. The data is submitted quarterly to the National Bank TQIP (Trauma Quality Improvement Program), then the American College of Surgeons gather, evaluate, and make changes regarding standards of trauma care. All Trauma Centers nationwide are compared and each receives benchmark reports bi-annually to see how their trauma center compares to the national norm. Paulette states, “It is gratifying knowing the data we enter really does make a big difference in the outcomes of excellent trauma care for all of our patients.”

Roy Martel graduated in 1984. He began his nursing career at KOMC as the evening charge nurse on the

pediatric floor. When the pediatric floor was closed, he worked on the drug and alcohol unit with teenagers for six months. Later, he began working as the Director of the Chariton Valley Association (for the disabled). He continued this role for two years before taking a position on the pediatrics unit at the University Hospital in Columbia, MO. He transferred to the adolescent unit as week end charge nurse at some point during his 24 year career. Roy states, “I learned something new every day. Nursing has been a great experience. I enjoy sharing what I learned with the new staff and the patients and their families. Thank you, NMSU Nursing Program.”

Roy retired from nursing two years ago but continues to co-manage Care Tran, a transportation business that transports patients to health care appointments. Care Tran is in their 17th year of service, based in Moberly, serving north central Missouri.

Roy and Paulette married in May 2000. They live on 30 acres with a 10 acre lake full of fish outside of Madison, MO. Paulette and Roy state, “We are a blended family of seven children and eight grandchildren. We enjoy visiting with family, traveling, gardening, raising blackberries and blueberries, and have several assorted fruit trees.”

## Sam & Megan (Menzel) Neudecker '12



**S**am and Megan graduated in 2012—neither of them started as nursing majors.

Sam was English and philosophy and Megan was psychology pre-med. In 2009, they decided nursing was what they wanted to do, and so began classes together as the “new kids” in their graduating class. Megan

states, “We both struggled through the rigorous classes, accompanied by less rigorous weekends, and managed to make it. In our junior year, we started dating—with the amount of time we spent together studying for those stressful HESI exams, it just made sense.” After graduating, Sam and Megan moved to St. Louis, where he started on an orthopedic unit at Barnes-Jewish, and she started in the Emergency Department at DePaul Medical Center. Megan loved her job, but Sam wasn’t so sure about ortho. He moved to a step-down unit and is now a cardiothoracic research nurse at Washington University, and Megan is working at St Luke’s Hospital in the medical ICU. They are both in graduate programs—Sam for Informatics and Megan for FNP.

The couple married in August 2015, and the next day adopted a little puppy, Jackson. Now their family includes two dogs. Megan states, “We love hiking and camping and pretty much anything outdoors, as it allows us to take a break from school and work and hang out with our “kids.”

# Gift/Change of Address

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## Comments and News

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## Alumni News/Notes

**S**hare 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 [nursing@truman.edu](mailto:nursing@truman.edu), or by postal mail.

### **Lauren (Hohnstein) Hasbrouck '09**

graduated with a MSN in July 2015 from the University of Mary Hardin-Baylor. Lauren and her husband celebrated the birth of their second daughter in October 2015. The Hasbroucks currently live in El Paso, TX, where Lauren works as a Family Nurse Practitioner and her husband is active duty in the Army.

### **Shelby Leppin '14**

– After graduating, Kirksville officially became home for Shelby! She currently works as a coordinator for Kirksville's MACC Accelerated Associate Degree Nursing Program while also working PRN on the Medical Surgical floor at Samaritan Hospital in Macon, MO. She is currently attending Wilkes University in Pennsylvania for a master's degree to become a Psychiatric Mental Health Nurse Practitioner.

### **Adrienn (Myers) Woods '14**

– Adrienn lives in Clarksville, TN and works as an RN on a Medical/Surgical floor at NorthCrest Medical Center. She is pursuing graduate studies at Vanderbilt's Women's Health Nurse Practitioner program and will graduate in August with her Master's degree.

### **Katie (Thomason) Heinzmann '14**

– Katie is currently working in the Surgical ICU at the Level I trauma center, OSF St. Francis Medical Center, in Peoria, IL. Katie and her husband were married in May 2015 and currently live in Morton, IL.

### **Kyle Sweeney '15**

– Kyle lives in Des Moines and works at Unity Point Des Moines Iowa Lutheran Hospital in the Emergency Department. He is also engaged to Whitney Atwood. Whitney is a RN at the University of Kansas Medical Center.

### **Kalina (Radosevich) Brinning '14**

– Kalina works on a medical/oncology unit at Missouri Baptist Medical Center in St. Louis, MO where she is now certified to administer chemotherapy. She and her husband, Jeremy, recently purchased a new home and enjoy spending time with their two sons, Ethan (8) and Emmett (2).