# SCHOOL OF NURSING

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## SPRING 2020



### WICHITA STATE UNIVERSITY

College of Health Professions

School of Nursing

# Message from the Chair



I hope this newsletter finds you all safe and well. 2020 has certainly been an interesting year so far! Our world has changed significantly the past few months; in a relatively short period of time COVID-19 became a global pandemic and our lives were turned upside down. Classes were moved entirely online and we all have learned a new way of life operating remotely. Navigating this uncharted territory has been no small feat and brought many challenges. But COVID-19 has not stopped the School of Nursing! Through all the changes and uncertainty, students, faculty and staff have taken each obstacle and overcome. Faculty moved their courses entirely online and have provided our students the highest-quality education possible. Staff moved their operations remotely and have maintained the high level of support they've always given. Students are thriving in their online courses and soon-to-be graduates are preparing to dive headfirst into their careers during a pandemic. Thank you to our faculty and staff for their innovativeness, flexibility and dedication to our students; it's truly inspiring to witness. Although the future is unknown and the situation is complex and ever-changing, we will continue to adapt and work through these difficult times together.

We recently celebrated National Nurses Week, and the World Health Organization (WHO) has designated 2020 as the "International Year of the Nurse and the Midwife," in honor of the 200th anniversary of Florence Nightingale's birth. This year is especially notable, as countless nurses are working tirelessly, making a lifesaving difference during the Coronavirus pandemic. You'll see several stories in this newsletter about Shockers on the frontlines of the virus, sacrificing their own health to care for patients. There are many other nursing heroes in a variety of specialties who dedicate their lives to taking care of others. Nurses form the backbone of health care and you all are appreciated more than words can express.

On another celebratory note, 2020 is an exciting year of anniversaries; the College of Health Professions is celebrating 50 years; Ahlberg Hall is celebrating 40 years; and WSU is celebrating 125 years! The CHP 50th anniversary celebration will be held November 2-7, coinciding with CHP Week, and the WSU 125th anniversary will be a yearlong celebration from July 2020-June 2021. The School of Nursing is excited to be involved and support these events.

As the semester comes to an end, it is my hope that this summer brings everyone some much-deserved rest and relaxation.

With my sincerest appreciation,

Dr. Voncella McCleary-Jones, PhD, RN-BC, CNE, ANEF Associate Dean, College of Health Professions Chairperson, School of Nursing Harvard Macy Scholar Fellow, Academy of Nursing Education

# **Department and Faculty Updates**

#### SON and CHP contribute PPE to local health care workers

The School of Nursing and College of Health Professions contributed to the university and city-wide initiative to donate personal protective equipment (PPE) for local health care workers and first responders during the COVID-19 pandemic. Departments gathered supplies such as gloves, face masks and other important PPE to help protect our public safety officials. If you have personal protective equipment to contribute, go to <u>wichita.edu/ppe</u>.



#### Wichita State Pathway to Nursing Program at K-State

The Kansas Board of Nursing has granted approval for the Wichita State University satellite Bachelor of Science Nursing Program at K-State. The School of Nursing will admit students to the satellite program beginning fall 2021. This dual-degree program will give students the opportunity to earn both a Bachelor of Science from the College of Health and Human Sciences at K-State and a Bachelor of Science in nursing from the College of Health Professions at WSU. This is the first and only program of its kind in Kansas.

The next steps in the process will occur over the next several semesters, and include:

- Renovation of physical spaces in Justin Hall on the K-State campus to accommodate labs/sim lab/faculty offices, etc.
- Hire faculty and staff for satellite location
- Recruitment and advising for potential students Visit the new Pathway to Nursing Program <u>website</u> for more information and frequently asked questions. Stay tuned as the





#### **Happy Nurses Week**

As part of the celebration of National Nurses Week 2020, some of our faculty members had a little fun and shared photos from their graduation and pinning ceremonies. We love seeing our faculty at the beginning of their careers!



#### Faculty featured in Student Health Services video

Faculty member and Nutrition Specialist Nicole Delimont shared some tips about creating a routine and improving your relationship with food as people are at home during Coronavirus.

#### Shocker spirit during pandemic

Faculty member Richard Nold combined Shocker spirit and safety with his homemade WuShock face mask!

#### President's Distinguished Award

Congratulations to Betty Smith-Campbell for being a recipient of the President's Distinguished Service Award. We're proud to have Betty in the School of Nursing! Visit <u>wichita.edu/</u> <u>shockerpride</u> to read more about Betty and all the honorees.

#### **Faculty retirement**

Longtime faculty member Shirley Hazen is retiring at the



end of this semester. Shirley has been with the School of Nursing for 26 years and was instrumental in launching the online RN to BSN program – the first fully online program offered at Wichita State. We wish Shirley the best in her retirement!

# Updates – continued

#### **Chapter Key award**

Linda Moody received the CHP Faculty/Staff Scholarship award to attend the Sigma Convention to receive the 2019



Chapter Key Award for Sigma and the Epsilon Gamma at-Large in Washington, DC. The last time the local WSU chapter received this award was in 1999. The entire board and chapter

worked hard to meet the requirements – the group began doing more activities and events in the community and philanthropic events to help in the community.

#### **Tilford Symposium panel**

Voncella McCleary-Jones served as a member of a panel "Diverse Women's Panel – What does it mean to be an inclusive and diverse industry" for the local Tilford Symposium. The Tilford Symposium engages the WSU campus, private industry and non-profit organizations to promote the legacy of equity, diversity and inclusion in our community.

#### **ASAM and AACN grant**

Alicia Huckstadt has received grant funding from the American Society of Addiction Medicine (ASAM) and the American Association of Colleges of Nursing (AACN). The WSU Nurse Practitioner program has been selected to participate in Year 1 of the Nurse Practitioner Substance Use Disorder Medical Education (NPSUDMedEd) Project. The project is piloting curriculum to address the emerging needs of NPs and patients with substance use disorder.

#### **ARCS** award

Faculty member Jamie Harrington was granted an award for Research/Creative Projects in Summer (ARCS) for her project "Effect of Midwife Led Telephone Support or Postpartum Group Attendance on Mental Health in Postpartum Women."

#### Academy of Effective Teaching Award finalist

Terri Core was a finalist for the Academy of Effective Teaching Award! Terri has been a finalist for this award three times, and her passion for students and love of teaching is evident!



#### New appointments

Voncella McCleary-Jones was appointed for a two year term to the American Association of Colleges of Nursing's Faculty Development Conference (FDC) Planning Sub-committee.

Brandy Jackson is serving as Chair, Region 3 communications committee for the Sigma Theta Tau International Nursing Honor Society. Region 3 includes 7 states: Utah, Wyoming, Colorado, Nebraska, Kansas, Oklahoma, and Western Iowa. There are 33 chapters across this region. Brandy also serves as communication specialist and webmaster for the local sigma chapter.

#### Publication

Jolynn Dowling co-authored an article, "Impact of Prenatal Education on Breastfeeding Initiation among Low Income Women," that has been accepted for publication in American Journal of Health Promotion.

#### In Memoriam

#### **Phyllis Jacobs**

Phyllis Jacobs died on Jan. 10, 2020. She was a faculty member in the School of Nursing for 23 years and director of the undergraduate nursing program for 11 years. She retired in 2013. She and her husband Lou Jacobs are the sponsors of the Jacobs Scholar program in the School of Nursing. <u>Read</u> <u>more about Phyllis</u>.

#### Lynn David Schriever

Lynn Schriever died on Feb. 11, 2020. Lynn was an assistant professor of nursing at Wichita State University from 1976-1982. <u>Read more about Lynn</u>.

#### Jocelyn Mendoza

Jocelyn Mendoza, Dec. 2012 BSN graduate and graduate school student at KU, passed away April 9. Jocelyn was an LDR nurse at WMC. <u>Read more about Jocelyn</u>.

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# **Student and Alumni Updates**

#### From the eyes of a nursing student, COVID-19 is here

After hearing about the devastation in New York City, RN to BSN student Hanna Bates-Crosby knew she needed to step in and help. For one week, she relocated to New York to help serve in the hospitals and on the frontlines. Her experience in New York opened her eyes to the severity of the virus. Thank you for your service, Hanna!

#### Shocker nurse stands on frontlines of East Coast COVID-19 crisis

Krista Giggy, Nursing alumna (2004) and nurse anesthetist, volunteers for a team to treat critical COVID-19 patients at a New Hampshire hospital. Krista typically works in the operating room but joined the airway team at her hospital; an all-volunteer emergency team for when a patient needs a breathing tube or to be resuscitated.

## New graduates prepare to start careers during pandemic

Mitchell Farmer and Allison Lynn were featured in a story on KSN News sharing their thoughts about new graduates preparing to step into the medical world during a pandemic.

#### WPD helps students with fingerprints

Kelly Eden and fourth semester students were featured on KAKE and KWCH news. In order to get their licenses, students must get their fingerprints taken and sent to the KBI. Due to the Coronavirus pandemic, almost nowhere is doing them, so the Wichita Police Department stepped up to help.

#### **Graduate serves on NYC's frontlines**

Nursing alumna Taylor Givens shared her incredible story about volunteering in NYC during the height of the pandemic to care for others and save lives. In the interview Taylor says, "nothing would really prepare us for what we saw."

#### Zoom class fun

Veronica Ramos-Blanford shared a screenshot of students in the Maternal/Newborn Nursing Practicum class during their first Zoom class. Students created their own virtual backgrounds. Veronica says at the time Zoom was fairly new for everyone participating, and this was a great ice breaker for the class.



**Capital Graduate Research Summit** DNP graduate Andrea Coover (Dec. 2019) is the first nursing doctoral student to be accepted for the Capitol Graduate Research Summit (CGRS) in Topeka. Her DNP project was titled, "Assessing Knowledge and Attitudes of a Rural Primary Care Practice Initiating Suboxone Treatment for Opioid Use Disorder." Andrea also won a BioKansas Presentation Award at the summit.



#### Senior Honor Award

Congratulations to Maeghan Matson for receiving a CHP Senior Honor award for highest GPA!

#### **Student featured in FHCP newsletter**

Shayla Roper shared how the COVID-19 pandemic has affected her in the Future Health Care Professionals newsletter. Shayla says her instructors have worked tirelessly to come up with material to help students maintain their skills and knowledge.

#### Students' presentation to Conco Construction

Accelerated BSN students Christa Titus and Stevee Leiker volunteered to present "Preventing Workplace Illness During the Cold and Flu Season" to employees at Conco Construction. Christa and Stevee created handouts with healthy habits to help prevent the flu and discussed the difference between the cold and flu, how to avoid the flu and measures to take at work to stay healthy. In addition, they also provided large hand sanitizer bottles and Kleenex boxes for the common spaces, as well as Lysol spray and sanitizing wipes to clean phones, desk surfaces, keyboards, etc. Each attendee was given educational materials, a WSU pen, bottle of hand sanitizer and a package of Kleenex. The students did a great job and said they really enjoyed teaching the public about illness prevention.



#### **Recognizing our Graduates**

Although our traditional Nightingale Ceremony, Pinning and Hooding and Commencement events this semester had to be canceled, postponed or held virtually due to the COVID-19 pandemic. this does not take away the tremendous accomplishments our students have achieved. We are very proud of every one of our students and can't wait to see what the future holds! Wichita State is having a virtual Commencement ceremony on May 16 and will hold an in-person ceremony in October. Graduates who are not able to attend the October ceremony are welcome to participate in the December Commencement ceremony.

# Student Spotlight



Travis Bunk was born in the small town of Marquette in McPherson County. He graduated in 2001 from McPherson high school and attended Cloud County Community College, where he played college basketball. He continued his education at K-State, earning a degree in social work. Although he liked what he was doing, he felt strongly that he was being called to do more and it was time for a change. After speaking to trusted mentors and weighing his options, he decided to pursue nursing. "It was the right choice," he says. "My only regret is that I didn't do it sooner."

He graduated from WSU with his bachelors in nursing in 2014. While in nursing school he married his wife, who Travis describes as "amazing and supportive," and they are raising their family in McPherson while he gets his master's degree.

Travis says the COVID-19 pandemic has made this semester a wild ride. Most of his classes are already online, but it has affected some things such as his capstone project. He is also a clinical instructor at Hesston College, and Travis has been working hard creating good education options and virtual clinicals for his students. "The best way to learn nursing is at the bedside, but online learning is what things are moving to and I'm thankful we have this option. It makes so many good things possible."

Travis works full-time in the ER at McPherson Center for Health. When the Coronavirus pandemic began, he was part of the meetings and initial discussions for developing plans and taking measures to prevent overwhelming the health care system. He says he has learned a lot being a student, teacher and nurse through this pandemic.

Travis says the biggest challenge of nursing school is the pressure, and overcoming that comes from trusting your classmates, teachers, resources and family to help. "You have to continue to progress – nursing school is hard and lots of things are thrown at you that can set you back. You have to be able to overcome adversity; it builds character."

Travis remembers an example of overcoming adversity in nursing school during a head-to-toe assessment on a patient. The pressure was high students were given 20 minutes to perform the exam and had to get an 80% or higher to stay in the program. When his time started, he was unfamiliar with the hospital surroundings and couldn't get the bed to lock. He spent 10 precious minutes trying to lock the bed in order to make sure the patient was safe before beginning the assessment. Eventually he got the bed to lock and got through as much of the exam as he could. When he received his score, he was dismayed to see his grade: 79.5%. "It was brutal! Afterwards I met with the instructors and we worked it out. They appreciated that I put the patient's safety first. But I'll never forget that."

But perhaps his biggest challenge occurred last year when Travis suddenly lost his oldest sister. He says it was difficult dealing with personal grief while going to school, but the instructors at WSU were very understanding and helpful. "I learned that communication and interaction are key to getting though tough situations."

Travis says his favorite part about nursing is the patients. He loves interacting with people and having the opportunity to heal and educate them. Travis believes the most important skill every nurse should possess is grace towards other people. Many nurses suffer from "compassion fatigue," but they must continue to focus on other people and have grace.

The relationships he has built with his peers is one of the most valuable things Travis has gained at WSU. "It's been extremely memorable, how we've relied on and helped each other through the process. We held each other accountable and made sure our work got done."

Travis is graduating in May 2020 from the MSN-Nursing Education program and has been accepted to the DNP-Family Nurse Practitioner program for fall 2020. His advice to future nursing students goes back to learning to overcome adversity. "There will be hurdles and challenges, but if it's truly what you want to do, you'll become a nurse. Going through those things will make you a better person and nurse in the end."

When he's not working or in school, Travis enjoys life with his wife and four young girls; currently ages 7, 6, 4 and 1, and their family dog. He loves to play sports with his kids and coaches soccer, basketball and baseball when he is able. He also enjoys exercising, running, swimming and riding bikes. In his spare time, he likes to read to keep up on the latest information about improving health as a society.

# Staff Spotlight



Kelly Eden is the Academic Program Specialist for Undergraduate Programs in the School of Nursing. In her role she wears many hats; handling paperwork, administrative tasks, customer service, website maintenance, schedule building, enrollment and more.

Kelly was born and raised in Wichita. She attended Northeast Magnet High School where she was able to be in the Visual Arts program and focus on her passion for art. Her senior year she was one of two students chosen to showcase their artwork at the state capitol. Now she enjoys art as a hobby; drawing, painting, quilting, adult coloring books, and has even had her artwork displayed during a Final Friday Art Crawl in Wichita.

Kelly's strong ties to Wichita continued after high school; she graduated from WSU with a Bachelor's degree in Strategic Communications in 2012. After graduation she held a couple of temporary and retail jobs, and had the unique opportunity to work at Bombardier as a paperwork contractor where she got to work on the floor with the airplanes, engineers and mechanics. She started at WSU in her current position in November 2014. Kelly was drawn to work at WSU because of her connection to the university and familiarity of campus.

Kelly says she has gained many things at WSU; she has been able to hone her customer service skills and learn how to manage multiple, ongoing projects. But her favorite part of her job is the people. She enjoys the faculty and staff because they are good people who she genuinely enjoys working with. Since she was recently a student, she feels a strong bond with the students and finds joy in helping them accomplish their goals. "In my position I work with students a lot, and to see some of them who struggle make it to graduation really makes me proud."

She says her most memorable moments at WSU have been the School of Nursing Pinning ceremonies; in particular the ceremony held two years after she started. "That was the first nursing class I came in with and seeing them go through the program from start and finish was very emotional."

Kelly is working on earning a master's degree in Clinical Mental Health Counseling from WSU and plans to graduate in the next year and a half. From there she would like to work as a mental health counselor in the Wichita-area. She really admires the profession and has found so much inspiration through the program. "The faculty helped me understand that I could really do this and enjoy what I do, while helping a lot of people. I really find fulfillment by helping people in whatever capacity I can."

In her spare time Kelly likes to hang out with her cats and fiancée, Jake. They enjoy playing all kinds of games video, computer and tabletop - at home or at gaming places around town. She loves doing fun things away from the screen too; going on walks and eating at the many wonderful restaurants in Wichita (they try to support local, family-owned places whenever possible). She and her fiancée are known to do fun activities like their recent Popeye's themed date that included costumes, spinach salad and eating at Popeye's Chicken. She also enjoys going to events like Illuminations at Botanica Gardens. Cowtown Victorian Christmas, Steampunk Day, Renaissance Fair and the local farmers markets.

Kelly is also preparing to be married this summer. Because of the COVID-19 pandemic, they will hold the legal ceremony this year and a larger ceremony and reception next year. She is handling the change of plans with good spirits. "The most important thing is that we're getting married!"

# Message to Alumni & Friends

Alumni - we want to hear from you! There are many reasons to stay in touch and be involved. Keep your lifelong relationship with Wichita State and the School of Nursing a strong one. We encourage you to:

- UPDATE YOUR CONTACT INFORMATION. We want to make sure you receive the latest news, invitations to events, department updates and more.
- KEEP US UP-TO-DATE WITH THE LATEST NEWS. Send your achievements and news to <u>chpcontent@wichita.edu</u> for promotion on social media and in upcoming newsletters.
- ATTEND UNIVERSITY AND ALUMNI EVENTS. These events are a great opportunity to network and reconnect with fellow alumni.
- CONNECT AND ENCOURAGE THE NEXT GENERATION OF WSU NURSES THROUGH YOUR EXPERIENCES. This is an important way in which your leadership can help further the nursing profession and the School of Nursing at WSU.
- CONTINUE YOUR EDUCATION WITH US. Stand out and take your nursing career to the next level.

Let us know what's happening with you by emailing the following information to <u>chpcontent@wichita.edu</u>. Thank you for sharing!

Name: Class: Address: Phone: Email: Tell us about yourself. Where are you living, what are you doing in your career and what are your future plans?

#### Thank you for your Support!

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