



Round Rock Historical Landmark

TEXAS STATE  
UNIVERSITY

ST. DAVID'S  
SCHOOL OF  
NURSING

# Nursing on the Rock



Volume 4

March 2013

## Nursing Is...

“Nurses are the heart of healthcare.”  
~Donna Wilk Cardillo

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## From the Director's Suite

Spring is upon us in Central Texas as thoughts turn to renewal. The theme of beginning again or transformation has become over the past three years the mantra for the profession of nursing. In the landmark report issued by the Institute of Medicine (IOM), *The Future of Nursing: Leading Change, Advancing Health*, a blueprint for transforming the nursing profession was outlined. The goal of the IOM was not only to gather experts to review evidence from an extensive review of the literature, but to call nurses to action so that the quality and value of US health care is transformed to meet the future needs of diverse populations. IOM President Dr. Harvey Fineberg noted that “Nurses are a linchpin for health reform and will be vital to implementing systemic changes in the delivery of care.”

Nurses are being called to act on the recommendations as they are too important to let sit on a shelf and say “check—we finished the report”. The profession has been offered a way to transform and Texas State St. David's School of Nursing has joined with others in the *Future of Nursing: Campaign for Action* so that we can be a part of this change. The campaign's vision is for all Americans to have access to high-quality, patient- and family-centered care in a health care system where nurses contribute as essential partners in achieving success.

The campaign is focused on

three key pillars for change:

1. Advancing Education Transformation — Nurses need to be better prepared to deliver more complex care in various settings, not just the hospital. More advanced practice nurses are needed to provide primary care and teach the next generation of nurses.
2. Removing Barriers to Practice and Care — All registered professional nurses should practice to the full level of their education and training. The laws need to be changed in each state to allow all health professionals to practice at the level of preparation. Turf wars must cease in the best interest of the patient.
3. Nursing Leadership — Nurses must take a more active role in management and policy discussions. Nurses need to be educationally prepared to help lead improvements in health care quality, safety, access, and value. Leadership needs to happen at every level.

I challenge you to thumb through the pages of this newsletter to see how Texas State faculty and students are leading the charge to transform nursing. You will see BSN students being prepared to deliver complex care in multiple settings; read about the opening of an innovative Master's program to prepare advanced practice nurses as primary care providers who have skills beyond conventional



therapies; and applaud as you see our students taking the opportunities to lead and run full speed into the future. Watch out, here they come!

“Be the change that you wish to see in the world.” — Mahatma Gandhi

Marla Erbin-Roesemann PhD, RN  
Director, St. David's School of Nursing  
Associate Dean, College of Health Professions

## MSN Program Under Development

The St. David's School of Nursing is pleased to announce the rollout of a new Master of Science in Nursing (MSN) graduate program beginning Fall 2013. The MSN program is a 21-month (5 semesters, 48 credit hours) lockstep program in which registered nurses with a Bachelor of Science in Nursing (BSN) degree may advance their skills to the entry level for certification as a Nurse Practitioner and licensure as an Advanced Practice Registered Nurse. Instruction will be an online format with required on-campus learning experiences twice per semester at the St. David's School of Nursing on the Round Rock campus. The on campus learning experiences will augment the online course work and allow assessment of students to ensure that advanced level competencies have been met. The focus of the Nurse Practitioner program is primary care of families and individuals across the lifespan. As a result, graduates will be prepared to treat diverse populations, with knowledge to promote health and to assess patients of all ages. In addition to acquiring the knowledge and skills necessary for certification as a Family Nurse Practitioner, graduates of the program will have developed competence in the theory and techniques of integrative health. Dr. Shirley Levenson, Assistant Professor and Nurse Practitioner Program Director, states, "At the completion of the NP program, our students will have thorough preparation for the national certification exams and sound basis for doctoral studies and immediate career placement."

A major step in moving this program toward fruition was the generous gift of \$2 million from the St. David's Foundation to help establish the MSN program, contingent upon the university receiving approval from the Texas Board of Nursing and the Southern

*"Texas State and the St. David's Foundation share a common commitment to improving the health and well-being of the people who live in Central Texas. As the school of nursing was founded to help address the shortage of nurses in Texas, this new Master of Science in Nursing program will help us address one of our state's most critical issues—a dearth of healthcare providers."—Texas State University President Denise M. Trauth*



Earl Maxwell, CEO of the St. David's Foundation, presenting the gift at a February 4 news conference at the St. David's School of Nursing on the Round Rock Campus. Click [HERE](#) to read the entire press release.

Association of Colleges and Schools. The MSN program has already received approval from the Texas State University System Board of Regents and the Texas Higher Education Coordinating Board.

## Meet Dr. Shirley Levenson, Assistant Professor and Nurse Practitioner Program Director

In January 2013, the St. David's School of Nursing welcomed Dr. Shirley Levenson who was hired to manage the development and operation of the MSN Program. Dr. Levenson, Assistant Professor and Nurse Practitioner Program Director, comes to us from the University of Texas-Tyler where she was Graduate Faculty in the FNP program. She has been a registered nurse for 28 years, with 10 of those years as an Advanced Practice Nurse (FNP). Her clinical experience ranges from critical care to home health. She is board certified as a Family Nurse Practitioner and is certified in critical care as a nurse practitioner. In addition to her extensive experience in higher education, Dr. Levenson also opened and ran one of the first Nurse Practitioner-owned clinics in the United States (2003). She is excited about being a part of the creation and overseeing of the MSN program. Dr. Levenson stated that this program "... will prepare registered nurses for advanced clinical practice roles in family practice. The MSN-FNP Program will help our students develop expertise as primary care providers with advanced skills in the assessment and management of health care needs and patient education. This will help increase primary care providers in Central Texas."



To learn more about the MSN program, visit our Web site ([www.nursing.txstate.edu](http://www.nursing.txstate.edu)), or contact Dr. Shirley Levenson at [SAL111@txstate.edu](mailto:SAL111@txstate.edu)

## BSN Receives Full BON Approval

At its January 17-18, 2013, meeting, members of the Texas Board of Nursing (BON) considered the approval status of the Texas State University-San Marcos Baccalaureate Degree Nursing Education Program in Round Rock, Texas. Based upon the 2012 NCLEX-RN® examination pass rate and evidence of compliance with Rule 215, it was the decision of the Texas BON to move the approval status from initial to full approval. The Board also commended the program for the 2012 NCLEX-RN® examination pass rate of 98.63%.

## Nursing Student Gives of Herself to Help Others



During the Fall 2012 Semester, one of our Nursing students, Bianca Peters, selflessly began the process to become a lifesaving bone marrow donor. With great pride, we present Bianca's journey in her own words.

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There are two methods to donate bone marrow. One method involves marrow being withdrawn from the pelvic bone and the other is a non-surgical, outpatient procedure called a peripheral blood stem cell donation. This is how I was asked to donate.

I put myself on the bone marrow registry years ago so when I received the phone call from Be The Match, I was a bit shocked. I was informed that I was a match and a potential donor for a woman diagnosed with leukemia. After further blood testing I found out that I was the best possible match! Being in the field of nursing, I can't even describe the sense of extreme joy I felt knowing that I was healthy and able enough to try to help heal another woman in this way. Although I hadn't met the woman yet, there was no question in my mind as to whether or not I would go through with the procedure. I not only felt able, but responsible to do everything that

I could, as a donor, to help give her body the strength to fight.

I began receiving Filgrastim injections, to help my body overproduce stem cells, on Saturday, September 1st, and continued receiving them until September 5<sup>th</sup>, which was my day of donation. I experienced a mild headache and mild bone pain while receiving the injections. The level of discomfort was equal to giving your body a good workout when you haven't hit the gym in a couple months. I thought it was a very, very small price to pay to potentially save this woman's, my recipient's, life. I reported to the South Texas Blood and Tissue Center at 7AM where I met some of the friendliest, most accommodating individuals I have ever encountered in the health care field. Other than two small pokes in each one of my arms, I experienced no pain and six or seven hours later I was done! My stem cells were immediately taken with a courier to be delivered to my recipient and I was headed back to nursing school.

I'm still not yet able to meet my recipient, but I was informed that her body took well to my stem cells and that she is doing well. I can't help but smile every time I think of her and I can't wait to meet her. I helped her body fight, and I would do it again at the drop of a dime.

Why is it important for others to follow in my steps? I have to ask a question right back. If you had been diagnosed with leukemia and the doctors informed you that your body no longer had the strength to continue fighting, what kind of people would you hope existed out there? The kind who were willing to give or the kind who found a million excuses for why they were unable to? So get educated. Get placed on the Be The Match Registry and be willing to follow through. Because if the roles were switched, and all you had left was faith in the goodness of people, you'd want those kind of people surrounding you.

## Milburn Receives Presidential Upper Level Scholarship

Whitney Milburn, nursing student senior, was named the College of Health Professions' recipient of the Presidential Upper Level Scholarship for 2012-13. She was nominated for this scholarship by the faculty of the St. David's School of Nursing based on her outstanding academic accomplishments, in addition to her leadership and service activities. Each of the departments within the college nominated an outstanding student for the scholarship award, and Ms. Milburn was selected from this high achieving cadre of students.



Ms. Milburn also serves as Vice President of the Texas Nursing Students' Association (TNSA) Board of Directors. She attended the 65th Annual Texas Nursing Students' Association Convention in Houston, TX. St. David's School of Nursing faculty, Dr. Kim Belcik, was the keynote speaker at the convention.



## Welcome New Nursing Faculty and Staff!

### Victoria Miranda, Administrative Assistant II

Victoria Miranda or "Tory" as she prefers to be called, came to us from Texas State's main campus in San Marcos. Tory has been with Texas State almost sixteen years and considers this her second home. A San Marcos native, she and her family live in Round Rock. Tory enjoys her time in the kitchen cooking and baking as well as reading, watching movies, caddying for her husband on the golf course, gardening, going to her son's sporting events, and is somewhat of an adrenaline junky. In her new position at the St. David's School of Nursing, she provides support to the Admission and Retention Coordinator and Academic Advisor. Be sure to stop by and say hello.



### Karen Love, Clinical Assistant Professor

Karen Love has been a registered nurse for almost 28 years. She obtained her Bachelors of Science in Nursing at the University of Illinois at Chicago in 1985. As a registered nurse, she primarily worked in medical/surgical, critical care, women's health, and post anesthesia care unit. She then went on to the University of Texas at Austin and completed the Family Nurse Practitioner program in 1997. Her areas of work as an advanced practice nurse have been in women's health, neurology, and integrative medicine. She maintains her certification as a family nurse practitioner. Her academic experience has been working with junior level nursing students at both Concordia University and Texas State University. We welcome Ms. Love as a valuable member of our Nursing faculty!

## Faculty Spotlight on Beth Biggan, MSN, RN, Clinical Assistant Professor



Ms. Biggan followed in her mother's footsteps when she decided to enter the field of nursing. Her mother is an RN and was the Director of the Baptist Memorial Hospital System School of Nursing. Ms. Biggan earned her Diploma in Nursing from that same school, and then later graduated with a BSN from New Mexico State University in Las Cruces. She earned her MSN degree with a specialty in Women's Health from The University of Texas-El Paso.

Ms. Biggan developed a strong nursing background in oncology, women's health, newborn nursery, private practice and education, including teaching graduate Women's Health Care II and undergraduate Medical-Surgical Nursing and Health Assessment. She brought this wealth of experience to the St. David's School of Nursing in 2009 as a Clinical Assistant Professor, first participating in the development of the Bachelor of Science in Nursing curriculum, then later teaching classes.

Additional hats are also worn by Ms. Biggan. She is the Clinical Coordinator for the BSN program, working with many clinical sites at which students fulfill their clinical and practicum assignments. Ms. Biggan is the Student Nursing Organization faculty advisor, and has been instrumental in paving the way for a Nursing Honor Society chapter to be established

for the St. David's School of Nursing students. She also donates her winter breaks by serving as faculty advisor for student groups who perform community service to villages in Nicaragua. Their first trip was highlighted in the March 1, 2012, issue of "Nursing on the Rock", and you can [read more](#) about their most recent trip in this issue.

Ms. Biggan was recognized by her students in 2012 for all of her good deeds when she was awarded "Outstanding Faculty in Service".



When asked what is the best part of her job, Ms. Biggan's response is always, "the students". "I start with the new nursing students, some of which have never been in a hospital, let alone taken care of someone who is sick. The minute I see the spark in their eyes, that tells me that they got it, they understand what is happening and why. Then, I know why I am here. My students prove to me each day that what we are doing is right and good. They are amazing!" And the feeling is mutual. As one of her students stated, "I have always enjoyed her big smile and lighthearted approach to teaching. She's always made me feel like I will succeed, no matter how challenging the task."



When Ms. Biggan is not pursuing her research interests in the area of breast cancer occurrence in women who have used fertility medications, she enjoys spending time with her two children and two grandchildren. Her hobbies include sewing, baking, outdoor activities and anything Disney. In fact, her grandchildren provide a good excuse to visit Disneyworld when she is seeking a "magical" getaway.

## Student Mission Trip to Nicaragua

Over the winter break, twelve students and two faculty from the St. David's School of Nursing traveled on its second nursing mission trip to Nicaragua. Two of those students, Stephen Mueller and Erin McCracken shared their experiences.



Stephen Mueller

Last December and January, I went on a nursing mission trip to Nicaragua along with eleven other senior nursing students and two faculty members from the Texas State University St. David's School of Nursing. In addition to our own luggage, we brought an additional nine large suitcases filled with medical supplies and toys.



One of our first jobs on our first full day in country was to unpack and sort all the supplies. While private health care in Nicaragua is comparable to that in the U.S., Nicaragua is the second poorest country in the Western Hemisphere and most people rely on the public health system, which must deal with tight budgets and shortages of medication, equipment, and supplies. Much of what we brought was donated to the public hospital in Masaya, Nicaragua, while the remainder was used by ourselves in the community clinics we offered.

We worked in two communities: the El Candil neighborhood of Masaya, a city of 150,000 located between Managua and Granada, and San Juan de Oriente, a small rural community about an hour south of Masaya on the outskirts of the only somewhat less small town of Catarina.

Both are located in the volcano-studded western part of Nicaragua. We spent four to five days in each community. On the first day we went from house to house in teams of five: three nursing students, a translator, and a resident of the community to guide us to the houses we were to visit. At each house, we would introduce ourselves and work through a community health questionnaire. Our goals were to gather demographic and health data, and to identify people who would benefit by visiting the clinic we would be operating for the next two to three days.



In the more rural village of San Juan de Oriente, many of the people made pottery or other handicrafts. We bought many of these, thus eliminating any middlemen. Some of the people also insisted we take smaller pieces as gifts. This took some getting used to for people who haven't encountered this sort of hospitality in the Hispanic culture. An 84-year-old woman to whom we became especially

close, cooks large batches of *nacatamales*, the Nicaraguan version of tamales that combine corn meal, meat and vegetables boiled in a plantain wrapper. She serves

the community as a sort of homegrown Meals on Wheels, distributing her *nacatamales* to people who are "old and sick."

Our clinics were very basic operations: a table of equipment, a couple of tables for a pharmacy, four to six clusters



of plastic chairs for consultations at which we would take histories, do physical assessments, and propose a diagnosis and treatment plans. The two Nicaraguan doctors working with us would review our conclusions and more often than not concur with our opinions. It was quite a confidence booster and it really built the feeling of teamwork.

This is just the tiniest tip of the iceberg of what we saw and did. Two weeks was not nearly enough time to experience all that Nicaragua and its people have to offer. The "mission" of a mission trip flows two ways and it felt as though we were given back as much or more than we offered of ourselves.

Stephen Mueller



Erin McCracken

My trip to Nicaragua was life changing. During the trip, I had the opportunity to apply all of the nursing skills I have acquired over the past two years. I made memories I will never forget. The biggest highlight of my trip had to be on January 1<sup>st</sup>, 2013. I delivered baby Marlee by myself with classmates and Ms. Baker supporting me the entire time. Bringing a baby into the world was incredible and I am so lucky for the experience. As a group we learned about Nicaraguan culture and grew to love the people. I feel as though I learned more about nursing in those two weeks than any other clinical experience so far. I have a new appreciation for health care in the United States and a better understanding of the term "limited resources". This trip would not have been possible without Mrs. Biggan. She sacrifices her personal time and money to give students this opportunity and I am extremely grateful for her gift. Throughout our trip, Mrs. Biggan was a travel guide, belongings holder, picture taker, mom (when we got home sick), teacher, and friend. I will never forget nursing in Nica!

Erin McCracken

## Farewell Message from SNO President



It has been an honor to lead the Student Nursing Organization. I can remember one of my first meetings as a junior, where there was a whopping five people in attendance! Today the organization has grown by over eighty members and students have donated hundreds of dollars to local philanthropies. My goal as president of SNO was to facilitate the professional development of members while providing an opportunity to serve the community. This wouldn't have been possible without the endless support from the SNO officers and faculty. It has been a busy year and while a lot has been accomplished, there is still work to be done. The juniors are an incredible group of leaders and I am confident in the future of SNO.

“A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves.” - Lao Tzu.

Good Luck!

Erin McCracken, SNO President

## Students Visit the Capitol for Nurse Day



Assistant Professor Cindy Zolnierек took six nursing students to the Capitol in Austin, TX for Nurse Day. They attended an orientation session on February 25 to familiarize themselves with nursing's legislative agenda, spending the following day at the Capitol. There, they attended the House Human Services Committee and Senate Health and Human Services Committee meetings, and sat in the gallery of the House and Senate as each chamber passed a resolution recognizing Nurse Day at the Capitol, sponsored by the Texas Nurses Association (TNA). The group then visited the offices of Senator Charles Schwertner and Representatives Larry Gonzales and Jodie Laubenberg where Ms. Zolnierек and her students met with legislative staff about nursing's legislative agenda. One of the legislative agenda issues is a bill to require schools to notify parents if a nurse is not assigned to the campus so that parents can plan appropriately for their children's medical needs. Student Erin McCracken was able to eloquently speak to the significance of this bill with a personal story. The day concluded with a debriefing with TNA staff.



## Paws for a Cause

Looking for a way to stay healthy and give back to the community? The second annual Texas State University St. David's School of Nursing Paws for a Cause 5K Fun Run will let you do both. This year's fun run to be held on April 27, 2013, will raise funds to put properly-fitting shoes on the feet of Round Rock ISD elementary students.

Last year's run raised enough money to purchase ninety pairs of shoes for Georgetown ISD elementary students who needed them. Research conducted by nursing students from St. David's School of Nursing at Texas State University in Round Rock found a correlation between improperly-fitting shoes and playground injuries. Inspired by these findings, the nursing students founded the "Paws for a Cause" fundraising event.

The fun run will start at 8 a.m. on Saturday, April 27. Online registration is available at the school's Web site: [www.nursing.txstate.edu](http://www.nursing.txstate.edu). Early registration is \$25 until April 1, with late registration cost of \$30 open until April 22. Same-day registration is \$30 and opens, along with packet pick-up, at 7 a.m. at the Avery Building on the Texas State University Round Rock Campus. If you have any questions or would like to sponsor the 2013 Paws for a Cause 5K Fun Run, please email: [pawsforacause@txstate.edu](mailto:pawsforacause@txstate.edu), or call 512-716-2927.



## Fill the Boot MDA Fundraiser

The Student Nursing Organization (SNO) organized a "Fill the Boot" fundraiser for the Muscular Dystrophy Association (MDA). \$118 was raised and presented to the Round Rock Fire Department. The funds were distributed to local hospitals/centers for muscular dystrophy research to find cures and better treatments. The funds also help pay for children across Central Texas to attend MDA summer camps.

## Nursing Student Attends APNA Convention

Nursing senior El Burley, who is also one of two Texas APNA Janssen Scholars, attended the American Psychiatric Nurses Association convention held in Pittsburgh, Pennsylvania, November 7-11, 2012.



## NAMI Walk

On October 6, 2012, St. David's School of Nursing participated in NAMIWALKS, raising \$1000 to raise awareness and support persons with mental illness. This was the 10<sup>th</sup> anniversary of the event sponsored by the National Alliance on Mental Illness (NAMI). An impressive thirty-four participants from the St. David's School of Nursing completed the 5K walk. Senior nursing student El Burley championed the effort as the team captain, supported by faculty mentors Ms. Cindy Zolnieriek and Dr. Susan Rick, junior and senior nursing student colleagues, and family and friends of St. David's School of Nursing. NAMI Austin will utilize funds raised to provide services including: support groups, community meetings, education, and advocacy for issues related to mental illness.





**Without Regrets**

Nursing students volunteered their time to cheer on runners and hand out water and Gatorade for the “Without Regrets” Livestrong marathon on February 17.



Nursing students Whitney Milburn and Alex Real volunteered during a phonathon sponsored by Texas Guaranteed (TG) to provide information on how to access financial aid and resources to pay for college. They were featured by Univision TV-Austin on the February 19 evening news.



Nursing students enrolled in Community Health Nursing Practicum participated in a Health Fair in Austin during the Fall 2012 Semester.



## Nursing Faculty/Staff Achievements

### AWARDS & RECOGNITIONS

**Dr. Lyda Arévalo-Flechas**, Assistant Professor:

Was inducted into the 2013 San Antonio Women's Hall of Fame on March 2, 2013. The San Antonio Women's Celebration and Hall of Fame was established in 1984. The organization evolved out of a Governor's Commission for Women appointed by Texas Governor Mark White in 1983. Twenty-nine women from throughout the state came together to recognize contributions made by women in Texas. The group established the Texas Women's Hall of Fame, and promoted events such as Women in Texas Today. Each city was urged to have a women's event recognizing local women and their contributions. Since 1984 the San Antonio Women's Hall of Fame (SAWHF) recognizes each year outstanding women in different categories. Dr. Arévalo-Flechas was inducted into the SAWHF for her contributions in the Health Professions on March 2<sup>nd</sup> at the Sonterra Club in San Antonio, TX. Dr. Arévalo-Flechas was nominated for her research contributions in Latino caregiving, her mentoring of women and students, and her community service learning activities.

Was selected as a participant in the 2013 NLN Scholarly Writing Retreat in Chapel Hill, North Carolina. The NLN Scholarly Writing Retreat is sponsored by the National League for Nursing Foundation for Nursing Education, and Pocket Nurse, and took place the weekend of March 8-10, 2013 at the University of Chapel Hill.

**Ms. Beth Biggan**, Clinical Assistant Professor:

Was highlighted in the faculty section of the Round Rock Leader on October 20, 2012. Read more about Ms. Biggan in this issue's "[Faculty Spotlight](#)".

**Ms. Susan England**, Clinical Associate Professor:

Was chosen to participate as a Faculty Expert in designing a concept-based curriculum for the State of Texas for a Nursing Innovative Grant awarded to the Texas Higher Education Coordinating Board. The first phase of this project is to design and implement an Associate Degree of

Nursing (ADN) curriculum to create a seamless transition in the educational process from the ADN program to a Bachelor of Science in Nursing (BSN) program. The curriculum will be implemented in Fall 2013 in seven Texas-based community colleges. Seventy-five faculty from colleges and universities in Texas were selected for their expertise as educators to create a curriculum that focuses on teaching major nursing concepts that the student can easily recognize and apply to a variety of clinical settings and across body systems. It is believed that a concept-based curriculum allows for better content management, prevents content saturation, and promotes the development of clinical judgment and critical thinking.

**Dr. Marla Erbin-Rosemann**, Director and Professor:

Was elected Vice President of the Texas Association of Deans and Directors of Professional Nursing Programs (TADDPNP), which is an organization that represents all professional nursing programs in the state. Dr. Rosemann was nominated by her peers from the Texas Organization of Baccalaureate and Graduate Nursing Education as the nominee from that organization and voted in by the membership of TADDPNP, which includes members from The Texas Organization of Associate Degree Nursing Education. She will serve as Vice President for 2013-2014 and then as President from 2014-2015.

### PRESENTATIONS AND CONFERENCES

**Dr. Lyda Arévalo-Flechas**, Assistant Professor:

Delivered a presentation, "All Alzheimer's Caregivers are Not Created Equal" at Trinity University on October 13, 2012, as part of the **TEDx San Antonio :: Be Bold**. Click [HERE](#) to watch the video. Created in the spirit of TED's mission, "ideas worth spreading," the **TEDx** program is designed to give communities, organizations and individuals the opportunity to stimulate dialogue through TED-like experiences at the local level.

As one of many on-demand webcasts found on [mmLearn.org](http://mmLearn.org), Dr. Arévalo-Flechas discusses an in-depth study she conducted to flesh out the nuances among Latino-Hispanic caregivers. These videos are designed to

provide guidance to caregivers. Dr. Arévalo-Flechas' video was selected for the permanent collection of Morningside Ministries caregiver resources. Click [HERE](#) to view the video.

Presented "I Do Not Read in Spanish: Challenges in Bilingual Research" at the 18<sup>th</sup> Annual Qualitative Health Research Conference in Montreal, Quebec, Canada, on October 23-25, 2012.

**Ms. Marylyn Kajs-Wyllie**, Clinical Associate Professor:

Presented a CNRN Review Course at the Regional Medical Center in San Jose, California on February 7-8, 2013.

Attended the Nursing Leadership Symposium in Austin, Texas on January 25, 2013.

Presented "Nursing Assessment and Care of the Stroke Patient in the Emergency Department and Acute Care Phase" at the State of Texas Stroke Support Symposium in Houston, Texas on January 18, 2013. As a State Stroke surveyor, Ms. Kajs-Wyllie shared information to assist small community hospitals in the development of a stroke support center.

Had two podium abstracts accepted at the Annual Educational Conference of the American Association of Neuroscience Nurses in Charlotte, North Carolina, March 9-12, 2013.

**Dr. Tiffany Holmes**, Coordinator of Simulation Laboratories:

Presented two podium presentations and one poster presentation at the International Meeting on Simulation in Healthcare Conference held in Orlando, FL on January 27-30. The first presentation was titled "Save by GOING GREEN!" where she discussed the recycling procedures she has in the simulation lab. The second presentation was titled "Finding the Needle in a Haystack: Interviewing 101" where she discussed how to find the ideal simulation center employee through asking appropriate interview questions of candidates to ensure they will be a fit for the simulation environment. The poster, entitled "Showing Signs of Life in Medium Fidelity

## Nursing Faculty/Staff Achievements (continued)

### PRESENTATIONS AND CONFERENCES (continued)

Manikins” and co-authored by Ryan Douglas, Simulation Laboratories Information Specialist, depicted how the simulation lab personnel were able to provide vital signs on the patient monitors for our VitalSim manikins.

**Ms. Cynthia Zolnierек**, Assistant Professor:

Presented “Caring for Persons with Severe Mental Illness in Med-Surg Environments” at the Med-Surg Conference sponsored by St. David’s Medical Center in Austin on March 5.

### PUBLICATIONS

**Dr. Lyda Arévalo-Flechas**, Assistant Professor:

Lucke, K.T., Martinez, H., Mendez, T.B., Arévalo-Flechas, L.C. Resolving to go forward: The experience of Latino/ Hispanic family caregivers. *Qualitative Health Research*, 23 (2): 218-230. DOI: 10.1177/1049732312468062.

**Ms. Cynthia Zolnierек**, Assistant Professor:

Zolnierек, C. (2012). Speak to be heard: effective nurse advocacy. *American Nurse Today*, 7(10). Click [HERE](#) to read the article.

Zolnierек, C. (2012). Beyond rhetoric: Supporting patient advocacy in nursing practice. *Perioperative Nursing Clinics*, 7, 379-387.

### SERVICE

**Ms. Kindal Baker and Ms. Beth Biggan**, Clinical Assistant Professors:

Led a group of students to Nicaragua over the 2012 winter break from December 28, 2012 to January 11, 2013. Click [HERE](#) to read more!

**Dr. Barbara Covington**, Associate Professor:

Was appointed as faculty senator representing the College of Health Professions. Dr. Covington also serves as the faculty senate liaison for the St. David’s School of Nursing.

**Ms. Susan England**, Clinical Associate Professor:

Students in her Fall 2012 Community Nursing course worked with Hutto, Texas to establish a food pantry. They conducted a food drive to stock the pantry, collecting over \$500.



**Ms. Cynthia Zolnierек**, Assistant Professor:

Took six nursing students to “Nurse Day” at the Capitol on February 25-26, 2013, sponsored by the Texas Nurses Association. Click [HERE](#) to read more.

## Nursing Alumni Updates

### MAY 2012 CLASS

**Stephanie Gibson, BSN 2012** I am wrapping up orientation on the Neurology/Neuro Surgery unit at St. David’s Medical Center. Working nights can be challenging, but I’m loving it. A great unit to strengthen all those nursing skills we learned in the simulation labs. Thank you, Faculty & Staff, for all of your support! Your dedication to the students does not go unnoticed. (12/9/12)

**Shamarie Scott, BSN 2012** Working in Radiology for St. David’s South Austin Medical Center and loving it! (1/2/13)

**Amanda Ward, BSN 2012** Employed as an RN at St. David’s main on the telemetry unit. (10/29/12)

**Candace White, BSN 2012** I just completed my internship at the Scott & White Children’s Hospital in Temple, TX, and am now a Registered Nurse for the PICU! I am also getting married in March 2013. My life is finally beginning. (10/23/12)

### Where In the World Are Our Grads?



Now that we have graduated our first class of Nursing students, and are about to see the second class march across the stage, we want to hear what our new alums are up to since leaving St. David’s School of Nursing.

Click [HERE](#) to complete the “Nursing Alumni Update Form” so that we can share your updates in future issues of *Nursing on the Rock*. It’s a great way to stay in touch!

## Our Mission

**TEXAS  
STATE  
UNIVERSITY**  
ROUND ROCK CAMPUS  
*The rising STAR of Texas*

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Visit our  
Web site

The St. David's School of Nursing at Texas State University educates and prepares graduates, using innovative teaching strategies and state-of-the-art technology, to function in professional nursing roles to promote, maintain, and restore health and wellness and to prevent illness among diverse individuals and communities. Graduates demonstrate competence as critical thinkers who effectively collaborate as members of the inter-professional health care team and utilize scientifically-based interventions. These future nurses will provide ethical, safe, and effective patient-centered care and contribute to present and emerging research and health management practices.

## Help Support the St. David's School of Nursing!



Click [here](#) to learn how you can make a difference!

*The Bachelor of Science in Nursing program at Texas State University is accredited by the Commission on Collegiate Nursing Education, One Dupont Circle, NW, Suite 530, Washington, DC 20036, (202) 887-6791.*