This has been another exciting year for the St. David’s School of Nursing as we continue to expand our list of what I have termed “firsts”. In fall of 2013 we welcomed 36 new graduate students into our new Masters of Science in Nursing Family Nurse Practitioner Program (MSN-FNP). Shirley Levenson, PhD, APRN, FNP-BC, joined us in January of 2013 to finish development of the program and lead us into the future. She has done an outstanding job preparing the program for this milestone. Our graduate students complete the majority of their coursework online and travel to the school twice per semester to work with faculty, as well as complete clinical hours with preceptors in their home areas.

We have the St. David’s Foundation to thank for another generous gift to fund the initial operation of the MSN-FNP program. These types of gifts will keep on giving long past the dwindling of the funds in the account. It is difficult to put a value on the preparation of the next generation of primary care providers (PCPs). We know that the shortage of PCPs will continue for many years, compounded by a surge in demand, as greater numbers of individuals obtain health care insurance. Our graduates will be prepared to meet the needs of individuals and communities when they graduate in spring 2015.

We remain committed to achieving the highest levels of academic excellence in our undergraduate student body. Our faculty are preparing students for practice not only for the world today, but for the future as we respond to the demands and changes of the health care marketplace. Although the practice of nursing and nurses themselves may look quite different through the ages, at the core of our practice remains unwaivering “caring”. Caring is what nurses do; it is our “art”, the underpinning of our profession. While caring is necessary for our practice, it is not sufficient. Nursing must be grounded in science, and our faculty not only excel at teaching the science of nursing, they are working to advance nursing research. You can read about their research in our newsletters and on our website. For instance, Dr. Lyda Arévalo-Flechas, is studying ways to support Latino family caregivers of relatives living with Alzheimer’s disease or related dementias.

The faculty balance teaching nursing science with showing students what caring looks like in practice. In the upcoming pages of this newsletter you will see how the faculty lead the way as the students care for the community and show their support for the various causes, such as the National Alliance on Mental Illness ("NAMI") walk in Austin. Caring even extends beyond our borders as we see the smiling faces of students and the villagers in Nicaragua, where Mrs. Beth Biggan has led a mission trip the past three years during winter break. The students brought much joy, along with high demand medicine and supplies, on their trip.

We are pleased to share the joy of teaching and learning alongside our students. Feel free to comment on our website about the newsletter and let us know if we can answer questions for you.

“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
Dispatches from the BSN & MSN Programs

Getting Ready for the Working World

Representatives from central Texas hospital systems came this spring semester to speak to our senior nursing students about their respective nursing residency programs and their application process for new graduates. This year we were pleased to have representatives from St. David’s Healthcare, Seton Healthcare Family and Baylor Scott & White Health. They each described their respective programs which give support and guidance to new graduate nurses. It is a wonderful opportunity for our seniors to hear from these three hospital systems and learn how they assist in easing the transition from student to professional nurse. Hospital representatives also detailed the special features of their hiring structure for new nurses. Students were also able to speak to these hospital human resources representatives about their application and attributes.

To help the May graduates prepare for the NCLEX-RN®, an exam that measures the competencies needed to perform safely and effectively as a newly licensed, entry-level nurse, we invited two companies which offer NCLEX-RN® preparation programs. This year representatives from Hurst Review Services and KAPLAN Nursing spoke of their programs that prepare graduate nurses to pass the NCLEX-RN® on their first attempt.

Currently, the MSN-FNP program has 29 full-time students who worked hard on their advanced pathophysiology, advanced pharmacotherapeutics and theory courses Fall 2013 and are experiencing their first clinical course this Spring 2014. This cohort of students will complete 48 hours of course work and 600 hours of clinical hours in Spring of 2015.

November 1, 2013, was an important day as Senate Bill 406 went into effect. APRNs have expanded their prescriptive authority roles here in Texas, which means big changes for the public receiving primary care services from nurse practitioners. SB 406 is the new prescriptive authority law governing delegation of prescriptive authority to Advanced Practice Registered Nurses (APRNs) and Physician Assistants in Texas. The law goes into effect on November 1, 2013. Before November 1, 2013, physicians who delegate prescriptive authority and APRNs who have delegated prescriptive authority must practice under the current site-based restrictions. The link to this bill is https://c.ymcdn.com/sites/cnap.site-ym.com/resource/resmgr/docs/prescriptive_authority_law_c.pdf. There are four tables within that document. Table 1 outlines the general differences between current law and delegated prescriptive authority as it will exist under the provisions in SB 406. Table 2 outlines the differences in the definitions for practice sites, and Table 3 outlines differences in physician supervision and quality assurance requirements. Table 4 notes the elements that must be included in the written documents required for delegated prescriptive authority before and after November 1st, 2013.

Interest in learning more about the Bachelor of Science in Nursing and Master of Science in Nursing programs? Click HERE!
Faculty Spotlight on Lyda Arévalo-Flechas, PhD, RN, Assistant Professor

Dr. Lyda Arévalo-Flechas joined the faculty team of St. David’s School of Nursing in 2011. Serving others through volunteering and community service, however, has been a part of her life since she was very young. Having been a scout all of her life, she learned to enjoy the satisfaction of serving and helping at an early age. Dr. Arévalo-Flechas added, “Being able to make a difference in others’ lives can quickly become ‘addictive’.”

Born and raised in Bogotá, Colombia, she graduated from high school at the age of 15 and spent a year in college studying marketing and advertisement, enjoying the company of her best friends and learning a little about graphic arts. She then took a year off school and dedicated 100% of her time to volunteer with the Colombian Red Cross rescue squads and Girl and Boy Scout troops. At the end of that year she returned to college in the healthcare field. A month after graduating from the Surgical Instrumentation-Sociedad de Cirugía de Bogotá-Hospital San José, Bogotá in 1984, Dr. Arévalo-Flechas left Colombia and moved to Binghamton, N.Y. where college officials assured her that not many people on campus spoke Spanish. As a result, she spent the spring of 1985 learning English and in the fall started their nursing program because she realized that would be the fastest way to get back to enjoy working in the Operating Room (OR) in the United States. There, she received her AAS degree from Nursing Broome Community College and her BSN from the State University of New York. She cannot say that she had a nurse role model whom she wanted to emulate, or that during a hospital stay a nurse made an impact on her. Instead, she used nursing as the backdoor to eventually return to the OR, but once she entered, a world of possibilities beyond the OR opened. Dr. Arévalo-Flechas went on to earn her MSN from The University of Texas Health Science Center at San Antonio School of Nursing, and her PhD from the Graduate School of Biomedical Sciences UTHSCSA, San Antonio, Texas.

When asked why she moved into the field of teaching, Dr. Arévalo-Flechas states that when working on her MSN in Acute Care of the Adult, her advisor suggested she complete a minor in Nursing Education. She had taught in different settings such as youth organizations and the U.S. Army. During her practicums teaching undergraduate students physical assessment skills in the lab, Dr. Arévalo-Flechas discovered that she enjoyed tremendously the sense of wonderment, and the excitement of novice students as they progressed towards more complex skills and practiced in clinical what they had learned in the lab. She always enjoyed the privilege of teaching up front in basic courses, clinical and didactic. Given the choice she consistently selected first semester nursing courses.

Just like she finds community service “addictive”, so is the joy of watching students make connections, have “aha!” moments, and gain confidence. St. David’s School of Nursing made her an offer that she could not refuse: being able to work with undergraduate students while pursuing her research interest, but giving priority to her teaching in an environment where most things were being created. She noted that combination is hard to find.

Dr. Arévalo-Flechas (or “Dr. A” as her students call her) does not mind at all her students remembering her as a strict faculty who held them to a high standard of performance and wanted nothing but the best from them. Her students agree: “Dr. A not only holds high expectations for her students, but she also instills in her students to have high expectations of themselves and to never stop working and educating themselves until those expectations are met. As her student I have received more ‘bruises’ from falling only inches short of those expectations but have found it to be VERY rewarding when I push myself to a point where I can reach them.” Another stated, “Dr. A appears to be tough, but she has a heart of gold. She is a wonderful person and shows a genuine concern for the well being of her students.” This student expressed, “Dr. Arévalo-Flechas challenges her students in her classroom and has helped motivate me to be a better nurse. She truly cares about her students and their success.”

It is no secret that nursing students whose first language is not English have a special place in Dr. Arévalo-Flechas’ heart because she was one of them many years ago. She was fortunate to have had an international student advisor who understood cultural differences and helped her navigate a new school environment. She also gained “American parents”, Jim and Janet Gormley, who patiently explained American culture, laughed with her as she learned English, and encouraged her every step of the way.

Dr. Arévalo-Flechas’ research interests fall under the big umbrella of culture and how cultural values greatly determine how we perceive an experience. She studies Latino caregivers of relatives living with Alzheimer’s disease and related dementias. Parallel to her main interest in culture and Latino caregiving are themes of health disparities and health literacy because they are related. She is currently working on the lengthy process of developing an instrument to measure caregiver satisfaction and duty fulfillment. Her intention is for this instrument to be culturally and linguistically congruent with Latino culture.

To help satisfy her desire to continue in community service, Dr. Arévalo-Flechas feels fortunate to have worked for institutions where the students are eager to get involved. The St. David’s School of Nursing, she feels, is not the exception, but rather an exceptional place. She stated that the students in Texas State’s Nursing program have been willing to participate in local and international projects whenever she formulates a call to action.

When Dr. Arévalo-Flechas is not teaching, researching, or performing community service, she enjoys reading favorite books are The Last Lecture, Jonathan Livingston Seagull, and The Little Prince, gardening, and traveling.
Welcome New Nursing Faculty!

**Sarah Guy, Clinical Assistant Professor**
Ms. Guy, MSN, RN, CNM, earned her Bachelor of Science in Nursing (BSN) degree from Baylor University in Waco, Texas and Master of Science in Nursing (MSN) degree from Vanderbilt University in Nashville, Tennessee. She has worked as a certified nurse-midwife and nurse educator for over 10 years with a focus on maternal-child health. She is currently a doctoral student at The University of Texas at Austin School of Nursing, and her research focus is on mental health literacy in women with postpartum depression.

**Janene Jeffery, Clinical Associate Professor**
Ms. Jeffery, MSN, RN, CT, is a native Texan, and received her BSN from Texas Christian University and an MSN from UT-Austin. She has taught in baccalaureate, vocational, and associate degree nursing programs at several sites over the last 40 years, including the University of Nebraska at Omaha. Additionally, Ms. Jeffery served as Director of Education for the Texas Board of Vocational Nurse Examiners before the two nursing boards merged. Her area of specialization is End of Life (Death and Dying), and the CT at the end of her name stands for Certified Thanatologist.

**Gay Lynn Jones, Clinical Assistant Professor**
Ms. Jones, MSN, RN, earned her Bachelor of Science in Nursing (BSN) degree from the University of Illinois, at Chicago, Illinois. She graduated with a Master of Science in Nursing Education (MSN) degree from University of Texas at Tyler. She has over twenty years of nursing experience, which includes: critical care, intermediate care, and case management. She was inducted in 1990 as a member of Sigma Theta Tau, the nursing honor society.

**Son Chae Kim, Professor**
Dr. Kim, PhD, RN, earned her Bachelor of Science in Nursing from the University of Washington, Master of Science in Nursing and PhD from the University of San Diego. Her nursing background is in Medical-Surgical and Critical Care nursing. As a nurse educator, Dr. Kim has taught Nursing Research, Pharmacology, Pathophysiology, Critical Care Nursing, and Thesis seminars at Point Loma Nazarene University and Southern Connecticut State University. Dr. Kim was involved in training hospital staff nurses to implement evidence-based practice change projects through the Consortium for Nursing Excellence San Diego. She is active in nursing research and has developed the Kim Alliance Scale (KAS) and Aggressive Behavior Risk Assessment Tool (ABRAT). Her peer-reviewed publications are related to psychometric instrument development, nursing education, and evidence-based practice.

**Marcia Poole, Clinical Associate Professor**
Dr. Poole, MSN, EdD, APRN, FNP-BC, received her Bachelor’s and Master’s degrees at Wayne State University in Detroit, Michigan. She taught at the University focusing her first few years on Maternal Child Health in the Undergraduate Program. She then taught advanced classes in the Master’s program. During this time she also worked in a level three perinatal unit, and had three children. While at Wayne State she held the tenured rank of Assistant Professor. She moved to Texas in 1977 to become the Department Director of Nursing at Lamar University where she held the tenured rank of Associate Professor. The scope included the LVN, ADN, and BSN levels. In 1989 she received her Ed D from The University of Houston in Allied Health Education and Administration. From 1977 to now she has taught at Prairie View A&M and The University of Texas Medical Branch at Galveston (UTMB). She received her FNP education at UTMB and has practiced in many clinical sites as an FNP, during which time she served as a preceptor for students from UTMB, UT Houston, Texas Women’s University, and LSU in Louisiana. Her clinical experience both as a staff nurse, director of clinical special projects, and as an FNP is long and varied. She is a member of Sigma Theta Tau, the NLN, Texas Nurse Practitioners, and certified by ANCC as an APRN. DR. Poole has done presentations at several national conferences. She has had over 40 years of education, administration, and clinical experience as a nurse.

**Anne Standiford, Assistant Professor**
A native of New Mexico, Dr. Standiford, PhD, RN, obtained her Bachelor of Science in Nursing (and an interest in health promotion in underserved populations) from New Mexico State University. She then graduated from the BSN to PhD Program at The University of Texas School of Nursing, studying adolescent health, and prevention of chronic disease through physical activity. Dr. Standiford has been a Registered Nurse for over 7 years, and has been working as a teaching assistant (in didactic, simulation and clinical courses) for 5 years at The University of Texas at Austin. Dr. Standiford has worked in a variety of nursing specialties and enjoys the multitude of options available to practicing nurses. She was nominated for the Texas Exes Teaching Award, is a member of the Southern Nursing Research Society, and Sigma Theta Tau, the national honor society for nursing.
Bed Bug Research

Who would have imagined a visit to New York City would lead to research on bed bugs? Clinical Assistant Professor Rhonda Winegar took her children to NYC November of last year to see the Macy’s Thanksgiving Parade, staying at an upper crust hotel. Much to her surprise and dismay, her family and she awoke to blood streaks down their legs and on the bed sheets. They had become another bed bug attack statistic. This unpleasant experience led Ms. Winegar to collaborate with fellow faculty, Dr. Susan Rick, Associate Professor and Alisha Johnson, Clinical Assistant Professor to do research on this topic. “Bed Bugs: A Call to Action” is the fruit of their efforts, published by The Journal for Nurse Practitioners. Its intent is to make healthcare officials aware of this public health issue and how they can play a part in managing and containing these pests. Their article and research provide a history of bed bug infestations, how these bites can be identified, treated and contained, as well as how Advanced Practice Nurses (APRNs) can play a role in bite identification and educating the public. Since their research was published, they have been asked to speak at two area hospitals, and have received inquiries from faculty at Rutgers University and an APRN in Ohio.

Ryan Douglas Wins Award at SimGHOSTS 2013

Ryan Douglas, Simulation Laboratories Information Specialist, won the “people’s choice” award for his video project, “Showing Signs of Life—Adding Vital Signs to Low to Mid Fidelity Manikins”. This award was one of two given for video entries in the SimGHOSTS 2013 DIY Video Contest sponsored by B-Line Medical. SimGHOSTS is a non-profit organization designed specifically to support and further the cause of Healthcare Simulation Technology Specialists from around the world. Their annual conference is the only one of its kind and offers a unique opportunity for SimTechs to network, share best practices and advice, and interface directly with simulation technology vendors. The “Showing Signs of Life” project was a way for Texas State’s Nursing simulation department to add vital signs to existing manikins which did not have these capabilities.

The St. David’s School of Nursing faculty at Texas State University had been requesting vital sign output for their lower and medium-fidelity manikins since the simulation labs first began operations. This request, however, was prior to the invention of the currently available vendor solutions which allow previous generation manikins to have this capability. By using hardware and software products already incorporated into the labs, along with a relatively small technology upgrade, Ryan and his supervisor, Dr. Tiffany Holmes (Coordinator of Simulation Laboratories), were able to come up with a unique solution to address this need. Although the resulting output did not have the complete functionality of more expensive high-fidelity manikins, the project did greatly improve the realism of the lab scenarios used at that time and for a very reasonable price.

Rhonda Winegar, MSN, RN, CCRN, CPN, FNP-C
Alisha Johnson, MSN, RN, PCCN
Susan Rick, DNS, RN

Click HERE to watch the prize-winning video.

Click HERE to read the article.
Nurses Week 2013

During the Spring 2013 semester, the St. David’s School of Nursing hosted another open house in honor of Nurses Week. This year’s theme, “Delivering Quality and Innovation in Patient Care” is an apt description for Texas State’s Nursing faculty and future RNs. Continuing the tradition from last year, Nursing faculty Dr. Barbara Covington was awarded “Nurse of the Year”.

A new tradition was also established, rolling out the “Friend of the St. David's School of Nursing” award. The first recipients of this symbol of appreciation were Vernetta and Terry Westbrooke. The Westbrookes, too, have been a part of the St. David's School of Nursing since the beginning, generously providing financial support for the school and its students, including a major donation to the school on its inception, support for the student mission trip to Nicaragua, establishing a fund for student emergencies, and most recently a scholarship for nursing students with the greatest need showing academic excellence.

In addition to Nursing students showcasing their knowledge through poster presentations, Round Rock Mayor Alan McGraw provided an official proclamation read by Dr. Roesemann.
Celebrations 2013!

The BSN Program graduated its 3rd student class in the Spring of 2013, preceded by a pinning ceremony.

Nursing students inducted into the 2013 Honor Society.

Welcoming Fall 2013 new juniors to the BSN Program at New Student Orientation.

Thanks, Seniors, for your assistance in making this year’s New Student Orientation a success (including the session on how not to dress)!
MSN Happenings

Dr. Shirley Levenson, MSN-FNP Program Director, and several MSN students attended the Coalition of Nurses in Advanced Practice (CNAP) Legislative Day on February 10, 2014 in Austin, as well as making a legislative visit to the Texas Capitol.

Kelli Pelzel, RN (on the right) won the Spring 2014 Julie Lawson Leap Award. This scholarship was created in memory of Julie Lawson, a Physician’s Assistant who was an avid support of education. Ms. Pelzel was also the recipient of a Good Samaritan Foundation Scholarship for Spring 2014. She is currently enrolled in Texas State’s MSN-FNP Program, while working as a Clinical Case Manager at Giddings State School. Congratulations!

On February 22, 2014, the MSN-FNP students performed early childhood assessments (Denver Development Screening Test II) on children from the ages of 6 months to 6 years at the St. David’s School of Nursing.

MSN-FNP Students in Action!
Message from the 2014 BSN Class President

- Linda Harrison, President of Class of 2014

It is a pleasure to represent Texas State University St. David’s School of Nursing as President of the Class of 2014. We are a diverse group representing varied ages, cultures, and interests. What makes our class most distinct, however, is our scholarship and service. Scholarships received by the Class of 2014 student nurses include:

- AORN – American periOperative Nurses Scholarship: Elizabeth Baker, Dana Burgess, Jessica Egwuagu, and Christine Torti
- Good Samaritan Scholar: Gwen Halverson
- Professional Women of Williamson County Scholarship: Anna Weaver
- St. David’s Medical Center Healthcare Volunteer Scholarship: Angela Franco
- Scott & White Texas State Nursing School Scholarship: Tyler Beattie, Holly Bennett, Amy Christian, Christina Hammond
- Teressa Maness Education Foundation Scholarship: Erin Miller
- Valerie Morrison Scholarship: Leslie Walker

Nursing students in our class volunteer individually in various efforts throughout our community. We also volunteer as a group in many events in the Round Rock and Austin areas:

- Austin Marathon Triage Med Tent & Water Station
- Capital Statesmen 10K Hunger Awareness
- Dell Children’s Hospital
- Estrella Oaks Rehabilitation Center
- Games for Life
- Keep Austin Beautiful Clean Sweep
- March of Dimes Birth Defects Awareness
- Medicine in Motion Triage Tent
- Mentor for Junior Nursing Students
- National Alliance for Mental Illness Awareness Walks & Booths
- Nicaragua Mission Trip
- Paws for a Cause
- Pflugerville Pfire Ant Run
- Relay for Life Cancer Research
- STARRY Children at Heart Ministry
- STARS Mentoring RRISD Elementary Students

In addition to volunteering, St. David’s School of Nursing students also serve in leadership roles within the nursing school. Many hold elected positions in organizations such as the Class of 2014 and the Student Nursing Organization, while others volunteer their time to represent these organizations through their committee activities. These dedicated nursing students have managed to balance all this while still carrying a full course load, attending a weekly clinical, and caring for their own families. We have grown so much during our tenure at St. David’s School of Nursing, and we eagerly look forward to these last remaining months. In May of 2014, Texas State University will graduate another class of new nurses, all of whom are caring and passionate about nursing.
Student Nurses Organization
-Matthew Reeves, SNO President, Class of 2014

The Student Nurses Organization was founded with the admission of the first 100 nursing students to St. David’s School of Nursing at Texas State University in the fall of 2010. The Student Nurses Organization is dedicated to the professional development of the nursing students of Texas State and is a chapter of the Texas Nursing Students Association and the National Student Nurses Association. As the President of the Texas State chapter, it is my mission to provide my fellow classmates and organization members with the opportunity to explore different areas of the nursing profession as well as develop long lasting professional relationships. We have had the opportunity to welcome numerous guest speakers from different nursing backgrounds during the 2013 year and look forward to the many planned for the future. It is our goal to conduct a community outreach event before our departure from “nursing students” into the nursing profession. I’m proud to announce that our chapter currently holds 145 members, and the number continues to grow. With the support of our faculty and community we hope to leave a long lasting impression on Texas State University and our community.

Raising Mental Health Awareness, One Step at a Time
-Nursing students Tyler Beattie and Leslie Walker

NAMI (the National Alliance on Mental Illness) is a non-profit group that raises awareness and provides essential and free education, advocacy and support group programs to local communities about mental illnesses. Its members also fight at the legislation level to advocate for mental health. NAMI Austin supports mental illness at a local level, but there are over 1,000 local NAMI affiliates in communities across America.

Each year, NAMI holds an event called the NAMI Walk which is the largest and most successful mental health awareness and fundraising event in America! NAMI Austin’s only source of funding comes from this event which is held locally and nationally on the same day and is used as a tool to raise awareness in the community. This event is a 5K walk that starts at Auditorium Shores in Austin, goes around the capital and ends back at Auditorium Shores.

Texas State Nursing students worked together to raise money and awareness for NAMI Austin for their annual 2013 NAMI Walk held on Saturday, September 28, 2013. Students brought friends, family, and colorful signs to show their support against the stigma of mental illness. Our nursing students acknowledge that mental health affects every person. We firmly support this grassroots organization as they reach out to the mentally ill as well as their loved ones with free support classes.

Go to nami.org for more information on this grassroots organization and find out how you can help in your community.
Community-Based Nursing and Practicum Lessons in Life and Non-Western Traditional Treatments

In collaboration with Ending Community Homelessness Coalition (ECHO), the faculty and students of NURS 4380/4280, “Community-Based Nursing/Practicum” conducted a poverty simulation on March 18, 2014. The poverty simulation experience is designed to help students understand what it might be like to live in a typical low-income family trying to survive from month to month. The object is to sensitize participants to the realities faced by low-income people. In this simulation, 104 students from the St. David’s School of Nursing at Texas State University and Concordia University’s School of Nursing assumed the roles of members of 26 different families facing poverty. The different family scenarios included the newly unemployed, those recently deserted by the “bread-winner”, the homeless, and recipients of Temporary Assistance for Needy Families, either with or without additional earned income. In addition, some scenarios included senior citizens receiving disability or retirement and those senior citizens raising their grandchildren. The task of the “families” was to provide for basic necessities and shelter during the course of 4, 15-minute weeks. Faculty and volunteers represented community resources and services, including a bank, grocery store, social service agency, faith-based agency, mortgage company, school, community health center, and child care center. Also represented were a police officer and an “illegal activities” person. In this 3-hour experience, students learned that people with low incomes work hard to pay for such things as rent and utilities because they don’t receive enough financial assistance from welfare, food stamps, and other social programs to survive. They learned people in poverty don’t always get what they earn or deserve. During the debriefing, the students and facilitators shared their feelings and experiences and talked about what they learned regarding the lives of people in poverty.

On March 21, 2014, Dr. Lyda C. Arévalo-Flechas’ NURS 4280 practicum students were hosted by the Texas Health & Science University in Austin (formerly the Texas College of Traditional Chinese Medicine). The students learned about non-western traditional treatments such as acupuncture, herbology, cupping, bleeding, among others.
Community Partnerships

Wonderful things can be achieved when people share a vision and decide to take action. That is the case for a Central Texas Senior Girl Scout, the St. David’s School of Nursing, and La Paloma Community Garden-Urban Organics, in Dove Springs/Franklin Park, Austin, Texas. For the last two years, Dr. Lyda C. Arévalo-Flechas’ community nursing students have had an active presence in South Austin. These senior students have completed community assessments and initiated contacts among stakeholders to better serve Franklin Park’s families.

After the initial assessment conducted in the spring of 2012 (by members of the 1st graduating class), each group of students has built upon previous student work to give continuity to health education projects. Two mini health fairs, focused on nutrition and increase in physical activity, were held at a children’s day care center adjacent to La Paloma Community Garden in 2012 and 2013. In addition, Sabrina Dagher (www.Sabrinadagher.info), used the students’ reports to formulate her plan to achieve the Girl Scouts Gold Award. The Girl Scouts Gold Award represents the highest achievement in Girl Scouting and is open only to girls in high school. This prestigious award challenges girls to change the world, starting in their community. Sabrina joined nursing students during activities at La Paloma in the spring of 2013. While nursing students secured gardening tools and a riding lawn mower to be donated to La Paloma, Sabrina set in motion a plan to use an existing concrete slab and an unfinished project to build a Learning Center to be used by families and students. Currently, the classroom is being used each week by senior community nursing students for planning meetings, clinical conference, and other activities. Families gardening at La Paloma (https://www.facebook.com/UrbanOrganicsAustin?hc_location=timeline), visitors, and volunteer groups now have a place to meet, learn, and rest.
Nicaragua 2013

One year ago students from the junior class started raising money ($3000.00) for a dream opportunity. On December 10, 2013, that dream came true when a group of twenty senior-level nursing students and faculty member Beth Biggan, Clinical Assistant Professor, traveled to Nicaragua to participate in a nursing medical mission trip. During this time students served residents from two communities with home visits and community clinics set up in local churches and schools, and worked in a government-supported community hospital alongside Nicaraguan physicians and nurses.

The students proved themselves as very well-prepared nursing students and returned with a whole new appreciation for their lives; both personal and professional. Many stated that they learned more in those two weeks than they could ever hope to learn in a local hospital setting. The students felt that they had benefitted more from the experience than any patient who they helped.

Coming Up!

Paws for a Cause

SATURDAY, MARCH 29TH
5K FUN RUN at 8:00 A.M.
San Gabriel Park,
Georgetown Texas

ALL PROCEEDS BENEFIT
ROUND ROCK ISD CHILDREN

Family and Pet Friendly Event.
Same Day Registration Available.
$25 Early Registration until March 1st.
$30 Late Registration ends on March 22nd.
FREE T-SHIRT!
Register at www.nursing.txstate.edu
Email: pawsforacause@txstate.edu

St. David’s School of Nursing - 1555 University Blvd. Round Rock, TX 78665
Nursing Faculty/Staff Achievements

AWARDS & RECOGNITIONS

Dr. Lyda Arévalo-Flechas, Assistant Professor. Ms. Regina Jillapalli, Clinical Assistant Professor, and Ms. Alisha Johnson, Clinical Assistant Professor:

Were the recipients of Nursing student-voted annual awards: “Outstanding Faculty in Community Service”-Dr. Arévalo-Flechas; “Outstanding Faculty in Teaching”-Ms. Jillapalli; and “Outstanding Clinical Instructor”-Ms. Johnson. This is the second year in which both Ms. Jillapalli and Ms. Johnson received awards in their categories.

Dr. Lyda Arévalo-Flechas, Assistant Professor:

Was recognized for her volunteer efforts in the Viña Vieja community in Peru on August 2 by the Peru Partners. These efforts included overseeing health services in Viña Vieja.

Ms. Shawn Boyd, Clinical Associate Professor:

Was one of the recipients of the 2013 College of Health Professions Faculty Excellence Award in Teaching. This award recognizes outstanding faculty in the areas of Teaching, Research, and Service. Both students and faculty may nominate a faculty member for the Teaching category of this award.

Dr. Lyda Arévalo-Flechas, Assistant Professor:

Received a 2013 International Award for Nursing Excellence from the Sigma Theta Tau Nursing Honor Society at their 42nd Biennial Convention on November 17 in Indianapolis, Indiana.

PRESENTATIONS AND CONFERENCES

Dr. Lyda Arévalo-Flechas, Dr. Barbara Covington, and Dr. Erbin-Roesemann, Director

Dr. Barbara Covington, Associate Professor:

Was awarded the St. David’s School of Nursing “Nurse of the Year” annual award at the 2013 Nurses Week celebration held on May 6. Click HERE to learn more about Dr. Covington’s background.

Dr. Marla Erbin-Roesemann, Director and Professor:

Attended the American Association of Colleges of Nursing (AACN) 2013 Spring Annual Meeting in Washington D.C. with former nursing students Amanda Bazan and Whitney Milburn (now graduates/ RNs!).

Dr. Anne Standiford, Assistant Professor:

Received her PhD in 2013 from The University of Texas-Austin.

Ms. Shawn Boyd, Clinical Associate Professor:

Was one of the recipients of the 2013 College of Health Professions Faculty Excellence Award in Teaching. This award recognizes outstanding faculty in the areas of Teaching, Research, and Service. Both students and faculty may nominate a faculty member for the Teaching category of this award.

Dr. Lyda Arévalo-Flechas, Assistant Professor:

Received a 2013 International Award for Nursing Excellence from the Sigma Theta Tau Nursing Honor Society at their 42nd Biennial Convention on November 17 in Indianapolis, Indiana.

Mr. Ryan Douglas, Simulation Laboratories Information Specialist:

Won an award for his video project, “Showing Signs of Life—Adding Vital Signs to Low to Mid-Fidelity Manikins”, contest sponsored by B-Line Medical at SimGHOSTS 2013 in San Antonio. To learn more and view the video, see page 5 in this newsletter.

Dr. Tiffany Holmes, Coordinator of Simulation Laboratories:

Presented “The Art and Science of Debriefing” at the SUN (Simulation User Network) conference in San Antonio, October 1-3, 2013. Dr. Holmes is a sought after speaker on the national circuit for simulation laboratories.

Both she and Ryan Douglas, Simulation Laboratories Information Specialist presented “Technology in Simulation: Technology in Operations” at that same conference.

Mr. Ryan Douglas, Simulation Laboratories Information Specialist:

Nursing Faculty/Staff Achievements (continued)

PRESENTATIONS AND CONFERENCES (continued)

Dr. Susan Rick, Associate Professor:
Made a presentation (with co-presenter Dr. Cynthia Zolnierek) entitled, “Meeting the Challenge of Developing Complex Simulations in Psychiatric Nursing Education” at the 27th annual American Psychiatric Nurses Association conference in San Antonio, TX. Dr. Tiffany Holmes, Coordinator of Simulation Laboratories, was a co-contributor.

Dr. Lyda Arévalo-Flechas, Assistant Professor:
Served as a panelist providing expertise on Latino caregiving during “Caring for All—A Multicultural Look at Caregiving” at a special session of AARP University during its “Life at 50+” event in Las Vegas, NV, May 31, 2013. More than 3 in 10 U.S. households have had at least one person serve as an unpaid family caregiver within the past 12 months. But caregiving can show up differently in African American/Black, Hispanic and Asian families. Hispanic caregivers tend to be younger, African American caregivers are more likely to help manage their loved one’s finances and half of Asian caregivers are male. This session focused on the different needs and experiences of multicultural caregivers, and offered AARP resources and tools to better assist them as they face the daily challenges and unexpected joys of this shared experience.

Dr. Lyda Arévalo-Flechas, Assistant Professor:
Co-presented with Penny Flores, PhD, RN and Herlinda Zamora, MSN, RN, “Behaviors Are the Tip of the Iceberg: Understanding Latino Cultural Values” at the 2013 Aging in Texas annual conference in Houston, TX, June 16-19.

SERVICE

Dr. Lyda Arévalo-Flechas, Assistant Professor:
During the month of April 2013, Dr. Arévalo-Flechas and her community nursing students (assigned to the Dove Springs community in South Austin) obtained and delivered a riding lawn mower and gardening tools to the La Paloma Community Garden. Facebook site: Urban Organics-La Paloma Community Garden.

PUBLICATIONS

Dr. Anne Standiford, Assistant Professor:

Dr. Barbara Covington, Assistant Professor:
Was one of five researchers who wrote an article accepted for publication: Rohde, R.E., Patterson, T., Covington, B., Redwine, G., Vásquez, B., & Carranco, E. Methicillin Resistant Staphylococcus aureus (MRSA) Two Year Longitudinal Study: A Final Report of Carriage and Conversion Rates in Nursing Students. Clin Lab Sci 2013(Accepted)

Nursing Alumni Updates

Alumni: Let Us Know What You’re Doing!

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!

Amanda Blalock McCollough, BSN 2012 I have been working for the last 18 months in the ICU at Houston Methodist West Hospital. Fall of 2013 was pretty eventful. I passed my CCRN, and I was accepted into the new BSN-DNP CRNA program at UT Health in the Houston Medical Center! I am looking forward to forwarding my career by studying to become a CRNA! (12/14)

Kimberly Jones, BSN 2013 I passed the NCLEX the first time and started my dream job at McLane Children’s Hospital! (6/13)
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. Graduates provide ethical, safe, and effective patient-centered care and contribute to present and emerging research and health management practices. Graduates demonstrate competence as critical thinkers who effectively collaborate as members of the interprofessional healthcare team and utilize scientifically-based interventions. As caring professional nurses, graduates manage illness; promote, maintain, and restore health; and provide end of life care for diverse individuals, families, populations, and communities across the lifespan.

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