

Nursing on the Rock



ST. DAVID'S SCHOOL OF NURSING AT TEXAS STATE UNIVERSITY

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The St. David's School of Nursing at Texas State University will provide supportive and creative educational programs, which inspire those who teach and those who learn, based on mutual respect and a commitment to contribute to the health of individuals, families, populations, communities and the environment worldwide.



Message from the Director

Welcome to a very belated issue of our newsletter. Our fast pace makes it difficult to communicate all the exciting things we are doing in the school. Please enjoy catching up with our news in this issue and let us know if there are items you would like to see in future issues.

Congratulations to our fifth graduating class of baccalaureate students and second graduating class of master's students. Thirty-two masters prepared family nurse practitioner students were celebrated by faculty, family and friends at a hooding ceremony on May 12th here in the School of Nursing. A bit of trivia concerning the master's hood: it has a black shell and is silk lined in the colors of the institution conferring the degree (maroon lining crossed with a gold chevron for Texas State University). The velvet border is apricot to signify the discipline of nursing.

Eighty-two baccalaureate students took part in a pinning ceremony on May 13th where they were cheered by family and friends and welcomed into the profession of nursing by the faculty of the School of Nursing. The pinning ceremony is a time honored tradition where we proudly pin our graduates with the unique St. David's School of Nursing pin. No two school of nursing pins are alike, thus our students will carry a part of us with them as they move forward. The festivities continued into the afternoon when all of our graduating students participated in the Texas State University commencement ceremonies held on the main campus in San Marcos. We truly celebrate their accomplishments and cannot wait to hear how they will change the lives of patients and communities. The two years went so quickly for all involved and once again we find ourselves preparing for our new cohorts of students slated to start classes at the end of August.

We had a busy spring in the School of Nursing beginning with our celebration of our national charter from Sigma Theta Tau International Honor Society of Nursing. The Chi Psi chapter at Texas State joins a long line of esteemed schools of nursing in their connection to Sigma Theta Tau. We are honored to have received our chapter charter, which was a culmination of two years of work by the faculty in the School of Nursing. Next we celebrated Nurses Week honoring the 3.4 million nurses who are licensed in the United States. Our ceremony highlights included a proclamation from the Mayor of Round Rock, proclaiming the week as Nurses Week in Round Rock, Texas and announcement of the Nurse of the Year award. The award was presented to El Burley a 2013 graduate of the St. David's School of Nursing. She was nominated for this award by one of the faculty based on her involvement in the nursing community on the Texas Team and the Texas Nurses Association, at the regional and state level.

Though the students had left for the summer, the campus was not finished with celebrations. On May 26th, the Texas State Board of Regents joined community leaders and the administration of Texas State University in breaking ground for the next Health Professions building, which will be located adjacent to the School of Nursing. We will be joined by our colleagues in Physical Therapy, Respiratory Care and Communication Disorders in the Spring of 2018 when they relocate the three programs from San Marcos to Round Rock. It is an exciting time on our campus as we plan for their arrival and the opportunity to collaborate and dialogue on education, practice and research.

I mentioned our Nurses Week celebration which took place on May 11th. The theme this year was "Culture of safety—It starts with YOU". Nurses are entrusted with the safety of their patients and for the most part we do keep our patients safe, despite what you hear on the news. The latest dire news in terms of patient safety is that medical errors are the third leading cause of death in the country. The accuracy of this statement is being hotly debated in the medical community and I will let the experts battle the semantics. Instead I would like to talk about one small part of establishing an environment of safety and it deals with "Voice". Nurses are 3.4 million members strong and one of the oldest professions, yet we are only learning to use the power of our collective voice. A recent example was the uproar surrounding the comments made by the ladies of The View about Ms. Colorado's wearing of a "doctor's stethoscope" during the talent section of the Ms. America Pageant. Thousands of nurses made sure their voices were heard and the program lost sponsors due to the consistent message they heard from nurses all over the country. If these fairly well-educated women on The View thought that only physicians used a stethoscope, what does the average citizen think that nurses do with that thing nurses hang around their neck – is it simply there for decoration? This should serve as a wakeup call that we do not articulate well what "nurses do".



(Continued on page 3)

(Message from the Director continued from page 2)

How do we keep our patients safe? Not the tasks, but what is it we actually do? How do you tell someone what a nurse does all day if you take out the tasks we perform? Is our work reducible to how many medications we passed, IV starts, call lights answered, or charts completed? A time and motion study can capture these things but if this is all we do then yes, I can train a monkey to do this work. We as nurses know that we are not just the tasks we complete and I cannot train a monkey to be a nurse. Nurses are no longer trained, we are educated. We are educated to think and reason critically, and make sound clinical decisions. This is not so easy to explain in a one-minute elevator speech. What seems as a simple act of administering one pill to a patient is much more than the act of opening a package and handing it to someone. It involves critical thinking about the medication itself, how it acts in the body, how it will interact with all the other medications the patient is on and how that patient with their history will react to the drug. The nurse is the last line of defense in the chain where all the health care professionals involved play a role in safety. Nurses are consistently ranked as the most trusted professionals, yet the majority of the public does not really understand what a nurse does other than the tasks they see. For the new graduates I challenge you to use your voice not only to keep your patients safe but to elevate your profession.

I recently heard Suzzane Gordon, a well-known author who writes about nurses, speak at the fall meeting of Deans in Washington, DC. She challenged us to think about our profession from the patient's point of view. One comment caused me to reflect on the perceived sameness of the day that we take for granted, **"There is no such thing as a simple thing in the care of the sick and vulnerable."** To our patients there is no one simple thing we do, it all matters. For all the nurses out there, you are never "just a nurse".

There is only one way to avoid criticism: do nothing, say nothing, and be nothing. –Aristotle

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

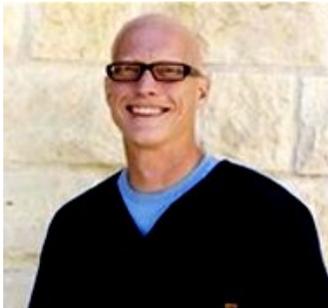
MSN Program Accreditation

Since our last newsletter, we are pleased to share that the St. David's School of Nursing's Master of Science in Nursing program received its accreditation by the Commission on Collegiate Nursing Education at their April 28-30, 2015 meeting. This accreditation action is effective as of October 8, 2014, extending to June 30, 2020. Our thanks to our graduate Nursing faculty, staff, and instructional designers who have created this outstanding program.



In Memoriam

On a sad note, our Texas State nursing community has unexpectedly experienced the deaths of two former BSN graduates and one MSN student during this past year. To have young vibrant friends and colleagues die is always difficult, but when they were just beginning the career they strove so hard to attain, it makes it even more difficult. It is important to acknowledge and grieve all of them. It is equally important to honor and remember their talents, contributions and enthusiasm for the St. David's School of Nursing and for their peers and faculty. The grief will soften while we keep their spirits close to us in all we accomplish as nurses in this profession they loved.—Janene Jeffery, Clinical Associate Professor

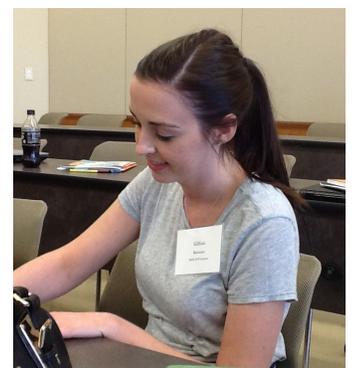


Jerry Van Noy, BSN Class of 2014, lost his battle with cancer after a heroic fight, including working full-time while undergoing chemotherapy. After graduating from Texas State with a BSN degree, he began his nursing career in the ICU at Seton Medical Center-Williamson County. Among his family members and friends, he leaves behind a daughter and fiancé. “[Jerry was] one of my favorite students- truly one of the most genuine, humble, and compassionate people I have been fortunate enough to cross paths and work with. He spoke so lovingly about his little girl and NEVER complained about his many health ailments. He was a gentle soul and will be greatly missed!”--Karen Love. “I found Jerry to be a Gentle Spirit. He was always smiling and so appreciative of all life’s small pleasures. He will be missed, but the greater loss are the lives he is not able to touch now that he is gone.”—Rhonda Winegar

Katherine (“Katie”) Snodgrass, BSN Class of 2015, lost her life to a hit-and-run driver. “Katie had a large, compassionate personality that was perfectly suited towards caring for others. It was natural for her to choose nursing as her passion and our profession will miss her.”—Alisha Johnson, Clinical Assistant Professor. In going through submissions for this newsletter, we discovered an article written by Katie on her experiences at one of the clinical sites used in her Community Nursing course prior to her graduation from Texas State. See [“My Experience at the ARCH Homeless Shelter”](#) on page 5 of this newsletter.



Gillian Marie Banaska, MSN Class of 2017 lost her life in a motor vehicle accident. “Gillian was a beautiful young woman who was living life just like everyone else. She was pursuing a Master of Science in Nursing to become an Family Nurse Practitioner. Like all students who sacrificially work and attend school, I know things can get sticky at times. As the end of the spring semester was coming to a close, Gillian was courageously facing enormous life changes while carrying a full load at work and school. I reached out to her telling her I was on her side and believed she can do it. We formulated a strategic plan to finish the semester strong. She accepted the plan and implemented it beautifully. She worked hard, did her best and scored the highest grade of the class on the last exam. All your patients were blessed to have had your gentle and caring touch, and we were blessed to have had a beautiful soul that was taken from us all too soon. Texas State School of Nursing misses you....”—Dinorah Martinez-Anderson



My Experience at the ARCH Homeless Shelter

By Katherine Snodgrass, Senior BSN Student

Community Nursing is the last set of clinical rotations that stand between me and my Bachelor of Science in Nursing degree. I went into Community Nursing with the mentality of, "Just get through it!" I had minimal expectations of learning anything new or growing as a nurse from this class and clinical experience. After all, I want to be a critical care nurse in a hospital. I can't perform many advanced clinical nursing skills at a homeless shelter. So why is this something that I need to be a nurse?

I chose to spend one of my clinical days for Community Health Nursing at the Austin Resource Center for the Homeless (ARCH) in downtown Austin. I quickly learned that the clients are desperately in need of toiletries. I wanted to spend my day interacting with the homeless clients and attempting to understand their culture. I sat next to two gentlemen. My goal was to simply talk to them. This simple act of conversing revealed a new culture to me, and has forever changed my opinion and perception of the homeless community.

The first observation was that the homeless community barter. Items of importance to the clients (i.e. food, cigarettes, medicine) are traded with each other. I was shocked when, without hesitation, one of the men handed me a fruit punch - asking for nothing in return. I knew this was a token of acceptance and solidarity, and I graciously accepted. The next observation I made was that the homeless really only have each other. They tend to form their own "families" and are exceedingly protective of the families that they create. The third observation was that the homeless are very quick to help others and give away what little they have. This provided a lesson for me and caused me to reflect on day-to-day life and the things I take for granted.

Drug use is common in the homeless community. I noticed that one of the gentlemen I was sitting with had very dilated eyes, indicative of being under the influence of a stimulant. I bluntly asked him why he feels the need to do drugs. He smiled and said, "you're good." He knew that I could tell based on his eyes alone that drugs played a large role in his life. His answer, though, surprised me and brought tears to my eyes. He looked at me and said, "Katie, these are the worst days that I am having to live through. I don't have any family, friends, nobody. I enter a lottery every day to try and win a thin mat to sleep on in a cold, dark cafeteria. I'm lucky if I eat twice a day. I'm lucky if I get to shower once a week and actually have a towel to dry off with. I carry every possession I have to my name on my back and I'm lucky if it doesn't get stolen while I sleep at night." He continued, "I use drugs to forget. I know it's not right. I know that's not a good answer. But I don't want to remember these horrible times. Would you?" As a senior BSN nursing student, I absolutely do not condone illicit drug use, but suddenly, I felt myself empathizing with him. I gained some perspective on motivations I previously had no understanding of.

He then began to tell me about his recent experience at [a local hospital] and how he was treated for the diagnosis of "BLE Edema". He was discharged with "a bunch of papers" but didn't know what he was supposed to do with them. I asked if I could see them. He handed me a packet of discharge instructions with a prescription for Lasix. I noticed the prescription was dated for a month prior. I asked him a variety of questions and quickly realized that the reason for his noncompliance was simple - he did not understand his diagnosis and how to care for himself. It was not explained to him in a way that he understood. I did a quick assessment on him with my stethoscope, mainly focusing on his lungs and heart, since he had gone untreated for a month with moderate to severe edema in his legs. I showed him what pitting edema is and explained how it happens. I showed him the prescription and explained how it would help to reduce the edema by pulling fluid off the tissues in his legs. He stated that nobody had explained any of this to him. We made a plan for him to go the next day to an HEB within short walking distance. I instructed him to ask the pharmacist to explain the medication information to him further.

We went outside in the afternoon and watched a jazz band perform outside of the shelter. I bought a seven dollar bracelet from a homeless woman making and selling her own jewelry to try and make money. I answered any health-related questions for any of the clients that sought information and explained to them simple health practices, such as the importance of daily dental hygiene. I informed them of local resources for healthcare. I was careful to not overstep my boundaries or diagnose, but rather answer questions within my scope of knowledge and practice, and refer them to clinics for questions I could not answer.

In my four-and-a-half years of nursing education, I have only been moved to tears by a healthcare experience three times. This was one of those times. I felt enlightened, helpless, and empowered all at the same time. This was a day I left *knowing* that I actually made a difference. I can't relate to the homeless population in many socioeconomic ways. I can, however, relate to them through music, dancing, storytelling, mutual respect for one another, conversation, active listening, empathy, and understanding. These are the types of experiences that nursing students so desperately *need* to learn. This is something that simply can't be taught in a classroom or in a normal hospital setting. So to answer the question I first asked myself, "Why is this something I need to be a nurse?" The answer is simple - advocacy and compassion.

Becoming a Nurse

Learning to become a nurse is more than knowledge and techniques. It is also about being compassionate and caring toward not just the patient, but the patient's loved ones. We received the following communication from Brooke Kuykendall, an RN who was also a daughter dealing with her mother's Emergency Room visit. BSN student **Lauren Thomson**, who has since graduated and is an RN herself, was doing her senior capstone work at the same medical facility at that time. Here is Ms. Kuykendall's email received regarding Lauren's interactions with mother and daughter.

My name is Brooke Kuykendall, I am an RN at St David's Georgetown ICU. My mother was at Round Rock Medical Center last Thursday for a brain MRI, [where] we encountered Lauren and her preceptor after the MRI. Lauren was a breath of fresh air, although all the staff was amazing. She was smiling and offered us food to eat after we had been in the ER for many hours and my mom had been NPO (no food or drink permitted). Lauren dosed my mother with IV steroids, d/c'd her IV, and helped her get dressed and into a wheelchair for discharge with grace and professionalism. My mom asked her what kind of nursing she wants to do, Lauren conversed with her, and made me feel very happy to know she was caring for her.

Obviously you are doing a great job, whenever I have encountered Texas State University Nursing Students they are professional, caring, knowledgeable, and on time. [... I really am impressed by Lauren, the program you teach for, and you.]

Elisabeth (Kate) Robinson, Class of 2015, captures this spirit of service and compassion with these inspirational words for future Nursing students:

Anyone who knows me knows I love Harry Potter. Growing up reading the books has impacted the way I see the world, has made me believe in magic. There are many people who equate nursing and medicine with magic. The advances that have been made, the lives we are able to save that we weren't able to before, all support this belief. But I think the greatest magic lies within those of us who choose to devote our lives to serving others. In Harry Potter, there is a spell called Expecto Patronum. It is a protective spell that guards the caster from evil, pain and suffering. A Patronus, a blinding and beautiful light will charge in and protect you. The Latin incantation of this spell loosely translates to, "I await a guardian." I have always thought of Nurses as Patronuses. We are the guardians of our patients, their advocates and their hope. One of my favorite quotes tells us that, "happiness can be found even in the darkest of times, if one only remembers to turn on the light." We, as nurses, will be that light. We will work on holidays, miss birthdays and anniversaries, skip our lunches and go hours without peeing to be the guardians our patients deserve, to be the light in their darkest hours, or reflect their own light back to them ten-fold in their moments of victory. As I head into my first nursing job this summer, it will be the greatest honor of my life to provide this guardianship for my patients, and I encourage each of you to remember every day, that we all have magic inside of us.



The St. David's School of Nursing Takes Pledge on Opioid Education as Announced at the White House

As part of academic nursing's ongoing efforts to combat prescription drug and opioid abuse across the United States, The St. David's School of Nursing at Texas State University is proud to announce that it has committed to educating its advanced practice registered nursing (APRN) students on the Centers for Disease Control and Prevention's (CDC) [Guideline for Prescribing Opioids for Chronic Pain](#). The commitment was featured in a White House fact sheet today as part of the [White House Champions of Change event on Advancing Prevention, Treatment, and Recovery](#). Earlier this month, the Administration asked the American Association of Colleges of Nursing's (AACN) member schools with APRN programs to partner on this initiative. Faculty in the St. David's School of Nursing recognize that opioid abuse is a pressing public health crisis, and it is critical that APRN students receive education on current standards.

Today, AACN's President and CEO Deborah Trautman, PhD, RN, FAAN, will offer remarks at White House to recognize the 191 AACN member nursing schools that have taken this pledge.

"AACN is proud of the rapid response by our membership when the Administration called to help ensure future generations of providers who prescribe opioids for chronic pain are prepared for the critical work ahead," said Dr. Trautman. "We commend academic nursing's dedication to ensuring our nation's future providers are prepared to address opioid abuse and overdose using best practices."

Dr. Marla Erbin-Roesemann, Director of the St. David's School of Nursing, added the faculty support for the initiative in a brief statement, "We support this initiative and commend our national nursing leaders for partnering to provide educational resources for all APRN students to deal with prevention and treatment of opioid use disorder. This is one of many areas in which these future health care providers will be challenged to provide the safest, best possible outcomes for their patients".

For a complete list of AACN member schools who have pledged, visit: <http://www.aacn.nche.edu/opioids>.



Fostering Support at APRN Legislative Day

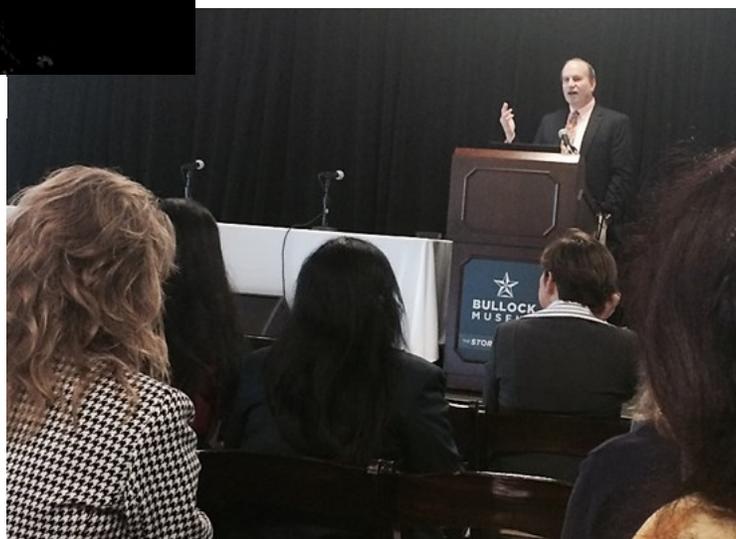
In February 2016, APRN (Advanced Practice Registered Nurse) Legislative Day was attended by ten MSN-FNP students and Dr. Pamela Willson, Clinical Professor at the St. David's School of Nursing. This special day's purpose was for all nurse practitioner organizations and roles, which include Nurse Practitioners, Clinical Nurse Specialists, Nurse Midwives, and Nurse Anesthetists, to take political action for legislation that benefits the APRN Alliance. After attending the workshop, APRNs visited their legislators' offices. Colleen Gorman, Shagufta Sadruddin and Dr. Willson visited Texas State Representative Larry Gonzales' office (Texas State House District 52). They were proud to thank him for his support of nurses and Texas State University.



From L to R: Dr. P. Willson, K. Dennis, R. Messmore



From L to R: S. Carter, C. Gorman, Dr. P. Willson,



Welcome New Nursing Faculty and Staff

The St. David's School of Nursing welcomes the following to our family:



Christopher McClanahan, DNP, RN, Coordinator of Simulation Laboratories

Dr. McClanahan earned his Bachelor of Science in Nursing (2010), Master of Science in Nursing Executive Leadership (2011) from Lubbock Christian University and a Doctor of Nursing Practice (2014) from Texas Tech University Health Sciences Center in Lubbock, Texas. His capstone focus was the operational and management practices of health science center based interprofessional clinical simulation centers. Dr. McClanahan comes to Texas State as an experienced interprofessional clinical simulation coordinator and undergraduate BSN and ADN program faculty instructor. He is a member of the International Association for Clinical Simulation and Learning, Texas Nurses Association and the Texas Organization of Nurse Executives.



**Ms. Virginia Rojo, MA, BSN, RN, Simulation Lab Information Specialist/
Standardized Patient Coordinator**

Mrs. Virginia Rojo earned her Bachelor of Science in Nursing (1991) and a Master of Art in Teaching (2014) from the University of Texas at El Paso in El Paso Texas. She served as Graduate Marshal of Students and is a member of Golden Key International Honor Society and the Texas Alpha Beta Chapter of the Alpha Chi National Honor Society. Mrs. Rojo has enjoyed a fulfilling nursing career over the past 25 years. Her practice focus is medical/surgical nursing and she has worked in a variety of nursing areas including, oncology, home health, school nursing and nursing education. She participated in the program start-up and taught in the Licensed Vocational Nurse program at El Paso Community College where she also coordinated the Open Practice Lab and worked in the Simulation Lab for the Associate Degree nursing program. She currently has a wonderful opportunity to develop and implement the new Standardized Patient program for Texas State University St. David's School of Nursing in Round Rock, Texas. She is tremendously thankful for the opportunity to be part of this exciting time at the School of Nursing.



Ms. Lexi Losch, BA, MEd, Clinical Education Placement Coordinator

Mrs. Lexi Losch earned both her B.A. in Psychology and M.S.Ed in Higher Education Administration from the University of Miami. She has a broad range of experience from working in Admissions, working as a liaison between Health Profession Associations and application services, and most recently before arriving at Texas State University, as an academic advisor. As the Clinical Education Placement Coordinator, she enjoys building relationships with faculty and clinical partners and still loves chatting with students whenever she has a chance! She is most excited to build upon what has been established for the MSN program to create more frequent working relationships with clinical partners and preceptors.

Sim Labs Host Paramedic Students

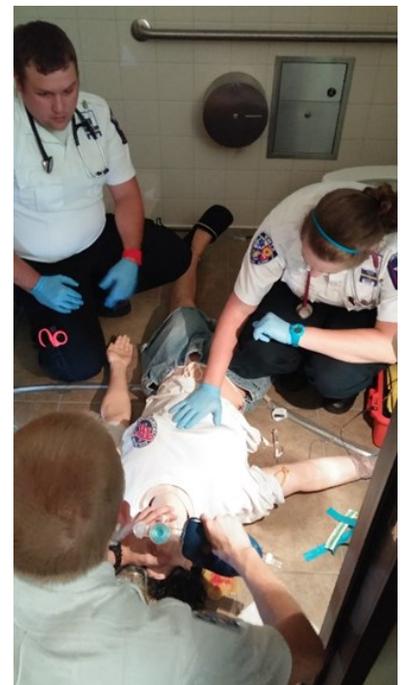
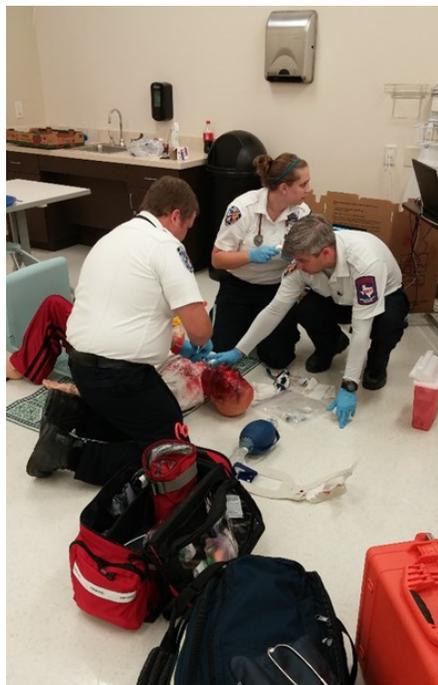


The Simulation Labs hosted paramedic students from the Round Rock EMTS Academy and St. David's Round Rock Medical Center Paramedic Program on August 15th, 2015. This is the third year that the Nursing School and EMTS Academy have collaborated to hold the simulation lab day.

The students participated in six life-like scenarios using the high-fidelity manikins in the Simulation Labs at the St. David's School of Nursing at Texas State University. To provide a real world environment for the paramedic students, these manikins were placed in settings similar to what EMS personnel might encounter. For example, one manikin was lying on the floor in a cramped bathroom with no lighting (in the lab's Home

Care unit) to simulate a heroin overdose in an apartment with no electricity. Another patient was found lying on a classroom floor simulating having just "fallen" from a 20-foot ladder and suffering a spinal injury. The paramedic students had support from other advanced EMT and EMT students to make the simulations progress as true to reality as possible.

The six scenarios were developed by EMTS Academy Director Matt Nealand and Nursing School Simulation Lab staff members.



Nursing Purchases SimMan Essential Advance Patient Simulator

Dr. Christopher McClanahan, Coordinator of Simulation Laboratories at the St. David's School of Nursing, held a faculty development training session for Nursing faculty on the new Laerdal SimMan Essential Advanced Patient Simulator recently added to the building's state-of-the-art simulation labs. Faculty learned about its capabilities, operating system and control tablets and how they can be applied to student lab settings. This is part of a recent upgrade to the labs including the installation of a new SimView audio/visual recording system.



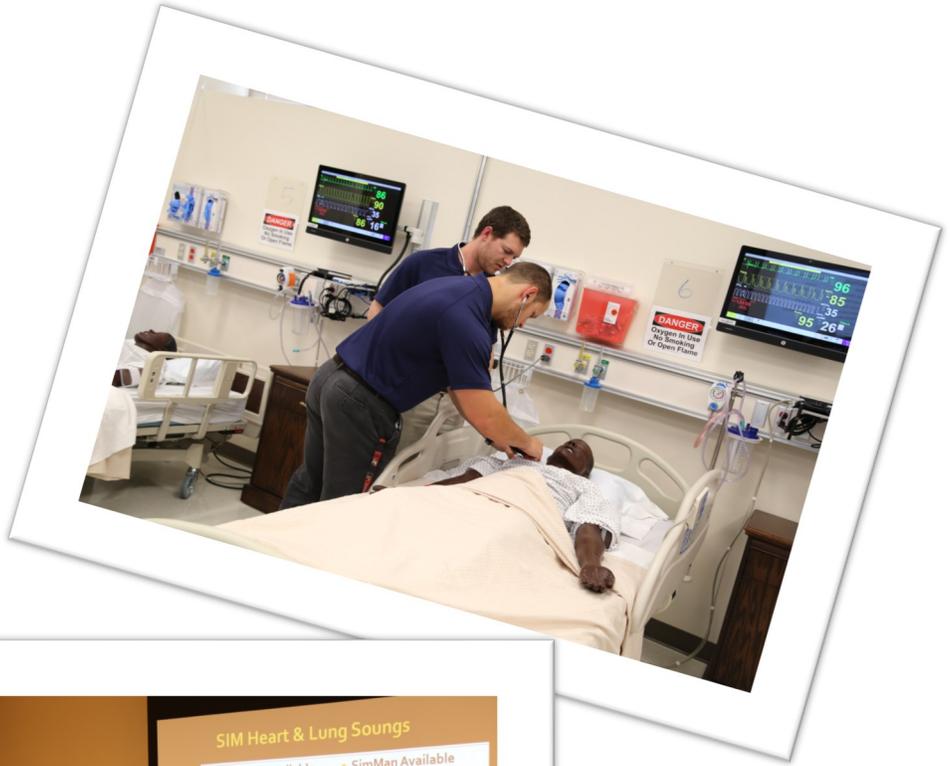
From L to R: SimMan Essential and Dr. C. McClanahan



From L to R, clockwise: Dr. C. McClanahan, Ms. J. Jeffrey, Ms. M. Finney, Ms. R. Klein-Robbins, Dr. A. Standiford, Ms. W. Lowry.

PT Students Visit the Sim Labs

Students from Texas State's Physical Therapy Department visited the St. David's School of Nursing's simulation labs to learn and practice skills in a clinical setting.



Nurses Day 2016

The St. David's School of Nursing took a day from the National Nurses Week to honor the nursing profession on May 11, 2016. Events and activities included:



Round Rock Mayor Pro-tem George White read a Nurses Day Proclamation.



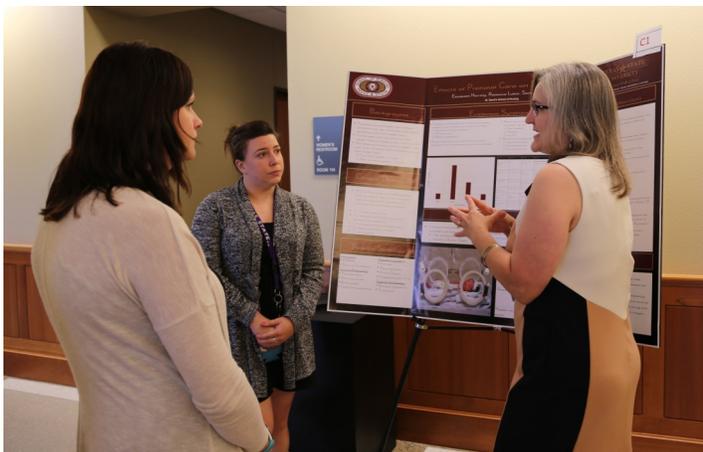
Ms. El Burley, pictured with Dr. Marla Erbin-Roesemann, Director of the St. David's School of Nursing, was selected to receive the annual Nurse of the Year Award. Ms. Burley is a Registered Nurse employed by St. David's and a former graduate of our Bachelor of Science in Nursing program.



A podium of our own: the Class of 2016 presented this wonderful gift to the School of Nursing.



Undergraduate and graduate research poster presentations judged by faculty.



[Visit our website to view more photos!](#)

College of Health Professions' Scroll Ceremony

On Saturday, Oct. 3, 2015, over 300 students from the 8 departments in the College of Health Professions at Texas State University were welcomed into their respective health profession majors and pledged to accept the lifelong charge to provide compassionate, humanistic patient-centered care. Dr. T. Richard Cheatham, former Dean of the College of Fine Arts and Communication at Texas State University, addressed the students. Following the address, Dr. Ruth Welborn, Dean of the College of Health Professions led the students as they recited the oath.

This scroll ceremony was sponsored by the Arnold P. Gold Foundation (APGF) and the American Association of Colleges of Nursing (AACN). Launched last year, the groundbreaking collaboration between APGF and AACN was developed to promote humanistic, patient-centered care among future generations of registered nurses. The St. David's School of Nursing at Texas State University was one of 60 schools of nursing selected to receive funding support for a White Coat Ceremony. Recognizing that nurses work as part of a team, the other 7 departments in the College of Health Professions were invited to join the nursing students in their version of the White Coat Ceremony, termed a Scroll Ceremony. Though White Coat Ceremonies have been conducted by medical schools for more than 20 years, the APGF-AACN initiative marks the first time a coordinated



effort has been developed to offer similar events at schools of nursing. Dr. Erbin-Roesemann, Director of the School of Nursing, and the nursing faculty pinned the nursing students with a specially designed pin provided by the Arnold P. Gold Foundation. The pin serves as a visual reminder of their oath and commitment to providing high quality care.

"A growing body of research shows that compassionate care is linked to superior patient outcomes, lower levels of provider burnout, and higher satisfaction among all members of the healthcare team," said Dr. Richard Levin, President and CEO of The Arnold P. Gold Foundation.



The College of Health Professions believes that superior patient outcomes are attainable through the collaborative work of all health professionals and challenges the Nursing, Physical Therapy, Radiation Therapy, Clinical Laboratory Science, Respiratory Care, Health Administration and Health Information Management students to provide humanistic, compassionate care to their future patients.





Celebrations

Sigma Theta Tau International Honor Society of Nursing Chartering Ceremony

In 2013, the St. David's School of Nursing inducted its first members into the Nursing Honor Society. After two years of existence, four additional induction ceremonies and many educational programs, the Honor Society applied to become a chapter of the Sigma Theta Tau International Honor Society of Nursing. With the help of many people, the process was completed and on April 22, 2016, the St. David's School of Nursing at Texas State University became the Chi Psi chapter of the Sigma Theta Tau International Honor Society of Nursing.



Ms. Janene Jeffery, President and Clinical Associate Professor



Dr. Ruth Welborn, Dean of the College of Health Professions



Dr. Marla Erbin-Roesemann, Director of the St. David's School of Nursing

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Honor Society Inductions—2015



Spring 2015 BSN Class Inductees



Fall 2015 BSN Class Inductees



Fall 2015 MSN Class Inductees

TNA Gala—2015

Congratulations to the following scholarship award winners (now graduates from the BSN program) announced at the Texas Nurses Association District 5 Annual Nurses Week Gala held on May 9, 2015:

- * Naomi Goldblatt-Bloom received the University Federal Credit Union's "Community Hero Scholarship".
- * Nursing faculty Sarah Guy and student Kristin Liner each received a TNA District 5 Scholarship.
- * BSN graduate, El Burley, BSN, RN, was one of the 2015 "Fab 5" recipients. Ms. Burley currently works at St. David's North Austin Medical Center in Surgical Services as an Operating Room Nurse.



From left to right: Naomi Goldblatt-Bloom (Class of 2016), Kristin Liner (Class of 2016), Katelin Pritchett (Class of 2015), Anastasia Houze (Class of 2016), and Aki Stockers (Class of 2016).

Former MSN Student Wins Scholarship Award

Ms. Shagufta Sadruddin, MSN Class of 2016, was awarded a \$1,000 scholarship from the Austin Advanced Practice Nurses



Shagufta Sadruddin and Dr. Shirley Levenson, MSN Program Director, St. David's School of Nursing

College of Health Professions Research Forum, 2015 & 2016

Our faculty and MSN students made a great showing at the College of Health Professions' 19th Annual Faculty/Student Research Forum, April 2015. Under the following categories, congratulate the following St. David's School of Nursing winners!

Student Research

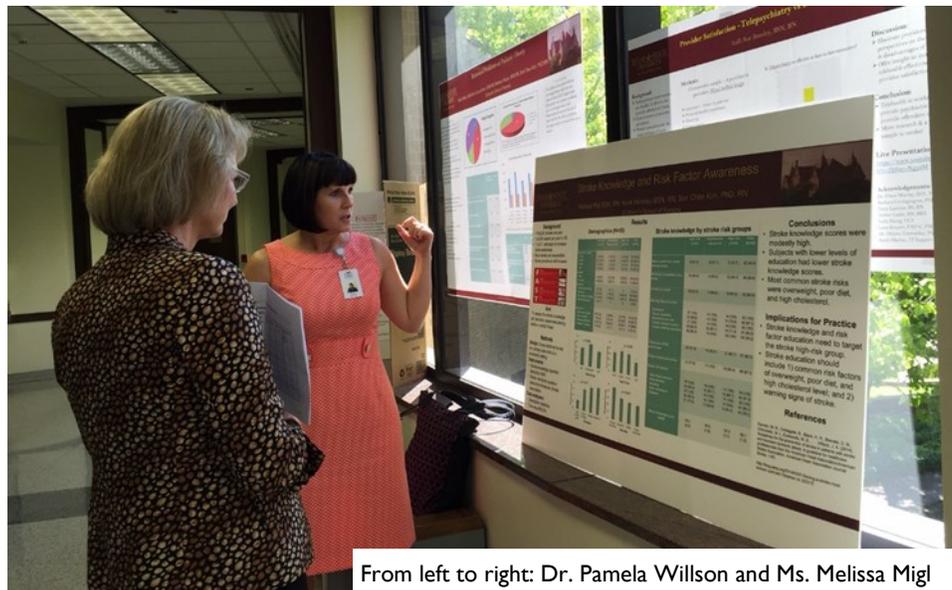
- 1st Place – Constance King
- 2nd Place – Kelli Sue Beasley
- 3rd Place – Hong Vu

Faculty/Student Collaboration

- 2nd Place – Janet Sewell, Mien Nguyen, Leslie Sheffield, and Dr. Pamela Willson
- 3rd Place – Melissa Migl, Hank Hensley, and Dr. Son Chae Kim

Educational Literary Review

- 1st Place – Pamela Palmer



From left to right: Dr. Pamela Willson and Ms. Melissa Migl

Continuing our successes, here are the results of the 2016 CHP Research Forum:

Faculty Research

- 1st Place – Dr. Barbara Covington, Dr. Anne Standiford, “Investigating Clinical Judgment in Nursing Students Over the Senior Year: A Longitudinal Study”

Student Research

- 2nd Place – Suzanne Brill, Marc Carrion, Sherrita Carter, Colleen Gorman, Shagufta Sadruddin, Dr. Barbara Covington, “Electronic Cigarettes as a Smoking Cessation Tool?”

- 3rd Place – Heather Schwirtlich, Emmy Feeler, Stacey Mitchum, “Is HPV Knowledge Related to Vaccination Status?”

Faculty/Student Research

- 2nd Place – Chaina Adhikari, Anu Anthony, Heidi Davis, Erica Lemen, Dr. Son Chae Kim, “Parental Awareness of Childhood Obesity and Overweight”

Educational

- 3rd Place – Caitlin Ortiz, Cassidy Hopkins, Brittany Stech, Rachel Holtzman, Dr. Son Chae Kim, “Incidence of Falls Amongst Physically Restrained Geriatric Patients”



Dr. Anne Standiford and Dr. Barbara Covington

College of Health Professions Outstanding Student Awards, 2015 & 2016

Outstanding Nursing Graduate Student Award

Outstanding Nursing Academic Student Award

2016



From L to R: Dean Ruth Welborn, Colleen Gorman, Dr. Marla Erbin-Roesemann. Ms. Gorman was also named "Outstanding College of Health Professions Graduate Student".

2016



From L to R: Dean Ruth Welborn, Jennifer Trevino, Dr. Marla Erbin-Roesemann

2015



From left to right: Dr. Marla Erbin-Roesemann, Hong Vu, Dean Ruth Welborn.

2015



From left to right: Dr. Marla Erbin-Roesemann, Ashley Carranza, Dean Ruth Welborn. Ms. Carranza was also the first nursing student to graduate from Honors College at Texas State University.

New Student Organization—BAMN!

—Charles Williams, Josiah Ellington, Ryan Quinn

Too many times have I been asked how far along in med school I am, or if I was the patients' physician. There are plenty of males in the nursing profession and we all have to go through this type of questioning. Bobcat Association for Men in Nursing (BAMN) is a new student organization that focuses on increasing the awareness of men in the profession. We will be having male nurses from many different areas in the profession visit our meetings and speak about their duties, working conditions, and most importantly, the challenges they must overcome as a male nurse.

Although we focus on men, there is most definitely a place for females in our organization. We need allies and women that are interested in increasing a culture of equality in the hospital. Our organization is just beginning and is open to ideas for ways we can participate in the community.

Come join us! See what we're all about! And most importantly, help us make this organization a model for how to incorporate new and different members into the healthcare community.



Congratulations
to our Spring
2015 and 2016
BSN and MSN
Graduates!



MSN Class of 2015 at their hooding ceremony.



Activities and Service

Paws for A Cause 2016



The annual 5k Paws for a Cause fun run was held on Saturday, March 5, 2016. This event raises funds to purchase shoes for area Round Rock ISD children in need. We are happy to report that \$2,236.00 was raised! Many thanks to the St. David's School of Nursing Director, faculty, staff, and students who helped to make this a success. Tours of the Nursing Building were also offered, as well as student poster presentations.



More Open House photos on next page!

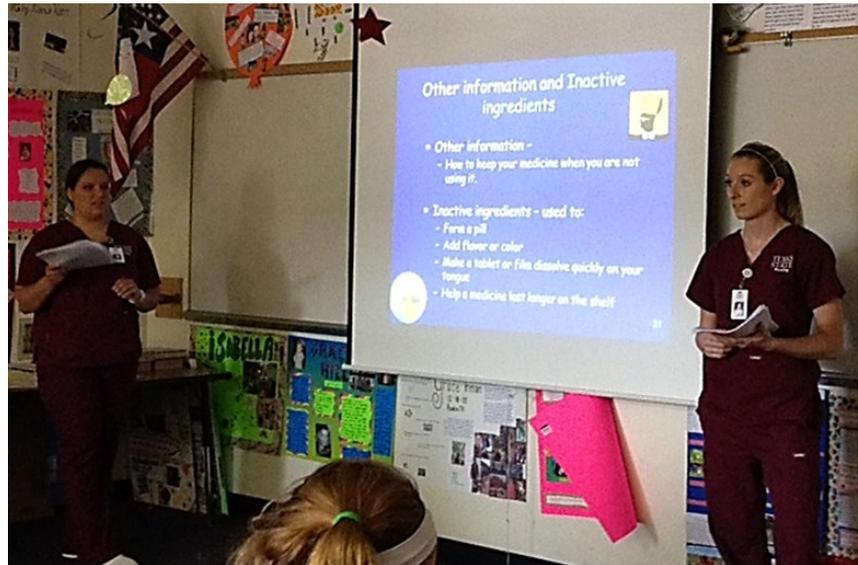
(Open House photos from previous page



Community Service

Melanie Vague and Kellie Trinkaus, senior nursing students who were at Benold Middle school (and now graduates from the Class of 2015), are pictured here presenting "Reading OTC medications" after conferring with the school Nurse, Michelle Davies, RN, who helped with identifying the need due to two recent incidences of students having an anaphylactic response to Ibu- profen.

The interactive session included a pretest and post test to determine the students' knowledge base related to reading OTC labels and the school policy. An interactive ppt presentation developed by Poison Control was used to illustrate the important aspects of reading OTC meds to prevent overdose and interaction.



Harlingen Trip

The MSN Class of 2015 students made a medical mission trip with Dr. Bruce Leibert and Ms. Dinorah Martinez-Anderson to Harlingen, Texas. Dr. Leibert owns a primary care clinic in Harlingen. The MSN students made home visits and also worked in his clinic for experience.



Students presented experiences in Harlingen to their classmates.

Good Sleep Habits

As part of the Community Clinical Practicum during the Spring 2015 Semester, senior students were asked to give back to the "school community" by identifying an educational need in the school system and providing a teaching-learning project. Ryan Lundgren, Chris Hill and Rebecca Sonnier did an interactive education session during PE class at Village Elementary in Georgetown School district on good sleep habits for K1, 1st and 2nd graders. Pictured are enthusiastic kindergarteners who are involved with answering questions being posed to them. The interactive game consisted of choosing five students who were "sandmen" whose job was to touch those students in a game of tag who had red signs indicating distractors for sleep i.e. watching a computer, eating a big meal, eating candy and drinking a coke. After being tagged, the students were instructed to stop and fall asleep. All enjoyed the experience. Post evaluation of the education provided showed that these kindergarteners were able to recall the distractors of sleep they were taught.



Walk to End Alzheimer's

On September 26, 2015 at St. Gabriel's Park in Georgetown, TX, fifty-three Nursing faculty, students and their significant others (including canines) participated in the "Walk to End Alzheimer's" fundraiser. Team captain Marylyn Kajs-Wyllie, Clinical Associate Professor, reported that the team earned \$650 for this cause.



Vision and Hearing Certification

During the Summer 2015 Semester, 108 BSN and MSN students were certified by the Texas Department of State Health Services Program for Vision and Hearing Screening of school-aged children. This was implemented in the local school district as part of the Johnson & Johnson Fellowship.



Central Texas Race Against Brain Cancer Annual



On September 13, 2015, Nursing faculty Shawn Boyd and Marylyn Kajs-Wyllie, and Class of 2016 President Aki Slockers and her family participated in the Brain Power 5K to benefit the Central Texas Race Against Brain Cancer.



Divine Canines Therapy Dogs Visit

Mike Pizinger of Divine Canines, brought his therapy dogs, Amstel and Shiner, to visit the students of the Psychiatric-Mental Health Nursing (NURS 3460) class during the Spring 2015 semester. As he spoke about his experiences with pet therapy, Shiner and Amstel wandered through the class, wagging their tails and greeting the students. Mr. Pizinger discussed what therapy dogs do, how they are trained, and their role in helping patients recover.



Nursing Faculty & Staff Achievements

PUBLICATIONS

Dr. Barbara Covington, Associate Professor

Clinical Laboratory Science journal article of volume 27, 2014; Rohde RE, Patterson T, **Covington B**, Vasquez BE, Redwine G, Carranco E. Staphylococcus, not MRSA? A final report of carriage and conversion rates in nursing students. Clin Lab Sci 2014;27:21-31. This article won the American Society for Clinical Laboratory Science (ASCLS) Education and Research Fund Kleiner Award Joseph J. Kleiner award.

Ms. Marylyn Kajs-Wyllie, Clinical Associate Professor

Criddle, Laura and **Kajs-Wyllie, Marylyn** (2015). Allegro Reviews: Stroke Nursing-Pure Practice for SCRN Exam Preparation & Review, Pocket Study Guide, 1st edition. The Laurelwood Group, Scappoose, Oregon.

Dr. Son Chae Kim, Professor

Natad, A., Moser, K., Maiden, J., & **Kim, S. C.** (2016). Positive Tuberculosis Blood Test as a Predictor of Health Status among HIV-infected Persons. Clinical Nursing Research, 25(1), 100-112.

Bruce, H.R., Maiden, J., Fedullo, P. F., & **Kim, S. C.** (2015). Impact of Nurse-Initiated Emergency Department Sepsis Protocol on Compliance with Sepsis Bundles, Time to First Antibiotic Administration, and In-hospital Mortality. Journal of Emergency Nursing, 41(2), 130-137.

Chevillon, C., Hellyar, M., Madani, C., Kerr, K., & **Kim, S.C.** (2015). Preoperative education on postoperative delirium, anxiety, and knowledge in pulmonary thromboendarterectomy patients. American Journal of Critical Care. 24(2), 164-171.

Dr. Pamela Willson, Clinical Professor

Barton, L., **Willson, P.**, Langford, R., & Schreiner, B. (2014). Standardized predictive testing: Practices, policies, and outcomes. Administrative Issues Journal: Connecting Education, Practice, and Research, 4(2), 68-75. DOI: 10.5929/2014.4.2.2

PRESENTATIONS AND CONFERENCES

Dr. Barbara Covington, Associate Professor & Dr. Anne Standiford, Assistant Professor

Presented poster, "Investigating Clinical Judgment in Nursing Students Over the Senior Year: A Longitudinal Study", at the International Nursing Clinical Simulation Learning Conference in Dallas, TX, 6/15/16-6/18/16.

Ms. Janene Jeffery, Clinical Associate Professor

Presented "How Do I Tell Them He Died?" at the 2015 Texas Disaster Behavioral Health Symposium in Houston, TX, 4/17/15-4/19/15.

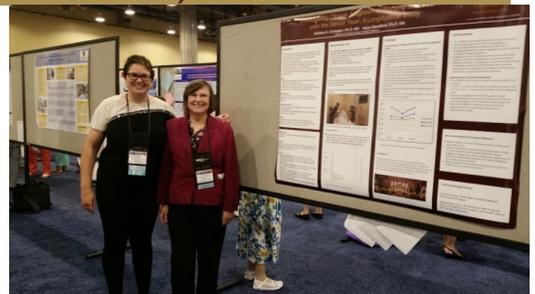
Ms. Marylyn Kajs-Wyllie, Clinical Associate Professor

Presented "Vitamin D Deficiency and Neurologic Dysfunction: Preventing 'Decline'" at the 47th Annual Educational Meeting: Enlighten, Engage, Empower of the American Association of Neuroscience Nurses in Nashville, TN, 3/29/15-4/1/15.

Presented "Vitamin D Deficiency in Neurological Patients: Preventing the 'D'ecline'" at the 2015 AANN 47th Annual Educational Meeting: Enlighten, Engage, Empower in Nashville, TN, 3/29/15-4/1/15.

Presented "Partner Up With Your Students to Ease Their Transition into the Advanced Practice Role" at the 2015 Texas Clinical Nurse Specialists Conference in Round Rock, TX, 5/29/15-5/30/15.

Presented "The Challenge of Online Learning: How to Build Relationship in Graduate Study" at the Texas Clinical Nurse Specialists 2016 Conference in Austin, TX, 6/10/16-6/11/16. She was also the keynote speaker: "Nursing Jurisprudence 101: What Every Advanced Practice Nurse Should Know."



Dr. A. Standiford, Dr. B. Covington

PRESENTATIONS AND CONFERENCES (continued)**Dr. Son Chae Kim, Professor**

Made a poster presentation, "Stroke Knowledge and Risk Factor Awareness", in collaboration with MSN students Melissa Migl and Hank Hensely, at the Texas Nurse Practitioners 27th Annual Conference in Dallas, TX, 9/24/15-9/27/15.

Made a poster presentation, "Behavioral Predictors of Pediatric Obesity", in collaboration with MSN students Kelly Meier, Bethany Meyer, and Cindy Minton, at the Texas Nurse Practitioners 27th Annual Conference in Dallas, TX, 9/24/15-9/27/15.

Co-authored (with Pam Furseth, MSN, RN and Barbara Taylor, PhD, RN) "Impact of Interprofessional Education Among Nursing and Paramedic Students" study that was presented by Ms. Furseth at the ACNL 15th Innovations Conference in San Diego, CA on March 20, 2015.

Ms. Dinorah Martinez-Anderson, Clinical Assistant Professor

Presented poster, Third Voice: The Theory for Successful APRN Standardized Testing, at the 2016 Elsevier Elevate Outcomes Conference in Las Vegas, NV, 3/10/16-3/12/16.

Poster presentation, Interprofessional Collaboration: Linking Nursing Education with Public School Health, presented by co-author Mary-Margaret Finney at the 2016 Elsevier Faculty Development Conference in Las Vegas, NV, 1/3/16-1/5/16.

Made an oral presentation at the Health Education Summit, Williamson County and Cities Health District and Wilco Wellness Alliance, September 2015.

Was a peer-reviewed community panelist: Advancing Health Promotion through Collaboration, St. David's School of Nursing collaboration with Georgetown ISD.

Ms. Gay Lynn Rowe, Clinical Assistant Professor

Presented "Are You a Caring Clinical Preceptor" paper at the Academy of Medical-Surgical Nursing meeting in Las Vegas, NV, 9/24/15-9/27/15.

Dr. Anne Standiford, Assistant Professor

Participated in and helped coordinate the Simulation and Role-playing in Education Conference held at the St. David's School of Nursing in Round Rock, TX, 5/19/16.

Dr. Pamela Willson, Clinical Professor

Presented "Stroke: The Interprofessional Research Team" at the College of Health Professions Dean's Seminar on November 4, 2015 at the St. David's School of Nursing.

AWARDS & RECOGNITIONS**Dr. Kim Belcik, Clinical Assistant Professor**

Was elected to the Vice-President position of the Texas Nurses Association, February 2016.

Dr. Barbara Covington, Associate Professor

Was recognized for her leadership in nursing informatics education and the advancement of the field of nursing informatics for the benefit of nurses, patients and healthcare systems. This recognition was awarded by the University of Maryland School of Nursing at the 25th Summer Institute in Nursing Informatics.

Ms. Mary-Margaret Finney, Clinical Associate Professor

Received the "Rock Star" award for the month of February 2015 from ExamSoft. She was nominated for her outstanding contribution to faculty development.

AWARDS & RECOGNITIONS (continued)

Ms. Regina Jillapalli, Clinical Associate Professor

Received the "Favorite Faculty" award from the Alpha Chi Honor Society in May 2015. She was nominated by newly-inducted undergraduate students for Spring 2015.

Ms. Marylyn Kajs-Wyllie, Clinical Associate Professor

Was a winner of Texas State University's Award for Excellence in Online Teaching. Her submitted course was impressively designed to successfully engage students in the learning process, January 2015.

Dr. Son Chae Kim, Professor

Received the "Excellence in Nursing" award from Point Loma Nazarene University, San Diego CA at the 8th annual Advance Practice Nursing Celebration. 2/18/15.

Ms. Dinorah Martinez-Anderson, Clinical Assistant Professor

Became a fellow of the Johnson & Johnson School Health Leadership Fellowship Program, Rutgers University, July 2015.



Center: Ms. M. Kajs-Wyllie

ALUMNI UPDATES

Rebecca Sonnier, Class of 2015: I got in to the Graduate Nurse Residency Program at Memorial Hermann Hospital in the Woodlands, TX. I will be on the Women's Specialty unit working with Antepartum, Postpartum, and Gynecological post op. (4/30/15)

Dana Wagner, Class of 2015, completed the Emergency Nurse Internship Program at Scott & White.



Our BSN student alumni who participated in St. David's Healthcare Specialty Nurse Accelerated Program (SNAP) graduated from that program in June 2015. SNAP is an elite, 6-month fellowship training program developed to help nurses excel as they rapidly transition into a specialty nursing practice. The program incorporates specialty curriculum, classes and clinicals, professional growth, evidence-based practices and interdisciplinary collaborations. Congratulations, SNAP graduates!



From L to R: Tyler Beattie, Elysha Smith, Elizabeth Baker, Jonathan Brewer.

Alumni!

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!



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Our Mission

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 in clinical judgment, 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.

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



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