



Round Rock Historical Landmark

TEXAS STATE UNIVERSITY

ST. DAVID'S SCHOOL OF NURSING

Nursing on the Rock



Volume 7

Fall/Spring 2014-15

Nursing Is...

"Nurses dispense comfort, compassion, and caring without even a prescription."

~Val Saintsbury

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From the Director's Suite

Greetings from the St. David's School of Nursing!

Spring semester is in full swing, with all the excitement and sometimes angst that accompany life in academe. 2014 is in our rearview mirror, but I would like to take a moment to celebrate the accomplishment of the faculty, students and staff in the School of Nursing. As you scroll through the pages of the newsletter, you will read about the wonderful things happening in our still relatively new school of nursing. Our program is less than five years old, yet we are not just keeping pace with the top programs in the state, we are leading.

Building on our theme of "firsts", we can say that the graduating class of 2014 has set the bar high for those to follow. All 91 graduates passed the NCLEX-RN on the first take of the exam, which is quite an accomplishment, given that the pass rate nationally and in Texas is less than 84%. In terms of employment trends reported to faculty and staff, over 95% of the graduates have positions in nursing. Many graduates have remained in Central Texas and continue to give back to the community. We hear from employers that overall our graduates are doing well.

Our Master's program admitted the second class of 38 FNP grad-

uate students under the direction of Shirley Levenson, PhD, APRN, FNP-BC. We were able to hire two outstanding, experienced Family Nurse Practitioner educators this year, Dr. Marcia Poole and Dr. Pamela Willson, who are welcome additions to the graduate faculty. Of note was our successful accreditation visit from the Commission on Collegiate Nursing Education (CCNE) in early October of 2014. We will not receive the formal accreditation notice until May, after their Board of Commissioners meet. Based on the team report, we are optimistic for a full 5-year accreditation. In that same vein, we submitted an interim report to CCNE for our BSN program and will have another site visit in 2016. We continually evaluate our programs to ensure our students receive a current and educationally sound program.

In looking toward the future of the School of Nursing, the faculty approved a proposal to move forward with the development of a Doctorate of Nursing Practice (DNP) degree. The Board of Regents has approved the proposal and it will now be sent to the Higher Education Coordinating Board for their approval. Given the demonstrated need for nurses who can lead teams and are innovative and creative problem solvers, we believe that



adding the program will strengthen the profession of nursing. Other new programs are being explored and we will keep you posted on those as we move forward.

February 24th is Nurses Day at the Capitol 2015, and the theme is "Discover Your Power"! Beginning on the 23rd, students and faculty will meet with other nurses to become informed about the issues and learn how to interact with legislators and advocate for issues affecting nurses and the health of Texans. On the 24th, they will observe how the legislative process works and take time to visit with our legislators to let them know the issues that are impacting the nursing community.

In the last newsletter I spoke to you about how nurses tend to be invisible when it comes to

(Continued on page 2)

From the Director's Suite continued

having their voices heard. I am proud to say that five of our nursing students accompanied by Dr. Rhonda Winegar and Ms. Marylyn Kajs-Wyllie will attend sessions provided by the Texas Nurses Association to teach them about how to get their voices heard. Many of our colleagues in nursing will be testifying in front of a variety of committees including the Appropriations Committee, asking for funds for Nurse Practitioner programs and funds to expand the RN labor force. We are also advocating for the health and safety of the public. For instance, on the Nursing Coalition legislative agenda we are asking for a bill requiring schools to alert parents when there is no school nurse on duty; a bill to promote protection for nurses in the workplace as violence should not be part of our jobs; adequate training and equipment to protect nurses from infectious diseases; address legislative and regulatory restrictions that limit access to care and hinder the delivery of care by APRNs; continue funding for the Nursing Shortage Reduction Fund; increase primary care APRN graduates with funding support; and support appropriations requests from the Board of Nursing. We will also support the legislative initiatives of several other coalitions dealing with the health and safety of the population of Texas.

Nurses must understand health care policy and how we can get our voices heard. In order to be effective, we need to have our facts, yet put a face with the facts. Our legislators want to hear from their constituents on how laws affect their lives. In a very short period of time you must convince them that your issue is worth exploring or voting for. For instance, if you tell them how your Aunt Millie could not receive home care services for two weeks because the APRN was not allowed to sign the paperwork, they will remember this for longer than an impersonal fact. The art of persuasion is truly a skill that successful leaders have learned and they often do this through the art of storytelling. Our job as educators is to teach our students how to take a stand on a position and challenge others to act upon it in a compelling manner. This skill will open doors.

We are pleased to share our joys with you, our supporters. Feel free to comment on our website about the newsletter and let us know if we can answer questions for you.

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

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

St. David's Neonatal Transportation Team Simulation Lab Collaboration

In April 2014, thanks to an introduction from Dr. Gregg Marshall in the Respiratory Care department of the College of Health Professions, a connection was established between St. David's Medical Center's Neonatal Transportation Supervisor, Timothy Farmer, and the St. David's School of Nursing Simulation Lab. Over the next six months, the collaboration created a newborn emergency scenario that would involve both Neonatal Transport team members and senior nursing students.



In November, four members of the Neonatal Transportation team, who were both respiratory therapists and RNs, and four senior nursing students participated in a scenario that involved a full-term baby born in a rural hospital that had aspirated (inhaled) meconium during delivery. Both groups of participants worked together to stabilize the patient and prepare it for "transport" to a St. David's facility. At the conclusion of the scenario, participants were able to view a recording of the simulation to

allow for intra-professional debriefing which enhanced the overall experience.

Future collaborations are planned which would allow more of the Neonatal Transport Team members and nursing students to be able to participate.



Stressors



*BSN Program
Ms. Lynn Heimerl, M.Ed.
Admission & Retention Coordinator*



Nursing School is tough – it is demanding. Many students do not thoroughly understand the magnitude of their responsibilities until mid-first semester. Students have headaches, tight muscles and trouble sleeping. They can be easily irritated, have trouble sleeping and feel impatient or forgetful.

The American Heart Association offers simple techniques for managing stress. Two of the techniques are positive self-talk and emergency stress stoppers.

Positive Self-Talk

Self-talk is one way to deal with stress. We all talk to ourselves; sometimes we talk out loud but usually we keep self-talk in our heads. Self-talk can be positive ("I can do this" or "Things will work out") or negative ("I'll never get well" or "I'm so stupid"). Negative self-talk increases stress. Positive self-talk helps you calm down and control stress. With practice, you can learn to turn negative thoughts into positive ones.

Other examples of positive self-talk are:

- * I'll do the best I can.
- * I can handle things if I take one step at a time.
- * I know how to deal with this – I have done it before.

To help you feel better, practice positive self-talk every day— in the car, right before an exam, before going to bed or whenever you notice negative thoughts. Remember: Positive self-talk helps relieve stress and deal with the situations that cause you stress.

Emergency Stress Stoppers

There are many stressful situations in nursing school — skills check off, passing the medication exam and earning passing grades on course exams. Students may feel stress because of poor communication, lots of required work and everyday hassles. Emergency stress stoppers help deal with stress on the spot. Try different stress stoppers for different situations and maybe combining them. Examples include:

- * Count to 10 before speaking.
- * Take three to five deep breaths.
- * Walk away from the stressful situation, and say you'll handle it later.
- * Go for a walk.
- * Don't be afraid to say "I'm sorry" if you make a mistake.
- * Set your watch five to ten minutes ahead to avoid the stress of being late.
- * Break down big problems into smaller parts.
- * Drive in the slow lane or avoid busy roads to help stay calm while driving.
- * Smell a rose, hug a loved one or smile at your neighbor.



For details, click [HERE](#), or go to www.heart.org, Getting Healthy/Stress Management.

MSN Updates

MSN-FNP Program
Dr. Shirley Levenson, PhD, APRN, FNP-BC
Program Director



The MSN-FNP program at Texas State University began with its inaugural class in Fall 2013. Since then the program has admitted the second class in Fall 2014 and prospective students are currently applying to the third class to be admitted Fall 2015. The graduating class of 2015 is anxiously looking forward to finishing the MSN program and taking their national certification board exams. So are the faculty! Twenty-five students will graduate in Spring 2015 with a Master's of Science in Nursing degree. Their hooding ceremony will be held on May 13th in the St. David's School of Nursing building. Students, faculty and families of students are invited.

Currently, the MSN program has 60 first and second year students returning for the Spring 2015 semester. The graduating students and the faculty will be finishing their clinical research capstone projects and preparing for national certification during that semester. The first year students and their faculty will be practicing their advanced health assessment skills and learning how to suture wounds, as well as performing other office procedures.

The MSN graduate faculty have increased in numbers, and we are proud to have so many talented, skilled clinicians teaching our students. Our nurse practitioners together have more than 150 years of practice to share with our students and the community. Because of our growth, the faculty look forward to beginning many important research projects for the students and community, as well as working on submitting and gaining research dollars in the form of grant monies for the university.

Click [HERE](#) to watch the latest American Association of Nurse Practitioner's (AANP) commercial celebrating their 50th anniversary.

In October, a visiting accreditation team from the Commission on Collegiate Nursing Education (CCNE), a national accreditation agency, reviewed our Master of Science in Nursing program. The decision on the program's accreditation status is expected in late Spring 2015. In the meantime, a Doctor of Nursing Practitioner program proposal is underway.



MSN New Student Orientation 2014



Dr. Shirley Levenson, Program Director and Sean Taylor, Clinical Education Placement Coordinator, prepare to greet our new MSN students.



Interested in learning more about the Bachelor of Science in Nursing and Master of Science in Nursing programs? Click [HERE](#), or visit www.nursing.txstate.edu!

St. David's School of Nursing Alumni SNAP Presentation

By Lynn Heimerl, MEd, Coordinator of Nursing Program Services

We are proud of our May 2014 BSN graduates for many reasons. Throughout the program and beyond they demonstrated a strong theoretical and scientific basis for the practice of nursing. This is evident in their NCLEX-RN pass rate; all May 2014 graduates passed this exam on their first attempt.

Nineteen former students have been selected for St. David's Healthcare Specialty Nurse Accelerated Program (SNAP). This elite 6-month fellowship training program is 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. Specialty areas include:

- ◆ Emergency nursing
- ◆ Critical care nursing
- ◆ Medical/Surgical nursing
- ◆ Neurological nursing
- ◆ Rehabilitation nursing
- ◆ Neonatal intensive care nursing
- ◆ Perioperative nursing
- ◆ Labor and delivery nursing



1st row (L to R): Kendalyn Weber, Britany Allison, Christine Torti, Tyler Beattie, Elizabeth Baker, Jessica Moore, Kristina Anderson, Sina Heller, and Karen Varteressian

2nd row (L to R): Erin Miller, Elysha Smith, Genevieve Brown, Aaron Hewes, Ryan Velasquez, Rachel Haddock, and Jonathan Brewer. **Not pictured include:** Katie Champion, Anne Sudac, and Shelly Mouser

Congratulations to All!

Faculty Spotlight on Marylyn Kajs-Wyllie, Clinical Associate Professor



M. Kajs-Wyllie and Roxie

From Clinical Practice to Academia....

By Marylyn Kajs-Wyllie, RN, APRN, CCRN, CNRN, SCRN

I ask myself this almost every week—why change? Well, the answer is always two: 1) now is the time to be a mentor based on my experience and 2) time to influence nursing at a different level. I feel that in order to teach students what nursing is, you must be a nurse and practice nursing. As a Nurse for over 36 years, first as a bedside critical care nurse and then in the advanced practice role as a Clinical Nurse Specialist, I have a clear understanding of what to teach and emphasize to those individuals who are brave enough to enter today's tumultuous health care arena. Reality is a good teacher.

I pursued nursing more by default. My three older sisters were all nurses, and I was intrigued by flipping through the pages of the many interesting textbooks they brought home during their school breaks. I was especially interested in the pathophysiology and A&P (Anatomy & Physiology). I was really more interested at an early age of being a teacher—taught my two younger sisters how to write their name, using the back of a high chair as my podium (true story according to my mother). But my mother had other plans for me and insisted on me following in the footsteps of my three sisters (my mother who spent her lifetime raising 10 children always wanted to be a nurse). So I pursued my BSN at Texas Woman's University and after working for 5 years in critical care, which included a year and a half stint as a travel nurse, I returned to school and earned my Master's Degree in Neuroscience/Critical Care Nursing as a Clinical Nurse Specialist with a minor in Education at the University of Arizona. I "tried" the world right out of graduate school academia (University of Arizona, Michigan State University), but was not ready—needed more experience and it was not "reality" enough for me. So I continued my lifelong learning earning my critical care and neuroscience nursing certificates and worked with practicing nurses as a Clinical Nurse Specialist in neuro critical care units in Nevada, Florida and Texas. My recent job at St. David Medical Center in Austin included the development of my expertise in stroke, as a Stroke Program Coordinator ensuring Joint Commission accreditation as a Primary and Comprehensive Stroke Center. I have since earned a stroke certification (SCRN). Care of the stroke patient continues to be my interest—I like to see the slow but drastic improvements the stroke survivor displays.

When I made my decision to move from practice to academia, I was interested in a new school where I could see it grow and get better (just as I have experienced my stroke patients do). The St. David's School of Nursing at Texas State University I felt met this desire and it also had some influence from St. David's which I had the privilege of working at for 18 years of my career. I felt I could offer contacts as we grew (slow but drastic) as a school of nursing.

Outside interests include cycling, hiking (with my husband's dog Roxie), traveling, reading and dabbling in some right brain activity like cake decorating and acrylic painting.

Advice for current and future students: find your passion and pursue it. You will know when you get there.

Welcome New Nursing Faculty!

Ms. Dinorah Martinez-Anderson, Clinical Assistant Professor

Nursing has been a part of Ms. Martinez-Anderson's life for over 20 yrs. She completed her Associate Degree in Nursing from Central Texas College in Killeen, Texas in 1993. She returned to school and received her Master's Degree with a Family Nurse Practitioner focus from Texas A&M University in Corpus Christi in 2011. Although, she has worked in various settings from Med-Surg, Women's health, Urgent care, Plastic surgery, Public/Community health, School nursing, and College health, as an FNP, her expertise is in caring for family and community health. As a bilingual nurse, Ms. Martinez-Anderson has done extensive medical translation work for many health care organizations that have bridged the language gap for the Spanish-speaking population in Williamson County. She worked as Director and Primary Care Provider of Student Health Services at Southwestern University for 7 years, and most recently as FNP for Texas State's Student Health Center in Round Rock. She has worked with graduate and undergraduate level nursing students in the classroom and clinical setting. Ms. Martinez-Anderson is a member of Sigma Theta Tau, Texas Nurse Practitioners, Nurses Christian Fellowship, and American Academy of Nurse Practitioners.



Dr. Pamela Willson, Clinical Professor

Dr. Willson has directed education for the Veteran's Health Administrations Parkinson's Disease Research, Education and Clinical Center and was the Associate Chief of Nursing Research at the Michael E. DeBakey VA Medical Center in Houston, TX. She received her PhD from Texas Woman's University; her Master's as a Family Advanced Practice Registered Nurse (APRN) from University of Texas at Arlington. She has taught APRNs for 25 years, directed FNP programs, and incorporated interprofessional telemedicine into the curriculum. Her clinical practice and research focuses on motor disorders, telehealth, and chronic disease self-management. Current scholarship includes book chapters, presentations, journal articles; she is Co-PI for a Texas Lone Star Stroke funding award for telehealth stroke self-management education program for rural Texans. Dr. Willson is a certified Nurse Educator (CNE) and Fellow of the American Association of Nurse Practitioners (FAANP).

P. Willson, PhD, RN, FNP-BC, CNE, FAANP

Faculty Promotion

Mrs. Regina Jillapalli was promoted from Clinical Assistant Professor to Clinical Associate Professor, effective Fall 2014. Ms. Jillapalli has been a faculty of the St. David's School of Nursing from its beginning, where she always demonstrates her dedication to students and commitment to excellence. Congratulations on this well-deserved promotion!



R. Jillapalli, MSN, RN, FNP

Meet Sonia Silva, BSN Senior!

(and wife and mother of 3)

I am the daughter of Mexican immigrants who came to America looking for an opportunity to make a better life for their family. I will never forget the sacrifices my parents made for my siblings and me, working long, hard hours in the fields of North Texas while struggling to make ends meet. My parents' work ethic and determination taught me to be resilient, work hard and to stay focused on my goals.

One of my biggest challenges as a child was to learn English as a second language. I became the first high school graduate in my family. Today, I am on my way to becoming a first generation bilingual college graduate. The decision to continue my education was driven by the desire to honor my parents' sacrifice and to be an inspiration for my children as my parents were for me. Nursing became a calling for me because I personally experienced the language barrier between Latinos and healthcare providers. I knew that my bilingual proficiency would help bridge the language disparity in healthcare.

I searched for a program that would equip me with the best training and degree in order to have a competitive edge. I learned that the St. David's School of Nursing at Texas State University offered a Bachelor of Science in Nursing. I wanted more than an associate's degree, and this program would prepare me to follow a master's degree should I decide to continue my education and become an advanced practice registered nurse.

Today, I recognize that I embarked upon one of my greatest journeys. Many times along the way I doubted myself and even cried. Loved ones and friends have helped me to keep moving forward. I have built everlasting relationships with fellow students and professors that I will forever cherish. It has not been easy, but I know it's worth the sacrifice. Being so close to graduation fills me with pride and joy. Although, nursing school is challenging and rigorous, with hard work and dedication, I believe anyone can be successful. Setting one's mind on the finish line and not deviating from the path one has decided to follow, is all it takes. My wish is that my story may inspire others like me to embark on a journey to accomplish great things.



S. Silva

Tips for Success for Future MSN Students

By Colleen Gorman, MSN Student

The class of 2016 FNP students are winding down their first semester of grad school. While it was a very rigorous first semester, learning how to work in teams and meeting deadlines for weekly papers and quizzes, the amount of knowledge gained is profound. I look back to the orientation that was held regarding the program and I vividly remember the staff informing us of the hours that we will need to be put forth in order to excel, and they were right. To be successful, you need to stay focused, stay organized, and don't allow setbacks if at all possible. The program is extremely structured and for me, it was crucial that I followed the itinerary meticulously in order to do well. I remember thinking it was going to be a long 14 weeks, and having come to the end I can't believe how quickly it went by. Another helpful tactic to stay on track is building a rapport with your professors. They really want their students to succeed and have on many occasions been very supportive in making success a priority and accommodating the students to aid in support.



C. Gorman

Honor Society Induction

By Janine Jeffery, Clinical Associate Professor

The St. David's School of Nursing Honor Society inducted 20 new members on Friday, Nov. 21 at the Round Rock campus. Sixteen inductees were identified as academic scholars from the MSN-FNP Program who are scheduled to graduate in May 2015. Four additional members were nominated by Honor Society members as Nurse Leaders in the profession and community. These leaders include the Dean of the College of Health Professions, Dr. Ruth B. Welborn. Additionally, two Texas State Nursing Program faculty were inducted. They are Alisha Johnson, MSN, RN and Shawn Boyd, MSN, RN. Ms. Johnson has been on faculty since 2010 with a specialization in Critical Care and Adult Health. Ms. Boyd has been on faculty since 2012 with Critical Care and Orthopedics as her areas of specialty. The fourth Nurse Leader inductee is Wendy Lowry, BSN, RN who finished her MSN last December from Chamberlain University. Her clinical background is in Psychiatric Nursing and Cardiac Nursing.

The Texas State St. David's Nursing Program Honor Society chapter was organized and had the first class of members inducted in 2013. The chapter is currently pursuing status as a Chartered Chapter of Sigma Theta Tau International, the primary worldwide nursing honor society. That Charter is expected to be awarded in 2015, and members of the local chapter will then automatically become members of the international organization.



Front row: C. King. 2nd row (L to R): B. Saddler, A. Johnson, J. Sewell, B. Meyer, K. Meier, M. Migl, R. Swoboda, K. Hamilton, A. Carlisle. 3rd row (L to R): C. Minton, L. Sheffield, H. Hensley, S. Peterson, J. Harborth, L. Murphy, R. Welborn, W. Lowry, J. Arldt-McAlister, J. Capparelli, S. Boyd.

Job Fair Fall 2014

A special thank you to the following employers who attended the St. David's School of Nursing job fair on November 19!

Angels of Care	Nexus Medical Consulting
Austin Regional Clinic	Post Acute Medical (Warm Springs Hospital System)
Baylor Scott & White Health	Querencia at Barton Creek
Carter Healthcare	Regency Post-Acute Healthcare System, Inc.
Gentiva Hospice	St. David's Healthcare
Georgetown Behavioral Health Institute	Seton Healthcare Family
Meridell Achievement Center	The Menninger Clinic
Methodist Healthcare System	



Ice Bucket Challenge

On September 4, the St. David's School of Nursing faculty and students met on the labyrinth to offer an ice bucket challenge to local schools of nursing, including Austin Community College, University of Texas-Austin, Texas A&M, Concordia University, and Mary Hardin Baylor, to donate to the Alzheimer's Association. Our school's participants were asked to donate \$1.00 to the Association, as well as bringing a canned food item for donation to the Round Rock Food Bank. Great fun for a worthy cause!



Alzheimer's Association Fundraiser

Tagging on to our Ice Bucket Challenge, Team St. David's School of Nursing raised \$430.00 for the Alzheimer's Association Walk on September 27. Nursing faculty, SPIN (Student Promoted Integration in Nursing) student members and their guests, and some of their furry friends participated in this 3K walk at San Gabriel Park in Georgetown.



From L to R: P. Morris, M. Kajs-Wyllie, R. Winegar, S. Menjares, S. Tollette.



From L to R: M. Johnson, A. Johnson, K. Roesemann, D. Roesemann, M. Erbin-Roesemann, M. Kajs-Wyllie, R. Winegar, S. Boyd, P. Morris, S. Tollette, J. Trevino, S. Menjares, M. Vague, A. Vague, S. Thatcher, K. Dulay-Ang, E. Thatcher, J. Ang.



SPIN Fall Report

By Jelyne Jesusa & Nancy Yedanapalli, SPIN Historians



Student Promoted Integration in Nursing (SPIN) aims to provide a support network focused on fellowship, friendship, and social opportunities in which members can learn more about other cultures.

September >>>>



Top: Who said connections can't be made over great food?



Right: Senior SPIN member, Joy Arnold, "dishes" out advice to our junior nursing students.

Junior-Senior Luncheon

Seniors welcomed the new juniors to the SON, and hosted a potluck with a diverse menu made by senior SPIN members!



From Left to Right: Jelyne J., Lacey D., Elizabeth T., and Joanna P.

>>>> October

La Paloma Community Garden

La Paloma Community Garden offers the community an opportunity to grow fresh produce to provide healthy meals for their families.



From Left to Right: Nancy B., Bridget B., Jelyne J., Joanna P., Shae R., Amanda L., Tricia B., Michelle W., Dr. Arevalo-Flechas, Santos M.



SPIN Members in Action!



Relay For Life

Relay for Life brings together communities across the globe to honor cancer survivors, remember loved ones lost, and fight back against cancer. SPIN attended Relay for Life hosted at the Dell Diamond in Round Rock.

>>>> November

Right: A picture with the symbolic "La Calavera Catrina," also known as the "Lady of the Dead" with members Jelyne J. and Karen D.

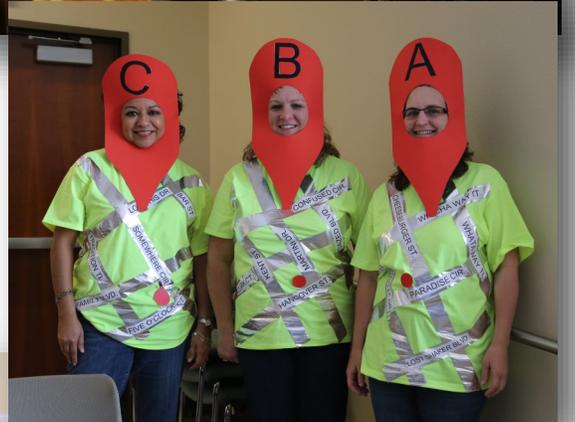
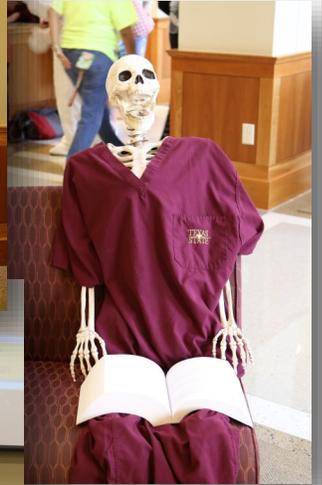


Bottom left: Traditional Ballet Folklorico.

Dia de los Muertos

SPIN members attended Día de Los Muertos and celebrated the Hispanic heritage's "Day of the Dead."

Halloween Hijinks!



Nursing Senior Wins Scott & White Scholarship

By Erica Slavin, BSN Student

This summer when I was looking for scholarships, I found one listed for Scott and White. I applied with a few letters of recommendation and BARELY made the cut-off date. After getting a call for a group interview, I found out October 1st that I received a scholarship for \$12,000.

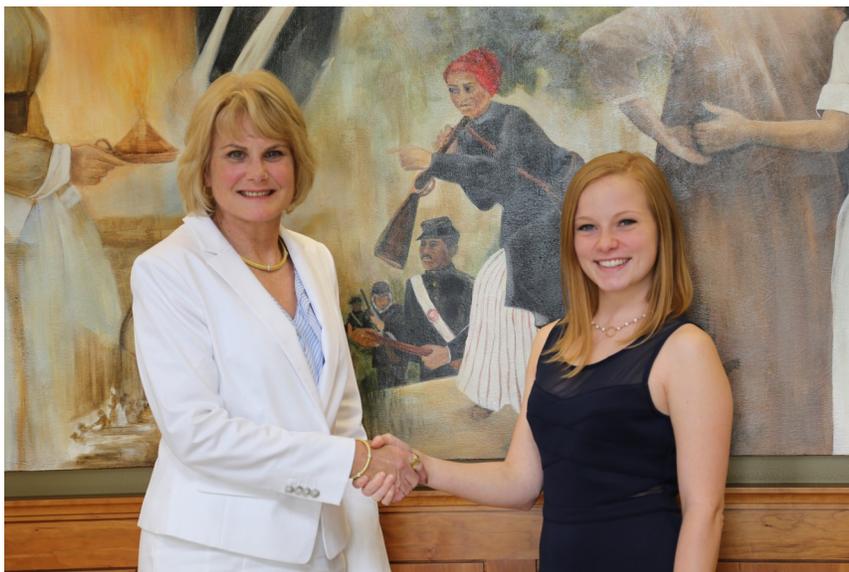
I was so excited and a lot of stress was relieved. I was able to celebrate at an awards luncheon with Dr. Ruth Welborn, Dean of the College of Health Professions and Dr. Marla Erbin-Roesemann, Director of the St. David's School of Nursing. It is such an honor to receive this scholarship.



E. Slavin

Katie Pritchett, Nursing Senior, Wins Endowed Scholarship

Katie Pritchett, a senior in the BSN program, was selected as a recipient of the Paul and Lois Blaney Memorial Scholarship. A student eligible to apply for this endowed scholarship must be an undergraduate enrolled in at least 12 hours, admitted as a major and pursuing upper division course work in a school, department or program within the College of Health Professions, and have a 3.00 major grade point average. Ms. Pritchett is also very active in her officer role as Historian in the Student Nursing Organization, as well as involved in public relations activities for that organization.



From L to R: Dr. M. Erbin-Roesemann and K. Pritchett

Nursing Faculty/Staff Achievements

AWARDS & RECOGNITIONS

Dr. Marla Erbin-Roesemann, Director, Professor, completed the AACN-Wharton Executive Leadership Fellows Program in August 2014. Launched in 2012 in collaboration with the Wharton School of the University of Pennsylvania, this world-class enrichment experience is designed exclusively for top academic leaders in schools of nursing. Using a competitive process, 30 academic nursing leaders were selected to participate in the AACN-Wharton program, which convened in Philadelphia, PA on August 11-14, 2014.

Dr. Lyda Arévalo-Flechas, Assistant Professor, was named the 2014 STAR Fellow, funded by the National Institutes of Health (National Institute on Minority Health and Health Disparities). The STAR (Steps Toward Academic Research) Fellowship Program provides a full year of collaborative training with UNTHSC faculty and other institutions. The STAR Fellowship is directed toward fostering Health Disparities Research Initiatives. Period: 6/14-6/15.

Dr. Lyda Arévalo-Flechas, Assistant Professor, was featured in the *Washington Post* article by Frederick Krunkle (11/10/14), "[Public Service Campaign Seeks to Help, Empower Latino Caregivers](#)".

Ms. Lynn Heimerl, Admission and Retention Coordinator, was selected as Texas State University's "Employee of the Month" in August.



From L to R: M. Erbin-Roesemann, L. Heimerl, R. Welborn

Dr. Shirley Levenson, MSN Program Director & Assistant Professor, and **Dr. Rhonda Winegar**, Clinical Assistant Professor, were nominated as one of the *Alpha Chi Favorite Professors for 2013*. Alpha Chi is a National College Honor Society, with the Alfred H. Nolle Chapter at Texas State University.

Dr. Susan Rick, Associate Professor, celebrated the 50th anniversary of her graduation from nursing school on September 9.



S. Rick

Dr. Rhonda Winegar, Clinical Assistant Professor, earned her Doctorate in Nursing Practice and a Post-Master's in Nursing Education from Saint Louis University on December 12, 2014. Her capstone project was "Hemiparetic Positioning of Hemiplegic Patients". Congratulations, Dr. Winegar!

PRESENTATIONS AND CONFERENCES

Dr. Lyda Arévalo-Flechas, Assistant Professor, presented "[Caregiving Through the Eyes of the Hispanic Caregiver](#)" at the 2014 Caregiver Summit, sponsored by the Caregiver SOS Program of the WellMed Charitable Foundation, in San Antonio, Texas on November 7.

Dr. Lyda Arévalo-Flechas, Assistant Professor, on media tour for AARP and Ad Council campaign, consulting as a Latino caregiving expert in Miami, FL, 11/10/14-11/11/14.

- Aired 11/15/14, radio. Casos y Cosas de Collins with Ma. Antonieta Collins ([link](#));
- Café Caracol radio interview-Marian de la Fuente. Miami ([link](#) no longer available)
- A.N T.V/Mira T.V/Radion Interviews/ T.V Show del Dr. Misael ([link](#))

Dr. Lyda Arévalo-Flechas, Assistant Professor, presented "Respite: Caregiving Through the Eyes of Hispanic Caregivers" at the 16th National Lifespan Respite Conference in Nashville TN on October 9, 2014.

Dr. Lyda Arévalo-Flechas, Assistant Professor, gave an interview video recorded by Liliana Soto from Univision 62-Austin, 10/29/14. "Heroes Silenciosos" (Silent Heroes) highlights the needs of people caring for a loved one living with Alzheimer's disease or a related dementia. The story aired on 11/24/14 & 11/25/14.

Dr. Susan England, Clinical Associate Professor, gave a podium presentation of her research "Experiences of Homeless Vietnam Veterans in Deciding To Access or Not Access Healthcare" at the "Joining Forces to Restore Lives: Nursing Research, Education, and Practice in Veterans Health" Conference hosted by the University of South Florida and the Center for Advanced Medical Learning and Simulation on 11/17/14. Recognizing the need to provide service members, veterans, and their families with opportunities and resources in health care, employment, and higher education, the White House created the Joining Forces initiative in 2011 to garner the support of the private and public sectors in this endeavor. On this day, First Lady Michelle Obama and Dr. Jill Biden discussed during an interview with U.S. News & World Report how joining Forces is succeeding in assisting veterans. Through the American Association of Colleges of Nursing, over 150 state and national nursing organizations and 650 nursing schools committed to ensuring our nation's nursing workforce is prepared to meet the unique health needs of service members, veterans and their families. The conference, attended by Dr. England was part of this commitment.



S. England

PRESENTATIONS AND CONFERENCES (continued)

Ms. Regina Jillapalli, Clinical Associate Professor, and Dr. Ravi Jillapalli, Assistant Professor, Department of Marketing at Texas State University, presented "Can Human Brands Extensions Transform to Brands?" at the Association of Collegiate Marketing Educators 2014 Annual Conference Proceedings in Dallas, TX. Their paper won "Best Paper: Branding and Brand Management Track".

Ms. Marylyn Kajs-Wyllie, Clinical Associate Professor, had an abstract accepted for a podium presentation on "Vitamin D Deficiency in Neurological Disease: Preventing the Decline" at the Annual Educational Conference of the American Association of Neuroscience Nurses in Nashville, TN, 3/29/15-4/1/15.

Dr. Son Chae Kim, Professor, C. Chevillon, M. Hellyar, and C. Madani made a poster presentation, "RCT: Evaluation of Multifaceted Preoperative Patient Education on Delirium, Anxiety, and Knowledge among Patients Undergoing Pulmonary Thromboendarterectomy" at the International CTEPH Conference 2014 in Paris, France, 6/3/14.

Dr. Son Chae Kim, Professor, L. Ecoff, and J. Davidson made a podium presentation "Create a Culture of Evidence-Based Practice: Design Your Own Evidence-Based Practice Institute" at the ANCC National Magnet Conference in Dallas, TX, 10/8/14-10/10/14.

PUBLICATIONS

Dr. Lyda Arévalo-Flechas, Assistant Professor:

Arévalo-Flechas, L.C., Acton, G., Escamilla, M., Bonner, P., Lewis, S.L. (2014). Latino Alzheimer's caregivers: What is important to them? *Journal of Managerial Psychology*, (29) 6: 661-684. DOI: 10.1108/JMP-11-2012-0357.

Arévalo-Flechas, L.C. (2014). Series of 12 publications in Spanish addressing the challenges faced by caregivers and strategies to manage caregiving responsibilities. Published by [AARP en español](#) as part of the Caregiving Resources Section.

Dr. Lyda Arévalo-Flechas, Assistant Professor (continued):

10-27-14 Recorded for Morningside Ministries 28-minute video production in Spanish for [www.mmLearn.org](#) Caregiving Institute: "¿Cómo vemos los Latinos la experiencia de cuidar de los nuestros?"

Video Series "Cuidando de Los Nuestrros. AARP en español, recorded in Washington, DC:

- The importance of asking for help (Spanish)
- How to sleep better and recuperate energy (Spanish)
- Breathing techniques (Spanish)
- How to have a better mental health (Spanish)
- Physical effects of chronic stress in caregiving (Spanish)

AARP en español expert writing. Ongoing, averaging 2 columns/month

- San Antonio-LA Phoenix caregiver resources/Caregiver SOS link SBP

Dr. Susan England, Clinical Associate Professor, was one of the reviewers of the textbook [Population and Community Health Nursing](#) (6th edition) by Mary Jo Clark.

Ms. Regina Jillapalli, Clinical Associate Professor:

Jillapalli, K. Ravi (RA) and **Regina Jillapalli** (TX) (2014), "A Prescription for Medical Outsourcing Success in the Affordable Care Act Milieu." *Journal of Global Marketing*, 27 (5), 285-297.

Jillapalli, K. Ravi (RA) and **Regina Jillapalli** (TX) (2014), "Do Professors Have Customer-based Brand Equity?" *Journal of Marketing for Higher Education*, 24 (1), 22-40.

Dr. Son Chae Kim, Professor:

Sekol, M.A., & **Kim, S.C.** (2014). Job Satisfaction, Burnout, and Stress among Pediatric Nurses in Various Specialty Units at an Acute Care Hospital. *Journal of Nursing Education & Practice*, 4(12). 115-124. DOI: 10.5430/jnep.v4n12p115

Natad, A., Moser, K., Maiden, J., & **Kim, S.C.** (2014). Positive Tuberculosis Blood Test as a Predictor of Health Status among HIV-infected Persons. *Clinical Nursing Research*, online August 20, 2014. DOI: 10.1177/1054773814547045.

Francisco, D. Rankin, L., & **Kim, S.C.** (2014). Adherence to colorectal cancer and polyps screening recommendations among Filipino-Americans. *Gastroenterology Nursing*, 37(6), 384-390.

Dr. Son Chae Kim, Professor (cont.):

McComas, J., Riingen, M., & **Kim, S. C.** (2014). Impact of an Electronic Medication Administration Record on Medication Administration Efficiency and Errors. *CIN: Computers, Informatics, Nursing*, 32(12). 589-595.

Dr. Anne Standiford, Assistant Professor:

Wrote a peer-reviewed anthology article, "[Lessons Learned from Larp: Promoting Social Realism in Nursing Simulation](#)" in [The Wyrld Con Companion Book 2014](#).

Dr. Pamela Willson, Clinical Professor:

Stonecypher, K. & **Willson, P.** (2014). Academic Policies and Practices to Deter Cheating in Nursing Education. *Nursing Education Perspectives*, 35(3), 167-179. doi: 10.5480/12-1028.1

Baker, S., Bhatta, S., Bowden, E., Calaway, V., Kinser, J., Vinueza, K., Xie, Y., Doggett, L., Worley, P., & **Willson, P.** (2014). *Clinical guideline for the treatment of primary insomnia in middle-aged and older adults*. The University of Texas at Austin: Family Nurse Practitioner Program. The National Guideline Clearinghouse: NGC-10414.

Anderson, J. A., **Willson, P.**, Godwin, K. M., Petersen, N. J., & Kent, T. (2014). Use of a Clinical Video Teleconference (CVT) Technology Model to Implement Patient Self-Management to Prevent Stroke. *The Internet Journal of Advanced Nursing Practice*. 13(1).

Schmelzer, N., Guevara, H., Andrews, L., Denman, J., Do, D., Okongo, S., Pina, D. M., Schulte, K., & **Willson, P.** (2014). Occupational guidance for physical and shift work during pregnancy: a review. *The Internet Journal of Advanced Nursing Practice*. 13(1).

Andrews, L., Do, D., Guevara, H., Okongo, S., Pina, D., Schmelzer, N., Schulte, K., Doggett, L., Worley, P., Derebery, J., & **Willson, P.** (2014). *Occupational guidance for physical and shift work of pregnant women in the United States*. The University of Texas at Austin: Family Nurse Practitioner Program. The National Guideline Clearinghouse: NGC-10415.

Atkins, P., Lovoi, T., Maxwell, M. C., Queen, D., Ratz, R., Stanley, A., Volz, M., Witten, M., Worley, P., Doggett, L., **Willson, P.** (2014). *Evaluation of vertigo in the adult patient*. The University of Texas at Austin: Family Nurse Practitioner Program. The National Guideline Clearinghouse: NGC-10416.

Willson, P., & Stonecypher, K. (2014). Methods: Choosing your samples for quantitative studies. In C. Hedges & B. Williams (Ed.), *Anatomy of research for nurses* (pp. 125-138).

Nursing Faculty/Staff Achievements (cont.) & Alumni Updates

SERVICE

Dr. Marla Erbin-Rosemann, Director, Professor, has been invited to join the Steering Committee of the Texas Choosing Wisely Campaign an initiative of the Texas Team Advancing Health through Nursing. *Choosing Wisely®*, is an initiative of the American Board of Internal Medicine (ABIM) Foundation designed to spark conversations between providers and patients to ensure that the right care is delivered at the right time.

Dr. Marla Erbin-Rosemann, Director, Professor, has been appointed to the Texas Nurses Association Education Committee.

Dr. Lyda Arévalo-Flechas, Assistant Professor, is the faculty advisor of SPIN (Student Promoted Integration in Nursing). SPIN, in partnership with La Paloma Community Garden in Dove Springs, TX, completed a day of service learning on October 25.

Dr. Lyda Arévalo-Flechas, Assistant Professor, was selected to serve as a member of the National AARP Caregiving Advisory Panel for expertise in Latino caregiving.

Dr. Kim Belcik, Assistant Professor, was selected to serve as a member of the American Nurses Association Advisory Committee on the Professional Issues Panel on [Workplace Violence and Incivility](#).

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!

ALUMNI UPDATES

Two of our alumni, Adel Kheribi, BSN, RN and Justin Sandefur, BSN, RN, were awarded DAISY awards for Extraordinary Nurses. The following is taken from the Seton Healthcare Family *NursingNews*, December 2014, Vol. 19, No. 10:

It's quite an honor to win a DAISY award. Selected by committee, there is only one winner per hospital per month or quarter depending on hospital size. Photos and descriptions of the winners are displayed on the DAISY Foundation website at daisyfoundation.org > DAISY Award > DAISY Nurses. The DAISY Award for Extraordinary Nurses offers a standardized approach to recognizing nurses at the national level who demonstrate exceptional compassion and caring. The award was formed in memory of Patrick Barnes who died at age 33 of complications of a rare autoimmune disorder. Award recipients are presented with a certificate, a pin and, because it takes a team to provide great patient care, all the nurses and staff in the recipient's unit are treated to cinnamon rolls. Winners are also given a stone sculpture from Zimbabwe named "A Healer's Touch," handcrafted by members of the Shona tribe, which greatly reveres its healers. The sculptures are made specifically for the DAISY Foundation and are the full-time source of income for 14 members of the tribe.



Adel Kheribi, BSN, RN
Intermediate Care staff nurse
University Medical Center Brackenridge

"I was in a very bad motorcycle wreck, and I met Adel when I was taken to IMC. He quickly introduced himself and made me feel like I had a good friend; he made me feel safe. His No. 1 concern was making me feel comfortable and pain-free. He catered to my needs and reassured me that everything was going to be OK. He helped take away so much stress and anxiety and come to terms with my situation. I have never met a nurse that cared so much about his patients and wants nothing in return, but to see them get better. Adel's work is more than a job; he genuinely wants to help people and see that they get better. Good-hearted people like Adel are hard to find, and it's people like him that make this world a better place."



Justin Sandefur, BSN, RN
Pediatric ICU staff nurse
Dell Children's Medical Center
Seton Healthcare Family

"My son was rushed to Dell in April with what turned out to be a brain tumor. He had surgery the next day, then was admitted to the ICU where Justin was our nurse. Wesley was in a lot of pain and his dad and I were scared to death. Justin comforted us by keeping us informed, but mostly by instantly bonding with Wesley.

"After two days in the ICU, we were moved to the floor, and we missed Justin horribly. Wesley got sick a day later, and we were moved back to the ICU. To our surprise, we got Justin back. Wesley was very depressed and didn't want to get up or interact, but he was so glad to see Justin — the only person who could get him up, moving and eating. He explained every medication and procedure to us thoroughly. What stands out in my mind the most is how much he cared about Wesley and how confident I was of his level of care."

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