



Round Rock Historical Landmark

TEXAS STATE
UNIVERSITY-
ROUND ROCK
CAMPUS
ST. DAVID'S
SCHOOL OF
NURSING

Nursing Is...

“Nursing encompasses an art, a humanistic orientation, a feeling for the value of the individual, and an intuitive sense of ethics, and of the appropriateness of action taken.”

~Myrtle Aydelotte

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Nursing on the Rock



Volume 1, Issue 1

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From the Director's Suite

Welcome to our first issue of “Nursing on the Rock”! We hope the information contained in this newsletter will keep our friends close to us as we journey through the millennium. School of Nursing activities and events will be highlighted as well as happenings with our alumni (after May 10, 2012).

This has been another exciting year for the school with admittance of 87 new students in the fall 2011. These highly-qualified students come from a variety of backgrounds and represent the diversity of the population in Texas. In addition to new students, 10 experienced new faculty joined our ranks. These individuals have cumulative years of experience in community health, women's health, psychiatric/ mental health, nursing administration, adult health and pediatrics. They join others on faculty with a multitude of accomplishments, forming a strong team bent on success of our student population.

As we move forward in the development of the school, we

will be asking for graduate programs to complement the undergraduate program which serves as the anchor of the school. Even before the 2010 ground breaking Institute of Medicine (IOM) study entitled *The Future of Nursing: Leading Change, Advancing Health Nurses* was released, we knew that nurses (over three million strong) should be leading the charge for the improvement of the healthcare system in this country. Nurses are uniquely qualified to collaborate as equal partners in improving the quality and safety of care, as envisioned in the recent Affordable Care Act (ACA). Preparation of these leaders is one of our goals. The St. David's School of Nursing at Texas State University was designed to accommodate more than 600 nursing students, thus there is adequate space for the addition of new programs and students to accomplish these goals. We will be asking for you, our friend's support, as we join with our colleagues in the state and across the nation to call for removal of barriers, such as limits on the permitted scope of



practice, to give nurses more responsibility in patient care and provide greater opportunities for them to gain leadership skills.

I hope you enjoy our first issue and please let us know what you think.

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

First Nursing Student Class to Graduate this May

An important milestone is soon to be reached by the School of Nursing when the first entering class of the Bachelor of Science in Nursing program walks across the stage to receive their diplomas at the May 10 commencement. Although the

building was completed and the program ready to roll out with the first Nursing class Fall 2010, this student cohort played an important role in enhancing the program for future Nursing classes with their feedback, as well as their work accomplished

through the Student Nursing Organization. Congratulations and best wishes to our soon-to-be graduates about to embark on a rewarding career in Nursing!



LEED Designation Awarded to St. David's School of Nursing



LEED plaque installed
February 9, 2012

“Innovative building projects such as Texas State’s Nursing Building are a fundamental driving force in the green building movement.”

*— Rick Fedrizzi,
President, CEO, and
founding chair of the
U.S. Green Building
Council*

The Nursing Building at Texas State University’s Round Rock campus has been awarded LEED Silver certification by the U.S. Green Building Council and verified by the Green Building Certification Institute. LEED (Leadership in Energy and Environmental Design) is the nation’s preeminent program for the design, construction and operation of high performance green buildings.

Texas State set a goal of LEED Silver certification for the Nursing Building to demonstrate its commitment to sustainable building. The building is the first in The Texas State University System to achieve LEED certification.

“At Texas State, we felt strongly that this state-of-the-art academic building be constructed using LEED design principles,” said Texas State President Denise Trauth. “We wanted to respond in a very real way to make our campus environment more healthy and pleasant for the students and faculty, more responsible to

resource sustainability and more energy efficient.”

The Nursing Building achieved LEED certification for energy use, lighting, water and material use as well as incorporating a variety of other sustainable strategies. By using less energy and water, LEED certified buildings save money, reduce greenhouse gas emissions and contribute to a healthier environment.

“The green building movement offers an unprecedented opportunity to respond to the most important challenges of our time,” said Rick Fedrizzi, president, CEO and founding chair of the U.S. Green Building Council. “Innovative building projects such as Texas State’s Nursing Building are a fundamental driving force in the green building movement.”

The Nursing Building is the second building at Texas State’s Round Rock campus. Its 77,740 square feet include classrooms, clinical practice laboratories, seminar rooms, a research suite and faculty and adminis-

trative space. It is home to Texas State’s St. David’s School of Nursing.

Lauren Goldberg, the project manager from Barnes Gro-matzky Kosarek Architects who coordinated the LEED effort, said, “Considering the Nursing Building houses the first health science program on the Texas State Round Rock campus, we felt strongly that the sustainable design focus should be on indoor environmental quality, which encourages the built environment to enhance and support the well-being, productivity and good health of its occupants.”

The Washington, D.C.-based U.S. Green Building Council is committed to a prosperous and sustainable future for the nation through cost-efficient and energy-saving green buildings.

(from University News Service Press Release, 11/7/11)

Click on our LEED plaque above to learn more!



Nursing Students Gain Invaluable Experience in Central America

“Certainly, travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living.”—Miriam Beard. No truer words could describe the experiences of thirteen St.



David’s School of Nursing students who traveled with faculty advisor Beth Biggan, MSN, RN, to Nicaragua and Costa Rica December 29, 2011 – January 13, 2012, through the International Service Learning Organization.

Students applied skills learned from their Texas State classroom, lab, and clinical site experiences to those countries’ community clinic and hospital settings. Emily Gallia, one of the thirteen students who participated in this experience, stated, “I gained a lot of confidence as a nurse because I was able to take on patients, fully assess them, suggest what I thought was wrong, and educate them about the medications the doctors’ prescribed.” Students were given the opportunity to hone their critical thinking and analysis skills and build confidence by being permitted to perform these tasks while supervised by both the physicians present and Ms. Biggan, faculty advisor. They also observed the importance of creativity when treating patients at facilities where staff and supplies are mostly donated. For instance, one student described how, in the absence of a thermal blanket, a

NICU baby was placed in a Ziploc bag for warmth. Student Whitney Hunt commented that “This was the most valuable human experience I have had in 23 years. I learned more about myself, culture, community, my classmates, and medicine than I think textbooks or lectures could ever teach us.”

Nursing students were also recipients of

gratitude from those they served, as well as learning cultural lessons and the importance of community, friends, and family. As student Maria Gomez described, “The patients who were seeking our



care were so thankful that we were there to help them, but I am grateful to them for teaching me to appreciate every one of my patients that I see as a nurse.” Student Yohantis Moore stated, “Being able to advocate for these patients, provide care, or see the tears of joy coming from their eyes brought great fulfillment to my soul.”

Ms. Biggan confirmed her students’ experiences, including the opportunities to assess

patients across the lifespan, providing education on hygiene, medications, and safety. They also learned to communicate across cultural



and language barriers, using translators, sign language, and lots of laughter. According to Ms. Biggan, students experienced conditions that they never would have seen in traditional US clinical settings. They saw the lack of clean water, lack of hygiene, no running water, and no air conditioning or heating. They also saw, despite those conditions, that people could manage a smile. The growth and professionalism that Ms. Biggan observed among the students from the first day to the last was amazing. She truly saw the type of nursing care that her faculty colleagues and she try to instill in their students. “There wasn’t a moment when I was not thrilled to say that they were a part of the Texas State School of Nursing Program.”

Click [here](#) to view photos and read more about the students’ experiences!



Students' Corner

2011 was a busy time for our Nursing students. In addition to balancing a rigorous academic schedule with their personal lives, they also performed many community services. The following is a list of how our students helped to make a difference!

- Texas State University Blood Drive
- Got Guts 5K Celiac Disease
- Relief effort to help first responders in battling Central Texas wildfires
- Safety Day at Old Navy
- Hosted Scott & White blood drive at Texas State
- Light the Night
- MS Walk
- Adopted a family for the 2011 Holiday Season
- Winter Coat Drive



Got Guts Celiac Screening



Winter Coat Drive

We applaud our students for reaching out to make a difference in so many lives!



Wildfire Relief Effort

Texas AHEC East-Capital Region Moves to the School of Nursing Building

St. David's School of Nursing is pleased to welcome the Texas Area Health Education Center (AHEC) East-Capital Region to its facility. The Capital Region is one of nine AHEC centers throughout Texas AHEC East that partners

with communities to improve its population's health, especially the underserved, by creating partnerships among community and academic organizations. Its five program areas are:

1. Health careers promotion and preparation
2. Community-based student education
3. Professional education and support
4. Health literacy
5. Community health systems

Texas AHEC East-Capital Region's office is located on the second floor of the Nursing Building, rooms 232-233; 243-244. For more information, please call 512-716-2914.

Faculty Spotlight on Barbara Covington, PhD, RN



Dr. Barbara Glenn Covington, Associate Professor, always wanted to be a nurse. From the time she

was a child bandaging and giving needed shots to her dolls, and treating her two brothers after "pretend" injuries sustained when playing army, she was certain about her future career path.

Dr. Covington planned to attend a diploma school close to her Florida home. Her grandmother, who was a futurist, had other thoughts, firmly stating that a BSN is necessary for becoming a professional nurse. Thus, Dr. Covington changed plans and attended the University of Florida. Although part of her tuition was covered by family support and church scholarships, she explored military options to help pay for the remainder. She was the recipient of the Army Nurse Corps Scholarship, which required enlistment after her graduation in 1970. Her childhood dream of becoming a military nurse began.

Dr. Covington's parents, both of whom served in the Navy, were not pleased with

their daughter enlisting in the Army. She felt that the Army was the best service branch for what she really wanted to do: provide "hands on" care to patients, instead of more administrative work in the Navy. After over 20 years of distinguished service in the Army, her father finally accepted that his daughter had gone "green" and not "blue". When she was promoted to the rank of Colonel, he honored her by passing to her his Navy Saber.

While in the Army, she found the hours long, work challenging, and a deficiency in the number of nurses



needed. The work was rewarding, so she decided to make the military her career. She attended military school and earned a Mental Health Nursing Clinical Nurse Specialist certification. As a result, she was able to work as a group therapist and head nurse, including working with Vietnam prisoner of war returnees at the Valley Forge General Hospital (not with George Washington's troops as her four children like to say!). Dr. Covington also served as the 7th Medical

Command Psychiatric Nurse Consultant and Ambulatory Care Supervisor in Germany. Her other overseas assignment was as a Senior Nurse over a team of nurses at the Gorgus military hospital in Panama for Just Cause.

To get answers to questions she had in her nursing practice, Dr. Covington began to take courses from the University of Pennsylvania, where she eventually earned her MSN degree in Mental Health. As Dr. Covington prepared for retirement from the military and a move into academia, she earned her PhD from Texas A&M University. Her focus was on sharps' injuries with nurses and nursing students.

Dr. Covington joined the Texas State University Nursing School project almost four years ago. She served as a consultant on the planning document for the Nursing building, and later applied for a faculty position to work on program development and building design and construction. As Dr. Covington stated, "Since I love challenges and had some experience in information systems, simulation labs, building redesign, and design of hospitals, I was eager to do this once-in-a-lifetime project." She was hired as Associate Profes-

sor—the first nursing faculty of the school. "The rest is our history from the building's design, curriculum development/approval, construction, equipment and furnishing selection and ordering, moving in, recruiting faculty and students, opening, teachings, to watching our first class prepare to be pinned and graduate from our wonderful program!

Outside of her Texas State work, Dr. Covington is active in research on consumer online health interventions with her study team in Maryland. When not working, she loves playing with her grandson and small cat, and traveling with her family. She's also an avid reader and quilter. Although her days of skydiving and car racing are behind her, she still enjoys scuba diving and swimming.



My favorite quote:
 "Unless we are making progress in our nursing every year, every month, every week, take my word for it we are going back."
 ~Florence Nightingale, 1914

Our Mission

TEXAS STATE UNIVERSITY

ROUND ROCK CAMPUS

The rising STAR of Texas

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

Help Support the School of Nursing!



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