

nursing

ALUMNI NEWS

THE COLLEGE OF PHARMACY, NURSING, & ALLIED SCIENCES

SUMMER '12



Nursing practicum
in Kenya ③

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a message from Carla Gross

This is an exciting time for the nursing profession and nursing education. Since its inclusion in Gallop Poll's survey of the trustworthiest professions 13 years ago, nursing topped the list for the 12th consecutive year. Other national movements reinforce the public's trust in nurses. Our country is challenged to balance providing broader access to health care while controlling costs. Nurses will play a key role in addressing these challenges. The country relies on advanced practice nurses to meet the growing need for primary care providers. Recommendations in the Affordable Care Act (2010) and the Institute of Medicine's report, "The Future of Nursing: Leading Change, Advancing Health" (2010), call for nurses to assume greater leadership roles, collaborate fully with other disciplines and practice to the full extent of their education, training and scope of practice.

NDSU is committed to preparing graduates who are up to the challenge. Faculty maintain a rigorous curriculum that meets educational regulations and needs of the practice arena. Both undergraduate and graduate curricula have been revised to meet standards outlined by our accrediting body, the Commission on Collegiate Nursing Education (CCNE) and the N.D. Board of Nursing. The department has been preparing for site visits from both entities this past year and a half. Both processes were very successful, indicating the programs are in full compliance with these high standards for excellence.

Our latest undergraduate curriculum revision involved adding courses in gerontology and health promotion and introducing nursing research and ethics earlier in the curriculum. Both areas are threaded throughout the curriculum to assure ethics and evidence-based practice are emphasized in specialty courses.

An upcoming revision will be implemented in fall 2013 that integrates a course on interprofessional education (IPE) into the undergraduate program and more simulation experiences. IPE aims to improve the culture of safety, quality and patient-centered care by improving communication and collaboration on the health care team. Collaboration is built on the ability to understand, respect, value and trust other disciplines. Our college is excited to start professional socialization in undergraduate education for students in nursing, pharmacy and allied sciences who will take the IPE course together. Simulation education also has been enhanced in the undergraduate program. New simulators were purchased for OB and pediatrics so simulation learning experiences could be incorporated into those courses.

The nursing department's first all-year reunion held during Homecoming 2011 was so successful, we've decided to make it an annual event. Participants enjoyed reuniting with faculty and alumni to rekindle their passion for nursing. At future reunions, we plan to honor NDSU nursing distinguished alumni. Please see information and RSVP notation on the back page of this newsletter to mark your calendars for this event.

The current changes in health care create many opportunities for nurses. We're excited about these changes at NDSU and aim to prepare graduates who are ready to take on these opportunities. We take pride in our program, faculty, students and alumni and certainly hope that you do, too.

Nursing students explore health care practices in Kenya

It was an unforgettable learning experience for NDSU nursing students to share, care and learn.

Five NDSU seniors recently participated in an intriguing practicum in the African nation of Kenya, where they explored their chosen profession from a completely different perspective.

From April 1-21, the students took part in medical activities in a variety of Kenyan locations, seeing patients from infants to seniors who were suffering from ailments such as upper respiratory infections, malaria, arthritis and HIV/AIDS.

Molly Secor-Turner, assistant professor of nursing, organized the capstone experience and served as the students' faculty adviser.

"I really hope the practicum helps students understand how to become globally connected," Secor-Turner explained. "For me, it's important to help students and become sensitive to the influence of culture, environment and life experiences on health care outcomes for individuals. I wanted students to have the opportunity to see that firsthand in a developing country. I hoped they would come back to the United States and understand that even though there are many differences in Kenya, there are also many similarities, and often the challenges there are the same as here."

Among the many stops for the students was assisting during a one-day medical camp in the remote arid Tharaka region of the country.

"The furthest one patient walked was more than 80 kilometers," Secor-Turner said, noting the students saw more than 800 patients during a 12-hour period. "Many of the patients started walking the day before the camp just to have access to very basic primary health care."

Other practicum experiences included eight days at a mission hospital in the town of Chogoria and visits to two orphanages and a primary care hospital in the capital city of Nairobi. "The students had across-the-board health care experiences in Kenya," Secor-Turner said.

The assortment of experiences led a variety of reactions and personal highlights for the students.

"The trip to Kenya was an unbelievable experience," said Brooke Marquardt of Bottineau, N.D., who said her most memorable



Brooke Marquardt (L) and Carissa Krueger (R) with a patient at the Tharaka Medical Camp near Marimanti, Kenya.

moment was a tour of Dagoretti Children's Center, a home for orphaned children with special needs. "I will never forget all of the wonderful people I met and the patients I cared for."

Ashlie Seifert of Rochester, Minn., said, "Having our senior practicum in Kenya opened my eyes to a whole different way of life. I not only gained personal growth, but also professional growth as a nurse by learning about the importance of care, resource utilization and teamwork."

Brittany Huggins, from Warroad, Minn., said she gained an awareness of different types of care. "Even though some of Kenya's practices are different from ours in the USA, that does not mean it is a bad thing. We have much to learn from different cultures."

For Leah Beekman of Eagan, Minn., an unforgettable experience was visiting HIV and AIDS patients at Nyumbani Children's Home, a facility for orphaned or abandoned children. "They also serve more than 3,500 children and families in the surrounding Nairobi area and slums," she said. "It was truly incredible to see a group of people so dedicated to one specific cause. Being there changed my heart."

"Spending time with people of different cultures is such a blessing. It will not only change your life, but it gives you the opportunity to change theirs," Beekman said.

"Having our nursing practicum in Kenya was the best possible experience," said Carissa Krueger from Grand Forks, N.D. "I learned way more than I could have imagined about both nursing care and the cultural aspects associated with it. I feel that I am now prepared to be a culturally competent nurse."

Student-athletes balance sports and studies

A select group of NDSU student-athletes is setting an incredible standard of excellence. This past academic year, seven nursing students not only took on the challenges of a demanding major, they excelled as members of several Bison sports teams.

From soccer to basketball to track and field, the nursing majors juggled busy schedules and blended diverse talents to be both outstanding students and athletes.

Aubrey Bot, a soccer forward and midfielder from Spokane, Wash., thinks she knows why. “Nursing is a dynamic field,” said Bot, who was selected to multiple Summit League Fall All-Academic Teams and was named to the Summit League Commissioner’s List of Academic Excellence. “Like sports, nursing requires focus and determination.”

Bot, who is a double major in nursing and human development and family science, is working as a nursing aide at Sanford Health in Fargo. She suggests a competitive nature is intertwined in sports and the nursing program. “As athletes, we’re on our feet at all times, we’re able to think quickly and we problem-solve. Nursing uses those skills,” she said.

Soccer teammate Laura Wagner, a defender from Plymouth, Minn., agrees.

“I’ve always been a competitive person,” said Wagner, who wants to specialize as a nurse in an Intensive Care Unit and eventually earn a Doctor of Nursing Practice degree. “Both athletics and the nursing curriculum require a large amount of commitment, and I think many athletes take on leadership roles. Leadership in nursing is important because you’re going work with other health care team members, and you’ve got to be assertive for your own academic standing.”

Wagner, who is minoring in psychology, has been named to several Summit League Fall All-Academic Teams and the Commissioner’s List of Academic Excellence. She said she

enjoys the close-knit feeling of the NDSU nursing program, and one of her most enjoyable experiences was having fellow nursing students cheer during soccer matches.

“They’d come and support me at our games, and every day, they’d ask how soccer was going,” she explained. “In the NDSU nursing program, we are all interested in each other’s lives. We’re all pretty friendly and outgoing.”

Abbey Moenkedick, an All-Summit League defender from Champlin, Minn., was a three-year captain for the Bison soccer team. “Nursing is such a caring profession and when you are on a team, you care about your teammates. I think the two correlate so well,” said Moenkedick, who was also named multiple times to the Commissioner’s List of Academic Excellence.

Moenkedick graduated in May and accepted a job at St. Mary’s Essentia in Detroit Lakes, Minn. “The leadership aspect has certainly helped me learn how to deal with people,” she said. “I probably played soccer with 60 girls during my years at NDSU, and everyone had a unique personality. That will definitely translate into my nursing career.”

Nate Mattson, a Bison track and field sprinter from Hawley, Minn., said, for him, athletics and nursing are a natural combination. “It’s a pure dedication thing. Nursing students want to succeed on and off the field,” said Mattson, who spent this summer as a counselor at The Painted Turtle, a camp for seriously or terminally ill children in Lake Hughes, Calif. “True competitors also want to challenge themselves in the classroom, and nursing is definitely a challenging program.

“It’s a culmination of things, and it stems from keeping the student-athlete mindset,” Mattson continued. “In the NDSU nursing program, we have a group of people who are dedicated to making a difference in the lives of others. Looking around in the classroom, you know that.”

Abbey Moenkedick, soccer defender from Champlin, Minn.



Aubrey Bot, soccer forward and midfielder from Spokane, Wash.



Hannah Linz, basketball guard from Watkins, Minn.



Jordan Krahn, track and field and cross-country distance runner from Fargo.



Kathryn Houle, cross-country runner from Menahga, Minn.



Jordan Krahn was a distance runner for the Bison track and field and cross-country teams. She has her own take on why she and other nursing students participate in NCAA Division I sports.

“Nursing students are so goal oriented and we have a passion for our profession,” Krahn said. “In sports, you are focused on listening to your body, and it’s something you become attuned to. It feeds the fire to learn more about your body.”

Krahn graduated in May, and has accepted a nursing position with Park Nicollet Methodist Hospital in St. Louis Park, Minn. She adds that she loved the flexibility of the NDSU program, which allowed her to finish the last month of her practicum in the Twin Cities and still compete in track and field events.

Meantime, Bison basketball guard Hannah Linz proved to be an inspiration for other students and her hard-working fellow athletes. Diagnosed with Hodgkin’s lymphoma on April 8, 2010, she shouldered the additional burden and worry of a series of chemotherapy treatments at Sanford Roger Maris Cancer Center in Fargo.

“That was really tough, but I am so stubborn,” remembered Linz, who is a native of Watkins, Minn. “I had a chemistry quiz the day after one of my chemo sessions, and I told my mom that I was going; I wasn’t going to get behind.”

Now, except for periodic scans and blood work, Linz is happy to report that things are going well. “I’m doing great. Basketball is going great. I’ve just finished my first year in the nursing program and it went pretty well,” she said. “So, I’m excited to keep going.”

Laura Wagner, soccer defender from Plymouth, Minn.



Nate Mattson, track and field sprinter from Hawley, Minn.



Nominated for the Honda Inspiration Award, Linz was also a member of the 2011 Summit League All-Academic Team and the Commissioner’s List for Academic Excellence. “For me, I like to compete,” she said. “I take a lot of pride in my school work as well as being an athlete.”

She also is proud of the accomplishments of the other Bison who are majoring in nursing. “Seven is a high number,” Linz said. “I hope more student-athletes will see that it can be done.”

One other nursing major, Kathryn Houle from Menahga, Minn., is a member of the Bison cross-country team. She was selected to the Summit League Fall All-Academic Team and Commissioner’s List of Academic Excellence.

“To be successful in both academics and sports, you have to be determined and dedicated. Because of the time commitment, I think it

makes you more focused,” Houle said, noting nursing students also bring compassion to their endeavors.

“The first day of practice my freshman year, it was about 100 degrees. I was almost in tears, and the first girl to stop to tell me it was going to be okay was Jordan Krahn, a nursing major. She was the nurturer of our team,” said Houle, whose career goal is to work in a cardiac intensive care unit. “Jordan embodied the nursing side of things for me.”

Will this high level of participation in intercollegiate athletics by nursing majors continue? Several of these terrific competitors say yes.

“I was warned by professors and my adviser that nursing is a tough major and that challenge was out there,” said Moenkedick, perhaps summing up the thoughts of the group. “I think we’ve shown we could do it – be successful in sports and do well in all our classes. That tells everybody else that if we can do it, they can too. So, I think the involvement in NDSU athletics will continue, definitely.”

Nate Mattson

“In the NDSU nursing program, we have a group of people who are dedicated to making a difference in the lives of others. Looking around in the classroom, you know that.”

Distinguished alumna shares nursing advice

Throughout Jo Burdick's more than 30-year career in nursing, mentors have played a powerful part. They helped her realize her strengths, broadened her perspective and encouraged her to persevere.

In April, Burdick served as a mentor for a day to dozens of future nurses at NDSU.

"Rock the boat, swamp it, tip it over. Do whatever you need to do," she said. "If you don't bring things forward, nothing is ever going to change. Never underestimate the power of one, you can be that initial change agent and if it's the right thing, other people will eventually follow."

As College of Pharmacy, Nursing, and Allied Sciences Distinguished Alumnus, Burdick presented this message and several others to help students prepare for their professional journeys.

"Life is busy. It's easy to become tired with all these things to do. But how are you showing up for the patient? As you move along, think about how you are inspiring people. Are you showing up powerfully and setting an example for them? It's all about your attitude," she said. "You really are the environment for that patient. So much of the way you present yourself can make a huge difference in the patient's outcome."

Today, Burdick is vice president of patient services for the Sanford Health Network Fargo region. She supervises nursing and patient services in the Sanford fully integrated and owned critical access hospitals. She also oversees the operations of Sanford Home Care and Sanford HealthCare Accessories, which has 15 locations and serves a multi-county region in North Dakota and Minnesota.

The Fargo native didn't plan to pursue nursing after high school. But once she was in the program, she knew it was where she belonged. "It just felt like the right fit," she said. "And it still feels that way today."

Burdick describes her progression into the nursing field as a stair-step approach. She started by becoming a licensed practical nurse to see if it is something she could see herself doing long term. She then built her experience and education incrementally from there.

"I had a friend who was going to school for nursing in Wahpeton at North Dakota State College of Science. And I thought that might be interesting. I'm a people person, I like helping and caring for others. Maybe I should try that," she said.

Burdick enrolled in the same program. Not long after she finished, she decided it was time for the next step.

"I was working at Dakota Hospital on the orthopedics floors and had a great mentor, Donna VanSickle, take me under her wing," Burdick said. "She gave me a lot of opportunities as a new



LPN, and only 19 years old. She let me lead the orientation for the new staff nurses coming onto the unit. That was the beginning of teaching for me as well. I began to see that I liked the leadership aspect."

Burdick then enrolled at NDSU for her associate's degree in nursing (the bachelor's degree was not offered then). She chose the program for its great reputation and excellent board success rate.

As Burdick presented to the students, she reminisced about Sudro Hall. "It feels like I was just here, doing the same thing that you're all doing," she said, wearing her NDSU nursing pin. "NDSU has a very warm spot in my heart."

She said NDSU provided a solid foundation for her future goals. "The clinical experience that we got here was fabulous. From psych to surgery to OB, all of those really provided a lot of good opportunity." Burdick also enjoyed her time outside of the classroom playing varsity tennis and developing close ties with team members.

Not long after graduating from NDSU in 1979, Burdick headed back to school. In 1984, she earned her bachelor of science in nursing from Minnesota State University Moorhead. There, another mentor, Jo Snyder, professor and public health nurse from Boston, became an influential force.

Snyder helped her realize the numerous career offshoots of nursing. "In her class one day, I realized there were so many more roles for nurses than working in a hospital. Her words were, 'there is more to life than acute care nursing and being in

a hospital.' She exposed us to public policy, finance and research." Snyder also helped Burdick realize her interest in home health care. Burdick later went on to start home health agencies and branches from the ground up, something she still assists with and enjoys today.

Then in 1996, Burdick earned her master's degree from the University of North Dakota, Grand Forks. There, her area of study was rural health nursing and behavior health risks of women in a rural community. Today, the degree highly complements the work she does in rural communities in the Sanford Network.

During Burdick's distinguished alumnus presentation she gave students several words of advice. A few key phrases included:

be a future thinker, embrace change, develop a strong inner self, expand your network and you reap what you sow. She also encouraged students to embrace lifelong learning, expect the unexpected and most importantly, always put the patient first.

Burdick learned these perspectives, in part, from her mentors. She said finding role models is not as hard as people might think. "Mentors have a way of finding you sometimes more than you find them," she said. "While I have had other mentors since the earlier days of my career, you can never underestimate the importance of people who 'find you' early in your career. They help you discover your abilities and help launch you on your way in your nursing career in ways you wouldn't have dreamed."

Burdick and her husband, Birch, live in Fargo.

Department helps diversify health care workforce in North Dakota

Approximately 5.5 percent of North Dakota's population is American Indian, yet they make up less than 2 percent of health care professionals in the state. The under-representation provides the impetus for a partnership to enhance nursing employment options and sustainability of employment for American Indians in North Dakota.

NDSU's Department of Nursing received a four-year, \$1.9 million research and evaluation grant to help American Indians join North Dakota's health care workforce. Loretta Heuer is an NDSU nursing professor and director of the Community University Partnership Research Project, which shares similar goals with the Next Steps Project, a Cankdeska Cikana Community College program aimed at providing access to well-paying health care careers for American Indians through a mentoring/career pathway focused on the nursing profession.

Heuer said the Community University Partnership Research Project is taking a three-pronged approach to enhancing American Indian employment options. The first was a conference on the future of American Indian nursing in North Dakota. Approximately 50 nurses, health care professionals and administrators, and nursing program faculty and administrators attended the event, held May 22-23 in Fort Yates, N.D. The group developed strategies for recruiting American Indian students into the state's nursing program, retaining them and helping them transition into the health care workforce.

The grant also funded a summer program at Cankdeska Cikana Community College July 9-22. Faculty, and medical and public health students from Mount Sinai School of Medicine and Columbia University offered a public health course for Cankdeska students. As part of the course, students from all three colleges worked together to develop a program about health care professions for 11 to 14 year olds.

Another grant-funded project is a nursing apprenticeship program to help American Indian students who graduate from one



Left to right: Loretta Heuer, NDSU professor; Laurel Vermillion, president; Sitting Bull College; D'Arlyn Bauer, director, Sitting Bull College Division of Nursing

of North Dakota's nursing programs make the transition into the health care workforce. The program will place up to six apprentices in three rural settings near or in reservation communities. "The first year of employment can be difficult and having a mentor makes the transition smoother," Heuer said.

The Community University Partnership Research Project partners the NDSU nursing department with Cankdeska Cikana Community College, Mount Sinai Medical School, University of North Dakota College of Nursing Recruitment/Retention of American Indians into Nursing, North Dakota Area Health Education Center, North Dakota Center for Nursing and the North Dakota Department of Labor.

For more information about the program, contact Heuer at loretta.heuer@ndsu.edu or 701-231-8205.

New interprofessional course to emphasize teamwork

Effective teamwork is key to quality and safety in health care. That's the focus of a new NDSU course that brings students of different disciplines together to study and share.

A three-credit course, called Interprofessional Health Care Practice is designed for pharmacy, nursing and allied sciences students to learn the skills, attitudes and knowledge to function as effective members of a health care team.

Cynthia Naughton

"Education occurs when they have to talk, interact and work with each other."

According to instructors Cynthia Naughton and Carla Gross, this is a serious topic that has been promoted and encouraged by the Institute of Medicine and the World Health Organization, as well as accrediting organizations. They note the Joint Commission, a national accrediting body for health care organizations, reported, "the lack of collaboration and communication between providers accounts for 70 percent of adverse patient events in the current health care system."

In some ways, the course is about realizing and valuing that every discipline plays a vital role in patient care.

"Even though we are educating students of different disciplines in one building here in Sudro Hall, interaction in the hallways is not enough. We need to educate them together in a classroom," said Naughton, associate professor of pharmacy and associate dean for academic affairs and assessment. "Education occurs when they have to talk, interact and work with each other."

Gross, associate professor and chair of nursing, said, "In this class, there will be a lot of group process so students can learn collaboration and communication. Once this is accomplished, it will be natural to do that when they are out in practice working on the health care team."

The course will explore specific roles of team members and issues common to all health care professions, such as communication, team dynamics, ethics, patient safety and quality improvement. Through group discussions, team activities, readings and reflection papers, the students will gain important insight into what lies ahead for them during their careers.

The course begins as a pilot project this fall, and thereafter will be a required course taught each spring semester. "The content transcends disciplines," Naughton said. "It's about understanding, appreciating and respecting what each discipline can bring to patient care."

Gross and Naughton see the collaboration theme expanding to other classes and other disciplines, perhaps eventually including students studying dietetics and social work.

"You often hear the phrase, 'We educate them in silos,' and then expect students to be able to work in a team. We've found that doesn't work. This idea is really pretty simple," Gross said. "After this experience, they will incorporate teamwork into their professional practice in a natural way and it will improve their ability to function in a team from the get-go."

The hope and the expected outcome of this class, as Naughton and Gross suggest, is to improve patient care. And that, for them, is the bottom line.

Nursing workforce project in 'full gear'

Momentum is building for a project to address the critical shortage of nurses across North Dakota. The North Dakota Partners In Nursing (PIN) Gerontology Consortium is moving forward on several fronts to improve a serious workforce issue.

"This project is in full gear," said coordinator Jane Strommen. "We have about 50 partners throughout North Dakota in this consortium working on the shortage of nurses, especially in rural areas and those working with older adults."

The nursing workforce situation in the state is described as a crisis. According to the North Dakota Long Term Care Association, 64 percent of nursing facilities are utilizing temporary contract agency staff to meet daily staffing needs.

"The staffing crisis is hitting long term care facilities especially hard at this time," said Shelly Peterson, association president. "We are in great need and must expand our nursing and certified nursing assistant workforce to care for our elderly and disabled in need of 24-hour skilled care. The PIN grant is helping us address our staffing crisis, and we believe it will help us maintain existing staff, well as recruit our youth to consider a career in nursing."

The NDSU Department of Nursing and Dakota Medical Foundation are in the midst of a two-year \$250,000 grant from Partners Investing in Nursing's Future to rectify the workforce problems. The foundation provided a \$250,000 match for the consortium.

"The consortium's partners are very committed to this project," Strommen said. "This is a very hands-on project."

Grant helps educate Doctor of Nursing Practice students

The NDSU Department of Nursing recently received notice of a three-year, \$938,122 Advanced Education Grant Award from the Health Resources and Services Administration, which is an agency of the U.S. Department of Health and Human Services. The grant will be used to expand the Doctor of Nursing Practice program to assist nurses with master's degrees in another nursing specialty to complete study leading to the doctor of nursing practice degree and eligibility for certification as a family nurse practitioner.

Students can access the program online. In collaboration with NDSU Distance and Continuing Education, the distance-delivered program is expected to prepare doctor of nursing practice family nurse practitioners to provide health care services for underserved and/or rural populations. "Access to a computer means access to the curriculum," said Dean Gross, assistant professor of nursing.

Gross and Loretta Heuer, professor of nursing, are project directors of this advanced nursing education initiative. The program will serve up to six full-time students per year.

The Doctor of Nursing Practice program is a terminal degree that prepares family nurse practitioners to provide the most advanced level of nursing care for individuals, families and communities. It educates the nurse practitioner graduate for expert practice in leadership and clinical roles. Gross said the program helps fulfill NDSU's land-grant role by meeting the rural health care and educational needs of North Dakota.

For more information, contact Gross at dean.gross@ndsu.edu or 701-231-8355.

Doctor of Nursing Practice Program accredited

The NDSU Department of Nursing's Doctor of Nursing Practice Program received a five-year accreditation from the Commission on Collegiate Nursing Education. The program is one of the first of its kind in the nation – and the only in North Dakota – to receive accreditation from the CCNE, which is the autonomous accrediting body of the American Association of Colleges of Nursing.

"It assures students and the public that our students are prepared at the highest possible standards," said Carla Gross, department chair and associate professor of nursing.

The North Dakota Board of Nursing also granted its approval to the Doctor of Nursing Practice Program in April. The accreditation is effective through May 2017, although the submission and approval of an interim report may extend approval through May 2022.

The Doctor of Nursing Practice Program is designed for two types of students: the baccalaureate-prepared registered nurse who wants to prepare for advanced practice as a family nurse practitioner, and the master's-prepared advanced practice nurse seeking career enhancement.

An important priority is strengthening nursing education. Members are reviewing the curriculum and clinical experiences for nursing students in the state. In addition, a blog developed by North Dakota Nurses Association includes resources for educators, students and practicing nurses.

Another development is Faculty Learning About Geriatrics, or FLAG. This effort provides stipends for faculty members to increase their expertise in teaching geriatric nursing through a summer institute by the Minnesota Hartford Center of Geriatric Nursing Excellence at the University of Minnesota.

"The goal is to improve education, so faculty, students and practicing nurses have all the skills they need so older adults in North Dakota can get the best care possible," Strommen explained.

Improving the image of working with older adults is another objective. The group is producing a series of videos, highlighting the work of nurses in hospitals, clinics, as well as home health and public health settings in the state. The videos may be shown on YouTube and used as recruiting tools. "We want to tell the stories of nurses who love to work with older adults," Strommen said. "We want to show what inspires them and what they are passionate about. It's been a fun project that we'll use with various audiences."

Recruitment also is a significant component of the consortium's work. A first-time summer nurses camp was held in Bismarck June 18-22 for rural high school students. They had opportunities for job shadowing experiences at five health care organizations, and the students learned about acute nursing skills, technology and the care of older adults. Several similar camps are being planned for next summer.

Also, during March, the NDSU Student Nursing Association organized "Adventures in Nursing" for area fourth-graders who wanted to learn about nursing, perhaps piquing their interest in careers in nursing.

The consortium's work is proceeding and progress is coming in many areas, but organizers recognize it will take time to change the workforce problems. "The need for nurses to work in rural areas and long-term care is great. The consortium is not a two-year fix; it is a long-term commitment," Strommen said. "We are working on sustainability for this project; we must continue the momentum."

More information on the PIN project and a list of partners throughout the state are available at www.ndsu.edu/pin. The North Dakota Nurses Association blog can be viewed at www.gerinurseteacher.blogspot.com.

Faculty Briefs

Faculty member receives grant to conduct



Secor-Turner

research in Kenya

Molly Secor-Turner, assistant professor of nursing, and Brandy Randall, associate professor of human development and family science, received funding from the Society for Research on Adolescence Innovation Small Grants program to conduct research in Kenya Sept. 9-23.

“We will be conducting focus groups with rural adolescents from two regions in Kenya to gain understanding about risk

and protective factors that contribute to adolescent health,” Secor-Turner explained. “We have collected some similar information from rural adolescents in North Dakota, and we will do some comparisons between the data from each country.”

Secor-Turner said the long-term goal of the research is to develop peer education models to enhance access to health promotion information among rural adolescents.

Professor appointed to education committee, publishes research



Heuer

Loretta Heuer, professor of nursing, was appointed to the North Dakota Board of Nursing Education Committee. She was among three nurses appointed to the committee by the North Dakota Board of Nursing. Her term ends in October, with an option for reappointment for another two-year term.

The committee makes recommendations related to nursing education programs, and is responsible for promoting innovation in nursing practice and education.

She also co-wrote a commissioned paper, “Nursing Innovations: The Future of Chronic Disease Management,” in the Institute of Medicine and the Robert Wood Johnson Foundation landmark report, “The Future of Nursing: Leading Change, Advancing Health.” In the paper, Heuer advocates for nurse-led initiatives for future management of chronic disease especially in rural or vulnerable populations.

The report is an examination of the nursing workforce and outlines overarching messages and recommendations intended to support efforts to improve the health of the U.S. population. For a copy of the report, visit www.iom.edu/Reports/2010/The-Future-of-Nursing-Leading-Change-Advancing-Health.aspx.

Faculty member takes leadership role in health care reform for Native Americans



Grandbois

Donna Grandbois is on a mission to change inequities in health care.

“My research has always been in the area of health disparity and inequity for minorities,” explained Grandbois, assistant professor of nursing and an enrolled member of the Turtle Mountain Chippewa tribe. “Only through leadership can we affect policy to make the changes we need.”

To aid her work, Grandbois was awarded a Mentor Relationship Travel Grant through NDSU’s FORWARD project. She used the funding to participate in the third annual “Health Equity Leadership Institute: Building Collaborative Research Teams,” facilitated by the Collaborative Center for Health Equity at the University of Wisconsin’s Institute for Clinical and Translational Research and the Center for Health Equity at the University of Maryland-College Park. Jared Jobe, retired program manager at the National Institutes of Health, agreed to serve as her mentor.

The institute, presented at the University of Wisconsin at Madison, is an intensive “research boot camp” focused on helping investigators, particularly persons from under-represented populations, engage in health equity research to achieve research funding through the National Institutes of Health.

“They brought in scholars from around the world to teach us how to change policy and gain leadership positions to actually change health care,” Grandbois said, noting her grant will fund two visits with Jobe. “They expect us to take a leadership role nationwide after we get done with the training.”

Grandbois does not need to look far to see a problem. She notes North Dakota is one of the few states without culturally appropriate health care for urban Native Americans. About 66 percent of Fargo-Moorhead urban Indians fall below the federal poverty guidelines and do not have health care benefits through their employment. Many cannot afford to travel to receive care from the Indian Health Service.

To help change the situation, Grandbois is a board member of the Urban Indian Health and Wellness Center Initiative of Fargo-Moorhead and a member of a key healthcare stakeholders group that is creating a comprehensive healthcare database. Native American communities of North Dakota will be included in the data.

Grandbois suggests minority populations will need to be players in finding solutions to their own problems.

“We definitely need minority nurses with doctorates. There are fewer than 30 Native American nurses with a PhD. I am one of them,” she said. “The NDSU Master of Public Health program is going to play a major role in this. It seems the time is right to make some real changes and have North Dakota become a leader – a model – for the nation.”

Grandbois is bringing her message of diversity and equity to other parts of the country. She was invited to give a presentation, “Teaching Skills around Cultural Competency,” at the Robert Wood Johnson Foundation’s annual Spring Leadership Training for the Nurse Faculty Scholars Program March 23-24 in Chicago. In addition, she gave a presentation at the University of Pennsylvania School of Nursing.

“We’re going to get better and make a difference for Native people,” Grandbois said. “We’re in this together.”

New to Department of Nursing



Mykell Barnacle

assistant professor of nursing

Barnacle teaches in the Post-Masters of Science to Doctor of Nursing Practice Family Nurse Practitioner program. She was a registered nurse in the Sanford Emergency Department for five years, and during that time she

earned her Doctor of Nursing Practice degree from NDSU. She also has worked as a nurse practitioner and director of operations at Lillestol Research in Fargo since 2009. Her interests include internal medicine, diabetes care and women's health.

Barnacle earned her bachelor's degree in nursing from Concordia College and her Doctor of Nursing Practice degree from NDSU.



Lynn Stadum

academic assistant/project coordinator

Stadum works with three grants in the Department of Nursing. She monitors and keeps student records and information, collects data for reports and assists in preparation of reports for programs. She also assists in

planning local or regional events, and helps plan brochures, news releases and public relations or marketing activities.

Before joining NDSU, Stadum was location manager for Arrowhealth Medical Supply in Detroit Lakes, Minn. Prior to that, she was executive director for the West Central Minnesota Housing Partnership, covering housing issues for low to moderate income individuals and families in nine counties. She also worked for Roman Meal Milling Co. in marketing and sales, the Abuse Resource Network in Lisbon, N.D., and the North Dakota Wheat Commission in Bismarck, N.D.

She earned her bachelor's degree in family and consumer science at NDSU.



Mousumi Tanha

instructional designer

Tanha develops and implements distance learning courses using Blackboard, and variety of multimedia software. She also helps faculty members with structural design for online courses, content planning and interactive elements. She also

provides training to faculty and staff in technical skills necessary for developing and delivering interactive and engaging distance learning courses, training and meetings.

Prior to joining the NDSU Department of Nursing, she worked with the Center for Instructional and Learning Technology as an instructional technologist at the University of North Dakota, was a geographic database associate at Navigation Technology and a helpdesk consultant at NDSU Information Technology Services.

Tanha earned bachelor's and master's degrees in food and nutritional science in Bangladesh and another master's degree in software engineering from NDSU in 2010.



Becky McDaniel

assistant professor of nursing

McDaniel teaches mental health clinical and theory courses, along with coordinating clinical schedules for mental health and critical care. McDaniel, who is an active member on the research council at Sanford Health in

Fargo, previously taught at Minnesota State Community and Technical college and North Dakota State College of Science.

She graduated from NDSU in 1996 with a bachelor's degree in nursing and earned her master's degree in nursing from the University of Mary in 2001

Nursing student receives teaching award

Andrea (Nelson) Middlestead may have a second career on the horizon. A registered nurse in the critical care unit of Sanford Health, Fargo, Middlestead is pursuing a doctor of nursing practice degree at NDSU.

Proving she is a person of diverse talents, Middlestead recently received the 2012 NDSU Graduate School Teaching Award, an honor that recognizes outstanding contributions made by graduate students. One award of \$1,000 is presented annually in each college where graduate students perform significant classroom or laboratory teaching responsibilities.

Middlestead, who taught as a clinical instructor in critical care, was surprised when she received the recognition. "I was shocked. When I was originally offered the position, I didn't know how much I would actually enjoy teaching," said Middlestead, who expects to earn her doctor of nursing practice in May 2013. "To be recognized by the students I worked with daily is a huge honor; it's not something I expected."

Middlestead earned her bachelor's degree in nursing at Concordia College in 2006, and her relatively recent

undergraduate experience helped remind her of the many and varied needs of the students. "It's still in the back of my mind what it is like to be a student. Working on my own degree also gives me a good idea of what they go through on a daily basis," said Middlestead about her connection with the students. "It was great having one-on-one time with the students. They spent six to seven weeks with me in the Intensive Care Unit at Essentia performing actual patient care. To see where they start and to watch how much they grow is pretty impressive. During those weeks, they really gain in the knowledge they obtain and start applying."

Middlestead said she hopes to work in a family practice setting after she earns her doctorate in nursing practice, but it's possible a return to the classroom also may be in her future. "Eventually, I may come back to teaching nursing at the undergraduate or graduate level," Middlestead said. "I found out I enjoy teaching."

She and her husband, Greg, BS '05, electrical engineering, live in Fargo.



Local elementary students participate in Adventures in Nursing.

NDSU nurses group participates in community activities

The Student Nurses' Association (SNA) is a student-led campus organization that participates in community and in-service projects. Through various activities, nursing students and pre-nursing students work together to promote nursing awareness and educate others about healthy lifestyles. The organization encourages members to be involved locally and statewide with the Nursing Student Association of North Dakota and nationally with the National Student Nurses' Association. This past year, NDSU's SNA engaged in new endeavors and annual activities.

The Nursing Student Association of North Dakota held its state conference in Fargo this spring, and members from the local chapter planned and organized the event. Four local members were part of the state board in the 2011-12 academic year, and

NDSU doctoral student named a Jonas scholar

Amanda Jensen, an NDSU doctor of nursing practice student from Roseau, Minn., has received a prestigious national honor. She is one of 142 doctoral students from across the country to be named a scholar through the Jonas Center for Nursing Excellence's Nurse Leaders Scholar Program.

Darlene Curley

"Our mission is to improve health care through nursing, and by reaching all 50 states, we can improve healthcare for all Americans."

"It is an honor and privilege to be named the NDSU Jonas Scholar," said Jensen. "The wealth of knowledge, support and leadership development opportunities provided by the Jonas Center for Nursing Excellence is astounding, and I look forward to working with them throughout my education."

The 142 scholars will be funded through 2014 with \$2 million from the Jonas Center and \$1.5 million in matching funds from nursing programs. The American Association of Colleges of Nursing will administer the program. The NDSU nursing program was selected as the sole grantee representing the state of North Dakota.

Carla Gross, associate professor of nursing and department chair, and Dean Gross, assistant professor of nursing, submitted the grant proposal. The department is providing Jensen with a one-

to-one funding match that will award Jensen a total of \$10,000 over two years. She also will receive mentorship and financial support to attend the 2013 Jonas Leadership Conference in Washington, D.C.

"Amanda will represent NDSU and North Dakota well in the Jonas Leaders Scholar Program," Carla Gross said. "She is highly competent in professional practice, knowledgeable about evidence-based practice and passionate about nursing education."

Launched in 2008, the Jonas Leaders Scholar Program is intended to increase the number of doctorally prepared faculty available to teach in nursing schools nationwide.

"Our mission is to improve health care through nursing, and by reaching all 50 states, we can improve healthcare for all Americans," said Darlene Curley, executive director of the Jonas Center. "Enthusiastic support from our donor and education partners has made all the difference as we built this innovative way to support future nurse leaders to improve patient care and reduce health care costs."

Program co-founder Donald B. Jonas said, "We wanted the Jonas Nurse Leaders Scholar Program to dramatically change the landscape of nursing education, and ultimately, the future of nursing and healthcare. We've made great strides toward the first goal and look forward to the impact these remarkable men and women will have on the health care of future generations." Potential scholars must be committed to a career as a faculty member, leader in primary care or clinical adjunct faculty. For more information about the program, visit www.jonascenter.org.

three new members were chosen at the state conference for the 2012-13 state board. An exciting achievement for the local chapter was when NDSU's Ashley Heller was selected as North Dakota Student Nurse of the Year at the conference. The NDSU chapter sent three board members to the National Student Nurses' Association Conference in Pittsburgh, where students learned from speakers and networked with other nursing students.

The chapter at NDSU participated in activities such as health fairs focusing on blood pressure checks and stroke awareness; the Alzheimer's, Diabetes and Heart Walks in Fargo; Salvation Army volunteer work; and highway cleanup.

Board members also organized two major events held by NDSU's SNA.

First was NDSU's nursing camp for elementary-aged children that was proposed at the start of the year and was a big

success. Association board members worked with faculty and the Partners In Nursing grant to organize what became "Adventures in Nursing," a nursing camp for fourth graders at NDSU. Students came to NDSU and explored nursing functions through a variety of stations. They dressed in surgical attire, learned how to use mechanical lifts, were taught proper hand washing, discovered how asthma works and learned about gerontology with a focus on changes with aging.

The other major event was Expanding Your Horizons, a campus event that assists seventh and eighth graders learn about a variety of professions. The students explored different nursing roles and career opportunities for nurses.

NDSU SNA is working to expand its involvement in the community and helping its members grow to be professional leaders in the nursing field.



NDSU alumna named Online College Professor of the Year

NDSU alumna LeAnne (Rolstad) Prenovost credits NDSU for putting her on the road to success. Prenovost, who graduated from NDSU in 1980 with an associate degree in nursing, was named the 2012 Online College Professor of

the Year by bestcollegesonline.com.

An online assistant professor at Grand Canyon University, Prenovost has taught online classes in nursing, health care and business for the past five years. She also has 25 years of nursing experience. Early in her career, she worked

for Dakota Hospital in Fargo and later pursued a nursing management position in Spokane, Wash.

“For this award to be bestowed upon a little old gal from North Dakota is mind-boggling,” said Prenovost, who went to junior high school in Minot, N.D., and high school in Fargo. “Everything I have today, I owe to my nursing degree at NDSU. My degree has enabled me to have more than the life that I had only dared to dream about. Thank you, NDSU. Go Bison.”

Prenovost lives in Phoenix with her husband, Pete. She has two sons and three daughters, and is the proud grandparent of six grandchildren.

Class notes

Neal Larson, AD '81, nursing, was elected treasurer of the National Association of Directors of Nursing Administration. Larson is senior executive of Medicare and contracted service at Bethany Retirement Living of Fargo.

Renee (Gibbons) Muhonen, AD '82, nursing, was named regional director of quality at Elim Care Inc. She works with both Elim Rehab and Care Center in Fargo and Elim's Baptist Home in Bismarck, N.D.

Susan Upton, BS '92, nursing, joined ManorCare Health Services in Fargo as an in-house nurse practitioner.

Candace (Rittenour) Ehlert, BSN '97, nursing, was named infection prevention manager at Essentia Health in Fargo.

Cynthia (Piekarski) Folk, BSN '05, nursing, is a family nurse practitioner for St. Alexius Medical Center. She is certified by the American Nurses Credentialing Center.

Camille Brown, DNP '11, advanced nursing practice, is a nurse practitioner to the surgical team at Essentia Health of Fargo.

Sara Hansen, DNP '11, advanced nursing practice, joined Essentia Health's family medicine team at the West Acres Clinic in Fargo as a nurse practitioner.

Hope Mathern, DNP '11, advanced nursing practice, is a family nurse practitioner at Essentia Health St. Mary's, Detroit Lakes, Minn.

Jill (Pontius) McMullen, DNP '11, advanced nursing practice, joined Family HealthCare Center in Fargo as a family nurse practitioner.

Calling all nursing alumni... We want to hear from you!

We like to know what our alumni are up to, so please take a moment to tell us about yourself. Feel free to share a story or memory of your time spent in the nursing program. Email your name, class year, job information and other updates (career changes, honors, moves, etc.) to: carla.gross@ndsu.edu.

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The Homecoming Nursing Alumni Social reconnects alumni with friends, classmates and former faculty.

Register at www.ndsu.edu/nursing or contact Kristi Weston at 701-231-7751 or kristi.weston@ndsu.edu. Submit your email address to Kristi Weston to receive updates.

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