



**ALUMNI NEWS
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NURSING

**COLLEGE OF PHARMACY,
NURSING, AND ALLIED SCIENCES**

ADVENTURES IN NURSING: LEARNING THROUGH FUN

The first things you hear are exclamations of delight and wonder, usually followed by a few giggles.

They are the sounds of the second annual “Adventures in Nursing” event, which was held March 23 at NDSU’s Sudro Hall. Sponsored by the NDSU Student Nurses Association, the outreach learning opportunity attracted fourth-graders from across the region.

In one exercise, children removed sutures and dressed a mock wound on a mannequin. “Yew, that freaks me out,” said Madison Blattenbauer of Glyndon, Minn., with her wide eyes peeking just over a surgical mask. “It’s sort of bloody.”

Madison was one of 25 youngsters who came to campus from several communities within an hour radius of Fargo-Moorhead. They came from towns like Hawley, Pelican Rapids, Kindred and Casselton to take part in a challenging hands-on learning experience. They used a stethoscope to listen to heart and lungs, wore operating room garb, operated lift equipment to move a “patient” into a wheelchair and learned about nutrition.

“Our goal is to introduce them to nursing. Fourth-graders learn by doing, so we try to keep them busy,” explained Karla Haug, assistant professor

of nursing and Student Nurses Association adviser, noting North Dakota sees increased need for nurses in rural communities and the western oil patch. “We target students from rural areas for this project, with the hope that in 10 years, they will come to NDSU to study nursing and then move back home to be a nurse.”

A clear success, “Adventures in Nursing” is expected to become an annual tradition as it piques youngsters’ curiosity and interest.

“It’s vital we talk about the importance of science as they come up through school. Introducing them to the nursing field might motivate some to consider it as an option,” said Amber Kracht, a junior from Valley City, N.D., who is an association board member and was NDSU’s Student Nurse of the Year. “The event also is a great way to reach out to the community.”

The learning is a two-way street. While the youngsters get a taste of a career in nursing, the NDSU students gain experience while connecting with potential protégés. “A lot of our students want to be pediatric nurses. They love kids and I think it’s great to show them how interested we are in nursing,” said Lesley Locken, a junior from Burnsville, Minn., who is the association president. “We love the interaction; that’s what makes this so special.”

GRIT AND A GRIN: NURSING STUDENT-ATHLETE BATTLES CANCER

With a smile on her face and optimism in her voice, Hannah Linz fights a personal battle in a public arena.

The former standout Bison basketball player is in treatment for Hodgkin's lymphoma. Linz, a senior NDSU nursing student from Watkins, Minn., took a few minutes out of a day of medical tests on June 3 to discuss her struggle.

"I'm doing pretty well overall," Linz said, noting she endured chemotherapy treatments leading up to a stem cell transplant April 4. "Recently, I've been in two different hospitals because I'm having trouble with my lungs. It is some type of infection and testing has been done to diagnose what we're dealing with. I hope to get a treatment plan determined soon to clear it up."

There has been much media attention to Linz's fight, and she's witnessed an outpouring of support from fellow students and Bison fans. "Hoops for Hannah" contributions at home games surpassed \$15,000 and this year's "Battle of the Cents-es" between the College of Pharmacy, Nursing, and Allied Sciences Ambassadors and the Engineering and Architecture Ambassadors raised more than \$2,230. Proceeds from a spaghetti dinner and silent auction sponsored by Blue Key and the Student Athlete Advisory Council added to the fund.

"It's amazing. We could not have asked for more support or a better community to be in during this time. The Bison rallied together and did great things," Linz said. "I'm so impressed, happy and thankful for their support."

Linz played in 100 games for the Bison, and she is second on the NDSU three-pointers list. A three-time Summit League All-Academic Team selection, her focus now is on her studies and upcoming nursing career.

"It definitely gives me the patient's side of things," she said of her cancer battle. "I really feel for patients; I know what they are going through. I think that will make me a better nurse in the future. I met so many nice nurses throughout my hospital stays and treatments – I definitely think that helps."

Linz has been told it will take a year for her to fully recover from the stem cell transplant, but her cheery outlook, determination and competitive nature help her take that difficult thought in stride.

"There's so much to look forward to in life. My family and friends keep me positive," she said. "This is just a steppingstone – we'll get through this, move on and I'll get to live my life."

"I have a long road ahead of me," Linz continued. "But, hopefully I'll get better and better each month and be back to my normal self. Then, I won't have to worry about this anymore."

She is the daughter of Robert and Linda Linz.



The pictures provided of Hannah Linz were taken on Feb. 15 for the check presentation in conjunction with the "Battle of the Cents-es" and the "We love Hannah" picture was taken March 4 at the spaghetti feed and silent auction sponsored by Blue Key and the Student Athlete Advisory Council.



DISTINGUISHED ALUMNA: 'YOU CAN'T GO WRONG WITH A NURSE'

With both parents in the health care field and most holiday meals spent at a hospital cafeteria, Lori Wightman's advice holds some weight.

"You can't go wrong with a nurse," Wightman, AD '80, nursing, told NDSU nursing students after being named the College of Pharmacy, Nursing, and Allied Sciences' second Nursing Distinguished Alumna.

"Good assessment skills are as important today as they were in the past," Wightman said. "Communication, compassion, providing comfort, being an advocate and keeping patients safe are hallmark qualities in the art of nursing. Nursing has been and continues to be the glue that holds the health care team together."

Wightman followed the footsteps of her mother, who was a nurse, by becoming a registered nurse and then, at age 23, being named head of infection control at St. Ansgar Hospital in Moorhead, Minn.

The early career responsibility prepared Wightman for a variety of roles – deputy director of the North Dakota Department of Human Services, gubernatorial campaign manager and building project coordinator for a new clinic. "It's the same as the nursing process, getting work done through people," she said.

Wightman also spent two stints as general manager of the FM Beez, a professional basketball team. At each step of her career, Wightman said she questioned whether she required more education or experience, at one point returning to school at the University of Colorado to earn a master's degree in health care administration.

From there, Wightman was interim CEO at Bridges Medical Center in Ada, Minn., and served as president for eight years at New Ulm Medical Center in New Ulm, Minn.

At the time of the award, Wightman was president of Unity Hospital in Fridley, Minn., where she oversaw the fifth busiest emergency room in the Twin Cities.

"We have a daily opportunity to connect to purpose, worthwhile work and making a difference in health care," Wightman said. "Don't sell yourself short or be afraid to use all your talents. You will find your place if you follow your instinct and your passion."



"Nursing has been and continues to be the glue that holds the health care team together."

- Lori Wightman

SIMULATION LAB OFFERS QUALITY HANDS-ON LEARNING

The old adage of “practice makes perfect” is clearly at work in NDSU’s newly expanded nursing simulation laboratory. In the lab, students use low and high fidelity simulators to hone their professional skills.

During the past two years, the Sudro Hall laboratory has added equipment and opportunities. Part of the expansion came through funding from the North Dakota Legislature to the Nursing Education Consortium of programs across the state. The funding, combined with other college and departmental funding, has enabled the department to purchase a Gaumard birthing simulator, a Gaumard pediatric simulator and, most recently, a Laerdal adult simulator, which make the simulation experience as true to “real life” as possible. In addition, last year, two part-time simulation educators were hired to assist faculty in providing more simulation experiences for students. Plans are under way to renovate space in Sudro Hall to expand the skills lab and a separate simulation lab with observation and debriefing areas.

“The expanded physical space, new equipment and supplies have greatly improved the simulation experience,” said Marsha Ramstad, simulation manager, who said nursing students work with both simulators and real people. “Students are able to practice not only physical assessment, decision-making skills and teamwork, but also therapeutic communication and motivational interviewing.”

Throughout the nursing program, students now complete three adult health simulations, three obstetrics simulations, a pediatric simulation and a home health simulation. Another involving mental health soon will be added. Becky McDaniel, assistant professor of nursing, received an NDSU Development Foundation grant to purchase “hearing voices” software that will be used to simulate nursing care provided to mental health patients who experience the symptom.

“We’re excited about the progress we’re making in simulation education,” said Carla Gross, chair and associate professor of nursing. “Through simulations, students gain confidence and competency by practicing in a safe environment that allows them to take on the nursing role independently, critically think through patient care situations and take risks they wouldn’t be able to when working with real patients.”

According to Gross, the hope for the future is to build an addition to Sudro Hall that will house a state-of-the-art simulation center that can be used for nursing simulations and interprofessional simulations with students in nursing, pharmacy and allied science.



ABOVE Simulation manager Marsha Ramstad, left, with senior Vivian Ngongang

BELOW Seniors Brian Ziegler and Amber Kracht with simulation instructor Gail Gores, right





RURAL STUDENTS EXPLORE HEALTH CARE OCCUPATIONS

On a sunny June morning, a group of high school students circle around Noel in the simulation lab at NDSU. Noel is a pregnant, dark-haired training mannequin wearing a hospital gown. And she is in the last stage of labor.

“The baby is coming!” she says, blinking behind her silver-framed glasses. Noel has repeated this line and delivered this baby hundreds of times with the help of NDSU nursing students. She is one of four mannequins NDSU uses to give nursing and pharmacy students experience with scenarios they are likely to encounter in their careers.

On this day, the high school students observing Noel are participating in Camp HOPE, a new health occupations and professions exploration program offered by NDSU and Sanford Health.

The 30 students are from rural areas in eastern North Dakota and western Minnesota. They want to be pharmacists, family physicians, nurses, exercise physiologists and other types of health care professionals someday. At least they think so.

That’s why they are spending a beautiful morning watching a training mannequin deliver a baby. If the experience does or doesn’t appeal to them, they have important information as they make decisions about education and career. “We planned hands-on experiences to help students understand what they are getting into,” said Dana Davis, camp co-organizer and director of recruitment in the College of Pharmacy, Nursing and Allied Sciences.

In the simulation lab at NDSU, students learn how Noel is used to teach nursing students about childbirth complications as well as textbook deliveries. They grab stethoscopes and listen to a toddler mannequin breathe. “This is as close as you can get to real patients,” said Kelsey Brevik, of Twin Valley, Minn. “It’s amazing what can be done these days technology wise.”

Later, the students visit the Thrifty White Concept Pharmacy where they make hand lotion and prepare IV bags. At Sanford, the students put on scrubs for their visit to an operating room, labs, the neonatal intensive care unit, radiology, respiratory therapy and other areas.

Another goal of the camp is to show students interested in health care careers the opportunities that exist in North Dakota, where health care professionals are in demand, especially in rural areas. “They can get a great education at an affordable cost, with lots of great job opportunities when they finish,” said Susie Munyer, youth programming manager at Sanford.

The camp was held June 23-26. Planning is in progress for next summer’s Camp HOPE. For more information, contact Davis at dana.davis@ndsu.edu or Munyer at susan.munyer@sanfordhealth.org.

NEW PROGRAM AIMS TO PREVENT TEEN PREGNANCIES

Recent data shows North Dakota and West Virginia are the only states not showing a significant decline in teen birth rates. But, a new program, “Reach One Teach One – North Dakota” is an important new effort to help reduce teen pregnancy, especially among at-risk.

The program is funded with a \$1.2 million three-year competitive grant from the U.S. Department of Health and Human Services Administration for Children and Families. The program began in January, targeting youth ages 14-19 in the Fargo-Moorhead area.

The goal of the grant is to implement a Personal Responsibility Education Program under the Affordable Care Act to prevent teen pregnancy and sexually transmitted infections. Molly Secor-Turner, assistant professor of nursing, and Brandy Randall, associate professor of human development and family science, are co-principal investigators of the program.

The voluntary program focuses on youth at greatest risk for unplanned pregnancies, including homeless and runaway teens, teens in foster care or the juvenile justice system and teens aging out of foster care. It includes strong, clear messages about abstinence and medically accurate information about reproductive health. It also covers life skills, such as developing healthy relationships and communicating effectively.

According to Secor-Turner, the program has 24 hours of curriculum that incorporates an evidence-based program, “Making Proud Choices.” Youth typically meet for two hours each week for a period of 12 weeks. Each session covers a different topic and utilizes a variety of instruction methods and interactive activities.

“So far, we have 10 youth participating in two groups, and they love it,” Secor-Turner said. “Every week they tell the educators how much they like the group, and they can’t believe they haven’t learned this information before. Many of the youth are taking advantage of the peer education component to have conversations with their families or other important adults in their lives.”

Secor-Turner said the program is receiving supportive feedback from youth-serving organizations. “Nearly everyone who works with youth who hears about the program is excited about it and reiterates the need for programming like this in our community,” she said, noting two additional groups were expected to be added in June and two more later in the summer.

The program is funded by the Administration on Children, Youth and Families’ Family and Youth Service Bureau under award No. 90AK0012.

STUDENT NEWS

Congratulations go to **Ashley Heller, BSN ’13**, on receiving the North Dakota Student Nurses Association Leadership Award. “I was honored, because at NDSU, everybody is qualified and has the leadership qualities to be a good nurse,” said Heller, who was the 2012 North Dakota Student Nurse of the Year. She also was a member of the student council for nursing and a tutor for the Academic Collegiate Enhancement program. Heller has accepted a position at the trauma surgical unit at Mayo Clinic, Rochester, Minn.

Senior Amber Kracht was named NDSU Student Nurse of the Year. Kracht, along with Kara Smith, academic staff and Natalie Smith Carlson lecturer of English, also gave a presentation at a conference at the University of North Carolina-Greensboro April 18-20

that was organized in part by the Southeastern Women’s Studies Association. “The presentation explored the medicalization of birth in America, human rights in childbirth, advocacy efforts aimed at reducing maternal, infant mortality in the United States and the impact of an alliance between feminists and birth advocates,” explained Kracht, who is Breakthrough to Nursing chair for the NDSU Student Nurses Association and legislative education chair for the Nursing Student Association of North Dakota.

Alicia Hauff, DNP ’13, nursing, attended the fourth annual American Association of Colleges of Nursing student summit in Washington, D.C., March 17-19. About 130 nursing students participated in sessions on federal policy process and nursing’s role

in professional advocacy. “It was a gratifying first start to increasing my competence in this role as an advanced practice nurse,” Hauff said. “Being able to network with like-minded students from across the U.S. was a valuable experience.”

In addition, Hauff’s poster presentation, “Homeless Health and Respite Needs in Fargo-Moorhead,” won the nursing research category at the Sanford Health Nursing Symposium Gallery of Innovation.



The **NDSU Student Nurses Association** received the Most Active Chapter Award at the Nursing Student Association of North Dakota state convention in February. Chapters were judged on scrapbooks they compiled outlining educational opportunities, community service, recruitment efforts and social events. “I am very proud of the work the students do each year in being active and promoting the nursing profession as well as doing projects in the community,” said chapter adviser Karla Haug. “This award has meant a lot to the students since they compete against the six other nursing programs in the state. It also helps to validate what a great job they do throughout the year.”

Alicia Hauff (left) accepts a certificate during the conference.



IN APRIL, Molly Secor-Turner, assistant professor of nursing, led a study abroad experience for six NDSU senior nursing students to rural Kenya. Students completed their practicum experience doing clinical rotations at Chogoria Hospital, participating in a medical camp in the remote community of Chiakariga and providing community health outreach to rural schools. They also visited local farms, toured community health projects and saw wildlife on safari.

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For more information, contact Stefanie Meyer, program coordinator, at stefanie.meyer@ndsu.edu. To apply to the NDSU Graduate School, visit www.ndsu.edu/gradschool/programs/public_health.

GRADUATE POSTER PRESENTATION



Andrea Middlestead, third-year DNP student, was among 14 students who presented posters April 16. Local health care providers, faculty and staff attended the first-time poster session. Middlestead's poster was titled, "Cultural Awareness and Provider Based Care for Refugee Women."

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