

MONMOUTH UNIVERSITY

MARJORIE K. UNTERBERG SCHOOL OF NURSING AND HEALTH STUDIES

Notes on Nursing

***"Your ability to learn depends partly on your ability to relinquish what you've held."* Milton Hall**

From the Dean's Desk

Marilyn M. Lauria, R.N., Ed.D.

The memories of summer vacation fade quickly as the pace picks up at the beginning of the academic year. The volume of activities, particularly of phone calls, to the School of Nursing and Health Studies becomes very intense as the semester approaches. We have an indicator that tells us when the busy season has officially begun; the staff say they begin to answer the phone *at home*, "Hello, School of Nursing and Health Studies."

The Fall semester 2003 brings many changes. We welcome Monmouth University's new President Paul G. Gaffney II, a retired Navy Admiral. Before joining the Monmouth University Community he was president of the National Defense University. We also welcome three Nursing faculty members: Professor Patricia Reineke, a doctoral student at NYU and School Nurse; Professor Marianne Darden, a Legal Nurse Consultant and Nurse Administrator and Professor Laura Kelly, a Psychiatric CNS and former faculty member at Bloomfield College. We highlight Laura Kelly in this issue and you will learn more about Patricia and Marianne in the issue to follow.

I am very pleased to announce that our first on-line Forensic course is being offered this semester. We are also offering the SANE (Sexual Assault Nurse Examiner)

course as a Continuing Education class in January and tentatively again next Summer. This course is open to any RN with 2 years current experience. For Monmouth University students in either the MSN or Certificate program in Forensics this course will fulfill the SANE Requirement.

Our outreach to the general student population continues. Each semester in addition to nursing courses we offer over 10 sections of general education health classes. There appears to be a strong interest in health as there is often a waiting list for these classes and many run over capacity.

In August we sent surveys to all Alumni of the School of Nursing. Our first class of BSN students graduated in 1983. Over the last 20 years, 473 students have graduated from the School of Nursing and Health Studies with many students graduating from both the BSN and MSN programs. To get a sense of how we have grown, we currently have approximately 250 students enrolled.

I would like to thank those of you who have taken part in our survey. The response so far has been excellent. The information will be analyzed in preparation for our upcoming CCNE re-accreditation review. It is also nice for me to hear from you, our Alumni and to learn of your professional and personal accomplishments, your job advancements and even retirement! If you have not yet returned your survey, please do so, I would like to hear from you.

Notes on Nursing

Student & Faculty News

Milestones - Welcome to Professor Laura Kelly

Professor Laura Kelly comes to Monmouth with over 10 years of experience in nursing education. Her diverse background in education and her clinical experience will be an asset in both the Nursing and Health Studies courses she will teach here. At this time she is a doctoral candidate at Rutgers University where she plans to complete her dissertation in 2004. Laura holds a MS in Psychiatric and Mental Health Nursing and did Post Graduate work in Adult Health Nursing. She is a Monmouth University BSN Alumni graduating in 1988.

While it is not unusual for a professor to start a new job while completing her doctoral dissertation, it is unusual to start a new job while completing a dissertation and training for a 250 mile bikathon. Before Laura begins her work day she rides about 40 miles. She is riding for AIDS research and to date has raised \$1500 dollars. This is an area of health care that is very important to her. She has provided clinical support to HIV infected and affected clients for almost a decade.

Laura's current practice includes several grant funded programs through the Monmouth County Health Department. Her focus is on aiding high risk children, adolescents and adults through a variety of programs including a free county clinic for the diagnosis and treatment of STD's and a childhood immunization program.

When time permits, Laura says that she enjoys watching her daughters Margaret 17 and Mary 14, play field hockey. We wonder if it is her psychiatric experience that leads her to know that a woman who starts a new job and completes her dissertation while raising two teenage girls would really benefit from a 40 mile bike ride everyday! Welcome Laura!

Students and Alumni

Lynn Deitrick, RN, BSN 89, PH.D. - holds the title of Medical Anthropologist/Ethnographer. She works with the Health Studies Unit at Lehigh Valley Hospital in PA where she uses both quantitative and qualitative methods to study the culture of the hospital community. She recently conducted research with the goal of improving both patient care and satisfaction. During a recent phone interview she said, "I took noise measurements, measured furniture, spoke with nurses and mapped an entire hospital unit." Lynn said she spent 60 hours observing unit activities and patient care. Based on her work some positive changes were instituted. Her job also entails conducting interviews, focus groups and assessing cultural competence in patient care. Lynn says her Nursing training has served her well and allows her to be more effective in this unusual vocation.

Therese Fylak, Mihaela Cojocar, and Kim Attanasio - shared some great news last month. They passed their National Certification NP exams. Congratulations!

Beth Snyder Gough, BSN 98 - is working at Brookdale Community College as a Nursing lab instructor. She is also employed as a consultant for a new business called Total Nursing Solutions. She has a 3 year old son and had twins (a boy and a girl) in 2002!

Kathryn Hanna – completed her School Nurse Certificate this summer and is now a MSN student at Monmouth University. She is presenting several workshops at Brookdale Community College this year.

Keesun Kang, BSN 97: OMD (Oriental Medicine Doctor) - graduated from Oriental Medicine College in 2002. She has a private practice/clinic in Winter Garden Florida where she also practices as a NCAOM Certified Acupuncturist & Herbologist.

Faculty



Dr. Cira Fraser - was one of the authors of the monograph, Advanced Practice Nursing in Multiple Sclerosis: Advanced Skills, Advancing Responsibilities. The results of her on-going research study, Investigating the Predictors of Adherence to Glatiramer Acetate was published in the Journal of Neuroscience Nursing in June 2003.

Laura Jannone, RN, MS – presented “Clinical Challenges in Student Health” at the National Association of School Nursing Regional Symposia on July 11, in Philadelphia PA.

Dr. Janet Mahoney - has been invited to speak on “The Importance of Research in Nursing Practice,” at the upcoming Conference Celebrating Excellence Through Nursing Research at Monmouth Medical Center on October 9, 2003.

Dr. Diane Meehan - attended the End of Life Education Consortium (ELNEC) Program in Pasadena, CA in June of 2003. She presented the ELNEC Modules 2 & 3, Pain and Symptom Management at Staten Island University Hospital on September 8.

Patricia Reineke, MS, RN, CSN - was a presenter at the annual training program for school nurses and public health advisors at the Center of Continuing Education at Mercy College in NY.

Mary Ann Troiano, RN, MSN, FNP - was a reviewer for the 8th edition of Lippincott-Bates Guide to Physical Examination and History Taking by Lynn S. Buckley.

School of Nursing & Health Studies Contact Numbers

Main Number: 732-571-3443

FAX: 732-263-5131

Dr. Lauria	571-3443	lauria@monmouth.edu
Karen Lapenta	571-3443	klapenta@monmouth.edu
Diane Hansen	571-3443	dhansen@monmouth.edu
Barbara Paskewich	571-3694	bpaskewi@monmouth.edu

Faculty

Prof. Darden	571-3692	mdarden@monmouth.edu
Dr. Fraser	263-5294	cfraser@monmouth.edu
Prof. Jannone	263-5216	ljannone@monmouth.edu
Prof. Kelly	263-5852	lkelly@monmouth.edu
Dr. Mahoney	263-5271	jmahoney@monmouth.edu
Dr. Meehan	263-5216	dmeehan@monmouth.edu
Prof. Reineke	263-5307	preineke@monmouth.edu
Dr. Stark	571-3694	swstark@monmouth.edu
Prof Troiano	571-4431	mtroiano@monmouth.edu

Notes on Nursing

Lambda Delta News – The following is a list of upcoming meetings.

All are welcome! If you would like more information please contact faculty advisor, Dr. Janet Mahoney at 732 263 5271 or email jmahoney@monmouth.edu.

October 6, 2003 – Monday, 6:00 - 8:30pm
The Club, Room 108
Board Meeting

November 3, 2003 – Monday, 6:00 – 8:30pm
The Club, Room 108
Board Meeting

December 1, 2003 – Monday, 6:00 – 8:30pm
The Club, Room 108
General Membership Meeting

January 5, 2004 - Monday, 6:00 - 8:30pm
The Club, Room 108
Board Meeting

February 2, 2004 – Monday, 6:00 – 8:30pm
The Club, Room 108
Board Meeting

March 1, 2004 – Monday, 6:00 – 8:30pm
The Club, Room 108
Board Meeting

April 5, 2004 – Monday, 6:00 – 8:30pm
The Club, Room 108
Board Meeting

May 3, 2004 – Monday, 6:00 – 8:30pm
The Club, Room 108
Board Meeting



Make Note of this Date

October 9th, 2003: Celebrating Excellence Through Nursing Research

Co-Sponsored by Monmouth Medical Center's Nursing Research Committee and the Marjorie K. Unterberg School of Nursing and Health Studies.

Agenda: To explore the implications of nursing research, to define evidence-based practice and to explore practical ways to incorporate research finding into clinical practice.

Place: Monmouth Medical Center

Time: Registration 7-8am

Fee: \$50. includes conference materials, lunch, and refreshments

There is no fee for Monmouth University Nursing Students

For registration information please call Michelle or Danielle @ 732-923-6832

January 20, 2004: 1st day of the Spring Semester

April 30, 2004: Lambda Delta's Annual Research Day

May 10, 2004: Lambda Delta's Annual Induction and Award Dinner

May 19, 2004: Graduation!

For Your Information

Computers and Health: *Prevention is better than the cure!* PC Maintenance: Part 1, Tuning-Up Your Computer

To some of us, the computer has become another piece of furniture positioned in the house to be used for the occasional document we want to write, compose an email we wish to send, to listen to an exotic FM station, etc. What often is forgotten is that the computer is a sophisticated piece of electronics needing a great deal of TLC in order for it to continue operating efficiently and effectively. In other words, the PC requires an occasional "tune-up." That means, of course, we have to devise a set of systematic procedures designed to keep the machine "happy." What follows is a suggestion of how to approach the tune-up/ maintenance issue through a specification of what needs to be done, how often, and recommended software (***all free on the Web***) to do the operations required.

We begin with three major premises: (1) the recommendations offered here apply to whatever Windows Operating System you are using, (2) you have the necessary computer savvy to help your machine, and (3) by carefully following the requirements of the software, you will succeed in having your machine stay healthy over a long period of time.

Why do tune-ups? As a health professional, you will appreciate the axiom that "prevention is better than a cure." It follows that small computer problems can be prevented from becoming larger ones and are more manageable. Also, you will want to prevent/eliminate software clutter which inevitably reduces the computer's speed. Preventing data loss is another goal as are reducing the number of times the computer locks up, and extending hardware life span. The tune-up has five steps: (1) reducing clutter on the hard drive, (2) checking the hard drive for errors and fixing them, (3) defragmenting the hard drive (4) freeing up system resources, and (5) checking the System Registry for errors. Below we will deal with issues 1-3, and save 4-5 for the next issues of this newsletter.

STEP #1: REDUCING CLUTTER ON THE HARD DRIVE. There are essentially two ways to approach this task: manually or automatically. In the manual mode you would start software designed to empty temp files (temporary files located on the hard drive originating from software installations/uninstalls or internet activity) or duplicate files, outdated files, etc. Examples of this type of software would be:

For Windows XP users, you can go to ***Start-All Programs-Accessories-System Tools-Disk Cleanup*** to automate Disk Cleanup chores. The Scheduled Task Wizard makes it easy to run maintenance utilities daily, weekly or monthly. Additional useful utilities can be found at:

- <http://www.download.com> or
- <http://www.ZDnet.com>.

Simply enter "PC Maintenance Tools" or "Disk Cleanup" in the search box and check the results returned to you. When you have found something interesting, download the software to your hard drive and double-click on its icon to install it. You could also purchase software such as Window Washer to automatically clean unnecessary files from your computer. Typically programs such as this can be configured to execute on Windows' Start sequence or upon shutdown. Finally, you could purchase a suite of programs such as "Norton Utilities" or "OnTrack" or "Fix-It" which do a variety of clean-up operations.

STEP #2: CHECKING THE HARD DRIVE FOR ERRORS AND FIXING THEM.

Checking your hard drive for errors is relatively easy with a built in Windows utility called "Scandisk." Before running the program, however, you need to close down any open programs.

There are a couple of ways to close the programs that are running in the background. The simplest and most effective way to make sure Scandisk can run without any other programs is to boot the computer in "Safe Mode", a special diagnostic mode that you can force the computer into during boot up. While the computer is just starting to post words on the screen, hit the F8 key repeatedly. At some point, you should be presented with a menu that gives you the option to start the computer in "Safe Mode". The display will look terrible, but the computer starts up without any extra programs.

Location of Scandisk: Depends on the Windows Version you are running:

- Windows 95-98-ME: Start - Programs - Accessories - System Tools – Scandisk
- Windows NT - 2000 - XP: Open "My Computer," right click on the hard drive, choose properties, click the "Tools" tab, click "Check Drive for Errors." If you try to scan your boot drive (usually C:\), you will be asked if you want to schedule it to run on the next restart. This is the only way to scan the boot drive... and you should allow a little extra time for this utility to complete

STEP #3: DEFRAGMENTING THE HARD DRIVE. Once you have determined that your hard drive is free from errors, you are ready to defrag the drive. Defragging refers to changing the distribution of data on the hard drive. Usage sometimes causes files, or parts of files to be distributed randomly on the hard drive. The problem is that high dispersment of data makes it more difficult for the read heads of the drive to read the data efficiently. Put in everyday terms, it means that the read heads may have to go from position 1 on the drive to position 9, back to position 3 and so on. All of this back and forth reading is inefficient and needs to be rectified.

In Windows XP, go to **Start-Accessories, System Tools-Disk Defragmenter** to begin the defrag process. Click the drive you want to defragment (you can only defrag one drive at a time, including external drives, and the A drive.) Click "defragment" and the process will begin. If your system does not complete the defrag, it may mean that you have additional errors on the drive and/or your drive is defective. The process may take some time, particularly if you have a drive in excess of 100 gigabytes.

Next time we'll consider other important topics including freeing up system resources (especially memory) and checking for registry errors. Following that we'll have one issue devoted to maintaining security on your machine, how to use anti-virus programs and preventing data about yourself being sent out to the web from your machine.

If you have any questions, please send an email to lauria@monmouth.edu and we'll try our best to get you the help you need. Good luck and good computing!

Continuing Education- Fall 2003

Monmouth University Marjorie K. Unterberg School of Nursing and Health Studies



Pediatric Physical Assessment

Date: Saturday, October 18, 9:00 am – 3:00 pm

Place: Nursing Lab 3rd floor, McAllan Hall

Fee: \$65./\$45. for MU Students (Lunch is included in the program fee.)

NJSNA Contact Hours: 6.0 (pending approval)

Presenters: Steve Miller, DO & Laura Jannone, RN, MS

This 6-hour course will focus on the assessment of the school age child. The objectives include developing techniques for assessing and planning appropriate nursing intervention in the following areas: respiratory, cardiovascular, dermatological, musculoskeletal, and psychosocial.

Women's Health Issues: An Update on Breast Cancer, Hormone Replacement Therapy & Osteoporosis (Dinner Lecture)

Date: Wednesday, October 29, 6:00 – 9:00 pm (The club will open for seating at 5:30)

Place: The Club at Monmouth University

Fee: \$45./\$35. for MU students (A light buffet is included in the program fee.)

NJSNA Contact Hours: pending approval

Presenter: Ronald Harning, PhD.

This 3-hour program will offer an in-depth look at current research related to selected women's health issues. The topics covered will include the etiology and new advances in the treatment of osteoporosis, an objective look at the current recommendations and controversies involving hormone replacement therapy and current issues concerning breast cancer. If you would like to know more than that which is reported in the headlines, Dr. Ron Harning will lead an in-depth review of the present clinical findings including the widely publicized Women's Health Initiative, HERS studies and the Million Women Study.

Optimizing Your Technology Investment

Date: Friday, November 7, 9:00 am – 3:00 pm

Place: Young Auditorium, Bey Hall

Fee: \$65./\$45 for MU students (Lunch is included in the program fee.)

CME and NJSNA Contact Hours: will be provided

Presenters: Chris Butler, PhD; Kathryn B. Collins, RN, FACHE; Carl Raso, MD; & Judy Schmidt, RN, MSN.

Technology should enhance the clinical workflow, promote best practices, include risk reduction strategies and improve patient safety. Few information technology systems are utilized in this manner. This program will explore methods for optimizing the use of information technology to improve the delivery of health care and services.

Pharmacology Update – Managing Chronic Diseases in the Elderly Patient

Date: Friday, November 21, 9:00 am – 3:00 pm

Place: Young Auditorium, Bey Hall

Fee: \$65./\$45. for MU students (Lunch is included in the program fee.)

Presenters: Jon P. Salisbury MD; Robert Adamson, PharmD; Samy Ayoud, PharmD; & Sapna Cournoyer, PharmD.

This 6-hour program is designed to present the principles of pharmacotherapeutics as applied to care of the elderly patient. The focus will be on establishing appropriate drug regimens for the treatment of cardiovascular diseases and diabetes. The course material will cover prescribing considerations, adverse reactions, lifestyle considerations, and drug cost containment strategies.

Sexual Assault Nurse Examiner (SANE) Program

Date: January 2004

This class will meet Tuesdays and Thursdays from 5:30 – 9:30 for 3 weeks on the 8, 13, 15, 20, 22 & 27 and on two Saturdays from 9:00 – 5:00 pm on the 10 and 24.

Place: Nursing Lab 3rd floor McAllan Hall

Fee: \$650.

NJSNA Contact Hours: 40 pending approval

Presenter: Eileen Allen, RN, BSN, SANE-A

This 40 hour program is open to any RN who has at least 2 years recent clinical experience and is interested in obtaining the in-depth knowledge and skills needed in order to provide effective health care and services to the victims of sexual assault. The focus of the course material will include the biological, psychological and social dynamics of sexual assault including care of both male and female survivors. The program will provide training utilizing state of the art equipment. Time will be spent in both the class and clinical laboratory settings.

Continuing Education Registration Form

Please return with payment to: Monmouth University, School of Nursing & Health Studies,
West Long Branch, NJ 07764
ATTN: Barbara Paskewich Phone: 732-571-3443

Name _____

Please circle selection.

Address _____

Pedi Assessment

Date

Fee

10/18

\$65/\$45.

Women’s Health Issues

10/29

\$45/\$35.

Optimizing Your TI

11/7

\$65/\$45

Pharmacology

11/21

\$65/\$45

Phone _____

SANE

Jan/04

\$650.

E-Mail _____

Amount enclosed _____

Make checks payable to Monmouth University