

MONMOUTH UNIVERSITY  
MARJORIE K. UNTERBERG  
SCHOOL OF NURSING AND HEALTH STUDIES  
**Notes on Nursing**

*"And in the end, it's not the years in your life that count. It's the life in your years" -- Abraham Lincoln*

**From the Dean's Desk:**

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

Welcome back to the Fall 2005 semester.

We begin with a major task behind us as we received reaccreditation from the CCNE. But the School of Nursing has had many additional milestones this year. You may be aware that we offered a Nurse Camp this summer. You can read about Nurse Camp on page 6. In June, we co-sponsored a major conference in the area of Forensics with the Criminal Justice Department dealing with Medical-Legal Death Investigation. We also offered a Sexual Assault Nurse Examiner training program. It is exciting to see the growth in our continuing education offerings.

There is another area in which the School of Nursing has seen significant growth and that is in the use of technology. The School has been a campus leader in establishing on-line learning programs. According to Wendy Savoth, Director of the Instructional Technology Service Department, the School of Nursing is one of the areas with the highest ratio of faculty utilizing this technology. In fact, during the past several years most of the faculty have adopted e-learning. What is e-learning? Each course has a website

that is accessible only to the students in the section. It does not necessarily mean that the class is on-line, but class materials are available on the web. Students have access to the syllabi, the readings, power-point presentations, assignments and even videos in one place. It takes the faculty additional time to prepare and upload the course work, but, most believe that it enhances the exchange of information and adds to the learning process for the students.

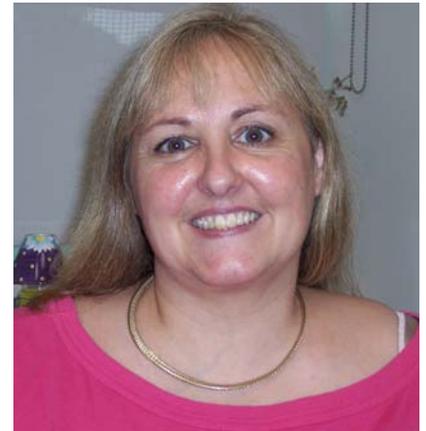
As you read further into the newsletter you will see that the Monmouth University Professional Nurses Association also uses a Web Shell. This allows all students in the nursing program a virtual place to meet. The website was established as an alternate way for students to be a part of the School of Nursing community and the student nursing organization. We hope that it will be a way that students can keep up-to-date with special events, school news and announcements.

Speaking of technology, you can find this newsletter, the continuing education brochure and the Nurse Camp information linked to The Marjorie K. Unterberg School of Nursing and Health Studies webpage [www.monmouth.edu/nursing](http://www.monmouth.edu/nursing)

## Milestones - Professor Sue Polito

We often use this space in the newsletter to welcome new faculty members, but in this issue we highlight Professor Sue Polito who is now in her 2<sup>nd</sup> year as a Nursing faculty member. In fact, Sue has been part of the School of Nursing community for many years working as a Graduate Assistant while she completed her MSN in the Family Nurse Practitioner track in 2004.

Nursing is a second career for Sue, her first degree was a Bachelor in Education from Providence College in Rhode Island. She taught middle school and high school and then worked in an administrative capacity for Planned Parenthood. She became interested in nursing when her third son was born with medical problems that required extensive care. "I saw the nurses, how they worked and the importance of their role in educating families. I became aware that I could combine two areas of interest (nursing and education)." said Polito. She made a decision to attend Brookdale Community College and graduated with an Associates Degree in Nursing in 1992.



Like many of the students and faculty in the School of Nursing, Professor Polito juggles her time as she prepares for class, teaching, professional development, professional practice and family. She is a single parent with five children between the ages of 12 and 25. She says, "I have four sons and one daughter. One has graduated from college, two are currently in college, one is in high school and my daughter is in middle school." She also has a golden retriever puppy, Miakoda, who is seven months old. When asked what she does with her *free time*, she said that she enjoys canning - preserving pickles, tomatoes and summer vegetables. She also loves to quilt, but currently her quilting projects are on hold.

While she finds her current focus working with college students as a Nurse Practitioner in the University Health Center and teaching Health Studies classes very rewarding, gerontology is another area of interest. Sue looks forward to pursuing this interest in the future. Sue says that one of the positive aspects of nursing is to help people understand how they can better care for themselves and prevent illness.

## Milestones - Faculty News

**Cira Fraser, Ph.D., APRN, BC, MSCN** - was invited to be a manuscript reviewer for the *Annals of Behavioral Medicine*.

**Laura Jannone, Ed.D (c), CSN** - presented her "Smoking Cessation for Teens" at Region 6 Dinner NJSNA in June. In July, she presented a poster on "Child Abuse" at the National Association of School Nursing Convention. Laura PASSED HER PROPOSAL DEFENSE at Teachers College, Columbia University "Examining the Process of Teen Smoking Cessation Using the Quit 2 Win Program". She will institute it in four high schools in Monmouth County this Fall/Winter and collect data through March. In August, she was a presenter at New York City Public School Nurses Annual In-Service Training-teaching two skills workshops

**Kathy Maher, RN, MSN, CPHQ** - gave a poster presentation "Including the National Patient Safety Goals in Undergraduate Nursing Education" at the Drexel University Nursing Education Institute, Atlantic City, in June, 2005. She also presented "Nurses and Patient Safety" at the Geraldine Thompson Care Center as part of the Nurses' Week celebration in May, 2005.

**Janet Mahoney, Ph.D., RN, APRN-BC** - gave a podium presentation entitled, "Sense of Belonging in Graduate Nurses taking an Online versus Traditional Advanced Research Course" at The 16<sup>th</sup> International Nursing Research Congress, Sigma Theta Tau International on Friday, July 15, 2005 in Hawaii. She attended the Council on Social Work Instruction with two social work faculty members to discuss ways to infuse gerontological instruction into the curriculum in both the social work and nursing curricula. She is the co-investigator, in collaboration with Robert Youndin from Social Work, conducting a research study about perceptions and knowledge about older people. The project is funded by the John A. Hartford Foundation. The results should be available in Spring, 2006.

**Sue Polito, RN, MSN, APN-c** -attended the National American Academy of Nurse Practitioners Convention in FL this June. She attended and was selected to serve as a small group facilitator at a North American Training Institute of Sexual Health Educators (NATISHE) workshop.

**Patricia Reineke, Ph.D.(c), RN, CSN** - has successfully passed her doctoral candidacy. She attended the National Association of School Nurses Annual Conference in Washington, DC and presented a poster on "Childhood Obesity in the School Setting" June/July 2005. Also, Pat presented at New York City Public School Nurses Annual In-Service Training: "Diabetes", "Critical Thinking", and "Emergencies in the Social Setting" on 8/31-9/1/05.



## Milestones - Student & Alumni News

**Rachel Behrendt, RN** - currently a nursing education student, won the Roberta Scofield Award for Oncology Nursing Society for Oncology Nurse Certification in May 2005. Also in May, she presented a poster at the ONS National Congress, Orlando, FL, titled "Laying the Groundwork: The Importance of Staff and Patient Education when Implementing a New Treatment Modality." In June, she presented for Women's Healthcare Connection "Love the Sun, Love Your Skin: Skin Cancer Information you Need to Know". In September, she presented "Improving the Chemo Therapy Experience" to Central NJ Chapter Leukemia and Lymphoma Society and "The ANCC Magnet Journey: Ensuring Success" to Solaris Health Systems.

**Loralee Dougherty, BSN '98** - an alumna who is a VNACJ staff nurse and case manager, is the 2005 recipient of the NJ Governor's Nursing Merit Award in the category of registered professional nurse in community health. She accepted the award in June at ceremonies held in Princeton.

**Ginger Kimerling, MSN** - former student, moved to Phoenix, AZ with her husband and two sons. She is enjoying being a stay-at-home mom and hopes in the future to return to nursing and teach.

**Barbara Krivda, MSN '05** - a recent graduate in School Nursing, published with two of her colleagues an article in Journal of School Nursing entitled "Caring for Children with Autism in the School Setting".

**Nana Langworthy, RN** - currently an MSN student, had a baby boy July 16. Welcome "Baby Robert".

**Diane Lynch, RN** - currently an MSN student was featured in Nursing Spectrum this summer for her work in Midstreams School in Brick for dental health for her students.

**Jill Mosteller, RN** - a current nursing administration student, received the prestigious Meridian Health Mildred H. Rosa Trust President's Scholarship Award which was presented at The Mill at Spring Lake Heights during the Annual Meridian Health Board Meeting.

**Maureen Tyrrell, RN, BSN** - published a feature article in the Journal of School Nursing entitled School Phobia in June 2005.

**Jennifer (Maurer) Weber, RN** - currently in the Masters Program for Forensics, got married on June 4, 2005 to Jeffrey Weber - congratulations!

## Lambda Delta News -

*Notes from faculty advisor Marianne Darden & Chapter President Marianne Duffy*

The Monmouth University Lambda Delta Chapter of Sigma Theta Tau International (STTI) recently celebrated its 15<sup>th</sup> anniversary. It was a celebration of the established affiliations between area hospitals, the local community college and the Lambda Delta Chapter. The organization strives to meet four core goals: Education, Research, Service Partnerships and Mentoring.

The following is a synopsis of upcoming activities. This is the third year that the Chapter takes part in the memory walk for Alzheimer Disease, raising funds and awareness. More information about this event can be found in the "Make a Note of These Dates" section of the newsletter. The Chapter

has secured a table at the Sigma Theta Tau International Conference in Indianapolis. President Elect Chat Conde and Vice President Sue Torres will represent the organization. The Annual Research Day will take place April 28, 2006 with Teri Wurmser, RN, PhD. chairing this event. Additionally, the organization will sponsor the Dean of the Delosantos, STI University School of Nursing in Philippines, for membership.

Meeting dates can be found in the "Make a Note of These Dates" section of the newsletter. If you would like more information please contact Marianne Darden at 732-571-3692 or email: [mdarden@monmouth.edu](mailto:mdarden@monmouth.edu).

## **Monmouth University Professional Nurses Association**

The Monmouth University Professional Nurses Association (MUPNA) has many goals for the coming year. Foremost, we hope to increase the organization's membership and student involvement. The officers for the 2005-2006 year are as follows: President-Beth Roctford, Vice President-Jill Mosteller, and Treasurer-Kathy Brady. Professor Laura Kelly is the faculty advisor.

This year MUPNA will offer its first professional development program on Stem Cell Research (see "Make a Note of These Dates"). The Fall Social will be held on October 6th, @ 6:45pm in McAllan Hall, room 328 - refreshments will be served. All current students are encouraged to attend - this is a chance to meet and network with others in the nursing programs.

The organization continues to develop the MUPNA website, a virtual meeting place for current Monmouth University Students. This site is available through e-learning and directions will be emailed to all students in the coming weeks. The site contains a chat area where students (the faculty does not have access to the site) can communicate with other classmates, share opinions and information. We are planning to expand the site to include; special events, information sessions, lectures, job postings, volunteer opportunities and continuing education listings. The site will also contain a link to the scholarship packet that Janet Mahoney, the Associate Dean, compiles each year. We hope that students will familiarize themselves with the site and take advantage of this resource.

Many thanks for a job well done to the 2004-2005 officers and students who laid the groundwork for the MUPNA website and the new Monmouth University Professional Nurses Association!



### **School of Nursing & Health Studies Contact Numbers**

**Main Number: 732-571-3443**

**FAX: 732-263-5131**

Dean Lauria	571-3443
Associate Dean Mahoney	263-5271
Karen Lapenta	571-3443
Diane Hansen	571-3443
Barbara Paskewich	571-3694

<a href="mailto:lauria@monmouth.edu">lauria@monmouth.edu</a>
<a href="mailto:jmahoney@monmouth.edu">jmahoney@monmouth.edu</a>
<a href="mailto:klapenta@monmouth.edu">klapenta@monmouth.edu</a>
<a href="mailto:dhansen@monmouth.edu">dhansen@monmouth.edu</a>
<a href="mailto:bpaskewi@monmouth.edu">bpaskewi@monmouth.edu</a>

#### **Faculty**

Prof. Darden	571-3692
Dr. Fraser	263-5294
Prof. Jannone	263-5457
Dr. Kelly	263-5852
Prof. Maher	263-5639
Dr. Meehan	263-5216
Prof. Polito	263-5673
Prof. Reineke	263-5307
Dr. Stark	571-3691
Prof. Troiano	571-4431

<a href="mailto:mdarden@monmouth.edu">mdarden@monmouth.edu</a>
<a href="mailto:cfraser@monmouth.edu">cfraser@monmouth.edu</a>
<a href="mailto:ljannone@monmouth.edu">ljannone@monmouth.edu</a>
<a href="mailto:lkelly@monmouth.edu">lkelly@monmouth.edu</a>
<a href="mailto:kamaher@monmouth.edu">kamaher@monmouth.edu</a>
<a href="mailto:dmeehan@monmouth.edu">dmeehan@monmouth.edu</a>
<a href="mailto:spolito@monmouth.edu">spolito@monmouth.edu</a>
<a href="mailto:preineke@monmouth.edu">preineke@monmouth.edu</a>
<a href="mailto:swstark@monmouth.edu">swstark@monmouth.edu</a>
<a href="mailto:mtroiano@monmouth.edu">mtroiano@monmouth.edu</a>



## Make a Note of These Dates



- October 1, 2005**      **Alzheimer's Association's Memory Walk 2005**  
Lambda Delta's "Team Sigma" will walk for Alzheimer's Disease. Place: Little Silver Park, Point Pleasant Beach, NJ  
Time: Registration begins at 9:00am/ Info - Joanne McGurl: (732)571-8603.
- October 17, 2005**      **Lambda Delta Board Meeting - 6:00pm**  
Place: Magill Commons Club Room 109
- October 28, 2005**      **Application of Research in The Practice Environment - 8:30am**  
Co-Sponsored by Monmouth Medical Center & The School of Nursing and Health Studies  
Place: Monmouth University - Rebecca Stafford Student Center  
For information contact: 732-923-6833
- November 9, 2005**      **Stem Cell Research Program - 7:30pm /** Sponsored by MUPNA  
Place: Young Auditorium, Bey Hall (Free - all welcome)  
For information contact: 732-571-3694
- November 16, 2005**      **Nurses in Trenton - Legislative Issues/ Speaker: Sharon Rainer NJSNA**  
4:30pm      Place: The Club at Monmouth University  
For Information contact: Pat Reineke at 732-263- 5307.
- November 16, 2005**      **NJSNA Region 6 Dinner Lecture/ Speaker: Dr. Lucille Joel**  
6pm      Place: Holiday Inn, Hope Road, Tinton Falls, NJ  
For information contact: Sharon Stark at 732 571-3691
- November 21, 2005**      **Lambda Delta Board Meeting - 6:00pm**  
Place: Magill Commons Club Room 109  
Speaker: Barbara Paskewich "Nurse Camp -Promoting Nursing and Health Professions."
- November 21, 2005**      **Monmouth County School Nurses Association - 7:00pm**  
Place: Wilson Auditorium, Monmouth University  
For information contact: Laura Jannone at 732-263-5457
- December 19, 2005**      **Lambda Delta Board Meeting - 6:00pm**  
Place: Magill Commons Club Room 109
- January 23, 2006**      **Monmouth County School Nurses Association - 7:00pm**  
Place: Wilson Auditorium, Monmouth University  
For information contact: Laura Jannone at 732-263-5457
- February 10, 2006**      **Continuing Education -**  
**Forum of Nurses in Advanced Practice presents...Controlled Substance Prescribing by APNs: Pharmacologic Therapy and Addiction Prevention/Management (co-sponsored with the NJSNA)**  
Place: at Monmouth University (see page 7 of this newsletter)

## Nurse Camp - 2005

From July 5-15, the School of Nursing and Health Studies held its first Nurse Camp, for 25 students from Monmouth County who were either entering or completing eighth grade. The Nurse Camp is a program funded by a grant from the NJ State Legislature established to promote in nursing and health professions. The camp's mission is for a young person to "learn about yourself, your health and the rewards of a career in nursing." The feedback from the first year was excellent and we are putting the ground work into place for Nurse Camp 2006.



The nurse camp was developed by Barbara Paskewich and faculty member Sue Polito was the on-site coordinator. Several members of the faculty served on the committee or provided instruction during the camp. The Nurse Camp committee also consisted of Monmouth University Alumni, local nurse leaders and educators. With their input, the program was constructed over several months. It was designed to meet target areas critical to understanding health issues, the nursing process and the role of other health professionals in providing care. The students learned about teen health, pharmacology, CPR/First Aid, reducing the spread of infection, the respiratory system and the cardiovascular system. Wherever possible, the lessons were interactive.

The modules were developed and scheduled so that each lesson built knowledge for a subsequent activity. For instance, we began the camp with a lesson on preventing the spread of infectious disease - which included the glow germ hand washing activity. During the next module the students developed a series of hypotheses about where bacteria would grow and cultured dozens of surfaces around campus. Later in the week they learned about the protocol in the operating room. During this activity an entire sterile field was prepared and a student "prepped for surgery". This demonstrated the importance of sterile technique. The following day the students observed an interactive operation (live by remote) at the Liberty Science Center. During this experience many students asked questions that clearly demonstrated their understanding of this process.



Two panel presentations served to provide details about the diversity of opportunities within the nursing field and skills needed for success. Both Jersey Shore University Medical Center and Monmouth Medical Center hosted the students allowing them an opportunity to observe nurses in a clinical setting. In addition to the academic component of the camp, games, crafts and exercise classes were scheduled. The pool and yoga classes were particularly popular.

One of the program's goals was to have the students gain an understanding of the next phase in career development, which is higher education. There were several components that contributed to this understanding; one the opportunity to spend time on the college campus and another was the counselors who worked with the students. Five college students pictured on the left (Vivian Parlamis, Megan McBurnie, Anne Fraser, Devon Paskewich and Vanessa Vazquez), who are either studying nursing or health, supervised the campers. They lead team building, activities, crafts and games, but more importantly, they bonded with the students and shared their experiences in preparing for college, choosing nursing programs and details about the academic environment at the different institutions where they are studying.

To learn more about Nurse Camp, see some additional photos and look at some of the news articles that were written about the program, there is a link on our website. Applications and guidelines for Nurse Camp 06' will be available on this site in February. [www.monmouth.edu/nursing](http://www.monmouth.edu/nursing)

## Continuing Education - Fall 2005

### ***Pediatric Physical Assessment* Friday, October 21 9:00 am—3:00 pm**

Place: Nursing Lab 3rd floor McAllan Hall

NJSNA Contact Hours: 6.0 (an approved ANCC provider)

Fee: \$65.00 (\$55.00 MU students) A light lunch is included.

### ***Writing for Publication* Tuesday, November 8 6 — 9:00 pm**

Place: The Club at Magill Commons

NJSNA Contact Hours: 3.0 provided by Monmouth Medical Center

Fee: \$50.00 (\$45.00 MU students) A light dinner is included.

Research, Monmouth Medical Center, Long Branch, NJ



### ***Teaching Methods for Sexual Health Education* Friday, November 11 6 — 9:00pm**

Place: The Club at Magill Commons

NJSNA contact hours (an approved ANCC provider) 4.0

Fee: \$50.00 (\$40.00 for MU students) A light dinner is included.

### ***Sexual Assault Nurse Examiner (SANE) Program* January 2006**

This class will meet on Tuesdays and Thursdays from 5:30 - 9:30 pm (January 3 and ending January 21) and two Saturdays from 9:00 am - 5:00 pm (January 7 and 14)

Place: Nursing Lab 3<sup>rd</sup> floor McAllan Hall, Room 329

NJSNA Contact Hours: 43

Fee: \$650.00

**For more information or to register for the above classes, please call the School of Nursing at 732-571-3694 or visit our Website for a brochure:**

[www.monmouth.edu/school-of-nursing-health/continuing-education-programs/](http://www.monmouth.edu/school-of-nursing-health/continuing-education-programs/)



**The Forum of Nurses in Advanced Practice will be presenting**

**The Controlled Substance Prescribing by APNs: Pharmacologic Therapy and Addiction Prevention/Management Program (co-sponsored with the NJSNA)  
at Monmouth University**

**Friday, February 10, 2006 from 8:30 a.m. to 3:30 p.m.**

This continuing education program is designed to meet the requirements of the new APN law, signed by Governor McGreevey on August 11, 2004. That law, allowing APNs to prescribe controlled substances in all clinical situations, mandates that **all New Jersey APNs complete 6 contact hours of professional education in pharmacology related to controlled substances, including pharmacologic therapy and addiction prevention and management.** These six contact hours are in addition to the thirty contact hours every two years already in place for APN initial certification and recertification at the NJ Board of Nursing. Completion of a course such as this one will be one of the necessary steps APNs must take to practice in accordance with the new law.

NJSNA Members- \$100.00 Non-members-\$200.00

**For more information or to register contact: The Institute for Nursing.**

The brochure is available on their website - <http://www.njsna.org>

1479 Pennington Road, Trenton, NJ 08618 or fax 609-883-5343



**MONMOUTH  
UNIVERSITY**

Marjorie K. Unterberg School of  
Nursing and Health Studies  
400 Cedar Ave  
West Long Branch, NJ 07764

FIRST-CLASS MAIL  
U.S. POSTAGE  
PAID  
MONMOUTH UNIVERSITY

*The Marjorie K. Unterberg  
School of Nursing and Health Studies  
Newsletter - Fall 2005*