

MONMOUTH UNIVERSITY

MARJORIE K. UNTERBERG SCHOOL
OF NURSING AND HEALTH STUDIES

Notes on Nursing

*“Success means having the courage, the determination, and the will
to become the person you believe you were meant to be”*

Dr George Sheehan

From the Dean's Desk

Marilyn Lauria, RN, Ed.D

Greetings from the Marjorie K. Unterberg School of Nursing and Health Studies. This year has been very busy and the School has accomplished many major initiatives, therefore, I would like to take a moment to provide an update on our progress.

This semester marks the official start of the new major in Health Studies, which is being offered to Monmouth University students through the School of Nursing and Health Studies. Thus far, the enrollment has exceeded our expectations. We anticipate that Health Studies will also be an excellent option for professionals who have graduated from two year Allied Health programs. Please spread the word!

A growing number of students now attend summer courses in nursing and other academic areas. This summer we offered six nursing and three health studies courses. It has been an advantage for students who find that summer courses help them to move ahead academically. It has also supported the University's goal to better utilize campus facilities during the summer months.

Another initiative that has been a benefit to our students is that we have begun to offer more off campus courses; currently we hold classes at CentraState Medical Center and at the VNA in Red Bank NJ. This is a convenience for students who take Monmouth University courses in their work setting. In addition, students who take courses in off campus settings receive a tuition reduction of 25%.

We are moving forward with the national search for a faculty member to assume the Endowed Hess Chair in Nursing Education. The candidate who assumes the position of distinction will act as a resource for the faculty in teaching and scholarship.

On another note, we bid farewell to Professor Patricia Reineke and wish her good luck in her new position in Nursing Research at Mt Sinai Hospital.

We would like to encourage our alumni and campus community to help us grow as we continue to offer expanded programs. Please take a look at the enclosed letter and consider making a tax deductible gift to Monmouth University earmarked to the School of Nursing.



Milestones – Welcome to Professor Andrea Forsman

The School of Nursing welcomes Dr. Andrea Forsman, as a lecturer in Health Studies. Dr. Forsman has a Doctoral Degree in Health Education from Columbia University. She is currently teaching a variety of health courses including *Health in Developing Countries* and *Women's Health*.

Andrea has a diverse background in health education, health promotion and the planning and development of fitness and wellness programs. For many years she worked in the corporate sector. She was employed by NBC and by Sony Music as their Wellness Coordinator and Health Services Program Director. She says, "This was an interesting job. I worked with a diverse population from rock stars to engineers leading many different types of health and wellness programs, from smoking cessation to back care."



She has done quite a bit of traveling over the years, living overseas with her family as a child. This past summer she hiked Machu Picchu in Peru. She is an avid runner and enjoys scuba diving. According to Dr. Forsman, the experience of scuba diving allows you to observe the beauty of nature in a quiet and peaceful manner. Her favorite place to dive is in St. Croix, in the US Virgin Islands. She also teaches yoga classes for the YMCA, which she says brings a good balance to an extremely hectic schedule.

Andrea lives with her seven year old daughter, Isabel, who is in second grade.



Milestones - Faculty News

Bojana Beric, MD., MA, PhD - attended a conference on Media Development and Media Advocacy, at the National Society for Public Health Education (SOPHE) meeting, June, in Seattle. She gave two poster presentations at the International Union for Health Promotion and Education (IUHPE), June, in Vancouver, Canada. The first was co-authored with **Mary Ann Troiano, MSN, FNP**, entitled "Participation in class discussion: Measuring action learning in health promotion/education classroom". The second was entitled "Transforming health promotion classroom into community of inquiry: Students' perception".

Cira Fraser, PhD, RN - posted "Neurapod presentation, exploring shared decision making and adherence in multiple sclerosis, Part I and II.

Cira Fraser, PhD, RN and John Fraser - published an article entitled "Gait disorder is the cardinal sign of normal pressure hydrocephalus: A case study" in the *Journal of Neuroscience Nursing*, 39(2), 132-134, 192.

Cira Fraser, PhD, RN and Joanne McGurl, MSN - published a research article entitled "Psychometric testing of the Americanized Guy's Neurological Disability Scale (GNDS)" in *Journal of Neuroscience Nursing*, 39(1), 102-106.

Cira Fraser, PhD, RN and Pat Kennedy, NP - co-authored a Leader's Guide and DVD entitled "Educating, motivating, and supporting multiple sclerosis patients" Wakefield, RI: CME Consultants, Inc.

Laura Jannone, EdD, MS, RN - published an article entitled "Coping strategies used by adolescents during smoking cessation" in *The Journal of School Nursing*. She presented "Coping strategies used by teens in smoking cessation" at the National Association of School Nurses (NASN) Annual Convention, July, in Tennessee. She presented "Assessment and evaluation of skin rashes in school" at the American Health Institute in conjunction with NASN, August, in Atlantic City, NJ.

Laura Kelly, PhD, APRN, BC - published a research article entitled "Lesbians' perceptions of body image: The context of body science" in *Qualitative Health Research*, Sept 2007.

Laura Kelly, PhD, APRN, BC and Carol Cleveland, PhD - presented a paper entitled "The negotiation of social space by undocumented day laborers", a two year ethnographic research study at the American Sociological Association Annual Research Conference, August, in New York City.

Janet Mahoney, PhD, RN, APRN-BC - presented a poster entitled, "Nurses and non-nurses perceptions of older people" at the 6th Annual Summer Institute on Evidence-Based Practice: Quality and Safety, July, in San Antonio.

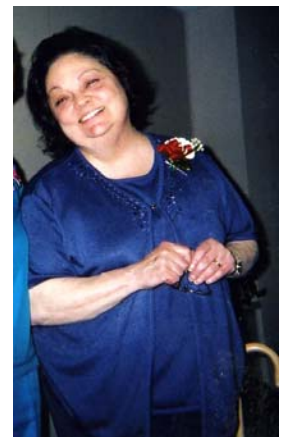
Sue Polito, RN, MSN and Sharon Stark, DNSc, RN - presented "Driving with elderly" at the AANP's Annual Conference, June, in Indianapolis. They attended the Gerontological Nursing Education Consortium, June. The theme of this year's conference was "Integrating geriatric education in nursing curriculums".

Sharon Stark, RN, DNS-c and Mary Ann Troiano, MSN, RN, FNP - presented a poster on Abuse at the AANP's Annual Conference, June, in Indianapolis.

In Memory of Carolyn Zagury

It is with sadness that we report the passing of Carolyn Zagury, a well known member of the nursing community, this past August. Her nursing practice spanned more than 30 years and few matched her dedication to the profession and to the advancement of nursing knowledge. In addition to practice in clinical areas, management and hospital administration, she was an author and entrepreneur. She owned Vista Publishing, a small press specializing in nurse authors. Carolyn was an active member of Sigma Theta Tau. Her friend and colleague Maureen Bowe spoke the following words at a memorial service,

"Carolyn was the epitome of the professional nurse. She was blessed with many gifts but the one that stands out most in my mind is that she always challenged us to do more...to be more.. and it did not matter if you were a vice president, a staff nurse or a clinical director. She demanded excellence but never more than she demanded of herself. She believed that it was a privilege to care for patients and Nursing was the noblest of all professions." *Maureen Bowe, August 07*



Carolyn will be missed ~ we extend our sympathy to her friends, co-workers and family.



Milestones – Student & Alumni News

Phyllis Begyn RN, BSN - current MSN student - has been selected to the People to People Ambassador program and will take part in the Oncology Healthcare Delegation to South Africa with the Oncology Nursing Society this semester.

Maureen Bowe, BSN '99 - a current graduate student was awarded the NJ Sharing Network's Nurse Champion Award. This award was presented to her at their Gift of Life Gala, April 28, 2007.

Rex David S. Gido, RN - current BSN student was one of seven nursing students in New Jersey, to be awarded the C. R. Bard Scholarship. The ceremony was held on September 17, 2007. He was one of the program assistants for Nurse Camp and volunteered at Pinelands Assisted Living in the activities department.

Marilyn Roy, BSN - current MSN student received the Florence Nightingale Award from Jersey Shore University Medical Center, May 2007.

Last Letters from (Nurse) CAMP - and notes on the nursing shortage



Over the last three years, seventy-six highly motivated middle school students, with an interest in nursing, attended the summer camps at Monmouth University. With the support of an extensive network of health professionals, we feel that we met and exceeded the objectives that were outlined as we developed this program. Our goals were to have young people learn about Nursing, the diversity of career options and to get a glimpse of the knowledge and skills that are the foundation of practice. We also wanted show the impact that nurses make in the healthcare system. The program was designed to provide age appropriate materials and to foster critical thinking. We hoped that the participants would come and learn - but to also have fun. *Their* evaluations of our programs were very positive.

At the students' request, we held a two day alumni camp in July. Thirty participants from the first two camps returned - with a great deal of enthusiasm. Once a year in the spring, the School of Nursing contacts the camp participants with a brief survey. This year forty-two of the fifty participants responded and thirty-six indicated that they remain interested in pursuing a career in nursing or health professions. Our first group of campers are beginning to look at colleges. Five of our camp counselors are working in the field. We extend congratulations to Sara Canning and to Vanessa Vasquez who passed their NCLEX exams this summer. Two of our counselors who were with us for all three years, Megan McBurnie and Vivian Parlamis are seniors this year.

This process has been rewarding, but this summer was our final nurse camp. The camp program was originally funded for two years by a grant from the Commission on Higher Education but with frugal budget management we had enough funds to offer a third year. A lot has changed since the concept of the camp was presented at a faculty meeting over six years ago. For one, there has been an increased interest in the profession of nursing resulting in an increase in nursing school enrollment.

Unfortunately, even this spike in enrollment will not produce numbers sufficient to meet the projected need for nurses in the decades to come. A significant issue that continues to impact the shortage is that there are not enough nurse educators to meet the demand. Maybe next year - a nurse educator camp?

Photos from Nurse Camp 2007



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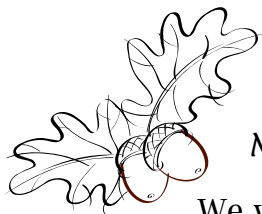
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Monmouth University Professional Nurses Association

Notes from the Executive Board 2007-2008

We welcome our fellow nurses to a new year of goal-setting and achievement! Each day brings us closer to fulfilling our personal and professional goals. As you may be aware, MUPNA is an organization built for you, the nursing professional. Think of us as a resource, both online and in-person. In our website (which is found under Communities on e-campus) is a wealth of information, from scholarships and job openings, to CEUs and course syllabi.

Our Fall Social is a great opportunity to network with other professionals, share nursing resources, and feel involved in the campus community. The date for the social is TBA. All the more reason to check up on the MUPNA website frequently! **President:** *Rex David Gido*, **Vice President:** *Jill Guy*, **Secretary:** *Ann Painter*, and **Interim Treasurer:** *Kathy Brady*.

If you have any questions, please feel free to email Rex at s0669836@monmouth.edu. Even better, stop and talk to us if you see us. We look forward to meeting you.

Make a Note of These Dates

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| September 25 | Monmouth County School Nurses Association - 7 pm, Wilson Auditorium, Wilson Hall. |
| September 29 | The Memory Walk (Alzheimer's Association) with Sigma Theta Tau Little Silver Park, Arnold Ave, Point Pleasant, NJ.
Please call Joanne McGurl at 732-614-0787 or email at jomsnrrn@aol.com |
| October 1 | Sigma Theta Tau Meeting - 7 pm, Magill Commons, Club 109. |
| October 10 | Founders' Day Convocation at Monmouth University
2:15 pm, Pollack Auditorium. |
| November 12 | Sigma Theta Tau Meeting - 7 pm, Magill Commons, Club 109. |
| November 13 | Monmouth County School Nurses Association - 7 pm, Wilson Auditorium, Wilson Hall. |
| November 22 & 23 | Thanksgiving recess |
| December 3 | Sigma Theta Tau Meeting - 6:30 pm, Magill Commons, Club 109. |
| December 14-20 | Final exam period - Fall semester ends. |
| February 4 | Sigma Theta Tau Meeting - 7 pm, Magill Commons, Club 109. |
| Summer 2009 | School Nurse International will be hosted here at Monmouth University! |





Fall -Winter 2007 Continuing Education
-----*at Monmouth University.*

Pediatric Physical Assessment

Saturday, October 13, 2007, 9:00 am-3:00 pm

Nursing Lab 3rd floor Rm 328 McAllan Hall

NJSNA Contact Hours: 6.0 (an approved ANCC provider)

Fee: \$75.00 A light lunch is included.

Providing Culturally Competent Care: Developing Strategies to Improve the Care and Health Services for Lesbian, Bisexual, Gay, and Transgender Clients (LBGT)

Tuesday, October 23, 2007, 6:00 pm-9:15 pm

The Club at Monmouth University

Fee: \$50.00/ \$40.00 for current MU students

Light refreshments are included.

Nursing Practice and the Law

Monday, October 29, 2007, 6:00 pm-9:15 pm

The Club at Monmouth University

Fee: \$55.00/\$45.00 for MU students

A light dinner is included.

Advanced PowerPoint*

Thursday, November 1, 2007, 6:00 pm-9:15 pm

The Computer Lab, Room 547, Howard Hall

Fee: \$60.00/\$45.00 for MU Students

The Pharmacology of Drug Induced Disease: Prevention, Detection and Risk Reduction

Wednesday, November 14, 2007, 6:00 pm-9:00 pm

The Club at Monmouth University

Fee: \$50.00/\$40.00 for MU Students

Light refreshments are included.

What did you say? Learn to Communicate with Confidence and Clarity in the Healthcare Setting - Dinner Lecture

Tuesday, November 27, 2007, 6:00 pm-9:30 pm

The Club at Monmouth University

Fee: \$55.00/\$45.00 for MU Students

Assessment of the Geriatric Client

Friday, December 7, 2007, 9:00 am-4:30 pm

Room 329, McAllan Hall

Fee: \$85.00/\$75.00 for MU Students

A light lunch will be included.

Sexual Assault Nurse Examiner (SANE)

Friday 9:00-5:30/Saturday 10-6:30, January/February, 2008
Room 328/329, McAllan Hall
Fee: \$725.00



Writing Workshop: Research Papers in APA Style
Monday, January 14, 2008, 4:00 pm-7:00 pm
Computer Lab, McAllan Hall
Fee: \$45.00/\$35.00 for MU Students

Continuing Education Registration Form

Registration Information—Registration must include full payment. Make checks payable to Monmouth University. If you wish to pay by credit card please call 732-571-3443 or online at

www.monmouth.edu/academics/schools/nursing/continuing_programs.asp

Refund Policy—Refunds will be granted if the program is canceled due to limited enrollment. If you withdraw from the course at least 14 working days in advance, the fee may be applied to another continuing education program. **Program registration is limited so please register early!** If you would like more information, please contact: 732-571-3443 or e-mail: bpaskewi@monmouth.edu

Date	Workshop	Cost	MU Student	Check Course
10/13	Pediatric Assessment	\$75.	\$75.	
10/23	Culturally Competent Care	\$50.	\$40.	
10/29	Nursing Practice and Law	\$55.	\$45.	
11/1	Advanced Power Point	\$60.	\$45.	
11/14	Drug Induced Disease	\$50.	\$40.	
11/27	Communicate with Confidence	\$55.	\$45.	
12/7	Assessment of Geriatric	\$85.	\$75.	
Jan/Feb	SANE	\$725.	\$725.	
1/14	Writing Workshop	\$45.	\$35.	
	Total			

Please provide the following information:

Name _____

Address _____

City, State, ZIP _____

Telephone _____(home) _____(work)

Email: _____

Send registration form with check to: Monmouth University, Marjorie K. Unterberg School of Nursing and Health Studies, 400 Cedar Ave, West Long Branch, NJ 07764, Attention: Barbara Paskewich.

