

MONMOUTH UNIVERSITY

Marjorie K. Unterberg School of Nursing and Health Studies

Notes on Nursing

October, 2010 Volume 13, Issue 1

On education: "The significant problems we face cannot be solved at the same level of thinking we were at when we created them." Albert Einstein

From the Dean's Desk - Dr. Janet Mahoney

As I complete my first year as Dean, I am very pleased at how much we have accomplished in the SONHS. Our team is looking forward to both the rewards and challenges of another academic year.

We started this year with several additions and, sadly, some losses as well. We welcome Assistant Professor, Rose Knapp, DNP, and Specialist Professor, Patricia Sciscione, MSN, as they join our Nursing and Health Studies faculty. We were saddened by the loss of our colleague and friend, Professor Kathleen Maher (who retired this past May) on July 23. We also lost our former Department Chair and colleague, Dr. Emily Tompkins (retired 1999), on September 3rd. Both were wonderful role models for nurses and educators alike and will be missed. A scholarship has been established in Professor Maher's name.

The SONHS continues to move forward with the development of the Doctorate of Nursing Practice (DNP), Monmouth University's first doctoral program. We are awaiting final review from the Commission of Higher Education and plan to start the program in the Summer of 2011.

This academic year we begin the second year of our \$2.5 million grant from the Robert Wood Johnson Foundation for the New Jersey Nursing Initiative Faculty Preparation Program. Monmouth University, Fairleigh Dickinson University, and Bloomfield College collaboratively received this grant which will enable a total of 14 graduate nursing students to attend either our MSN program in Nursing Education or the Nurse

Practitioner program at Fairleigh Dickinson University. The grant started in fall 2009. Two Monmouth University students are currently enrolled in the first cohort and expect to complete their program this May. Two additional Monmouth University students are currently enrolled in the second cohort. The grant pays for tuition, fees, books, and a stipend each year. The students complete the program in two years full time and are expected to give back three years teaching nursing in an academic setting.

We extend congratulations to Professor Laura Jannone who will receive the Nurse Recognition Award at the New Jersey League for Nursing's 95th Anniversary Gala, Friday, November 5th, at the Pines Manor in Edison NJ. Kathy Maher will also be honored posthumously at this Gala. Her family will accept the NJNLN award for Nursing Excellence in her name.

This academic year marks the beginning of two new Bachelor of Science degree tracks, Health/Physical Education and the dual Health/Physical Education and Education major. We are off to a good start with 36 students enrolled.

Our Health Studies professors represented the University at an International Wellness Conference in Switzerland this summer. Take a look inside this issue for details on our faculty accomplishments.

Current students: Please remember to see your adviser to register for the spring semester.



In Memoriam ~ Kathleen M. Maher ~ 1944-2010



Kathleen M. Maher, RN, MSN, a recently retired and much beloved assistant professor at the Marjorie K. Unterberg School of Nursing and Health Studies, died Friday, July, 23, 2010 after a long and courageous battle with cancer. Kathy joined Monmouth University in 2004 and quickly became an integral part of the nursing program. She coordinated the Nursing Education track of our graduate program mentoring and overseeing students as they completed their MSN in nursing education. She taught in both the undergraduate and graduate programs and was held in the highest regard by both students and faculty alike.

Kathy began her journey in Nursing at Saint Francis School of Nursing in Trenton. Recognizing the value of higher education, she soon went on to earn a Bachelor of Science and a Master's degree in Nursing from the University of Pennsylvania and A.B.D. for Ed.D. in Nursing Education from Teachers College, Columbia University. In addition to her professorship at Monmouth University, she had an extensive career in Nursing in which she wore many hats including staff nurse, clinical instructor, administrator, performance improvement coordinator, and Director of the Ann May School of Nursing.

Kathy's energy knew no bounds. She received such prestigious honors as being selected as "Nurse of the Year" by the Monmouth Ocean Chapter of the American Association of Critical Care Nurses in 1984 and was a member of the Sigma Theta Tau International Nursing Honor Society. She also served on the board of the NJ League for Nursing and held membership in several other professional nursing organizations including the American Nurses Association, the New Jersey State Nurses Association and the New Jersey League for Nursing. Kathy also remained active with the alumni associations at both Saint Francis School of Nursing and University of Pennsylvania.

Above all, Kathy was a warm and caring person whose energy and enthusiasm for education and the Nursing profession served as a great inspiration to the many lives she touched on her journey through life. She will be sorely missed and fondly remembered by the students and faculty of Monmouth University.

The Kathleen M. Maher Scholarship

We are pleased to announce that a scholarship has been established to honor Kathy M. Maher. Kathy was a role model for educators and an inspiration to us all. The scholarship will be awarded to an MSN student in Monmouth University's Nursing Education track. Donations can be sent to: Monmouth University, Marjorie K. Unterberg School of Nursing and Health Studies, 400 Cedar Avenue, West Long Branch, NJ 07764.

Faculty Feature: Christopher Hirschler Ph.D.

Dr. Chris Hirschler is an Assistant Professor of Health Studies at Monmouth University. His specialty areas include health promotion, qualitative research, nutrition, and human sexuality. Earlier this year Chris began volunteering at the Monmouth County SPCA. He has incorporated a service learning component into the First Year Seminar he created, titled “Animals: Life, Death, Kindness, and Sin”. An article he submitted to the journal *Society and Animals*, on the topic of “being vegan” has been accepted for publication. In regards to his approach to life, he said, “I try to live by the philosophy of Ahimsa – dynamic harmlessness – doing no harm and doing the most good”.



Dr. Hirschler enjoyed a professionally satisfying summer. In July, he presented at the National Wellness Conference (NWC) on the psychological determinants of successful behavior change. Prior to the NWC, Chris presented at the International Union for Health Promotion and Education Conference in Geneva, Switzerland. Despite these worthy accomplishments, Dr Hirschler reports he takes the most pride in what he does on a daily basis and is quoted as saying “being a professor and being in the position to impact the academic and life journey of students is what brings me joy”.

Hirschler notes, “As a new faculty member, I have appreciated the support of faculty and staff, and the commitment to providing an intellectually rich academic experience at Monmouth University. It is a beautiful campus and there are numerous opportunities to get involved.” During the fall 2010 semester, students, faculty, and staff have enjoyed the Zumba fitness classes he has helped to organize.

Faculty Milestones ~ Scholarship and Recognition

Bojana Beric, M.D., Ph.D. (HS) – Published a chapter in the book *“Embedded Librarians”* with Research Librarian, Lisa Coats. She was appointed representative of the Society of Public Health Educators (SOPHE) and the International Union for Health Promotion and Education (IUHPE) to the United Nations, and elected Vice President for Communications at the North American Regional Office (NARO) for a three year term. She was also appointed SOPHE liaison to the CDC task force on the Guide to Community Preventative Services. She has initiated a philosophical discussion group “Friends of Socrates” at Monmouth University.

Tresa Kaur Dusaj, Ph.D., (c), RN (SNHS) – Passed the American Nurses Credentialing Center’s (ANCC) National Certification exam in Nursing Informatics and is now one of only 700 nurses in the country certified in this specialty.

Chris Hirschler, Ph.D., Jim Konopack, Ph.D., and Bojana Beric, M.D., Ph.D. (HS) – Presented at the 35th National Wellness Conference, University of Wisconsin, July 2010, “Understanding the Role of Risk, Rationalization, and Reverie”. Chris gave a podium presentation on “Vegan Diets, Social Challenges, Spiritual Benefits, and Environmental Implications” and an electronic poster, “Conceptualizing the Future of Global Nutrition and Physical Activity Promotion” at the 20th International Union for Health Promotion & Education Conference, Geneva, Switzerland, July.

Laura Jannone, EdD, RN, CSN (SNHS) – Presented “Quit to Win”, a teen smoking cessation program at the National Association of School Nurses 42nd Annual Conference in Chicago, IL on July 2. She also presented an advocacy program written by the NJ School Nurses Association to South Brunswick School Nurses for their professional day in June.

Barbara Johnston, Ph.D., RN, CNE (Hess Endowed Chair – SNHS) Presented “Pain Management for the Older Adult” to nurse practitioners and staff nurses at each of the hospitals in the Meridian Health Care System during August. Dr. Johnston was recently written up and recognized by the Robert Wood Johnson Foundation and the New Jersey Chamber of Commerce for a program called “The New Jersey Nursing Initiative”, a program designed to develop nurse faculty leaders. The article touted Johnston as a luminary in nursing education and highlighted her research on medication management and polypharmacy in the elderly.

Mary Ann Troiano, DNP, RN, APN–C (SNHS) – Received a Doctorate of Nursing Practice from Waynesburg University in May. Her capstone project was titled “The Sexual Attitudes and Beliefs of Registered Nurses in Discussing Sexual Health Issues with their Patients”. She also received a grant from the National Organization of Nurse Practitioner Faculties to conduct research on whether Nurse Practitioners address the sexual health needs of patients and their families.

Student Achievements

Jeffrey Almazan, Current MSN student – Just last year Jeffrey learned to swim. This past June, he participated in the “War at the Shore” short course triathlon. The short course consists of a 300 yard swim, a 10 mile bike ride and a 3 mile run. Jeffrey finished in 1 hour and 20 minutes braving big surf and rough currents. Way to go Jeffrey!

Ellen Angelo, RN, MSN (2010) – Presented a poster on *Transforming Care at the Bedside Project* titled, *Getting Back to the Bedside*, at the University of Texas Health Science Academic Center for Evidence Based Practice in July. **Megan McBurnie, RN, BSN** – (counselor at the School of Nursing’s Nurse Camp program ‘05–‘08) was a co–presenter.

Christine Dewitt–Parker, RN, MSN (08) – has accepted the position of Education Program Development Specialist, Coordinator of the School Health Unit for the NJ Department of Education.

Rex David Gido, (BSN 09) – was accepted to the Lake Erie College of Osteopathic Medicine Class of 2015. Best of luck to Rex!

Alana Harris, RN, MSN (09) – A former NP student and recent graduate of the Monmouth University’s SONHS, was offered a fellowship with a stipend at Johns Hopkins Medical Center in a year-long Hepatology Nurse Practitioner program. She will be training with other first year gastroenterology fellows in the care of hepatology and liver transplant patients. The goal is for her to come on board at Johns Hopkins as a hepatology/liver transplant certified NP by the end of the year. Kudos to Alana!

Nimfa Baya Howard, Current MSN student – presented at the Scientific Papers Session at Meridian’s Ann May Center for Nursing, the Sixth Annual Nursing Research and Evidence-Based Practice Day, September, 2010.

Kate McDonald, Ph.D., RN (2006) – Received a Ph.D from the University of Pennsylvania. She is currently going on to pursue a Post Doctoral program at U. Penn as well. She is quoted as saying “I wanted to share the good news with Monmouth University where I was given a strong foundation in school nursing”. Congratulations to Kate and we wish her the best in her future endeavors!

Erin Salardino, RN, MSN (2010) – was married to Christopher Furda on August 14, 2010. The photo was taken at Wilson Hall.

John Tronolone, BS (HS 2010) – received the first annual “Designated Driver Hero of the Year Award”, from the John R. Elliot HERO campaign for designated drivers. He was honored with two billboards located on Monmouth Road and the NJ Turnpike. Congratulations to John!



International Honor Society of Nursing Sigma Theta Tau International ~ Lambda Delta Chapter

Congratulations to Team Sigma Theta Tau for participating in Alzheimer Association’s “Memory Walk” to raise funds for Alzheimer’s research. Tax deductible donations can be sent to Joanne McGurl, 6 Chestnut Place, West Long Branch, NJ 07764.

Lambda Delta Chapter/ Fall Meeting Dates

November 3 – Club 109 – 5pm

December 7 – Club 109 – 5pm

Eta Sigma Gamma ~ The National Health Education Honorary

In the fall of 2009, a chapter of Eta Sigma Gamma (ESG) was installed at Monmouth University. This prominent honor society has enjoyed a rich history of partnering with other health education professions and organizations to promote the fields of Health Education and Health Promotion, especially among college students.

The new officers of ESG are Samantha Yadlon, Stephanie Martinez and Tiffany Kirk. They are busy establishing our Chapter and setting goals that will benefit Health Studies students and ESG members for years to come. If you have any questions about Monmouth University's Chapter please contact the officers at ESG@monmouth.edu. If you would like national information about Eta Sigma Gamma, please review their website at <http://www.etasigmagamma.org/>

Professional Development Program for School Nurses Health Careers Toolkit



Attention – Health Educators or School Nurses teaching health in the High school setting. The Center for Professional Development will be offering a free professional development workshop on our Health Careers Toolkit. The toolkit was developed through a grant provided by the Independent College Fund of NJ and features three modules: Health Occupations, Careers in Health and Health Promotion and Skills/Disease and Health Conditions. The workshop will provide instructions on how to use the interactive toolkit and will include classroom materials.

Date: December 9th

Time: 4:30 – 6:45pm

The class is limited to 20 participants – if you would like more information or would like to attend please call Diane Hansen at the School of Nursing 732-571-3443.

Institute of Medicine (IOM): “The Future of Nursing”

A consensus report recently issued by the IOM, was developed to “assess and transform” the nursing profession. The report included recommendations for nursing practice that include higher levels of education and training to meet the increasing complexity of healthcare, more involvement by nurses in leadership roles in the redesign of the U.S. healthcare system, and that regulatory and institutional obstacles including limits on nurses' scope of practice should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care.



Dates to Remember

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| November 1 | Deadline to submit graduation applications for January 2011 Commencement. |
| December 16–22 | Fall 2010 final exam period. |
| January 14 | January 2011 Commencement. |
| January 18 | First day of classes spring 2011 semester |

The Center for Professional Development in Nursing and Health Continuing Education

October 21 – Diabetes Management in the School Age Child

Time: 4:00–7:30pm

Place: Student Center, Room 202A

Fee: \$55 / \$40 for MU Students (A light dinner is included in the program fee)

Three contact hours will be awarded.

October 30 – Pediatric Physical Assessment

Time: 9:00am–4:00pm

Place: McAllan Hall, Room 328

Fee: \$90 (A light lunch is included in the program fee)

Six contact hours will be awarded.

November 4 – Psychiatric Assessment

Time: 4:00–8:30pm

Place: Magill Commons

Fee: \$75 / \$55 for MU students (A light dinner is included in the program fee)

Four contact hours will be awarded.

November 12 – Forensic Photography

Time: 1:00–4:30pm

Place: McAllan Hall, Room 120

Fee: \$75 / \$55 for MU Students

Three contact hours will be awarded.

November 16 – Pediatric Emergency Care

Time: 4:00–8:30pm

Place: Student Center, Room 202B

Fee: \$75 / \$55 for MU Students (A light dinner is included in the program fee)

Four contact hours will be awarded.

January 11 – Writing Workshop

Time: 3:00–6:00pm

Place: McAllan Hall, Room 226

Fee: \$45 / \$35 MU students

Three professional development hours will be provided.

January/February – Sexual Assault Nurse Examiner (SANE)

Dates: January 13, 27, February 3, 10, 17, 2011 (Thursdays 5:15–9:30pm)

January 22, February 26, 2011 (Saturdays 9:00am–5:30pm)

Place: TBA

Fee: \$725

64 contact hours will be provided. In addition to the classroom hours, 27 hours of computer based coursework are required. Independent study materials will be provided prior to the start of the course.

January 19 – February 23 – Introduction to Spanish for Health Professionals

Day: Wednesdays

Time: 5:30–7:30pm

Place: Magill Commons, Club Room 107

Fee: \$180

Twelve contact hours will be awarded.

The Center for Professional Development in Nursing and Health is an approved provider of continuing nursing education by the NJSNA, an accredited approver, by the American Nurses Credentialing Center's Commission on Accreditation. Provider number: P242-4/09-12.

For more information or to register online visit our website:

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

You may register by phone with a credit card 732-571-3443.

The Marjorie K. Unterberg School of Nursing and Health Studies

400 Cedar Ave, West Long Branch, NJ, 07764

----- 732-571-3443 / fax 732-263-5131 -----

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WHERE LEADERS LOOK *forward*