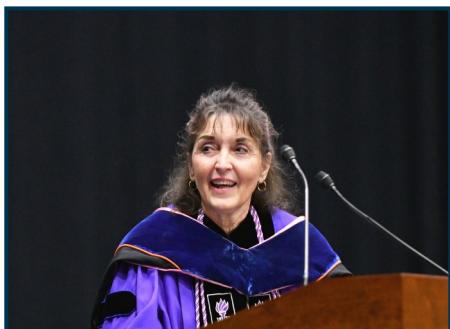


The Marjorie K. Unterberg School of Nursing and Health Studies



From the Dean's Desk,
Dr. Janet Mahoney

"Acknowledging the good that you already have in your life is the foundation for all abundance."

Eckhart Tolle

Here in Marjorie K. Unterberg School of Nursing and Health Studies, we have so many good things to acknowledge. Our Nursing, Physician Assistant, Health Studies, and Health & Physical Education students continue to amaze and inspire us with their scholarship, accolades, and service. In this issue, you'll read about some of the energetic efforts of Sigma Theta Tau, MUPASS, Eta Sigma Gamma, and MUPNA, and individual student accomplishments that make us so proud. I invite you to take your time in reviewing the names and images of students - now alumni - who graduated this past spring, many of them earning certificates and other recognition along the way. We are thankful for all they've done as students and all they will continue to do as proud MU alumni.

Of course, our faculty are doing amazing things every day. As someone who cares about public health, you'll be proud to read about the good work that professors in our School are doing to combat the opioid epidemic, promote health on campus, teach clinical skills to area high school students, provide structured after-school physical activity to elementary school children, and work in many ways to advance healthcare worldwide. Faculty are presenting and publishing their work and being formally recognized for their many outstanding achievements. We recently had a very successful site visit for the DNP Program as part of its rigorous external accreditation process. And, as always, we have a full slate of continuing education opportunities for health professionals that can help you stay up to date and connected with our mission.

In this newsletter, we attempt to acknowledge so many of the excellent goings-on within the School of Nursing & Health Studies, but there's a good chance we've missed something noteworthy. If so, please contact us! Thank you for sharing in the efforts of our School and for the good things you do on our campus and in your community.

Contact Us!

Roseanne Roberson, Assistant to the Dean & **Michelle Gerald**i, Nursing-Office Coordinator

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Dr. Jim Konopack: Distinguished Teacher of the Year



Dr. Konopack teaching on the main green.

Dr. Konopack (Associate Dean) was named the 2016-2017 Monmouth University Distinguished Teacher of the Year. This award is presented by the Provost each year at the Employee Awards & Retirees Luncheon, and the recipient is recognized by the President at Commencement.

A lifelong student, Dr. Konopack began his studies at Cornell University, where he enjoyed studying a variety of subjects, but ultimately majored in Psychology. During his time at Cornell, he worked for Cornell Fitness Centers where his love of fitness and sports grew. He eventually decided to pursue a Master's degree in Sport and Exercise Psychology and realized that he simply loved learning and never wanted to stop!

Each day, Dr. Konopack brings full enthusiasm, commitment, and intellectual excitement to the classroom. Stating that he does not have a distinct teaching style but rather pulls from many positive teaching techniques that he has previously come across as a student himself. Dr. Konopack feels that his teaching always revolves around his students and giving them the opportunity to reach their true potential. He says that the most rewarding aspect of being a professor is seeing his students accomplish their goals and expressing gratitude for his work.

When asked to describe his perfect day in the classroom, Dr. Konopack describes a day in which all of his students get to class early, enthusiastically ask him questions about class readings, and everyone is happily involved in the exchanging of ideas relevant to the class meeting. Following the class in which he finished all that he set out to do, Dr. Konopack then allows time for students to hand in drafts of papers far in advance, to ask follow-up questions, and discuss books, movies, or even simply personal connections to the class topics. Thank you for your service, Dr. Konopack, and congratulations!

Staci Drewson, PhD (Staci Andrews, PhD) - Assistant Professor Department of Health and Physical Education. We are delighted to announce the birth of Sheaden Jersey Drewson on 2/14/2017! Now ten months old Sheaden, is an engaging happy boy and a welcome addition to the department. With the arrival of their son, Staci and her wife, joined sur-names; so going forward you will see news and updates under the name of Staci Drewson.

Andrews, S. R. (2017). Perceptions of mastery-oriented physical activity in afterschool programs. *Research Quarterly for Exercise and Sport, 88*(sup1), A-47. doi: 10.1080/02701367.2017.1301746

Van Raalte, J. L., Andrews, S. R., Petitpas, A. J., & Brewer, B. W. (2017). Student-athlete career self-efficacy: Workshop development and evaluation. *Journal of Clinical Sport Psychology, 11*, 1-13.



Sheaden Drewson
born 2/14/17

Sasha Canan, PhD (Assistant Professor, Health and Physical Education) gave several podium presentations this year at conferences throughout the country, including the Annual National Sex Education Conference in Atlantic City, NJ; The Annual Meeting of Society for the Scientific Study of Sexuality in Phoenix, AZ; and the American Public Health Association Conference in Denver, CO. Additionally, she also published three articles in 2016:

Canan, S. N., Jozkowski, K., & Crawford, B. (2016). Sexual assault in Greek fraternity and sorority life: An analysis of rape myth acceptance and token resistance in Greek and non-Greek college students. *Journal of Interpersonal Violence*, 1-26. doi: 10.1177/0886260516636064

Canan, S. N., & Jozkowski, K. (2016). Sexual health education topics in schools: Inclusion and timing preferences of a sample of southern U.S. college students. *Sexuality Research and Social Policy*, 1-14. doi: 10.1007/s13178-016-0251-z

Jozkowski, K. Canan, S. N., Rhoads, K., & Hunt, M. (2016). Methodological considerations for content analysis of sexual consent communication in mainstream films. *Sexualization, Media, & Society*, 1-17. doi: 10.1177/2374623816679184

Beth Gough, MSN 13', BSN 98' has been named the Director of Nursing Skills and Technology for the School of Nursing and Health Studies. Beth holds a Master of Science in Nursing in Nursing Education from Monmouth University and holds an ATI Champion Training certificate. Beth has attended several simulation training conferences to assist with simulations experiences. Beth plays an active role with the nursing students in the Monmouth University Professional Nurse Association (MUPNA).

Chris Hirschler, PhD, MCHES (Chair, Health and Physical Education) gave a keynote presentation titled, *Connecting the Dots: Plant-based Nutrition and Public Health* at the New Jersey Society for Public Health Education (NJSOPHE) (2017) Mid-Year Meeting, Piscataway Township, NJ. He gave two presentations with colleagues:

Hirschler, C. & Waldau, P. (2017) Curating Conscious Education: Bioethics in Academia. Ivy League Vegan Conference, Harvard University, Cambridge, MA.

Laura Jannone EdD, RN, NJ-CSN, FNASN (Associate Professor, Nursing) and Marie Foley PhD, RN, NJ-CSN Dean of Seton Hall School of Nursing, presented "Discovering Evidence to Implement Evidence-based Projects in the School Setting" at the 49th NASN Annual Conference in San Diego.

Rose Knapp DNP, RN, APN-C (Associate Professor, MSN Program Director and APN Program Coordinator) presented the keynote address on "The Nursing Role in a Rapidly Changing Healthcare Environment" on Saturday, October 14th at the Philippine Nurses Association of New Jersey Monmouth County Subchapter's 2017 Education Day.



Dr. Laura Jannone & Dr. Marie Foley at NASN in San Diego



Dr. Rose Knapp with the Philippine Nurses Association

Jaime Myers, PhD, (Assistant Professor, Health and Physical Education) published, (2017) Three women's intimate reflections on shame and sex positivity: Inside Her Sex. *Women's Reproductive Health*, 4(1), 74-75. DOI:10.1080/23293691.2016.1237741

Joseph Monaco, PA-C, MSJ, (Director of Clinical Education for the Physician Assistant Program) was the recipient of the New Jersey State Society of Physician Assistants (NJSSPA) Lifetime Achievement in the PA Profession award. Each year the (NJSSPA) holds their annual award ceremony during PA week to recognize individuals who are making important contributions to the profession, the community, and to educating PAs. This award is not given on an annual basis (in fact the last time they gave this award was several years ago). As described in his nomination form written by two of our graduates, Prof. Monaco was given this award based on his 40 years as a PA, his work as a volunteer to the community and to PA organizations, and his continued commitment to educating PA students.



Professor Monaco teaching in the lab.

Joan Raso, MSN, RN (Specialist Professor) & Beth Gough, MSN, RN Director of Nursing Skills and Technology presented at the SUN (Simulation User Network) conference on May 16, 2017, in conjunction with Laerdal Medical. Monmouth University was selected as a location for this conference to highlight the integration of simulation into the BSN curriculum. BSN nursing faculty members; provided the keynote presentation and then participated in break-out sessions throughout the day.

It was an exciting and successful event with over 100 Simulation Educators from around the state in attendance. Some of the presentations included: the Simulation Program at Monmouth University, Successful Debriefing Methodologies, Best-Practice in Simulation and the NLN Standards of Simulation. There was also a display of some of the newer technology and Simulation Manikins, which make simulation the transformative education tool.



Nursing students work in the Simulation Lab

Patricia Sciscione, PhD, RN, CSN, (Assistant Professor, Nursing) Received the Hannelore Sweetwood Mentor Award at the Sigma Theta Tau International Annual award and Induction ceremony on November 10th.

Janet Urbanowicz, PhD, RN (Specialist Professor Nursing) presented a lecture in October 2017 entitled, "Why Can't Everyone Be More Like Me?" at Co-Cathedral of St. Robert Bellarmine in Freehold, NJ. This presentation was one of a series of presentations sponsored by Kathy Lo Bue, Managing Director at Glen Eagle Advisors. Dr. Urbanowicz presented on psychologist Carl Jung's concept of personality archetypes and self-awareness increasing Myers-Briggs personality tests. The foundation of the talk laid in the fact that nurses, and any type of employee, collaborate and work amongst people of varying cultural backgrounds and personalities.



Dr. Patricia Sciscione

Hurricane Harvey Nurse Mission Trip - The Rewards of Giving Back

Submitted by Michelle Heller, (MSN Student)

There are some moments that stay with you a lifetime. When presented with the opportunity to volunteer on the “Texas Hurricane Harvey Nurse Mission Trip,” I knew within minutes it was something I wanted to do. Now looking back, there is so much that will stay with me from this experience.

Our NJ team arrived at Texas Bay Regional Medical Center about 7 days after the hurricane had passed through, to find the hospital staff and the hospital as a whole had

continued on as if nothing had happened outside of its doors. With devastation all around, they were doing what they were trained and loved to do, for seven days straight without breaks. To walk in and know that my presence was allowing these caregivers to go home to their own families and assess their storm damaged homes is a feeling I will never forget.

Through the Mission Trip, we worked four 12-hour shifts in the hospital and were allowed one day to volunteer in the community. There were patients who were coming into the ER simply because they had no where to stay, and others coming in with infections from head-to-toe due to the water. Patients who escaped their homes with their families ended up with possible amputations due to the infections they had contracted. It was humbling to hear their stories. They were not angry, but thankful to be alive. I had the privilege of helping a woman clean-up her home. As we entered her doorway there was a person looting through her ruined pile of belongings. I asked her if she would like me to say anything to this gentleman and her answer was, “No, he needs it more than I do.”

The medical needs, devastation, and heartache brought those who worked at Bay Area Regional Medical Center together as a team. It was a privilege to bring a little bit of New Jersey nursing practice to Texas, but the people I encountered along the way taught me more than I could have hoped.

Soffy Vilson, DNP 15' - is the President of the American Association of Indian Nurses, NJ Chapter II and was recently featured on Caucus NJ. She, along with several nursing colleagues employed throughout the state, promoted the importance of cultural diversity in healthcare treatment and the impact that culturally competent care can have on a patient. Dr. Vilson spoke candidly about her own experience in helping her mother find culturally-appropriate care, and the difficulty that came along with this process. Furthermore, she and her colleagues advocated that healthcare providers, especially nurses, must be sensitive and empathetic to the culture-specific needs of patients and the ways in which their healthcare can be enhanced when those needs are met. Here is a link to the presentation:

<https://steveadubato.org/diverse-group-of-nurses-come-together-to-discuss-the-field.html>

On October 4, 2017, Dr. Vilson also presented, “Early Recognition of Nursing Home Acquired Pneumonia, Is It Possible?” at IMPACT NATION 2017, a conference in Orlando, Florida, where she discussed nursing home acquired pneumonia and methods to reduce unnecessary hospitalizations through user friendly tools.



Michelle is pictured second to the left
with a team of nurses from the Jersey

Dr. Jeremy Lackman, Assistant Professor

Dr. Jeremy Lackman, Ph.D., is an Assistant Professor in the Department of Health and Physical Education. He is currently teaching Strategies for Healthy Living, Fitness Measurement, Adventure Education in Costa Rica, and skills classes.

Dr. Lackman was born and raised in Missouri on a farm which he describes as being “in the middle of nowhere”. He first became interested in health and education while in high school. As a high school student within a large student body, his high school offered a variety of classes due to the size of the school. Here, he took classes such as biology and anatomy, and eventually went on to obtain his BA in Psychology from the University of Central Missouri. While in college, Dr. Lackman took physical education courses but decided not to become a physical education teacher at this time. After graduation, Dr. Lackman worked a variety of jobs in different cities throughout the country, but eventually decided to return to physical education, as it was his passion, and obtained his Master of Science in Education (Physical Education) from Brooklyn College (CUNY). Afterwards, he became certified to teach Physical Education in New York State. Dr. Lackman then continued his education obtaining his Ph.D. in Kinesiology from the University of Georgia. He eventually decided to enter the Peace Corps, through which he traveled to Eastern Europe and taught health

education in Romania and Moldova. His love of travelling then brought him to Costa Rica, where he taught health at EARTH University for two years. He joined the School of Nursing and Health Studies in August 2017.



When asked about the most rewarding aspect of being a professor, Dr. Lackman noted that he loves interacting with students, getting to know them, and particularly appreciates when students express and build on concepts that they have learned in class. At moments like this, Dr. Lackman says he feels he is making the most impact. In terms of self-care and life outside of the university, Dr. Lackman likes to play sports, ride his bike outdoors, and travel as much as possible. He thinks it is so important to experience cultures different than one's own and encourages students to do so. He also recommends that students watch environmental documentaries and movies, his favorites being *Food Inc.*, *Sicko*, *Who Killed the Electric Car*, *Inconvenient Truth*, and *Just Eat It*.

Dr. Sasha Canan, Assistant Professor

Dr. Sasha Canan, Ph.D., joined the faculty of the SON&HS this semester as an Assistant Professor within the Department of Health and Physical Education. She is currently teaching Human Sexuality and Health Research Methods. Graduating with her B.A. in Psychology from West Virginia University, her M.Ed. in Human Sexuality from Widener University, and finally her Ph.D. in Community Health Promotion, Dr. Canan became increasingly involved in sexual health because not only was it inherently interesting, but it has a clear impact on one's overall health. Dr. Canan chose to study sexuality from a community health lens because reproductive and sexual health issues affect both an individual and those around them. Through this perspective, she became increasingly interested in sexual health violence.

When asked to describe her experience in teaching and what drew her to teaching, Dr. Canan described her love of theater and the way in which she feels that teaching relates to theater. “Teaching is theater with facts,” Dr. Canan says, and feels that teaching comes with the same excitement that a theater performance does, but has the ability to affect students in a different way. She also noted that her experience as a Teaching Assistant gave her a taste of the role of a

professor, and

propelled her to obtain her Master's in Education. Dr. Canan claims that the most rewarding aspect to teaching comes from circumstances when a student stays after class

and explains how the course content relates to his or her own life.



Overall Implications

- Awareness campaigns, sexual assault prevention programming, and rape advocate-assisted services
- Services may not have to differ on a foundational level
- Victims of male-perpetrated sexual assault exposed communities with 3 times more sexual assault
- L women in our sample were most likely to have female perpetrators
- Trainings lack diversity - never cover same-sex sexual abuse, same-sex battering, or discuss female perpetrators (Koss, 2012)
- Gaps and barriers to sexual assault services for the LB community (Fried, Lovelle, Bottari, Whaley & Gao, 2009)
- Limited awareness still of LB sexual violence
- Low levels of resources

Dr. Canan, when not researching or teaching, enjoys spending time with her dog and being outdoors, as she often rides her bike to and from campus. Additionally, Dr. Canan also enjoys reading—she is currently reading a book entitled, “Write It Up” by Paul Silvia, in which effective time-management strategies for writing research manuscripts is described. Dr. Canan recommends that all students watch *Miss Representation* and *The Mask You Live In*, two complementary documentaries that highlight the way in which men and women are represented in mainstream media and the effect that these representations have on politics.

Dr. Janet Urbanowicz, Assistant Professor

Dr. Janet Urbanowicz, Ph.D., RN, joined the School of Nursing and Health Studies in August as a full-time Specialist Professor, teaching classes for both the Master's and Doctoral programs. She currently teaches Translation of Evidence to Clinical Practice, Organizational Leadership, Nursing Research, and Education and Motivation of Nursing Clients.

Dr. Urbanowicz first became interested in nursing as a result of her work as a paramedic. Originally, she wanted to teach paramedics, but found that the only way to do so was to become a nurse. Graduating from Thomas Edison State College, she received her BSN, but went on to obtain her M.S. in Health Services Administration from Central Michigan University, McGuire Air Force Base, NJ, and her Ph.D. in Applied Management and Decision Sciences from Walden University.

With extensive nursing experience, she held several nursing supervisor and administrative roles in hospitals in and outside of New Jersey, including Nursing Supervisor and Department Manager in Perioperative Services at Jersey Shore University Medical Center; Senior Manager at Riverview Medical Center; and Director of Surgical Services and Chief Nursing Officer in Towson, MD. Most recently she was the Regional Director of Education and Research at Monmouth Medical Center and Monmouth Medical Center Southern Campus.

When asked the motive behind entering the world of academia, Dr. Urbanowicz expressed it was the work-life balance that teaching provides. As she progressed through her nursing career, she became increasingly interested in boating, and obtained her Captain's license. She also has had experience teaching boating lessons both in and outside of the classroom

and currently works for Marine Max during the summer months. She feels as though teaching provides her time to be involved in both her interests, nursing education and boating.

Dr. Urbanowicz loves boating and teaching boating lessons because she feels that she helps people achieve something that they are truly interested in and something that entertains them. Interestingly, Dr. Urbanowicz recently submitted an article to Boat U.S. magazine on her passion for boating. She also recommends that students read Sea Power by Admiral James Stavridis, which describes the important roles that our world's oceans have played in history.



Erin O'Donoghue, Specialist Professor

Professor Erin O'Donoghue joined the School of Nursing and Health Studies as a Specialist Professor in the Physician Assistant Program in January 2017. She is currently teaching Health Promotion and lectures in all PA classes in addition to advising and managing clinical education clerkships. Professor O'Donoghue is also the Director of Admissions for the PA Program.

Professor O'Donoghue graduated from Seton Hall University with her Master of Science in Physician Assistant after obtaining her Bachelor of Science in Sports Medicine Athletic Training. She became interested in becoming a PA after witnessing her mother experiencing health issues when she was a child, and felt the family had lack of control of her mother's health. While she liked working as an athletic trainer, she became a Physician Assistant because she wanted to be able to provide continuity of care for patients and to assist in a way that could impact their health outcomes.

O'Donoghue currently works one day a week in the clinical setting where she specializes in spine pathologies. Her role as an educator began in the healthcare setting, as a significant part of her practice involved patient education. When treating spinal injuries and pathologies clients need a vast amount of information and knowledge in order to make the best possible healthcare decisions. When

asked about her interest in teaching in the academic setting, Professor O'Donoghue expressed that the most rewarding aspect of being a professor is seeing the immense growth that her students undergo in just one semester's time. She commented that it is a wonderful feeling to see her students accomplishing their academic goals.



Professor O'Donoghue pictured left with Amanda Orzo, PA student

Although much of her time is devoted to teaching and practicing as a PA, Professor O'Donoghue enjoys spending time with her six-year-old son. The two love adventuring outdoors, whether it is in the park, at the beach, or doing fun seasonal activities such as apple or pumpkin picking. She is an avid runner and often brings her son along with her to explore new places in the area.

Physician Assistant Program

Submitted by Carol Biscardi, PA-C, PhD

Page 8

The PA program continues to grow; we now have 85 students enrolled over the 3 years of the program. Our proudest achievement is the graduation of our first class. Nineteen graduates participated in the first Graduate Commencement Ceremony in May. We are also happy to report the graduates achieved a 100% pass rate on the national certifying examination and we have a 100% employment rate! Employment of our graduates is in various specialties such as emergency medicine, orthopedics, general surgery, plastic surgery, and psychiatry. We look forward to meeting them out in the community as practicing PAs and having them as preceptors for our program. The PA Program had multiple representation at the American Academy of Physician Assistant Annual Conference. Two student research projects were accepted for the Poster Session and students participated in the Student Academy legislative meetings. This year we celebrate 50 Years of PA Practice during PA Week (October 6 - 12). Our student society, MUPASS, has a week of charitable events to recognize this milestone including a blood drive, participation in a 5K run for pancreatic cancer, and community-based blood pressure screenings. Pictured bottom right Pi Alpha (Physician Assistant Honor Society) congratulations to the inductees this fall.



The PA profession is 50 years old! The Monmouth University Physician Assistant Program celebrated national PA Day on October 6th with a blood drive at the Graduate Center and continued the festivities the following week. Students participated in Pound the Pavement 5K for Pancreatic Cancer benefitting the Lustgarten Foundation, hosted an Open House for undergraduates interested in becoming a PA, participated in "A Million Thanks" letter writing to active military, and ended the week with a potluck lunch for all three cohorts of students in the PA Program.



Department of Health and Physical Education

Page 9

Submitted by Dr. Chris Hirschler, Chair

DEPARTMENT UPDATES

The department is excited to welcome Assistant Professors Dr. Sasha Canan and Dr. Jeremy Lackman, adjuncts Lazara Paz-Gonzalez and Mark Levand, and Program Advisor, Dr. Greg Lonning. Our department has 40 outstanding faculty members, and this fall we are teaching students enrolled in 80 sections of Health and PE courses. Our rapidly growing department now has 487 majors and 27 minors. Our faculty engage with our students on research projects, internships, faculty-led international travel courses, conference presentations, and service learning courses, such as Dr.

Drewson's Physical Activity in Afterschool

Program located in Asbury Park. We are proud to announce that Dr. James "Jim" Konopack, the first Health and PE Department Chair and current Associate Dean of the School of Nursing, earned Monmouth University's 2017 Distinguished Teacher Award!



Dr. Konopack also oversees a Peer Mentors program that he created which began running at the start of the Fall 2017 semester. The first group of Peer Mentors includes Hope Avalone, Rachel Belmont, Sneha Bupathi, Meghan Donahue, Shannon Sheedy, and John "JP" Stabner (featured left). These outstanding students provide a student-generated mechanism of academic and professional support.

Pictured right is Dr. Drewson with her students in PE 398: Physical Activity in After-school Programs. Which promotes the development of physical activity facilitation skills of MU undergraduate students.

The class is linked to a pilot program designed to facilitate physical activity in after-school programs (PAASP). Students are currently working with underserved elementary children in Asbury Park at Our Lady of Mount Carmel. Pending IRB approval of an application under review, the research team will collect data to investigate the impact of the

PAASP program on physical activity efficacy and self-initiated physical activity behaviors of elementary children. PAASP is funded by a 2016 Monmouth University Strategic Initiative internal grant in the amount of \$8,700.



Students and alumni we would love to hear your news and accomplishments!

Submitted by Dr. Barbara Johnston

DEPARTMENT UPDATES

The Fall 2018 semester has been a busy time. Three Full-Time Specialist Professors were hired: Dr. Janet Urbanowicz for the DNP & Graduate Program; Patricia Dempsey Certified ANP & PNP for the Master's Programs and Mary Nasta for the Pre-licensure BSN Program. Each of these faculty are sharing their areas of expertise with students enrolled in semester course. We welcome them. The DNP program had a successful re-accreditation visit meeting each standard. We await the final report from the visitors.

Senior Pre-licensure students are enrolled in a Special Topics course "Transition to Professional Practice which is focused on their preparation for taking the NCLEX exam after graduation and is taught by Professor Mary Nasta. These students are also looking forward to a clinical leadership course working with a preceptor in the Spring.

Several members of our PL-BSN class are student athletes, who balance rigorous academic and athletic schedules. Congratulations to senior Miranda who lead the girls' soccer team to win the MAAC Regular Season Championship and Conference Tournament this Fall.

On November 1, 2017 a White Coat Ceremony was held for Freshmen nursing students in Wilson Hall. The event was attended by students, family, friends and faculty. Speakers included a panel of alumni from RN to BSN, MSN and DNP programs including Rosa Martinez MSN '05, (school nurse), Jeff Downing ANP '14 (nurse practitioner) and Lynn Kohler '04 MSN, '14 DNP (nursing administrator). Each of these graduates spoke about their career as nurses, each reflecting a different focus and the flexibility of a nursing

degree, nurse, nurse practitioner and nursing administrator.

Our nurse practitioner programs continue to grow. This past spring, we graduated a record number of Family and Adult/Gerontology nurse practitioner students who are completing their national certification and licensure several of whom have already started practicing. More than 20 Psychiatric and Mental Health Nurse Practitioner program will be completing their program requirements this December.

This spring, in collaboration with RWJ/Barnabas, we are excited about piloting an externship program at Monmouth Medical Center for our APN students. This program will provide a structured preceptorship for qualified APN students with experienced APNs who work in the hospital in both primary care and various sub-specialties.



Freshman nursing students are recognized at the White Coat Ceremony. Congratulations to the Class of 2020.



Senior Miranda Konstantinides is a current BSN student, athlete and leader.

We have also made changes to our forensics program making it entirely online. The program is now offering two practicum tracks in interpersonal violence or care management. The school has offered the SANE program since 2001 continues to be recognized for excellence in the education of nurses on this very important topic.

Nursing Department hosts students from the Pipeline Program

Submitted by April Bacunawa

Page 11

During the summer, the Nursing Department at Monmouth University hosted students from the Pipeline Program, who are high performing juniors and seniors of Monmouth and Ocean County with an interest in a career in medicine. Students must apply and be accepted into this program. This energetic and intellectual group expressed hopes to become physicians, nurses, surgeons, and anesthesiologists. The students spent the day at Birch Hall where they learned about infection control through proper hand washing techniques, practiced listening to heart and lung sounds, demonstrated the sequence for donning and doffing personal protective equipment, and encountered real-life patient scenarios through the use of the high-tech mannequin in the simulation lab. Under the guidance of Professor Joan Raso, along with the support of graduate assistants Ericka Sunnerville and April Bacunawa, the students enjoyed a fun-filled introduction to what the medical field has to offer!

Health Education in Action

If you walk up the stairs in McAllan Hall you can't help but notice the bulletin boards created by students in Dr. Jaime Myers's Professional Seminar in Health class. Over the last two years the bulletins have highlighted topics on college health such as depression, suicide awareness, stress and immunization. For this assignment, the students are asked to craft evidence-based health education messages. They are geared towards college students but developed with the knowledge that the entire campus community will be able to view them. The latest bulletin board (right) promotes condom use. The messages include: "The cost of condoms is as low as \$0.04 per unit!" "Condoms are 98% effective at protecting you from STIs and pregnancy when used correctly." "When it comes to HIV, using a condom makes sex 10,000 times safer than not using a condom." "The condom is one of the most accessible and inexpensive forms of birth control available."



Created by Julie Bianco (lead), Mariel Herrera, Victoria Diaz, Alex Pezzino, and Thomas Curry

Horizon NJ Health & SOHNS Team Up at Opioid Conference

Submitted by Dr. Jannone



Eileen Gavin, MSN 03' FNP 10'

Marjorie K Unterberg School of Nursing & Health studies co-sponsored an Opioid Conference with Horizon NJ Health on Saturday, October 14, 2017 in Pozycki Hall. The program was planned by Vinny Smith MA Health Educator, Horizon NJ Health, Dr. Laura Jannone RN, NJ-CSN, FNASN, Coordinator of the School Nurse Program, Associate Professor and Barbara Paskewich MSN, RN, CHES Director of Professional Education for the School of Nursing & Health Studies. The speakers were Eileen Gavin, MSN, FNP, BC, NCSN, The Opioid Epidemic and Naloxone Availability in Schools, Rory Wells JD, Understanding the Current Opioid Crisis, and Michael Litterer CHES, CPS Prevention to Rehabilitation. Over 80 school nurses, educators from all over the state and current students from the Nursing & Health Studies program attended. The feedback was wonderful! The School of Nursing & Health Studies helps to coordinate with Horizon on other continuing education projects.

Commencement 2017



Master of Science in Physician Assistant

Gabriella Arce

Marisa Ayvaliotis

Kaitlyn Clay

Kristen Cordiello

Genevieve Daly

Trevor Higginson

Deanna Lapp

Nicole Lupo

Kayce Lustrino

Cassandra Martin

Nikie McCabe

Subika Mohammad

Adriana O'Neill

Anish Patel

Arjun Swamy

Emileah Switzer

Olivia Welna

Christopher Whitehead

Erik Woxholdt



Congratulations to the following graduates who
received program awards!

Marisa Ayvaliotis – Clinical Excellence

Nicole Lupo – Academic Excellence

Cassandra Martin – All Around Excellence

Alumni, we would love to hear your
news and accomplishments!



Marisa Ayvaliotis, Prof Monoco, Nicole Lupo, Dr. Biscardi & Cassandra Martin

Master of Science in Nursing Recipients

Page 13

Diane Babek	Jennifer Drew	Carolyn McDowell	Kathryn Paterek
Leslie Berger	Dianne Drum	Kristee McGowan	Denise Perrino
Sarah Boboli	Cheryl Feldman	Rita McTighe	Donna Sandler
Maria Bohn	Amanda Goncalves	Tiffany Mellon	Lauren Renner
Matthew Breault	Daniel Hogan	Dorcas Mensah	Shiela Reno
Lana Bukley	Kristin Inzana	Christine Meo	Elyse Roddy
Christine Buonpastore	Evelyn Javier	Rachel Miller	Lorraine Ruchalski
Grace Cabanillas	Carlie Joyce	Tracy Moreland	Jennifer Sisco
Nicole Casper	Kaleena Kenny	Melissa Murano	Lauren Tagle
Kendie Castillo	Karen Kramer	Sandra Nagy	Ancy Valiplackal
Kathy Cavallini	Brianna Krug	Margaret Nally	Ma.Brigida Viaje
Bhaskara Changala	Nicole Kuczinski	Stella Opara	Kimberly Zieser
Yente Chesny	Melissa Leist	Janine O'Shea	
Kate Clagnan	Carrie Liming	Samantha Palmer	
Alexis Coleman	Victoria Lupinacci	Olga Pankiv	
Joan Doyle	Nicole Maccini	Devalben Patel	



Post-Master's Certificate

Bozena Czekalski Alena Lytwyn Carol Pulley Gloria Trinidad

Certificate in School Nursing—NJ Department of Education

Regina Callahan Pamela Crispino Jennifer Vacirca Kimberly Zieser

Forensic Nursing Certificate

Catherine Hoch

Congratulations to the following recipients of Academic Awards!

Kristin Inzana — MSN Leadership Award

Elyse Roddy — 2017 MSN Service Award

Kimberly Zieser — 2016 MSN Academic Excellence Award

Anna Posherstnik — 2016 DNP Academic Excellence Award



Health Studies & Health & Physical Education Bachelor of Science

Brandon Anthony	Lauren Francis	Brandon McCarthy	
Edward Bauter	Lauren Fried	Alyssa McGinn	
Wilson Bonilla	James Gerard	Kimberley McKinnon	
Jacqueline Burzo	Nicholas Giaimo	Alexis McTamney	
Matthew Cammarato	Ashley Grenger	Payton Minnich	
Edward Carragher	Madeline Grieve	Brittany Montalbano	
Kristen Catalano	Amber Griffin	Lauren Mrazik	
Angelica Chludzinski	Michael Hallowich	Donte Muse	Hunter Poser
Casey Chrobak	Kristen Harger	Brittany Nace	Maggie Preston
Erin Comiskey	Kendra Harrington	Bradley Najemian	Anna Quirk
Kaitlin Crowley	Dannie Holland	Keara Homan	Kaitlyn Reth
Kayla Devaney	Stephaine Huff	Akintunde Obafemi	Justene Reyes
Rayn Dudzikowski	Kaitlyn Jones	Jaclyn O'Leary	Gabrielle Salvaggio
Kevin Edgeworth	Nikki Karas	Andrea Olsen	Tyler Sankey
Kegan Ellis	Cameron Klein	Colin Patterson	Matthew Schunke
Caress Fenton	Amanda Lipkin	Ryan Patterson	Amanda Shea
Cassidy Ford	Michael Losasso	Amanda Pavlovicz	
Mario Fragale	Kristy Mahon	Mackenzie Peed	



Congratulations to Recipients of the 2017 Student Awards!

Lauren Fried – Academic Excellence Award in Health and Physical Education

James Gerard – Academic Excellence Award in Health Studies

Kristen Harger – Department of Health and Physical Education Leadership Award

Kimberley McKinnon – Academic Excellence Award in (H&PE) K-12 Endorsement

Gerontology Certificate

Miranda Farfalla

Anna Quirk

Amanda Lipkin

Grabrielle Salvaggio

Amanda Nuse



Professor Sue Polito, middle, with students, M. Farfalla & G. Salvaggio



Dr. Jamie Myers, left, pictured with Kristen Harger, right

Monmouth University Professional Nurses Association (MUPNA)

Over the last month, MUPNA has been hard at work planning a wide range of activities and fundraisers. To kick off the year, we had our annual welcome back Pizza Party, where we set up our mentor/mentees for this year. This has become a MUPNA annual tradition where each freshman is matched with an upper classman for peer support. On October 17th, we had a very successful Playa Bowls fundraiser. Students and faculty were able to relax and just enjoy one another's company. Additionally, we had an apparel sale as a fundraiser, selling zip up sweatshirts and t-shirts with our custom MUPNA logo on them. We are also planning a Winter de-stress night before finals on December 7th. Our wish is to allow students to relax before the stress of finals hit them. Finally, we are looking into different options for volunteer activities including preparing meals for the Ronald McDonald house next semester in order to give back to the community. The officers for this year are as follows: President: Miranda Konstantinides, Vice President: Kim Thompson, Recording Secretary: Kelly Fitzpatrick, Corresponding Secretary: Marc Anastacio, Fundraiser Representative: Sarah Brennan, Treasurer: Adrianna Giangregorio, Activities' Coordinator: Nicole Natale, Junior Representatives: Vicki Cook & Dana Siclare, Sophomore Representatives: Stephen, Nancy Brown & Amanda Dolitsky, DNP Representative- Carole Huggler.



MUPNA- Sophomore Representatives



Monmouth University Physician Assistant Student Society (MUPASS)

The Physician Assistant Student Society at Monmouth University has started this semester off with bang! Celebrating the 50th anniversary of

the PA Profession students ensured that National PA Week from October 6th to October 13th was filled with fun and philanthropic events. The PA Program successfully co-hosted yet another Blood Drive with Central Jersey Blood Donors, raced in the Pound the Pavement for Purple 5K in Neptune, contributed to "A Million Thanks" for the military, partook in a PA Fitness Class at Our Team Fitness in Oceanport, and held a PA Potluck where all three classes were able to mingle and enjoy some fabulous food!

Monmouth's PA Students took part in events such as an On-Campus Blood Pressure Clinic, Monmouth University's Trunk or Treat, fundraising with local restaurants, and more! In the spring, our students are already looking forward to representing the Monmouth University PA Program for another year at the AAPA Conference that will be held in New Orleans, LA.

PROFESSIONAL ASSOCIATIONS

HONOR SOCIETIES

The Lambda Delta Chapter was awarded it's fifth Chapter Key Award by Sigma Theta Tau, the International Nursing Society. The Chapter Key Award, established in 1991, honors STTI chapters that excel in chapter-related activities such as: Membership recruitment and retention, Publicity and programming, Professional and leadership development and Local, national, and international collaboration. The chapter's annual report to STTI has also earned three Showcase of Excellence Awards for meeting STTI president Cathy Catrambone's goals, which were: 1) Presidential Call to Action-Lifelong Learning, 2) Presidential Call to Action - Advocacy, 3) Presidential Call to Action- Philanthropy as a result of all the hard work, loyalty and contributions of our chapter members. Congratulations to Chapter President Jovita Francis, the chapter board and members.



Lambda Delta Chapter of Sigma Theta Tau



Undergraduate STTI Inductees



STTI Board : Lolita Jacob, Rose Knapp, Jovita Frances, Lynn Koller, Jo Linderoth, and Marilyn Roy. (Left to Right)

The Nursing Honor Society induction took place on November 10th!

Undergraduate STTI Inductees

- Kayla Briden
- Victoria Chmielowicz
- Rebecca Coiner
- Kelly Fitzpatrick
- Nicole Natale
- Nathan Newborg
- Jennifer O'Gorman
- Dana Siclare

Graduate STTI Inductees

- April Bacunawa
- Darianna Frometa
- Julianne Golia
- Kaitlyn Howard
- Martine Jones
- Danielle Krywinski
- Lisa Mannino

Congratulations to the following inductees and members who received awards.

- Marilyn Lauria Award - Danielle Krywinski
- Carol Zaqury Award - Kelly Fitzpatrick

- Leadership Award—Jovita Francis
- Hannelore Sweetwood - Mentorship Award
- Dr. Patricia Sciscione
- Alda Valenzuela



Eta Sigma Gamma

Page 17

Eta Sigma Gamma, the Health Education Honors Society, is an active student group within SONHS. Last spring, ESG hosted a weekend CPR/First Aid training for students seeking certification, volunteered at local non-profit Oasis tlc, and inducted 22 new members under the leadership of Kristen Harger (President) and Kendra Harrington (Vice-President). In one of ESG's biggest events of the semester, the students raised over \$900 for Relay for Life, with a large support team of students and faculty from the Department of Nursing and Health Studies at the event.



ESG- Relay for Life 2017

It's new leaders, Kristen Kennett (President) and Alexandra Hartman (Vice-President), already have ESG off to a running start this semester participating in the Autism Speaks New Jersey Shore Walk located in Long Branch the first week of school and helping the Blood Drive on campus meet its goal of signing up 109 donors for their September drive to help local patients in Monmouth and Ocean Counties. ESG is not only a great way to get involved, but it also enables you to network and make connections within the health field. If you know someone who is interested in becoming a member of ESG, or you are interested, please email Kristen Kennett (s0990686@monmouth.edu) to be added to the mailing list that lets you know about upcoming ESG meetings and activities.

HONOR SOCIETIES

Continuing Education for Health Professionals

For our upcoming events please look for our emails and check the website.

We have lots planned for the Spring and hope to see you on campus!

Prescribing Controlled Substances in NJ (Online)	Nov 30-Dec 15 or Feb 7-24, 2018
Pediatric Physical Assessment	Dec 2, 2017
Sexual Assault Examination Across the Lifespan	Jan 2018
Writing Research Papers In APA Style	January 10, 2018
IAFN—Clinical Skills (SAFE)	April 13 & 14, 2018
Sexual Assault Across the Lifespan	June 11-June 14, 2018

To learn more and to register, visit our website or call 732-571-3694.
<http://www.monmouth.edu/school-nursing-health/Continuing-Education-Programs.aspx>

The Marjorie K. Unterberg School of Nursing and Health Studies at Monmouth University is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number P242-8/15-17.

Cast your vote of confidence for the excellent education you received at Monmouth by supporting the Marjorie K. Unterberg School of Nursing and Health Studies Scholarship fund with a gift.



Your gift will ensure that the next generation of healthcare leaders will benefit from state-of-the-art equipment and training opportunities, while sustaining the close personal ties that define a Monmouth education.

Why give to our scholarship funds? We do our best as a university, providing \$55 million a year in tuition aid, but it's not enough. Private scholarships make it possible for more deserving students to enroll at Monmouth, and to stay at Monmouth. Last year, 381 Monmouth students received support from private scholarships, an increase of 18 percent over the previous year. Still, private scholarships only awarded \$1.2 million last year, leaving many deserving students scrambling to pay for tuition, or simply unable to enroll.

From bachelors to the DNP, there are many students with financial need. Providing scholarships to individual students not only helps them to achieve their dreams but also provides exponential benefits to Monmouth University—and all of our students and alumni. Annual scholarships help attract outstanding students and boost student retention and graduation rates. As a result, Monmouth's rankings and reputation rise, adding value to the degrees held by all alumni. To donate use the following link and select "scholarships" from the menu. <https://www.monmouth.edu/give/?tracking=2017EMSONHS1>



Doctor of Nursing Practice (DNP)

- 36-credit program that prepares nursing leaders who will improve health care outcomes. Focus is on healthcare leadership.
- Optional nursing education electives (12 credits).
- Flexible part-time program offered totally online, with students' choice of taking one or two courses a semester (fall, spring, and summer).

Application Due Dates: July 15—Fall Semester; December 1—Spring Semester; May 1—Summer Semester

FOR MORE INFO VISIT: WWW.MONMOUTH.EDU/DNP

Co-Directors of the DNP Program:

- Dr. Cira Fraser PhD, RN, ACNS-BC cfraser@monmouth.edu 917-482-1724
- Dr. Colleen Manzetti, DNP, CNE, CNLP cmanzett@monmouth.edu 732-261-1761



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