

MONMOUTH UNIVERSITY

MARJORIE K. UNTERBERG SCHOOL OF NURSING AND HEALTH STUDIES

Notes on Nursing

"The bad news is time flies. The good news is you're the pilot".

Michael Althsuler

The Dean is a Diva

By Barbara Paskewich

Normally the front page of the Newsletter is reserved for notes "From The Dean's Desk", but this issue will be dedicated to honoring the accomplishments of The Dean.

On December 2, 2004, Marilyn Lauria, Dean of the Marjorie K. Unterberg School of Nursing and Health Studies received the "Diva Award" by the New Jersey State Nurses Association. The "Diva and Don" program was established to honor individuals who have made significant contributions to the Nursing profession in NJ. It was an award that the faculty and the staff of the School of Nursing believe was well deserved.

From early in her career Dr. Lauria held the belief that advanced education would be a key factor in promoting and increasing the professional status of nurses. Within twelve years of receiving her BSN from Hunter College she had earned both a Masters Degree in Nursing Education and a Doctoral Degree in Health Education from Teachers College Columbia University. Her focus on the importance of education would lead her to play an active role in advancing the academic status of hundreds of nurses.

Every student who has graduated from The Marjorie K. Unterberg School of Nursing and Health Studies has done so through the leadership of Dr. Marilyn Lauria. She established the BSN program in 1981, serving as its founder and chair. Chances are that if you are reading this newsletter you are aware that the School has seen significant growth since then, and now offers BSN, MSN and Certificate programs in a variety of specialty areas.

In 2003, in commemoration of the first graduation from the BSN program the school conducted a survey of the approximately 500 nurses who have graduated with nursing degrees from Monmouth University. The results were impressive and showed that the majority of these nurses are working locally. Over half of those who responded had earned Masters degrees. The Dean is proud of the accomplishments of the alumni, many who have gone on to earn advanced degrees and many of whom hold leadership positions. It is also interesting to note that in her role in nursing education, Marilyn Lauria has had five distinguished students who would become faculty members at the University; Laura Jannone, Laura Kelly, Janet Mahoney, Pat Reineke and Linda Rosen (now retired).

When asked what she considered to be a positive change in the nursing profession in the last 25 years, Dr. Lauria noted, "There are increasing numbers of nurses in leadership positions today and there is greater recognition and autonomy for nurses. This goes hand-in-hand with increased education."

In order to note the other areas in which Dr. Lauria has been involved in nursing leadership, we would need an additional page (or two). To name a few, she currently serves as Chair of the Board of Directors of Planned Parenthood of Central New Jersey. She is a member of the Brookdale Community College Advisory Committee, the Advisory Council for the Ann May Center for Nursing, the Monmouth Medical Center Nursing Education Council, the Board of the Visiting Nurse Association of Central Jersey and is founder of the Monmouth/Ocean Nurse Leaders Association (MONLA).

On behalf on the faculty and the staff of the School of Nursing and Health Studies, we congratulate Dean Lauria.



Milestones - Dr. Cira Fraser

Dr. Cira Fraser was promoted to Associate Professor and received tenure on July 1, 2004. While this promotion is noteworthy, it is one of many accomplishments on record for Dr. Fraser this year. To begin, she has been invited to be a grant proposal reviewer for the Italian Multiple Sclerosis Society. Her study which was published in June 2004, has been selected as the winner of the 2005 Journal of Neuroscience Nursing Writing Excellence Award. This is a Prospective Study of Adherence to Glatiramer Acetate in Individuals with Multiple Sclerosis. The award will be made at the American Association of Neuroscience Nurses Annual Meeting in Washington, DC in April. She was the principal investigator of this study and the co-investigators are Linda Morgante, RN, MS from Mt Sinai MS Center, Olympia Hadjimichael MPH from Yale University, and Timothy Vollmer, MD is a neuroimmunologist and the Director of Neurology at Barrow Neurological Institute in Phoenix, AZ. The publication is as follows: Fraser, C., Morgante, L., Hadjimichael, O. & Vollmer, T. (2004). *A Prospective Study of Adherence to Glatiramer Acetate in Individuals with Multiple Sclerosis*. Journal of Neuroscience Nursing, 36 (3), 120-129.

The following are additional publications and presentations that Dr. Fraser made this past Fall:

- *Basics of Conducting Nursing Research* presented at the 2nd Annual MS Professional Conference by the National MS Society, November 12, 2004, Denver, CO.
- *Demystifying the Process: Developing a Study from Practice*, presented at a conference co-sponsored by Monmouth Medical Center and Monmouth University, Application of Research in the Practice Environment, October 29, 2004, West Long Branch, NJ.
- Uccelli, M.M., Fraser, C., Battaglia, M.A., Maloni, H & Wollin, J. (2004). *Certification of multiple sclerosis nurses: An international perspective*. The International MS Journal, 11, 44-51.

Outside of her nursing practice, Cira has studied traditional style Japanese martial arts for 18 years at Tokyo Karate on Staten Island. On January 30th, she was promoted to Sensei, fourth degree black belt. Fraser notes, "The unity of body and mind are essential as one directs the flow of energy in fighting forms, katas and fighting techniques. The main purpose of martial arts is to use what is learned to improve your life. This is achieved by being focused, confident, persevering and having the flexibility to adapt to a changing world."

On a personal note, both of her children have chosen to devote their lives to caring for others. Her son, LTJG John J Fraser, is a physical therapist at Okinawa Naval Hospital, Okinawa, Japan. John recently wrote and submitted a paper on embedding Navy Physical Therapists with the Marines on the battalion level and operational Navy units. He proposed that the Physical Therapist would serve as an orthopedic physician extender in the training environment, deployed onboard ship, and on the line. John is completing his

Doctorate in Physical therapy (DPT) through distance learning at St. Augustine University, Florida.

Her daughter, Anne Fraser, is studying nursing at St. Vincent's School of Nursing on Staten Island and will graduate this June. Anne graduated Monmouth University in 2003 as a dual major in education and history. Anne always tells others how much she loves Monmouth University and plans to return for a graduate degree in nursing in the near future.

Milestones - Faculty News

Cira Fraser, PhD, APRN, BC, MSCN, Diane Meehan, PhD., APRN, BC, Sharon Stark, DNSc, RN, APRN, BC, Janet Mahoney, Ph.D., RN, APRN, BC and Sue Polito, RN, MSN, ANP-C - gave a poster presentation on "A Comparative Study of Self-Efficacy and Hope in Men and Women with Multiple Sclerosis" at the Consortium of Multiple Sclerosis Center's Annual Conference, The Art and Science of Multiple Sclerosis, June 4, 2004 in Toronto, Ontario, Canada.

Laura Jannone, Ed.D(c), RN, CSN - attended a two day training "Quit 2 Win" A Teen Smoking Cessation Program at UMDNJ. Laura is planning on instituting the program in Red Bank Regional High School with the help of the Student Assistance Counselor and School Nurse there. Laura will be doing her dissertation on this curriculum. She will be collecting data statewide from other schools also using this curriculum.

Laura Kelly, Ph.D.(c), RN, APN, BC - presented "Using Reflective Journals to Measure Course Outcomes" at the NLN Educational Summit in September, 2004. She also presented "Assessing the Sexual Health of Adolescents - Asking the Right Questions" to New Brunswick B.O.E., Social Workers, Nurse and Substance Abuse Counselors on December 8, 2004. Laura received \$15,000 from The Nurse Faculty Loan Program for her dissertation work at Rutgers University.

Laura Kelly, MS, RN, APN, BC and Barbara Paskewich, RN, MA - presented "What's Love Got to do With it? - Sexual Health Assessment in the New Millennium" at NJSNA Region 6 Dinner in October, 2004

Janet Mahoney, Ph.D., RN, APRN, BC - was promoted to Associate Dean, October 2004. Congratulations! She gave a poster presentation on "Sense of Belonging in Graduate Students Enrolled in an On-line Versus Face-to-Face Advanced Research Course" at the AACN Master's Education Conference, February, 2005, in San Diego, CA. This work was also presented at the Faculty Development Institute, January, 2005, in Las Vegas, NV.

Janet Mahoney, Ph.D., RN, APRN, BC, Sharon Stark, DNSc, RN, APRN, BC and Diane Meehan, Ph.D., APRN, BC - were presenters at a continuing education program "End of Life Nursing Care", December 2004, at Monmouth University.



Pat Reineke, MS, RN, CSN and Laura Jannone, Ed.D(c), RN, CSN - have been working with the NJ State School Nurse Educator Consortium. Pat is serving as secretary to this group.

Students & Alumni

Anne Marie Mercadante, current MSN student - had a baby boy, Andrew Michael, born on January 17, 2005. Congratulations!

Trina Dattolo, current BSN student - had a baby girl, Gianna Patricia, born on January 20, 2005. Congratulations!

Mickey Coles, current MSN student in Nursing Administration - received a nursing scholarship from the Ann May Center for Nursing.

Rachel Behrendt, current MSN student in Nursing Education – was named to the Editorial Review Board for the *Clinical Journal of Oncology Nursing*.

Jacqueline Decker, current BSN student – won the Monmouth Medical Nursing Research Award in 2004. She was featured in a video commercial for nurse recruitment that is currently being aired on CN8.

Susan LaPotin-Dampf, current MSN student – received the Ann May Center for Nursing, Ocean Medical Center Scholarship for 2005.

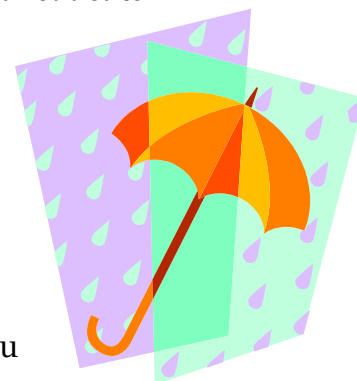
Donna Hawley, current BSN student – received the Ann May Center for Nursing, Riverview Medical Center Scholarship for 2005.

Roselyn Young, current MSN student – has taken a new position as clinical educator in Maternity at Jersey Shore University Medical Center.

What's new with you? Please let us know for our next newsletter.
E-mail Barbara Paskewich at bpaskewi@monmouth.edu

Notes on Nursing

Lambda Delta News – Applications for membership into the Lambda Delta Chapter of Sigma Theta Tau, Int. are available in the School of Nursing and Health Studies located on the 3rd floor of McAllan Hall. If you would like more information please contact faculty advisor, Dr. Janet Mahoney at 732-263-5271 or email jmahoney@monmouth.edu.

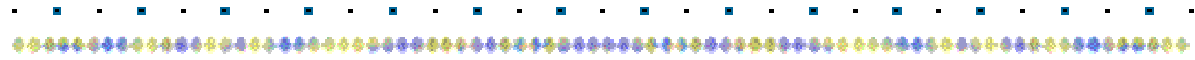


Monmouth University Association of Professional Nurses (MUPNA) -

The Monmouth University Professional Nurses Association will be holding its Spring '05 Social on March 2nd in McAllan Hall. Please contact the nursing office for further details or look for information posted on the bulletin board in McAllan Hall. We look forward to seeing many new and returning students there.

Current students should take the opportunity to look at the MUPNA website, which can be accessed through the University's e-learning site. Our goal in creating the website was to provide a venue to bring the student body together as community and to be a place where students could get information related to professional and academic events. We have recently added the Scholarship packet to the site! An instruction sheet with directions on how to access the site will be distributed to students at the Social and will also be available at the nursing office. If you have suggestions, questions or concerns, please contact Karen Abate at KSAbate@aol.com.

Ballots will be distributed this month for MUPNA elections for the next school year. If you or anyone you know may be interested, please contact Professor Laura Kelly. We at MUPNA would like to thank all the faculty and staff that have made this organization possible. It has been a long year with many struggles, but with all your wonderful support, we are official. Many thanks to Dean Lauria, Professor Kelly, Barbara Paskewich and all the faculty and staff for their time and patience.



Make a Note of These Dates

- March 7, 2005** **Lambda Delta Meeting - Topic - Designing a Research Topic**
- March 11-12, 2005** **MCSNA 1st Annual Conference - "The Changing Tides of School Nursing"**
Ocean Place Resort and Spa, Long Branch
Featured Speaker: LeAnn Thieman, Author of "Chicken Soup for the Nurse's Soul". For more information contact: Laura Jannone at 732-263-5457.
- April 11, 2005** **MCSNA Meeting** - Wilson Auditorium, 7:00 pm
Dr. Meg Fisher, Dept Chair of Pediatrics at Monmouth Medical Center, to speak on Childhood Obesity.
- April 14, 2005** **Health Fair** - The BSN students in NU 414 will be providing a Health Fair at Monmouth University for the campus community. The program will be held in Anacon Hall. For more information contact Dr. Diane Meehan at 732-263-5216.
- April 29, 2005** **Lambda Delta Research Day, Riverview Medical Center**
- May 9, 2005** **Lambda Delta's Annual Induction and Award Dinner**
Monmouth University, Magill Commons, The Club, 6:00-8:30 pm
- May 16, 2005** **MCSNA Dinner** - Our House Restaurant, Farmingdale, NJ, 5:00 pm
Stanley Nartowicz, Financial Planner speaking on
Take Care of Your ... Retirement Money.
- May 18, 2005** **Graduation!**
- June, 2005** **NJSNA Region 6 Annual Meeting** - Holiday Inn, Tinton Falls, NJ
- July 5-15, 2005** **Nurse Camp** - For students in middle school interested in nursing to be held on campus at Monmouth University. For more information contact Barbara Paskewich at 732-571-3694.

For Your Information: Computers and Health

Dr. Fraser recommends the following Websites:

Normal Pressure Hydrocephalus - My own father had NPH and was misdiagnosed for many years. NPH has a triad of symptoms - a gait that looks like the feet are glued to the floor, mild dementia and bladder problems. It is believed that 1 in 200 adults over the age of 55 have NPH. NPH is easily treated with the insertion of a shunt in the lateral

ventricle of the brain. Some of the risk factors include diabetes, hypertension, and head trauma. The website has a video showing the gait and the current commercial being aired by Johnson & Johnson.

Neurology and MS Scan - This website has scholarly publications on several neurological conditions that are available as PDFs and can be downloaded and saved. It also is the new home to MS Scan (I am the Editor). Anyone interested in a nursing perspective in Multiple Sclerosis can download the nursing monographs that provide an overview of all that is important for nurses to know about MS.

Continuing Education - Spring 2005

***Pediatric Physical Assessment* Friday, March 18, 2005 10:00 am—4:00 pm**

Nursing Lab 3rd floor McAllan Hall

NJSNA Contact Hours: 6.0 (an approved ANCC provider)

The fee is \$65.00 (\$50.00 MU students) A light lunch is included.

Presenters:

Steve Miller, DO - Pediatrician with Navesink Pediatrics

Laura Jannone, RN, MS - Coordinator of the School Nurse Certificate Program and Faculty Member at Marjorie K. Unterberg School of Nursing and Health Studies at Monmouth University



***Teaching Methods for Sexual Health Education* Friday, April 1, 2005 9:00 am—4:00pm**

Bey Hall, Room 222

NJSNA (an approved ANCC provider) pending approval: 6.0

The fee is \$70.00. A light lunch is included.

Presenters:

Laura Kelly, MS, RN, APN, BC - Assistant Professor, Marjorie K. Unterberg School of Nursing and Health Studies

Barbara Paskewich, MA, RN - Special Projects Coordinator and Adjunct Faculty, Marjorie K. Unterberg School of Nursing and Health Studies

Mary Ann Troiano, RN, MSN, FNP - Specialist Professor, Marjorie K. Unterberg School of Nursing and Health Studies

This course is designed to help educators faced with the challenge of providing current, meaningful information about sexual health. Teaching methods, tips and techniques to help educators design classroom materials will be presented.

The Nursing Leadership Institute - (co-sponsored with Monmouth Medical Center's Patient Care Services - Nursing Division)

Three Sessions - Monday April 11, Thursday May 12 and Monday June 6, 2005

The Club at Monmouth University, 9:00 am-3:00 pm

NJSNA (an approved ANCC provider) contact hours: pending

The fee is \$300.00 for three session. Attendance is required at all 3 sessions.

The goal of the institute is to promote professional development, job advancement and best practice in the workplace. The institute was designed to honor and support nurses as they meet the challenges and demands of leadership in the healthcare setting. The participants will have an opportunity to assess their own skills, identify leadership competencies and explore strategies to improve nursing care and patient services. Participants will receive a nursing leadership certificate upon completion of the program.

***Sexual Assault Nurse Examiner (SANE) Program* June 7 - 11, 2005**

Nursing Lab 3rd floor McAllan Hall

NJSNA (an approved ANCC provider) contact hours 42.7

The fee is \$650.00 (For Monmouth University Forensic Nursing students this course will satisfy the requirement for the SANE course in the certificate and MSN program.)

This 40-hour program is open to any RN who has at least 2 years recent clinical experience and is interested in obtaining the in-depth knowledge and skills needed in order to provide effective health care and services to the victims of sexual assault.

Presented by:

Eileen Allen, MSN, RN, FN-CSA, SANE-A - Nationally certified practicing sexual assault nurse examiner, coordinator of the first county wide program in NJ.

Medicolegal Death Investigation June 13-17, 2005 8:30 am - 4:30 pm

Fee: \$650.

For Monmouth University Forensic students this course will be an alternative for the SANE requirement in the certificate and the MSN program. This program has been developed by the Criminal Justice Department at Monmouth University. Questions regarding program content should be referred to Penny Moore at 732-571-7567 or email pmoore@monmouth.edu.

This five day program is designed to provide training for the medicolegal investigation of death. The program is suitable for individuals involved with death investigation including: forensic nurses, medical examiners, death investigators, law enforcement and health professionals.

Substitute School Nurse Workshop June 27, 2005 11:30 am - 4:00 pm

Nursing Lab 3rd floor McAllan Hall

The fee is: \$65.00

Substitute Nurses are needed in many school districts! If you are a RN and would like to learn more about this job opportunity, you should attend this program. The class is taught by members of the executive board of the Monmouth County School Nurse Association (MCSNA) and faculty from the School of Nursing and Health Studies. It is designed to present an overview of the responsibilities of the Substitute School Nurse. The instructors will present modules on current health issues, health office equipment and documentation.

Presenters:

Laura Jannone, EdD(c), RN, CSN - Assistant Professor, and Coordinator of the School Nurse Program at the Marjorie K. Unterberg School of Nursing and Health Studies

Pat Reineke, RN, MA, CSN - Specialist Professor, Marjorie K. Unterberg School of Nursing and Health Studies

Continuing Education Registration Form

Please return with payment to: Monmouth University, School of Nursing and Health Studies
West Long Branch, NJ 07764
Attention: Barbara Paskewich, Special Projects Coordinator
Phone: (732)571-3443

Name _____

Please check selection

Address _____

Sign up for:	Date	Fee
<input type="checkbox"/> Pedi Assessment	3/18	\$65/\$50
<input type="checkbox"/> Teaching Sex Health	4/1	\$70
<input type="checkbox"/> SANE	6/7-6/11	\$650
<input type="checkbox"/> Death Investigation	6/13-6/17	\$650
<input type="checkbox"/> Sub SN Workshop	6/27	\$65
<input type="checkbox"/> Nursing Leadership	4/11,5/12,6/6	\$300

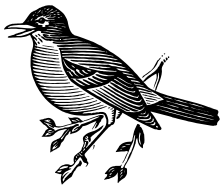
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Amount enclosed _____

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Make checks payable to Monmouth University

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