

# MONMOUTH UNIVERSITY

## MARJORIE K. UNTERBERG SCHOOL OF NURSING AND HEALTH STUDIES

### **Notes on Nursing**

*“Education is the power to think clearly, the power to act well in the world’s work, and the power to appreciate life.” Brigham Young*

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#### **From the Dean’s Desk**

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

I am pleased to welcome two new faculty members, Professors Sue Polito and Kathleen Maher to the School of Nursing and Health Studies; each brings a diversity of experience to the school. Professor Maher is highlighted in this issue’s milestones on page 2.

When our department opened in 1981 we had three faculty members and in 1998 when the department became a school, this numbers had doubled to six. We begin the 2004 semester with a full-time faculty of twelve. We have now officially out-grown the table in the conference room!

Our faculty has grown and the programs offered by the school have evolved in many ways. In 1995, we opened the Graduate program with 24 students, this semester we have over 220 students enrolled. We offer a variety of nursing concentrations including nurse practitioner, administration, education, forensics and school nursing. In addition to the traditional classes, many classes are web enhanced and some are held on-line. The school has become more involved in community and campus health education. For example, the majority of our health studies courses fill to capacity and the college health fair held in the Spring by senior B.S.N. students was outstanding. Our continuing education programs are well attended by students, faculty and health professionals from NJ, the New York Metro area, as well as from Pennsylvania.

The faculty are busy putting the finishing touches on the preparation for the Commission on Collegiate Nursing Education (CCNE) site visit for reaccreditation. The visit is scheduled for November 1-3. We will be calling upon some current students, alumni, advisory council members and clinical site representatives to meet with the visitors during this time.

As you know, accreditation in nursing is a hallmark of excellence. The faculty has done a great deal of work and is confident that we will demonstrate to the visitors, the high quality of education that we provide on both the Undergraduate and Graduate Levels.

We are pleased to announce that we have received a grant to offer a “nurse camp”, to provide middle school students an opportunity to learn about nursing and other health professions. By reaching this age group we hope to help young people develop an awareness of professional opportunities at a time when they are beginning to consider college and career plans.

One of the directions that we envision as a school is to be a center of life-long learning in nursing and we feel that we are well on our way to meeting this goal.

With the upcoming election I would like to take this opportunity to encourage all to vote. As always many of the issues directly involve healthcare and health services. If you would like more information about current legislative issues, we are offering a dinner lecture on the Nurses’ Role in Health Policy. I invite all to attend. Details about this program can be found on page 7, of this newsletter.

## Milestones - Welcome to Professor Kathy Maher

On behalf of the faculty and staff of the School of Nursing, we welcome Professor Kathy Maher! During an interview earlier this month, she made an observation that one of the best things about the nursing profession is the diversity of the job opportunities. Her background is a testimony to this belief, as she has worked in many areas over the years – most recently in quality assurance at Monmouth Medical Center.

Nursing education has truly been the focus of her extensive experience. In addition to clinical and classroom teaching, she served as Director of the Ann May School of Nursing for 8 of the 15 years that she worked there. She says that she was very anxious to get back to nursing education and will be teaching graduate courses in both research and nursing theory this fall.

Kathy attended St. Francis Medical Center School of Nursing, received her B.S.N. and M.S.N. from University of Pennsylvania and is A.B.D. (all but dissertation) for Ed.D in Nursing Education, Teacher's College, Columbia University. Her interests in nursing include patient safety and quality care (specifically on ways to reduce errors in medical care).

On a more personal note Kathy has many interests including travel. She looks forward to visiting England and Wales in the near future and also would like to travel down the Panama Canal. She is an avid reader. "I enjoy mysteries and have read almost everything by Andrew Greeley," Maher notes. The current book on her bedside table is *Scarlet Feather* by Maeve Binchy. She highly recommends *John Adams* by David McCullough and commented that this was one of the best books she read this year.



## Milestones - Faculty News

**Marianne Darden, RN, MSN, CNOR(E), CNA, CLNC** – *has retired her Nurse Operating Room (CNOR) certification and is now CNOR emeritus. This summer she taught classes on Food and Medication Interactions for UPENN's Pennsylvania Nurse Consulting Service.*

**Cira Fraser, Ph.D., APRN, BC, MSCN** – *was promoted to Associate Professor and granted tenure as of July 1, 2004. Congratulations! On June 4, 2004, Dr. Fraser presented a poster titled "The Use of Technology in a Prospective Nursing Study" at the Consortium of Multiple Sclerosis Nurses in Toronto, Canada.*

**Laura Jannone, MS, RN** – *passed the comprehensive examination and is now a doctoral candidate at Teachers College, Columbia University. Laura is the recipient of the Caroline E. Stockpole and George & Enid May Scholarships for her doctoral studies. On July 11, 2004, Laura presented a poster titled "Clinical Challenges in School Nursing" at the National Association of School Nurses Association in Seattle. In July 2004, she presented "Neglect, Abuse & Maltreatment" and "Cardiovascular Assessment of the School Age Child" at the National Association of School Nurses-Regional Symposium in Atlantic City. Additionally, in August she also presented "Cardiovascular Assessment of the School Age Child" in Chicago. In September 2004, Professor Jannone was a guest presenter at the annual training for NYC Public School Nurses & Public Health Advisors.*

**Laura Kelly, RN, MS, CNS, C & Barbara Paskewich, RN, MA** - were observation and support group leaders at NATISHE (North Atlantic Training Institute for Sexual Health Educators) at the Rensselaerville Institute in NY, August 1-5<sup>th</sup>.

**Marilyn Lauria, Ed.D., RN & Sharon Stark, DNSc, APNC, RN** - appeared on the cover of *Nursing Spectrum's* August 23, 04 issue! They were interviewed and their comments appeared in the cover story, "Break Free - Moving on to Advanced Practice Care".

**Diane Meehan, PhD., APRN, BC** - presented at the First Annual Nurse Educators retreat for Meridian Health Systems on "Writing More Effective Test Questions" on June 11.

**Patricia Reineke, MS, RN, CSN** - is a recipient of the 2004-2005 Nurse's Educational Funds, Inc. Scholarship to support her doctoral studies at New York University. In July 2004, Professor Reineke presented "Respiratory Assessment" and "Obesity: The New Epidemic" at the National Association of School Nurses Regional Symposium in Atlantic City. In September 2004, she was a guest presenter at the annual training for NYC Public School Nurses & Public Advisors.

### **Milestones - Student & Alumni News**

**Sharan Burke** - currently enrolled in the Masters Program in the Nursing Education track has assumed a position as Nurse Educator in the Magnet Model of Care Unit: Renal/Medical Surgical area, at Jersey Shore University Medical Center.

**Heather Dority** - currently enrolled in the Masters Program in the Family Nurse Practitioner tract will be married on September 25 to Michael Juliano.

**Michelle Ramkissoon, BSN 04** - was married to Eric Scheutz in Trinidad on July 31, 2004.

**Rosa Ramos** - currently enrolled in the Masters Program in the Family Nurse Practitioner track is a member of the Air Force Reserves. Since 9/11 Rosa estimates that she has spent 5 months of each year on active duty as a flight nurse. In May she was deployed to Iraq and spent a great deal of time flying to "hot spots" picking up wounded soldiers. Her job responsibilities consist of providing critical care 25,000 feet in the air where it is not unusual to be the target of shell fire. "You pray and hope to God that everything will be fine," she says. Ms. Ramos feels very positive about the changes in health services that she has seen in Iraq. She says that they are dramatically improving the quality of care and that the U.S. government is helping to both rebuild and re-establish health care for the citizens.

**Laura Sofield, RN, MSN** - received a post masters certificate in '03 - coauthored a journal article for *Orthopaedic Nursing* in the July-August 2003 issue "Workplace Violence-The Registered Nurses' Perception of Verbal Abuse and Intent to Leave Acute Care Nursing"

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## Monmouth University Professional Nurses Association

*Notes from Karen Abate President 2004-2005*

*The Monmouth University Professional Nurses Association is off and running! Ours is the first virtual club at Monmouth and as such nurses are once again opening new areas for others! Please take a few moments to view and get familiar with the site which is accessible through e-learning. Our Fall Social is scheduled for September 23rd, 6:30 in McAllan Hall room 328. We hope you all will be able to attend and meet faculty members as well as fellow students. Refreshments will be served. Our October MUPNA meeting is scheduled for October 6th at 2:30pm in the McAllan Hall, 3rd floor conference room. As always, these meetings are open to all students and the minutes/ agenda will be available on the website. Thanks to both faculty and fellow students who have invested so much time and energy into this organization. We are looking forward to a wonderful and exciting year for MUPNA.*

### **Lambda Delta News -**

*Notes from faculty advisor, Dr. Janet Mahoney*

*Meeting dates can be found in the Save This Date section of the newsletter. If you would like more information please contact Dr. Mahoney at 732-263-5271 or email: [jmahoney@monmouth.edu](mailto:jmahoney@monmouth.edu)*

## Make a Note of These Dates



- October 4,            **Lambda Delta Board Meeting - 6:30pm**  
Place: Magill Commons Club - Lounge/Patio
- October 9,            **Alzheimer's Association's Memory Walk 2004**  
Lambda Delta's "Team Sigma" will be walking again  
to raise donations to fight Alzheimer's Disease.  
**Place:** Little Silver Park, Point Pleasant Beach, NJ  
**Time:** Registration begins at 9:00am  
For information contact: Joanne McGurl: (732) 229-4885.
- October 29,           **Application of Research in The Practice Environment - 8:30am**  
Co-Sponsored by Monmouth Medical and the Marjorie K.Unterberg  
School of Nursing and Health Studies.  
**Place:** Monmouth University - Rebecca Stafford Student Center  
For information contact: 732-923-6833
- November 1,           **Lambda Delta Board Meeting - 6:00pm**  
Place: Magill Commons Club - Room 107
- November 15,        **Monmouth County School Nurses Association - 7:00pm**  
Place: Wilson Auditorium - Monmouth University  
For information contact: Laura Jannone at 732-263-5457.
- December 6,           **Lambda Delta Board Meeting 6:00pm**  
Place: Magill Commons Club - Room 109



## PROTECTING YOUR PC FROM MALWARE: PART II

In the last issue of this *Newsletter*, the importance of protecting your home computer from malware was introduced. The use of Windows XP as your operating system and the installation of a comprehensive anti-virus suite were described as first steps in making your computer secure.

**Installing a "firewall"** is another essential step you should consider taking. Firewalls tend to reduce the opportunity for hackers to install malware on your computer (without either your permission or awareness) by (1) blocking internet access points on your computer (called "ports") or (2) making your machine "invisible" on the www. Not having firewall protection is like leaving your car running with the doors unlocked and the keys in it which a thief might interpret as "please steal me". You obviously do not want to be in such a position.

Firewalls ideally should be inexpensive and easy to install and use, offer clearly explained configuration options, hide all ports to make your PC invisible to scans, protect your system from all outside attacks, track all potential and actual threats,

immediately alert you to serious attacks, and stop your computer from revealing information to the outside world about the contents of your machine thereby ensuring that nothing unauthorized has entered or left your PC. The most popular purchasable personal firewalls include the following:

**Agnitum Outpost Personal Firewall Pro 2.0**

**Kerio Personal Firewall 4**

**McAfee Personal Firewall Plus 2004 v5**

**Sygate Personal Firewall Standard**

**Zone Labs Zone Alarm Pro**

Freeware versions (i.e. not costing you a cent,) can be downloaded at:

<http://www.spychecker.com/software/firewall.html> or

<http://www.webattack.com/freeware/security/fwfirewall.shtml>.

***Please be careful not to have more than one firewall installed at one time.***

Another thing you need to do is to **install anti-spyware software**. “Spyware” is a type of tracking software on your system, which, through the use of your Internet connection, transmits information found on your machine (your surfing habits, software, credit card numbers, etc) to firms collecting such information. The point of this is that **you may have a "live" server sitting on your PC sending information about you to a remote location.** In addition to making your machine vulnerable, spyware consumes system resources resulting in the slowdown of your computer. The first time you run a spyware system scan, you may be surprised at the total number of these scripts transmitting information about you and your machine. You can significantly reduce the spyware problem by downloading and installing a program called: “Spybot- Search & Destroy.” This freeware (along with other anti-spyware programs) can be found at: <http://www.spychecker.com/software/antispay.html>

Finally, you should **install anti-adware software**. Adware is any software application in which advertising banners are displayed while the program is running. The authors of these applications include additional codes that delivers the ads, which can be viewed through pop-up windows or through a bar that appears on a computer screen. To effectively counter adware, you need to install each of the two following programs:

**Ad-aware 6.0 build 181** freeware available at:

<http://download.com.com/3150-2001-0-1-2.html?qt=0403ANTISPY>

**POP-UP STOPPER PRO:** available at: <http://www.panicware.com/> This excellent program will cost to \$30 and is worth every cent because it is highly effective.

Freeware editions of anti-popup programs can be found at:

<http://www.fdepot.com/freepopup.asp>

Now that you have installed software protecting your machine, you still aren't finished! Remember to do full system scans each week at minimum. Each of the programs mentioned above use databases of malware which tend to be updated when new malware appears on the scene. It is important, therefore, that you update this software weekly (new databases are usually issued on Thursdays.)

Next issue: **How to Keep Your Computer's Hard Drive Clean.** Good luck and safe computing!!!!

**Continuing Education - Fall 2004**  
**Monmouth University**  
**Marjorie K. Unterberg School of Nursing Studies**



**The Nurses' Role in Health Policy – Dinner Lecture**

Date: Monday, October 11, 2004

Time: 6:00 pm – 8:00 pm

Place: The Club at Magill Commons, Monmouth University

Fee: \$10. This program is being sponsored by the School of Nursing and the fee covers the cost of the dinner.

NJSNA Contact Hours: 1.8

**Presenter: Sharon R. Rainer, MSN, RN, APN,C** – The Associate Director of Legislative Affairs and Marketing for the State of New Jersey State Nurses Association.

This program will provide nurses with insight into the legislative and regulatory processes affecting healthcare. Strategies for influencing public health policy and an understanding of the importance of nurses role in the policy making process will be offered.

**Advanced Pediatric Physical Assessment**

Date: Friday, November 19, 2004

Time: 9:00 am – 3:00 pm

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

Fee: \$65./\$55. for MU Students (A light lunch is included in the program fee.)

NJSNA Contact Hours: 6.0 – provided by Monmouth Medical Center.

*(This program is jointly sponsored with Monmouth Medical Center.)*

**Presenters: Steve Miller, DO, Pediatrician and Diane Meehan, Ph.D., APRN, BC**

This 6-hour course will focus on the assessment of the school age child. The objectives include developing techniques for assessing and planning appropriate nursing intervention in the following areas: respiratory, cardiovascular, dermatological, musculoskeletal, and psychosocial.

**End of Life Nursing Care**

Date: Friday, December 3, 2004

Time: 9:00 am – 3:00 pm

Place: Bey Hall, Room 222

Fee: \$65./\$55. for MU Students (A light lunch is included in the program fee.)

NJSNA Contact Hours: 6.0 – provided by Monmouth Medical Center.

*(This program is jointly sponsored with Monmouth Medical Center.)*

This 6-hour course utilizes materials designed by the End of Life Nursing Education Consortium (ELNEC) and explores strategies to improve medical services for patients and support for families at the end of life. The material offers guidelines for nursing care including techniques for meeting the complex physical, psychological and social needs of both the patient and caregiver.

## Sexual Assault Nurse Examiner (SANE) Program

Date: January 2005

This class will meet Tuesdays and Thursdays from 5:30 – 9:30 pm for 3 weeks on January 4, 6, 11, 13, 18 & 20 and two Saturdays from 9:00 am – 5:00 pm on January 8 & 22.

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

Fee: \$650.

NJSNA Contact Hours: 42.7

**Presenter: Eileen Allen, RN, BSN, SANE-A**

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. The focus of the course material will include the biological, psychological and social dynamics of sexual assault including care of both male and female survivors. The program will provide training utilizing state of the art equipment. Time will be spent in both the class and clinical laboratory settings.

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## Continuing Education Registration Form

Please return with payment to: Monmouth University, School of Nursing & Health Studies,  
ATTN: Barbara Paskewich, West Long Branch, NJ 07764  
Phone: 732-571-3443

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### Please circle selection

Name _____		<b><u>Date</u></b>	<b><u>Fee</u></b>
Address _____	Health Policy	10/11	\$10
_____	Pedi Assessment	11/19	\$65/\$55
Phone _____	End of Life	12/03	\$65/\$55
	SANE	Jan 05	\$650
E-Mail _____	Amount enclosed _____		

**Make checks payable to Monmouth University**