

MONMOUTH UNIVERSITY

MARJORIE K. UNTERBERG SCHOOL
OF NURSING AND HEALTH STUDIES

Notes on Nursing

"There are no facts, only interpretations."

Friedrich Nietzsche

From the Dean's Desk

Marilyn Lauria, RN, Ed.D

As the fall semester begins, we welcome two new faculty members, Susan Kohl Malone and Dr. Barbara Johnston. Professor Malone is a Certified School Nurse and she will be teaching classes in curriculum instruction, and health studies this semester. In addition to her work for the School of Nursing, she is a diabetic educator. Dr. Johnston will assume the position of the Hess Chair in Nursing Education; she is featured on page two of this newsletter.

There are a number of things to report from the School of Nursing and Health Studies. The Health Studies program shows continued growth. The RN to MSN program is off to a very good start and we are actively planning a Doctor of Nursing Practice (DNP) program. With all the changes, the School continues to expand in student enrollment, faculty members and space on campus. We are pleased to welcome back Dr. Diane Meehan from a two year leave of absence. Dr. Andrea Hope - Forsman is now Dr. Andrea Hope, an Assistant Professor and Dr. Jim

Konopack is the program coordinator for Health Studies.

If you visit McAllan Hall, you will now find that the School of Nursing and Health Studies has offices on the 2nd floor. Doctors Beric, Johnston and Meehan have offices there. Please note that the main office remains on the 3rd floor.

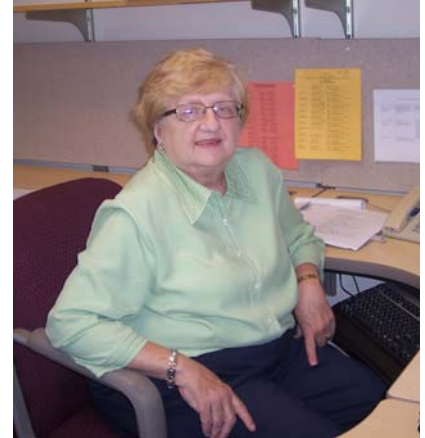
In addition to growth in academic areas, the School of Nursing and Health Studies has increased outreach in both continuing and community education. One of our goals has been to serve as a health education resource within the community and we have begun to incorporate programs into our professional development schedule. An example of this is our annual Healthy Heart Dinner and Lecture which is held in February. We have also taken a lead role in a new collaborative initiative on campus, *The Center for Human and Community Wellness*. The center is designed to develop partnerships to facilitate health and wellness in a variety of ways. Dr. Bojana Beric, a Health Studies faculty member, is co-chair of the center.



Milestones - Dr. Barbara Johnston

Professor Barbara Johnston has assumed the position of Hess Chair in Nursing Education for the School of Nursing and Health Studies. She comes to Monmouth University from Lubbock, Texas where she was the Associate Dean of the Graduate Nursing Program for Texas Tech University.

She views the Hess Chair as a wonderful opportunity and hopes to meet the donor's intent and make an impact within the University and the community. She says, "There is a definite need to improve the healthcare and services for the aging population, their families and caregivers." Her first step will be to assess the community and get a better idea of what is needed. She has an interest in patient safety, specifically in the elderly where poly-pharmacy, improper administration procedures and medication errors are known to have a detrimental effect on health and wellness.



One of Dr. Johnston's areas of expertise is on-line or distance learning. She appreciates the flexibility particularly for adult learners and enjoys the process. Over the years she has learned that you can create a positive learning experience and develop relationships with students in this environment.

An avid football fan, she follows both professional and college teams and now that she has relocated to the East Coast, she will be supporting the local teams. Dr. Johnston has five children, several live in the NY metro area. She will enjoy spending time with them and her extended family here.

Dr. Johnston will be presenting at an upcoming continuing education program offered by the School of Nursing and Health Studies on the *Assessment of the Geriatric Client* on December 12th.

We welcome Barbara Johnston to the School of Nursing and Health Studies.

Faculty News

Bojana Beric, MD, MA, PhD – presented a poster at the Society of Behavioral Medicine on "An Instrument for Measuring Participation in the Health Education Process" in San Diego, CA, March 2008. The research was conducted with Dr. Jim Konopack. She also gave an inaugural lecture on the "Fundamental Principles of Health Education" at the Medical Faculty, University of Novi Sad, Serbia, June, 2008.

Mary Ann Troiano, MSN, FNP – gave a podium presentation entitled "Introducing Homeopathic Medicines and Treatments During a Woman's Lifespan" at the 32nd Annual Planned Parenthood Federation of America Women's Health Conference in Atlantic City, NJ, February, 2008. Professor Troiano also presented on HPV and STDs for the Hudson Perinatal Consortium at JFK Hospital in Edison, NJ, June, 2008.

Kathleen Maher, MSN, RN, CNE - has earned certification as a Nurse Educator.

Joanne McGurl, RN, MSN – presented a research poster co-authored by **Dr. Cira Fraser** entitled “The Psychometric Testing of the Americanized Guy’s Neurological Disability Scale” at the 4th Annual Teva/Sanofi-Aventis Symposium for Nurses “Global Perspectives in MS Nursing: From Nursing Support to Multi-Disciplinary Teamwork” in Stockholm, Sweden, April, 2008

Laura Jannone, EdD, MSN, RN – gave a podium presentation on “Interactive Nursing Education” at The National Association of School Nurses 40th Annual Conference in Albuquerque, NM in June, 2008. She also presented a talk on “Child Abuse” at the Regional Conference of the National Association of School Nurses in Atlantic City, NJ, July 2008.

Sue Polito, RN, MSN – has earned certification as a Gerontological Nurse Practitioner.

Susan Kohl-Malone MSN, RN & Laura Jannone, Ed D, MSN, RN, with Sally Isaacs RN, a current student – presented a poster on the “Evidence Based Management of Head Lice” at the National Association of School Nurses Conference in Albuquerque, NM, June, 2008.



Community Outreach and Volunteer Connection

Laura Kelly, PhD, APRN, BC – Laura and her 19 year old daughter Maggie DiMarco spent two weeks in Kasana Luweero, Uganda this summer. They worked in an AIDS clinic and visited several nursing schools while they were there. She commented that providing care with very limited resources was truly a challenge. “The lack of equipment forces you to focus on critical thinking and rely on basic nursing skills.” She was amazed that the clinic in Luweero had no access to anti-retrovirals until February, 2008, in spite of the fact that the AIDS crisis has been a global pandemic since the mid 80's. She said, “The number of people living with AIDS is astonishing and the government reporting that the number of HIV cases in Uganda is decreasing is just not true. People in rural villages do not have access to testing.”

Dr. Kelly hopes to start a global initiative with one of the nursing schools and offer opportunities for students to visit (virtually and in person) the clinics in Uganda. She hopes to help students at Monmouth University gain an understanding about the difficulties in providing health care to people when there is no health infrastructure.



From the Lambda Delta Chapter of Sigma Theta Tau -

The Lambda Delta Chapter is one of twelve members of the NJ Consortium of Sigma Theta Tau. The consortium organizes an annual Founders Day which will feature a continuing education and dinner program this year. Linda Flynn, PhD. RN, will speak on a "Nurses' Work Environments: Evidence-Based Challenges and Opportunities". The dinner program will be held at the Rutgers Club on October 14, 2008.

The Lambda Delta Chapter of Sigma Theta Tau is pleased to announce that the chapter was selected to receive awards at the Second Biennial Showcase of Regional Excellence this Fall in Indianapolis. The awards represent success and accomplishment in the categories of knowledge, service and leadership.

Photos from the Sigma Theta Tau Induction ~ May



School of Nursing and Health Studies Contact Numbers

Main Number: 732-571-3443

FAX: 732-263-5131

Dr. Lauria, Dean	571-3443
Dr. Mahoney, Assoc Dean	263-5271
Karen Lapenta	571-3443
Diane Hansen	571-3443
Barbara Paskewich	571-3694

Faculty

Dr. Beric	923-4675
Prof. Darden	571-3692
Dr. Hope	263-5307
Dr. Fraser	263-5294
Dr. Jannone	263-5457
Dr. Johnston	923-4669
Dr. Kelly	263-5852
Dr. Konopack	923-4674
Prof. Maher	263-5639
Prof. Malone	923-5271
Dr. Meehan	923-4670
Prof. Polito	263-5673
Dr. Stark	571-3691
Prof. Troiano	571-4431

lauria@monmouth.edu
jmahoney@monmouth.edu
klapenta@monmouth.edu
dhansen@monmouth.edu
bpaskewi@monmouth.edu

bberic@monmouth.edu
mdarden@monmouth.edu
ahope@monmouth.edu
cfraser@monmouth.edu
ljannone@monmouth.edu
bjohnsto@monmouth.edu
lkelly@monmouth.edu
jkonopac@monmouth.edu
kamaher@monmouth.edu
smalone@monmouth.edu
dmeehan@monmouth.edu
spolito@monmouth.edu
swstark@monmouth.edu
mtroiano@monmouth.edu

Make a Note of These Dates

- September 27** Team Sigma will once again represent the Lambda Delta chapter at the annual *Alzheimer's Association's Memory Walk* at Little Silver Park at the Point Pleasant Beach boardwalk. Registration begins at 9am. Donations payable to the **Alzheimer's Association** may be forwarded to: *Joanne McGurl, 6 Chestnut Place, West Long Branch, NJ 07764-1530.*
- October 6** **Lambda Delta Chapter Meeting**, Club 109, Monmouth University.
- October 8** **Founders' Day Convocation at Monmouth University**
2:15 pm, Pollack Auditorium.
- October 14** **The New Jersey Consortium of Sigma Theta Tau International** program: "Nurses' Work Environments: Evidence-Based challenges and Opportunities" New Brunswick, NJ. For more information contact Marianne Duffy, longduff@optonline.net or by phone: (732) 616-0341.
- October 15** **Prevention First Open Hours – For School Nurses, 4:30-6pm**
PRE-REGISTRATION is required www.prevention.org Prevention Education Resource Center and Training Institute.
Dr. Laura Jannone, special guest speaker.
- October 21** **Monmouth County School Nurses Association Meeting, 7pm.**
CentraState Health and Wellness Center, Freehold, NJ.
Topic: Walkable Communities, Speaker: Elise Bremer-Nei, AICP/PP, Safe Routes to School Program Coordinator, NJ Department of Transportation, Office of Bicycle and Pedestrian Program.
For more information contact Kathie Bessinger, President MCSNA, Kathiebessinger@aol.com.
- November 3** **Lambda Delta Chapter Meeting**, Club 109, Monmouth University.
- November 10** **Monmouth County School Nurses Association Meeting, 7pm,**
CentraState Health and Wellness Center, Freehold, NJ.
Check website www.mcsna.org for newsletter.
- December 1** **Lambda Delta Chapter Meeting**, Club 109, Monmouth University.
- January 27** **Monmouth County School Nurses Association Meeting, 7pm,**
CentraState Health and Wellness Center, Freehold, NJ.
- February 2** **Lambda Delta Chapter Meeting**, Club 109, Monmouth University.

Cognitive Behavioral Therapy to Help Youth with Symptoms Following Traumatic Events

Every day, children witness, hear about, or directly experience traumatic events. These can be single or repeated events, on an individual or a mass scale (e.g., a homicide versus a plane crash); they can be natural or manmade (e.g., a tsunami versus a bombing); and they can be intentional or unintentional (e.g., rape versus severe illness).

Based on systematic reviews conducted by CDC's Community Guide staff in collaboration with federal and non-federal experts in research, practice, and policy, the U.S. Task Force on Community Preventive Services (Task Force) recommends the following interventions designed to reduce psychological harm: ***individual cognitive behavior therapy and group cognitive behavior therapy*** for children and adolescents who show psychological symptoms following exposure to traumatic events. In addition, an insufficient evidence was found for the effectiveness of play therapy, art therapy, psychological debriefing, psychodynamic therapy, and pharmaceutical therapy.

The Task Force is a non-federal volunteer group of public health and prevention experts appointed by the Director of the Centers for Disease Control and Prevention (CDC). The Task Force assessed Community Guide systematic reviews of 7 interventions to reduce psychological harm (e.g., depression, post-traumatic stress disorder) to youth following exposure to a traumatic event. Before this review was conducted, many professionals, who work with children and adolescents who have been exposed to trauma, did not know the degree of effectiveness of particular therapies they use in their practices.

The recommendations of the Task Force and related findings can be found in a recently published document titled "The effectiveness of interventions to reduce psychological harm from traumatic events among children and adolescents: a systematic review". This document was prepared by Wethington, H, Hahn, RA, Fuqua-Whitley, D, Sipe, TA, and others, may be found in the September 2008 issue of the *American Journal of Preventive Medicine*.

Submitted by Bojana Beric, MD, PhD, CHES,
SOPHE Ambassador/Liaison to
U.S. Task Force on Community Preventive Services

Dear Students & Alumni,

We would like to have your milestones for the upcoming newsletters. Send us an update. What are you doing and where are you now? Student and alumni milestones will appear in the January edition. Please drop us a line with news, 732-571-3443 or email bpaskewi@monmouth.edu



Fall - Winter 2008 Continuing Education
-----at Monmouth University

Pediatric Physical Assessment

A light lunch is included in the program fee.
October 18, 2008 (Saturday), 9:00am-3:00pm
Fee: \$80

Clinical Update - Cardiovascular Disease

A light dinner is included in the program fee.
October 27, 2008 (Monday), 5:00pm-8:30pm
Fee: \$55/\$45 (MU students and alumni)

An Update on Diabetes Management

(Co-sponsored with Monmouth Medical Center)
A light dinner is included in the program fee.
November 5, 2008 (Wednesday), 6:00pm-9:00pm
Fee: \$55/\$45 (MU Students and MMC employees)

Clinical Update - Respiratory Disease

A light dinner is included in the program fee.
November 10, 2008 (Monday), 5:00pm-8:30pm
Fee: \$55/\$45 (MU students and alumni)

Pediatric Respiratory Care

A light dinner is included in the program fee.
November 17, 2008 (Monday), 5:00pm-8:30pm
Fee: \$55/\$45 (MU students and alumni)

Scoliosis Screening Seminar

A light dinner is included in the program fee.
December 2, 2008 (Tuesday), 5:00pm-8:00pm
Fee: \$40

Assessment of the Geriatric Client

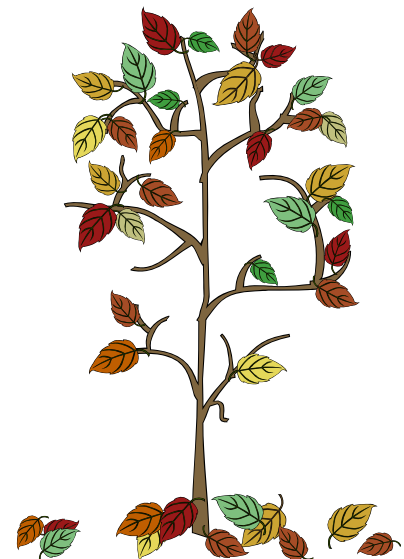
A light lunch is included in the program fee.
December 12, 2008 (Friday), 9:00am-4:30pm
Fee: \$85/\$75 (MU students and alumni)

Writing Workshop: Research Papers in APA Style

January 8, 2009 (Thursday), 5:00-8:30pm
Fee: \$45.00/\$35.00 (MU Students)

Are You Searching for Answers? Simplifying Computer Databases and Search Engines

January 15, 2009, (Thursday), 5:00pm-8:30pm
Fee: \$45/\$35 (MU Students)



Sexual Assault Nurse Examiner - SANE

January 15, 22, 29, February 12, 2009, 4:00pm-8:30pm

January 10, February 7, 2009, 9:00am-5:00pm

*In addition to the class room hours described above, approximately 24 hours of on-line coursework will be required for program completion.

Fee: \$725

Introduction to Spanish

February 11- March 18, 2009 (Wednesdays), 6:00-8:30pm Fee: \$245

Intermediate Spanish

April 8th- may 13, 2009 (Wednesdays), 6:00-8:30pm Fee: \$245

(class will not be held on 3/15)

For additional program and contact hour information visit our website

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

or call the School of Nursing at the number below.

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

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

Please provide the following information:

Program (s) _____ Fee _____

Name _____

Address _____

City, State, ZIP _____

Telephone _____(home) _____(cell)

Email: _____

If you wish to register by mail, return this form with check to: Monmouth University, Marjorie K. Unterberg School of Nursing and Health Studies, 400 Cedar Ave, West Long Branch, NJ, 07764 - Attention: Barbara Paskewich.



**Why come to Monmouth University for Continuing Education?
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400 Cedar Ave - West Long Branch - NJ – 07764