



From the Desk of Dean Janet Mahoney

As we begin a new academic year, I extend warm wishes to the Monmouth University community. We begin this semester looking forward and planning new initiatives and programs. As the School of Nursing and Health Studies grows and evolves, we also look back at numerous notable milestones that have become a part of our 30-year history. Yes, it has been 30 years since the Nursing program began at Monmouth University. Dr. Marilyn Lauria, my predecessor, started the BSN program in fall 1981. As a community, we have seen so many changes and accomplished so much, a celebration is in order. You will hear more about the plans for the 30th Anniversary in the months to come, but save the date of April 30th, for a candlelight dinner and a tour of Wilson Hall. It is a rare opportunity to get a VIP tour of this magnificent historic building and to recognize the individuals, our students, faculty, alumni and friends who have made The School of Nursing and Health Studies programs what they are today.

Our Doctor of Nursing Practice (DNP) program was featured in the summer 2011, issue of the Monmouth University Magazine. Writer Heather McCulloch Mistretta, did a wonderful job of presenting an overview of

In this Issue:

Faculty milestones	2-3
News features	4-5
National Honor Society	6
Dates/Calendar	7
Professional development	7-8

the DNP including many highlights of our program. Scholars in the first cohort have begun their second semester and by December will have completed 12 out of 36 credits. You can download a copy of this magazine by visiting the University Website: http://www.monmouth.edu/about_monmouth/monmouth_magazine/default.asp Applications are currently being accepted for the next cohort; spread the word!

We look forward to honoring Associate Dean, Dr. Sharon Stark, who will receive an award at the NLN, 2011 Nurse Recognition Awards Gala. The event will be held on Friday November 4th at the Pines Manor in Edison.

We welcome three new faculty members to our school: Professors Kathryn Fleming, Julie Schaaff and Dr. Mariama Hubbard. We wish them success and look forward to their contributions as they bring their knowledge and expertise to our programs.

Faculty Feature: Patricia Sciscione, MSN, RN, CEN, CSN

Patricia Sciscione, MSN, RN, CEN, CSN joined the School of Nursing in fall 2010 as a Specialist Professor. She teaches BSN, MSN and Health Studies courses with a focus on school nursing. Both her undergraduate and graduate degrees were from Kean University, and she is currently pursuing a doctorate at Seton Hall University.



Professor Sciscione has a varied background in nursing. She was employed as an emergency room nurse at UMDNJ-University Hospital in Newark, and an education specialist in the Emergency Department of Newark Beth Israel Medical Center. She also worked as a school nurse in the Elizabeth, NJ, public school system. Her doctoral studies center on a decidedly different area of practice. In March of 2011, she was selected by the Seton Hall School of Nursing to present a poster on "The Integrative Review of Literature on Chronic Sorrow" at the Eastern Nursing Research Society conference in Philadelphia. She notes, "The highlight of my summer was an epiphany that occurred late one night that directed me towards my final dissertation topic." She will be conducting a research study to examine the factors affecting adult siblings' intention to become future caregivers to their siblings with intellectual disabilities. She anticipates completing her doctoral work in 2013.

Although she describes her life as "consumed by the dissertation," when her schedule allows she enjoys spending time with family. She particularly loves to watch her son perform in dance venues in NYC. Because of her busy schedule, her stack of books to read for pleasure will have to wait!

Faculty Milestones – Scholarship and Recognition

Bojana Beric, M.D., Ph.D., C.H.E.S (Health Studies) - has had several works published this year, including a collaboration with librarian Lisa Coats. They contributed a chapter entitled, "More than a one shot: Innovative faculty-librarian collaboration" in C. Kvenlid, & K. Calkins (Eds.) *Embedded Librarians: Moving Beyond One-Shot Instruction*. She co-authored the "Role of health education specialists in supporting global health and the Millennium Development Goals" in the *International Electronic Journal of Health Education*. Additionally, an article titled, "Philosophy for children as a teaching strategy in health education" was published in *One Voice International Collection of Scholarly Works 2009-2010*.

Tresa Dusaj, Ph.D. (c), RN-BC, CNE (Nursing)- achieved another milestone this past summer when she earned a Certified Nurse Educator (CNE) certification from the NLN.

Cira Fraser, Ph.D., RN, ACNS-BC and Sharon Stark, Ph.D., RN, APN-C (Nursing) - co-authored the article "Gait disorder in older adults: Is it NPH?" that appeared in *The Nurse Practitioner*. This article is featured as a free CE at the following link:

http://journals.lww.com/tnpj/Fulltext/2011/03000/Gait_disorder_in_older_adults_Is_it_NPH_4.aspx.

Cira Fraser, Ph.D., RN, ACNS-BC - also co-authored an article, "Updated research priorities for neuroscience nursing" in the *Journal of Neuroscience Nursing, 2011*.

Chris Hirschler, Ph.D., MCHES (Health Studies) - contributed to a poster presentation at the SENCER Summer Institute in Indianapolis, Indiana on *Design of a Course in Sustainable Food Production for Non-Science Majors at Monmouth University*. He presented at the 36th National Wellness Conference at Stevens Point, Wisconsin on *Promoting Wellness in Developing Countries*. Additionally, he presented a poster at the 37th Conference of the North American Vegetarian Society, University of Pittsburgh at Johnstown on *Advocacy for Passive People*.

Chris Hirschler, Ph.D., MCHES and Jim Konopack, Ph.D., PAPHS (Health Studies) collaborated on a presentation "Understanding Risk and Return on Investment" at the 21st Annual Art & Science of Health Promotion Conference in Colorado Springs, Colorado. As the new Director of the Study Abroad, he also traveled to Australia and created a video to promote Study Abroad at Monmouth University: <http://www.youtube.com/watch?v=2fwxcwaBlzU>

Andrea Hope, Ed.D, CHES, Chris Hirschler, Ph.D., MCHES and Jim Konopack, Ph.D., PAPHS (Health Studies) - presented "Harnessing Online Videos, Podcasts, and other Web 2.0 Tools in Health Promotion" at the 21st Annual Art & Science of Health Promotion Conference in Colorado.

Laura Jannone, Ed.D, RN, NJ-CSN (Nursing and Health Studies) - gave several presentations this summer at regional, national and international conferences. At the 15th Annual Reversal Theory Conference in Alexandria, Virginia, she presented, "Highly Tempting Situations in Teen Smoking Cessation." She worked with a team of moderators conducting a focus group on a new preceptor manual for new school nurses at the National Association of School Nurses Annual Conference in Washington, D.C. She also conducted two pre-conference workshops at the 16th Biennial School Nurse International Conference for the Hong Kong School Nurse Association at the Polytechnique University in Hong Kong. She also presented a poster on "Smoking Cessation in Teens" at the 16th Biennial School Nurse International Conference held at the Polytechnique University in Hong Kong.

Rose Knapp, DNP, RN, APN-C (Nursing) - gave a podium presentation at the Fourth National Doctors of Nursing Practice Conference in New Orleans, September 2011, "Implementing Electronic Health Records to Your Practice - Implications for Healthcare Reform."

Jim Konopack, Ph.D., PAPHS, (Health Studies) - presented "Straight Talk on Curving Grades: Optimizing Grading and Maximizing Learning" at the 8th Annual Teaching Professor Conference in Atlanta, Georgia. He also has a publication in press, "Understanding sexualities, genders, and fatness in physical education" for the *Journal of Curriculum and Pedagogy*.

Janet Mahoney, Ph.D., RN, APN-c, NEA-BC (Dean, School of Nursing and Health Studies) - earned the Nurse Executive Advanced Certification from the ANCC.

Sharon Stark, Ph.D., RN, APN-C and Mary Ann Troiano, DNP, RN, APN-C (Nursing) - presented this past June, at The World Congress for Sexual Health Conference in Glasgow, Scotland, on "Comparing Professional Nurses' and Advanced Practice Nurses' perceptions of Confidence in Discussing Issues of Sex and Sexuality with Patients."

Mary Ann Troiano, DNP, RN, APN-C (Nursing) - presented a poster at the Fourth National Doctors of Nursing Practice Conference in New Orleans, September 2011, "Addressing Sex and Sexuality with Your Patient: Your Comfort Level Can Keep Them Healthy."

It's time to change the conversation! Fat Talk Free Week ~ October 16-22.

Submitted by Dr. Andi Hope

According to the National Eating Disorders Association, 10 million women and 1 million men suffer from eating disorders. Millions more experience body image dissatisfaction. Despite the prevalence and severity of these disorders, the pressure to be thin is ever present.



Oct. 16-22, 2011

October 16-22nd Monmouth University students, faculty, and staff will be participating in "Fat Talk Free Week." This national campaign focuses on improving body image and has taken place on more than 50 college campuses. The goal of the campaign is to take the focus off appearance and actually change the conversation.

The normalcy of being unhappy and talking negatively about one's body (normative discontent) has been termed "Fat Talk" and includes statements made in everyday conversation that reinforce the thin ideal of female beauty. Examples include: "I'm so fat," "Do I look fat in this?" "I need to lose 10 pounds," and "She's too fat to be wearing that swimsuit." Statements that are considered fat talk don't necessarily have to

be negative; they seem positive yet also reinforce the need to be thin - "You look great! Have you lost weight?" Studies indicate that "Fat Talk" is detrimental psychologically and contributes to women's dissatisfaction with their bodies.

Body image dissatisfaction is not just a sorority issue, a collegiate issue, and not even simply a women's issue. It is a societal issue. In 2004 and 2005 a study done by Harvard University asked women how they perceived themselves. When asked if they considered themselves beautiful, only 2% said yes. In another study, 54% of women indicated that they would rather be hit by a truck than be fat. Please join us in changing the conversation for "Fat Talk Free Week" this October 16-22nd. And remember, "Friends don't let friends Fat-Talk."

For more information contact Dr. Andrea Hope at ahope@monmouth.edu or visit the End Fat Talk website <http://endfattalk.org/>.

The Monmouth University Writing Center

For current students the Writing Center offers face-to-face and writing assistance in the lower level of the Student Center. This year they are also offering a new service, *Write at Night*, which offers evening writing services. To schedule an appointment, go to TutorTrac, our electronic scheduling software, through the MU home page, or the Writing Center Web site http://www.monmouth.edu/writing_center/default.asp. Graduate students are eligible to use the *Online Writing Center*, accessible through eCampus.

Books to improve your life...

If you are looking for a good read, the following books have been recommended by Jim Konopack, Ph.D., PAPHS, Assistant Professor and Coordinator of the Health Studies program. You can find a new list of books each semester in McAllan Hall, selected by the faculty and staff from the School of Nursing.

Richard Dawkins, *The Selfish Gene*.

This book is as interesting and capable of producing long, fiery discussions now as it did decades ago when it was written. The basic premise has the strange effect of making the reader question his/her own autonomy, as, according to Dawkins, we are all merely vessels acting in the service of those *truly* in charge - our genes.

Jonah Lehrer, *How We Decide*.

This book makes accessible to general audiences a fascinating segment of the broad, complex, technical, and growing field that is cognitive psychology. As the book's title suggests, if you are interested in understanding more about how we decide-not just slow, careful decisions, but also those quick, spontaneous decisions and those that involve as much emotion and intuition as logic and deliberation-this book comes highly recommended.

Michael Pollan, *In Defense of Food: An Eater's Manifesto*.

"Eat food. Not too much. Mostly plants." That is Pollan's book in a nutshell, but anyone interested in human nutrition, food production in the US, or living a healthy lifestyle in general, ought to open this book.

Naomi Wolf, *Misconceptions: Truth, Lies, and the Unexpected on the Journey to Motherhood*.

When a woman is pregnant, advice typically streams in from every corner, but first-time parents are still left with plenty of questions. Wolf's book is a good source of information about pregnancy and the triumph of childbirth, but it's also a scathing feminist commentary on the institutionalization of childbirth in the US. Ultimately, it's a very empowering read for expecting mothers and their partners.



Either write something worth reading or do something worth writing.

Ben Franklin

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

Faculty Advisors for the 2011-2012 year are Tresa Kaur Dusaj & Rose Knapp.



The following Officers were installed at the May 14th Induction Ceremony:

- Fiesta Clanton, President
- Marilyn Roy, Vice President
- Debra McGrath, Secretary
- Liz Vasques, Treasurer
- Barbara Wycsesany, Newsletter

In 2011, the Lambda Delta Chapter (LDC) received recognition from the National Honor Society, Sigma Theta Tau International, in their Showcase of Regional Excellence. Several accomplishments were noted; their work with the DeLos Santos School of Nursing in the Philippines and their involvement with research day programs. Another activity that received acknowledgement was their work with "The Center," an organization whose mission includes nutrition programs, assistance related housing and transportation, and addressing health issues for the homeless, HIV-stricken population of Asbury Park. The chapter continues to conduct an ongoing collection of food, non-perishables items, and toiletries for "The Center." In the category "making a difference," member Tanya Hubbard, DNP has been involved with "The Alabaster Box" project since 2009. Working in collaboration with Christ Temple CLG of Neptune, New Jersey, this project focuses on women and families affected by domestic violence.

The Lambda Delta Chapter will hold the following meetings at Monmouth University

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| • November 7 | Magill Commons - Club 109 | 6pm |
| • December 5 | Magill Commons - Club 109 | 6pm |



**ETA SIGMA
GAMMA**

National Health Education Honorary

Submitted by Stephanie Egbert

Eta Sigma Gamma students will be organizing and working collaboratively to promote two important events this fall. The first is a national campaign that focuses on changing the conversation about body image called "Fat Talk Free" week October 16-22nd. The second is the Great American Smoke-Out on November 17th. Stay tuned for more information! Dr. Andi Hope is the faculty advisor and student officers this year are: President: Stephanie Egbert, Vice President: Alison Joyce, Secretary: Ashley Malone, Treasurer: Jennie Vartebedian, and Media: Rosemary Wandel. Current members, keep an eye out for an email reminder along with information about time and location of meetings and upcoming events.

Dates to Remember

October 12	Wilson Auditorium	10-11:15am
	Monmouth University's Distinguished Alumni Award recipient (2011) recipient, Chester B. Kaletkowski, President and CEO of South Jersey Healthcare, will give a short address followed by Q & A on the topic of <i>Advancing Healthcare Leadership - Many Roads to Success</i> .	
October 16-22	Fat Talk Free Week	
October 27	Alexrod Performing Arts Center- Deal Park NJ	5-9pm
	Breast Cancer Education and Awareness Expo sponsored by the Jewish Federation of Monmouth County with Monmouth Medical Center. Hope, Prevention and Innovations in Technology For more information please contact Sharon Raanan at 732-866-4300 ext.12 or Sraanan@jewishmonmouth.org	
November 17	The Great American Smoke-Out	
November 24 & 25	Thanksgiving Recess	
December 16-21	Final Exam Week	
January 12, 2012	Winter Commencement	
April 20	The Marjorie K. Unterberg School of Nursing and Health Studies 30 th Anniversary Celebration - Candlelight Dinner and Tour of Wilson Hall.	

The Center for Professional Development in Nursing and Health Continuing Education for the Fall-Winter 2011-2012

Consider coming to one of our professional development programs this fall. Continue your education; earn the contact hours you need for re-licensure and network with colleagues. We offer innovative programs and outstanding instruction in a beautiful academic setting. Most programs include a catered light lunch or dinner.

[Common Orthopedic Injuries and Splinting Basics](#)

Dates: Tuesday, October 18, 2011 (3 contact hours)
Time: 6:00-9:30pm Fee: \$75 (practice supplies & light dinner included)

[CPR/AED for Healthcare Providers](#)

Date: Tuesday, October 25, 2011
Time: 5:00 to 8:00pm Fee: \$50



[Pediatric Program-Sexual Assault Nurse Examiner](#)

Dates: Friday, October 28, 2011 & Friday, November 4, 2011
Time: 8:30 am - 5:00 pm Fee: \$350 (40 contact hours)

[Clinical Instructor Seminar-Assessment and Evaluation](#)

Date: Tuesday, November 1, 2011 (3 contact hours)
Time: 5:30 to 9:00pm Fee: \$55/\$45 MU Students (light dinner included)

[Psychiatric Assessment in Primary Care](#)

Dates: Tuesday, November 15, 2011 (4 contact hours)
Time: 4:00 to 8:30pm Fee: \$75/\$55 MU Students (light dinner included)

[Pediatric Emergency Care-School Age Child](#)

Date: Thursday, December 1, 2011 (3.5 contact hours)
Time: 5:00 to 9:00pm Fee: \$75/\$55 MU students (light dinner included)

[Pediatric Physical Assessment](#)

Dates: Saturday, December 10, 2011 (5 contact hours)
Time: 9:00am to 2:30pm Fee: \$90

[Sexual Assault Nurse Examiner Course](#)

Dates: Wednesday, January 4, 11, 18, 25, & February 1, 2012 Time 5:15-9:30pm
Saturday, January 14 & 28, 2011 Time 9:00am-4:30pm
Fee: \$725 (64 contact hours) * Participants must attend all dates

[Writing Research Papers/APA Style](#)

Date: Wednesday, January 11, 2012 (3 professional development hours)
Time: 1:30-4:30pm Fee: \$45/\$35 MU Students

More information is available for each program on our website and in our brochure.

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

To register visit our website site, call the School of Nursing -732-571-3443, or email Barbara Paskewich - bpaskewi@monmouth.edu

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

