

MONMOUTH UNIVERSITY
MARJORIE K. UNTERBERG
SCHOOL OF NURSING AND HEALTH STUDIES
Notes on Nursing

"Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give." Norman MacEwan

From the Dean's Desk:

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

On behalf of the faculty I would like to congratulate the 2004 graduates from the School of Nursing and Health Studies. I believe that our students deserve special recognition because the certificates and degrees they have earned indicate both professional growth and a commitment to providing healthcare and health services. We take this time to acknowledge their current achievement and wish them continued success in the future.

We have completed another successful year at the School of Nursing and Health Studies. Some of the highlights include the campus Health Fair, conducted in April by the BSN Community Health Students and our first Forensic graduate completed the program this spring (see milestones on page 4). The Graduate program continues unparalleled growth and expansion allowing us to increase our faculty for the year 2003-2004 and for the coming academic year as well.

This fall, the School of Nursing is hosting an on-site re-accreditation

visit by the Commission on Collegiate Nursing Education (CCNE) for continuing accreditation of both the BSN and MSN programs.

Visitors from CCNE will spend three days on campus during the fall semester. During this time, the visitors will meet with administrators, faculty, current students, alumni and other nursing professionals. We may call on you during the fall semester to see if you are available to meet with the site visitors.

The nursing faculty have worked hard during the 2003-04 year preparing the self-study document that must be submitted 6 weeks prior to the visit.

The CCNE procedures include assuring an opportunity for affected parties, including students, alumni, faculty and the practice community to provide written input into the deliberations of the evaluation team. If you would like to supply written and signed comments they will be accepted by CCNE until October 1, 2004. All comments should be directed to:

Kristen Brewer
CCNE Accreditation Assistant
One Dupont Circle, NW Suite 530
Washington, DC 20036-1120



**Congratulations to the School of Nursing Graduates
from the Certificate, BSN and MSN Programs for
2004!**

*“Life is a succession of moments, to live each one is to
succeed.”* *Corita Kent*

School Nursing Certificate

Mary Gauld
Deborah Keller
Carolyn Killeen
Debra King
Irene Kotlan
Jennifer Leone

Margaret Mack
Priscilla Marino
Nancy Noaz
Carolann O’Connor
Susan Talocka

Bachelor of Science in Nursing

Carol Allan
Elizabeth Bauer
Jennifer Drozd
Jennifer Hyde
Eileen Mary Gavin
Sue Isernia

Pamela Johnson
Eileen Kuchinski
Vicky Matthews
Deborah Ramkissoon
Michelle Ramkissoon
Maria Smisek

Master of Science in Nursing

Margaret Ahmed
Eileen Allen
Nancy Anselmo
Rostislav Barabash
Casey Damian
Marjorie Forgang
Robyn Foster
Kathleen Gelchion

Sharon Haskins
Mary Jean Kinsella
Amy LaRocca
Barbara Pinheiro
Sue Polito
Anne Skariah
Kirk Tucker

Milestones - Students & Alumni

Eileen Allen, RN, MSN - *Is the first graduate from the Forensic MSN program. She will remain with the School of Nursing and Health Studies as instructor in the Sexual Assault Nurse Examiner (SANE) continuing education program.*

Jo Austin, RN, Raylene Langish, RN and Nancy Allsopp MacGregor, RN - *Current MSN students, received first prize for their research study at the Sigma Theta Tau International Nursing Research Day on April 30, 2004.*

Jennifer Stauffer Bondarew, RN - *Current BSN student, congratulations are in order! Tyler Alexander was born on April 4.*

Ellen Maguire Danyo, RN - *Current school nurse student, congratulations are also in order! Sydney Ellyn was born on April 16.*

Sharon Haskins, RN, MSN - *Was selected as the Nurse of the Year by Bayshore Hospital and will be teaching as an Adjunct Professor at Seton Hall University.*

Susan Malone, Kim Annasenz, Lisa Abatangelo, Diane Anthony and Lori Ann Gibson - *Current students, received scholarships from the Monmouth County School Nurse Association.*

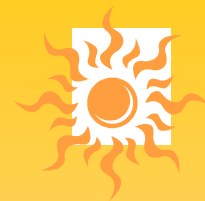
Jill Mosteller, RN - *Current MSN student received the Hannelore Sweetwood Mentorship Award from the Lambda Delta Chapter of Sigma Theta Tau.*

Kathy Maloney, RN, MBA, current MSN student and Director of Health Services at Monmouth University and Donna Cohen, RN, current MSN student - *Received second prize for their research study at the Sigma Theta Tau International Nursing Research Day on April 30, 2004.*

Janette Parsons, RN, BA, RNFA, CNOR - *Current MSN student was selected by Delaware County Community College for the Academic Achievement Award for RN First Assistants. She received Clinical Ladder Level IV at Riverview Medical Center. Additionally, she will be a chapter reviewer for Rothrock, J., The RN First Assistant: Expanded Perioperative Nursing Role, 4th Ed., Lippincott, Philadelphia 2004.*

Susan Torres, RN, BC - *Currently enrolled in the MSN program received the 2004 NJSNA CARE Award for Clinical Practice at the NJSNA Convention March 31 in Atlantic City.*

Teresa Vaccaro, RN - *Current MSN student received third prize for her research study at the Sigma Theta Tau International Nursing Research Day on April 30, 2004.*



The Marjorie K. Unterberg School of Nursing and Health Studies presented the following awards at the Monmouth University Awards Ceremony on Sunday, April 30, 2004.

Eileen Gavin (BSN)
Nursing Scholarship

Vicky Matthews (BSN)
Nursing Leadership

Jennifer Drozd (BSN)
United States Army
Spirit of Nursing

Robyn Foster (MSN)
Nursing Scholarship

Sue Polito (MSN)
Eileen Allen (MSN)
Kirk Tucker (MSN)
Nursing Leadership

Sue Polito (MSN)
Natural Medicines
Comprehensive Data-
base Recognition

Milestones - Welcome to Professor Patricia Reineke

A clinical rotation in Nursing School (more than a few years ago) sparked Professor Patricia Reineke's interest in public health. From early in her career, this would be her primary focus in nursing practice as well as professional development. She observes that it seems very natural to be part of a community health based nursing program here at Monmouth University and has very much enjoyed the experience.

Pat is currently a Doctoral Student at NYU, her tentative focus for dissertation will be in the area of childhood obesity in the family context. She is certified as a School Nurse, earned a MS in Family Nursing at Mercy College and for the last 9 years she worked as a school nurse in the Wyckoff School District. Additionally, she has served as a part time faculty member at Mercy College and as an Adjunct Clinical Instructor at NYU.

Pat resides in Wyckoff, NJ with her husband Bob and their large black Labrador retriever, Cinder. She claims empty nest status, as her daughter Kate, 20, is now at college studying exercise physiology and her son Ted, 22, is an auto mechanic. When asked of her greatest accomplishment she said without hesitation that she considers it to be raising two children to young adulthood, but is careful not to imply that they are a perfect family, nor she a perfect mother! She did have a perfect Mother's Day, when her daughter surprised her with an impromptu visit home (during exam week - this is very meaningful!). She said that to sit down to dinner with her entire family was truly a gift.

Milestones - Faculty News

Laura Jannone, MS, RN - *Gave a presentation at the Isabel Stewart Conference at Teachers College, Columbia University, on Friday, April 23rd. The topic was "Using Data Mining to Replicate Qualitative Nursing Research."*

Laura Kelly, RN, MS, CNS, C - *Gave a presentation at the "Healing the Spirit" conference sponsored by 180-Turning Lives Around at Brookdale Community College on April 30. Her presentation was titled "The Negative Consequence of Optimism in Women Who Are HIV Positive - Assessment and Intervention." Professor Kelly presented "STD Management in the HIV Positive Patient" in April at the New Jersey Hospital Association Conference in Princeton. The program was sponsored by the division of AIDS Education at UMDNJ and the UMDNJ and the NJDHSS. On May 20, 2004 Laura presented her preliminary dissertation results on "Lesbian Body Change Perceptions" at the 4th Annual Lesbian Health Conference at the University of Illinois in Chicago.*

Marilyn Lauria, Ed.D., RN - *Was elected Chair of the Board of Directors of Planned Parenthood of Central New Jersey. Dr. Lauria has been a long time member of the Board.*

Janet Mahoney, Ph.D., RN - *Presented a poster entitled "Sensory Modality in MSN Students Taking On-Line Versus Traditional Advanced Research Courses" at the 30th Annual Meeting of the National Organization of Nurse Practitioner Faculties held in San Diego in April.*

Diane Meehan, Ph.D., APRN, BC - *Presented a poster at the NAPNAP Annual Convention in Dallas, Texas, March 24-26. The title of her poster was: "The Experience of Mothering a Three to Six Year Old With Hemi-Paresis."*

Sharon Stark, DNSc, APNC, RN - *As a member of the International Association of Forensic Nursing Taskforce for Curriculum Development, recently took part in a two day conference to create standards for Master's level education for forensic nursing.*

Notes on Nursing-

News from the Lambda Delta Chapter of Sigma Theta Tau

The following Students and Community Leaders were inducted into the International Honor Society of Nursing on May 10, 2004.

Dr. Janet Mahoney and Professor Patricia Reineke are the faculty advisors for the year 2004-05.

Undergraduate

Trina Dattolo
Sharon Gilbert
Jennifer Hyde
Bina Kandziora
Eileen Kuchinski
Vicky Matthews
Joan Miller
Deborah Ramkissoon
Maria Smisek
Margaret Waga

Graduate

Margaret Ahmed
Eileen Allen
Kathryn Callaway
Casey Damian
Cheryl Pacis
Anne Skariah
Etha Westbrook

Community Leaders

Donna Ciufio
Marjorie Louis-Jacques
Deborah Keller
Irene Kotlan
Priscilla Marino
Nancy Noaz
Jane O'Donnell

Notes on Nursing

News From Monmouth University Professional Nurse Association

From Karen Abate

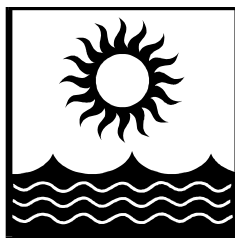
The Monmouth University Professional Nurses Association received approval for this group to be dues free and open to all Monmouth University undergraduate and graduate nursing students. All current students are encouraged to become active members of this organization.

At this time the School of Nursing and Health Studies is in the process of developing and evaluating a website for MUPNA members. This site should be on-line by the Fall and we hope that it meets the goal of providing a forum and facilitating communication among the current students. It will have many outstanding features including a FAQ's section, contact information, job postings, access to nursing research links and legislative information. We will provide an update with access information in the Fall.

The officers for year 2004-05 are as follows:

President - Karen Abate; Vice President - Deborah Lasebny; Secretary - Nagavalli Thiruvalluvan and Treasurer - Dawn Oliver. The faculty liaisons are Professor Laura Kelly and Dr. Diane Meehan.

Monthly meetings will be held on-line and will be open to all students. The dates will be posted on the site and we look forward to hearing from the Monmouth University Nursing Community. If you have questions or comments please contact: Karen Abate, by email: s0453056@monmouth.edu or phone: 732-914-1738.



Continuing Education Summer Programs

Sexual Assault Nurse Examiner (SANE) Program

June 1-5, 2004
McAllan Hall, room 328
Fee \$650.00
43 NJSNA contact hours awarded.

This 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 healthcare and services to the victims of sexual assault.

Substitute School Nurse Workshop

June 29, 2004
McAllan Hall, room 328 9-3pm
Fee \$60.00
6 NJSEA contact hours awarded.

Substitute School Nurses are needed in many districts! The course will include information on the certification procedure, contacts for employment, an overview of the responsibilities and requirements, and tips and techniques for school nursing!

Presented by the Executive Board of the Monmouth County School Nurse Association.

Preview of Fall Programs - We have the following programs planned for the fall:

Advanced Pediatric Physical Assessment

Writing Workshop - Research Papers

Legislative Update

Pharmacology Update - 6 hour seminar for Nurse Practitioners.

For more details or to get registration forms you can:

Check our website - Monmouth.edu or
Contact - Barbara Paskewich: 732-571-3443
Email: bpaskewi@monmouth.edu.

Look for the Fall brochure in mid-August.



For Your Information Computers and Health:

Prevention is better than the cure! PC

Maintenance: Part 1, Tuning-Up Your Computer – PROTECTING YOUR PC FROM MALWARE

Malware represents a serious and ongoing threat to the health of your PC and the data it contains. The term “Malware” is actually a shortened form of “malicious software;” i.e., software designed to damage or disrupt a system and includes such variants as Trojan horses, worms, spyware and viruses. These tools can snoop on your browsing activity, keep a record of it and report the record to the company interested in your habits and preferences. A profile will be created of you and adverts in the form of “pop-up ads” will appear on your screen and/or in your email as “spam.” In addition, malware can significantly slow down your computer, cause it to crash, record your credit card and social security numbers and lead to “identity theft,” and in more extreme forms, destroy your precious data and disable your machine. The high volume of malware out there requires that you give some serious thought to devising a plan to (1) reduce your risks and (2) minimize the damage. Please keep in mind that this is one of those situations ***you can not ignore***. The problem is so pervasive that malware is probably lurking on your machine right now. So what can you do about this? A number of steps for making your computer safer will be suggested. In this installment of the *Newsletter* the focus will be on computer viruses and their control with software. To effectively be protected against viruses, you need to do the following:

- 1. Use Windows XP as your operating system.** The trick here is to make certain that you have your Windows XP OS up-to-date. You can accomplish this by going to Microsoft’s web site. Go to <http://support.microsoft.com/default.aspx?kbid=322389> and download and install a file called “Windows XP Service Pack 1.” Afterwards, go to <http://v4.windowsupdate.microsoft.com/en/default.asp>, click

“scan for updates,” wait for your system to be diagnosed and look at the results to the left of the screen. There you will find “Review and install updates.” Go ahead and install them all. This process may take some time depending on the speed of your Internet connection.

2. Install a comprehensive Anti-Virus suite. There are a number of these on the market including:

- **Norton Internet Security 2004** (available at:

http://www.symantecstore.com/dr/sat2/ec_MAIN.Entry17c?CID=39910&SID=27674&SP=10007&PN=5&PID=584414&DSP=&CUR=840&PGRP=0&CACHE_ID=39910 for about \$70;)

- **Panda Platinum Internet Security** (available at:

http://shop.pandasoftware.com/product.asp?catalog_name=62_Products&categoryname=A&product_id=PIS-1-1&lang=English&ret=com&type=p&cookie%5Ftest=1) for about \$75.



- **MacAfee McAfee Internet Security 6.0** (available at: <http://us.mcafee.com/> for about \$65.

- **Trend Micro’s PC-cillin Internet Security** (available at:

<http://www.trendmicro.com/en/products/desktop/pc-cillin/evaluate/overview.htm> for about \$50.

NOTE: Each of the vendors above offer two versions of their software:

(1) a comprehensive suite which includes a virus scanner, a personal firewall, privacy protection, antispam filter and some sort of parental control application; and (2) a virus scanner only. Also, these suites rely on automatic updating of anti-virus reference files. Subscriptions are sold separately in the form of weekly updates for a period of 6 months, a year and beyond. The benefit of purchasing a suite, however, is that you will get multiple programs which do different things tending to work seamlessly together (not always true if you buy separate virus scanners, firewalls, pop-up stoppers, etc.) **Also, freeware versions of anti-virus software can be found at:**

http://www.thefreesite.com/Free_Software/Anti_virus_freeware/

Look for the next issue: FIREWALLS, SPYWARE AND ADWARE