

# The Marjorie K. Unterberg School of Nursing and Health Studies

**“The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark.” - Michelangelo**

## *From the Desk of Janet Mahoney, Dean*

Greetings students, faculty, alumni, and friends of the School of Nursing and Health Studies. As we begin a new year I am pleased to report that our School continues to grow in student enrollment, faculty hires, and program development. Your support is crucial for achieving our goals and your continued support is much appreciated. You are awesome!

Let’s ponder for a second on our successes from last year. I first want to thank the faculty, staff, and administrators who assist our students every day on their journey through a transformative education experience. For it is not the destination, but rather the journey, that contributes to a memorable, fulfilling time at Monmouth University.

I want to thank Diane Hansen, my former Administrative Assistant, who worked in the School for 15 years, and we all wish her a happy retirement. She was known as the “mother” to many of our “Student Helpers.” We welcome Roseanne Gunter as my new Administrative Assistant. She brings a wealth of experience to the School. Roseanne has worked at Monmouth University for over 20 years and she is a technological wiz. Michelle Geraldi, joined the School in November as the Office Coordinator for the Department of Nursing. Most recently, Terry Eidson became the Office Coordinator for Clinical Placement in January. We also welcome Professor Joan Raso, Specialist Professor in the Department of Nursing. As our simulation coordinator, she is instrumental in teaching the pre-licensure BSN students the most up-to-date technological information. Dr. Barbara Johnston, the Endowed Hess Chair, is serving as the Department of Nursing Interim Chair.

Last year we had not one but two White Coat Cere-

monies. The students in the Physician Assistant program celebrated the Department’s first White Coat Ceremony to commemorate second year students’ arrival to direct patient care. David Kuntz, Director of Academic Affairs at Jersey Shore Medical Center was the keynote speaker. The pre-licensure BSN students took part in the Department of Nursing’s second White Coat Ceremony in November. Judy Schmidt, CEO of the New Jersey State Nurses Association, addressed the students, faculty, friends and family who attended this event.



A 3G Laerdal simulation mannequin is the newest edition to the nursing skills laboratory. The 3G can be programmed to provide medical scenarios that resemble real life emergencies. The students are learning critical thinking in a safe practice environment. Our esteemed faculty continue to provide students with the most up to date information.

One of the top priorities in 2016 is to move from Provisional Accreditation to full Accreditation of our Physician Assistant Program. The visitors from ARC-PA will be on campus in October, 2016. The following year the Doctor of Nursing Practice will prepare for reaccreditation. We are proud that our BSN, MSN, and APRN graduate certification programs were all reaccredited last year through the year 2025.

As you peruse this edition of the newsletter you will read articles about our students’ travels to Haiti and Costa Rica and many milestones that the School has achieved.

We congratulate all of our January 2016, graduates. We wish you well and encourage you to keep connected with friends and faculty that you made along the way while attending Monmouth University.



**Jennifer Aviado-Langer (Alumni—DNP '14 FNP-C)** Received the 2014 DNP Academic Excellence Award from Monmouth University's Nursing Department. Since the completion of her doctoral degree, her research has been published in the October 2014 *Clinical Journal of Oncology Nursing*: Aviado-Langer, J. (2014). Measuring preoperative anxiety in patients with breast cancer using the visual analogue scale. *Clinical Journal of Oncology Nursing*, 18(5), 489-491 doi: 10.1188/14.CJON.489-491. More recently, in April 25, 2015, she was invited to speak at the Oncology Nursing Society's 40th Annual Congress and presented her research to the Oncology Nursing Society's (ONS) Tumor Board. She shared her research findings, its implications, and how this may benefit institutional practices in identifying and quantifying preoperative anxiety in female breast cancer patients undergoing surgery. She would like to "encourage fellow providers of care to be creative whether it is through teaching, hands-on-care, or conjuring research, let

us keep in mind the goal to provide the highest quality of care in the evaluation and management of health states."

**Staci R. Andrews, PhD, (Lecturer-Health and Physical Education)** Received a 2015 Mini Grant for the "Polar GoFit Module: Increasing Professional Preparation and Teaching Efficacy of Health and Physical Education Majors" by the New Jersey Association for Health, Physical Education, Recreation and Dance. As an award recipient, she will present her program at the NJAHPERD Annual Convention in February 2017. She also received the 2015 Creativity and Research Grant for the Polar GoFit Heart Rate module.

Dr. Andrews also presented a paper with her colleagues (January, 2016) on "Student-Athlete Career Development" at the annual convention of the National Collegiate Athletic Association, San Antonio, TX.

**Louise Bosman RN, APN-C (Alumni—DNP '14)** was a recipient of the Monmouth University "Vagina Warrior" award for her outstanding contributions in the fight to stop violence against women and girls. In her APN role at MU she provides health care to our students and employees. She participates in academic educational lectures regarding sexual health and nutrition to our freshmen students and mentors the Nurse Practitioner students as a clinical preceptor and supervisor. As a guest lecturer for the Global Understanding Project, she has presented ideas on how students can achieve sexual health and wellness for local high schools and universities. Her work has been published: Bosmans, L.J. (2014). Conquering Chlamydia. *Creative Nursing*, 20(4), 248-253.

**Judith A. Egan MSN RN-BC CNE-A (Alumni—MSN '09)** is currently employed as a Nursing Instructor at Seton Hall University, South Orange, New Jersey. She was recently chosen to be a member of the Standard Setting Committee for the National Council of State Boards of Nursing, after learning about it while attending a workshop here at MU.

**Mary F. Gerard, (Alumni—BSN '00)** — was awarded the Alzheimer's Association Outstanding Advocate of the Year in 2014, for her outstanding leadership. She has been a advocate for the Alzheimer's Association since 2011 and in 2013 became Ambassador for the organization to Rep. Chris Smith. She is the liaison between the Alzheimer's Association and the congressman's district and Washington D.C. office for anything pertaining to Alzheimer's and other dementias.

**Hirschler, C., Hope, A., & Myers, J. (Health Studies Faculty)** published an article, College Students' Perceptions of and Experiences with Human Papillomavirus and Herpes: Implications for College Sexual Health Education. *American Journal of Sexuality Education*, 10:4, 298-315, DOI: 10.1080/15546128.2015.1091760

**Chris Hirschler, PhD, MCHES (Assistant Professor-Health and Physical Education, Study Abroad Faculty Director)** offered a course “Adventure Education in Costa Rica” through the Health and Physical Education Department. Students participated in adventure activities in Costa Rica and returned to complete online quizzes, create video presentations of adventure topics, and engage in an adventure education activity in New Jersey. Nine Monmouth students and Dr. Hirschler biked, hiked, rafted, surfed and more in Costa Rica January 7th to 14th, 2016. You can watch the video at: <https://www.youtube.com/watch?v=hE--LMXxXuQ>



**Laura Jannone, EdD, RN, NJ-CSN, FNASN (Associate Professor, Coordinator of the School Nurse Program)** gave two presentations at the National Association of School Nurses 47th Annual Conference in June. The first with a number of school nurse colleagues, on *The National Uniform Data Set: The Hummingbird Effect*. She also presented “Teaching the Complexity of School Nursing Using Stories from Practice”.

**Maughan, E., Jannone, L. & Fraser, C. (2015).** *School Nursing Around the World: An International Research* at the School Nurses International Conference: A World of Opportunity- International Perspectives on Maximizing Children and Young People’s Health Through School Nursing Services. ‘Visible, Confidential, Accessible’ presented at the University of Greenwich Old Royal Naval College, Park Row, London.

**Rose Knapp, DNP, RN, APN-BC (Assistant Professor, Graduate Faculty, Director of the MSN Program, APN Program Coordinator)** was clinical editor (2015). Clinical Editor, *Hemodynamics: Made Incredibly Visual* (3rd Edition). Philadelphia: Wolter Kluwer Health Publishers.

**James Konopack, PhD, (Associate Dean)** was selected as a Peer Evaluator for the Middle States Commission on Higher Education and was admitted to the 2016-2017 Society of Behavioral Medicine Leadership Institute.

**Cheryl Leiningen, DNP, RN, APN-C, (Assistant Professor) and Dr. Laura Kelly, PhD, RN, APN-C (Associate Professor)** were selected from nurse educators across the nation to attend the Edmond J. Safra Visiting Nurse Faculty Program at the Parkinson’s Disease Foundation in collaboration with the Disease and Movement Disorders Centers at NYU and University of Pennsylvania. As Safra nurses, they will now be able to integrate their knowledge in the classroom and clinical practices. Dr. Leiningen and Dr. Kelly attended and participated in several exercise programs which are being implemented in the treatment for Parkinson’s Disease.

**Colleen Manzetti, DNP, RN, CNE, (Assistant Professor, DNP Academic Liaison)** presented a poster, “A Survey of Nurse Life Care Planners: A Role Delineation Study in the United States” at the Case Management Society of America (CMSA) 25th Annual Conference & Expo | June 2015 Orlando Florida.

**Sue Polito RN, MSN, ANP,C, GNP,C. (Specialist Professor)** has taken an innovative approach in her Human Aging course. Her students met with a group of senior citizens from the Long Branch Senior Center throughout the semester to exchange ideas on the topic of aging. Four classes were held at the Long Branch Senior Center and four on the University's campus. The collaboration offered a transformative learning experience for students to discuss first-hand with senior citizens on topics such as their perception of aging and the aging process. The partnership provided senior citizens with an opportunity to visit the campus of Monmouth University for the first time and to learn more about what happens to the human body as we age.



**Joan Raso, MSN, RN, (Nursing Faculty Specialist, Department of Nursing)** attended a certification program in Simulation at Drexel University from January 4-8th, 2016. She is looking into a relationship with the Drama Department to use human actors to enrich the nursing simulation experience.



**Karen Zielinski, MA, NCC, (Program Advisor for Health and Physical Education)** joined the department this past October 2014 as an academic advisor. Karen received her bachelors in business as well as her masters in counseling at Rider University. She provided services for a day program that assisted people diagnosed with schizo-effective disorders and at the career center at Rider University. She went on to work as a student support specialist at Brookdale Community College and then became Assistant Director, in Career Services for STEM and Nursing Students at Seton Hall University. Other projects that Karen had been involved with include grant work for Dress for Success, a program where she prepared and designed in house career advising materials, as well as organizing a mobile unit for the Hurricane Sandy Relief Fund in Monmouth County. Karen is a singer/songwriter and has had the opportunity to perform at several different venues in the past. She is an avid gardener and is the volunteer coordinator for the Lake Como Environmental Commission.

### Haiti Medical Mission Trip, Jan 4-10

Over the semester break, a group from MU joined a medical mission to Haiti which was run by Foundation for Peace with Sigma Theta Tau, the Nursing Honor Society. Professor Laura Jannone led the group which included her husband, Dr. Joel Jannone, A Primary Care Physician, and her daughter Gina. Dr. Steve Miller, a local Pediatrician and frequent lecturer for the School also participated. Eight sophomore pre-licensure BSN students went on the trip. The students were Amanda Sanford, Caroline Shanahan, Kim Thompson, Jason Hebron, Melina La Rouche, Miranda Konstantinides, Shannon Averill, and Julianna Emilio. The students helped to assess 1500 patients at makeshift clinics, using the skills they learned in NU 312, Physical Assessment, with Dr. Sciscione. They saw patients of all ages, helping to give medication under the supervision of their team leaders RNs, physicians and nursing instructors. The group visited a hospital, and orphanage, and also set up clinics in the countryside and in more urban areas, where the Haitian people were relocated after the earthquake in 2010.



**A Nursing Program Update -by Barbara Johnston PhD., RN, CNE, Endowed Hess Chair and Interim Chair Department of Nursing.**

The Department of Nursing has a lot to report in this issue. In September 2015, a second cohort of 30 pre-licensure BSN students were admitted. A “White Coat Ceremony” was held for this group in November in historic Wilson Hall. Students, faculty, administrators and family members attended. A third cohort of 30 students will be admitted in September 2017. This group will come from a selection of several hundred applications which is now taking place. Current students are practicing in the nursing lab and caring for patients in the hospital setting. Technology is an active component for learning with the use of SIM-Man 3G, V-Sim preparation modules and Docu-Care for electronic charting. The School will need Masters prepared nurses for clinical supervision and testing. If you are interested in this or other job opportunities at the School, note the contact information below. Enrollment in the Masters Program continues to grow, especially the nurse practitioner tracks. We are very appreciative for friends and alumni who support the professional growth of our students in numerous ways. The revised online Doctor of Nursing Practice Program (DNP) admitted the first group of online students in January 2016. The Nursing Department looks forward to the rest of an active Spring semester.



**The School will have need for adjunct professors (Health Studies, Nursing and Physician Assistant programs), clinical supervisors and home health aide instructors in the coming semesters! If you would like more information call 732-571-3443 and consider submitting an application at <https://jobs.monmouth.edu/>**

**News from the Department of Health & Physical Education**

**Submitted by Julie Schaaff, MS, Chair, Dept. of Health & Physical Education**

The Department of Health & Physical Education continues to expand! Over 400 students are majoring in either Health Studies or Health & Physical Education, including 90 incoming first year students. On a beautiful September day on the lawn in front of Wilson Hall, the HEPE faculty had an opportunity to get to know many of the new students at the Academic Welcome, which featured interactive ice breakers, “swag” giveaways, and tips for success. In December, over 60 students attended the first-ever HEPE Academic Social. Students had an opportunity to interact with the HEPE faculty, while enjoying food and the company of their peers in a relaxed setting. Upperclassmen shared their wisdom and we collectively celebrated early grad school acceptances of some of our seniors. Next up, the 3<sup>rd</sup> annual HEPE Career Mix and Mingle in April. This event will give students a chance to learn about health and fitness related careers and to network with professionals in those fields. If you are interested in participating as a panelist, please contact the HEPE department! If you’re curious about what others are up to or would like to share your own news and accomplishments, check out the School of Nursing & Health Studies on Facebook: <https://www.facebook.com/NursingandHealth.at.MU>



**Congratulations to the Dean’s List student athletes, who were honored during a half-time ceremony at a MU Basketball game on 2/15/2016. GO HAWKS!!**

Tjackson Photography

### **Physician Assistant Program Update** - Submitted by Carol Biscardi, PA-C, PhD

Monmouth University's Physician Assistant Program held its first White Coat Ceremony for its inaugural class of 19 students. The ceremony represented the students' transition from their didactic education to clinical education. Dr. David Kountz, the keynote speaker, provided inspiration and advice through stories of his experiences as a physician. He reminded the students to always be honest in their interactions with other clinicians and with patients. He emphasized the humanism and altruism as the upmost professional goals in their young careers. Dr. Kountz's work with the program administration during its development stage made him a logical choice as the speaker for the first White Coat Ceremony. Each student was "coated" by their faculty advisor and the students recited the Physician Assistant Professional Oath. A reception for the students, faculty, and families followed the ceremony. The students began their clinical clerkships the following week in clinical facilities in Monmouth, Ocean, and Essex counties.



### **PA Student Society News**

Submitted by Breyann Collazo, PA-S, Class of 2018

This past November and December the Monmouth University Physician Assistant Student Society (MUPASS) collected donations for those in need during the holiday season. MUPASS is a student society on campus comprised of PA graduate students, as well as undergraduate students interested in becoming a PA. One of its goals is to promote the PA profession by working with the community in outreach programs. Two collection drives were undertaken last semester: a food drive for the Food Bank of Monmouth and Ocean Counties and a coat drive through the One Warm Coat Foundation for the Madonna House in Neptune. Both drives were a great success, as MUPASS collected 130 pounds of food and over 90 coats and jackets! The students plan to continue with their community outreach in 2016.

### **Monmouth University Professional Nurses Association (MUPNA)**

Submitted by Shannon Averill, Secretary



With the emergence of MU's Bachelors of Nursing program two years ago, the club now includes both graduate and undergraduate nursing students. This fall, MUPNA hosted our first annual "Study Night Social" where nursing students came together to enjoy an evening of study and to "de-stress". The night consisted of food, yoga, massages, door prizes, and games. A mentoring program was established so that freshmen BSN students have a sophomore student whom he or she can look up to, seek advice from, and become friends with. In order to help build up our funds for our events, MUPNA held a bake sale in November and sells coffee "cups" in Birch Hall daily. We also designed and sold over 100 "Monmouth University School of Nursing" T-shirts. For the spring semester, MUPNA has planned a trip to Philadelphia to visit the Mutter Museum. We are excited to increase our membership with each incoming nursing class and we hope to continue to provide both fun and educational activities.

### UPDATE FROM ETA SIGMA GAMMA Submitted by Jessica Deak



**ETA SIGMA  
GAMMA**

Our Chapter of the National Health Education Honor Society is very proud of the things we have accomplished this year. Senior President, Jessica Deak, and Junior Vice President, Kristen Harger, have organized many events for current and potential members. These events included volunteering for the Central Jersey Blood Center blood drive, donating food items during Thanksgiving for the Asbury Park community, and participating and volunteering in the Thanks4Giving Turkey Plunge in Asbury Park. However, one of the events that ESG is most proud of is being a part of the Operation Sleighbells Adopt-A-Family Organization. In November, ESG decided to “adopt-a-family” in need for the holidays. Members were given a list of what each of the six family members needed for the holidays, but were unable to afford. Members were eager to offer a helping hand to those who are less fortunate. The organization is very involved in giving back to the community and helping out those in need.

When the new year begins, there are plans to start off the spring semester by helping out with another blood drive and a CPR/AED and First Aid certification will also be offered. The induction ceremony for new members is planned for the end of March. ESG will take part in the Relay for Life on the Health and Physical Education Team held in the MAC at Monmouth University. Thanks to Dr. Jaime Myers, Faculty Advisor.

### Sigma Theta Tau International—Lambda Delta Chapter

**Submitted by Jovita Francis**



The Annual Induction and Award ceremony was held on Friday, November 20, 2015 at the MAC, Varsity Club. The keynote speaker was Judith Schmidt, MSN, RN, Chief Executive Officer, NJSNA/IFN. The Monmouth University inductees were: Christine M. Buonpastore, Denise Camille Hernandez, Evelyn Javier, Robyn Koon, Lorraine Ruchalski, and Gerdina Van der Wal. Amy Werner was inducted as nurse leader. The Hannelore Sweetwood Mentor award was given to Marilyn Roy, MSN, RN, CIME. The Janice Marchetti Leadership award was given to Jen Canullas, MSN, APRN, CDE. The Friend of Nursing award was given to Edward McNamee, CFP, CLTC, Morgan Stanley. Lambda Delta Chapter was recognized for the Showcase of Regional Excellence for outstanding Achievement for the Presidential Call to Action for Transformation, Servant Leadership, and Gratitude, October 1, 2015. STTI congratulated the Lambda Delta Chapter, Monmouth University on its 25<sup>th</sup> Anniversary, 1990 to 2015!



Please save the date for our Spring program which will be co-sponsored with the School of Nursing and Health Studies, Promoting Self-Care for Nurses, An Evidenced based program to inspire those who care for others ~ to also take care of themselves. Join us April 8, from 9-3 at MU.

**MONMOUTH  
UNIVERSITY**

### **Doctor of Nursing Practice (DNP)**

- 36-credit program that prepares nursing leaders who will improve health care outcomes
- Focus is on healthcare leadership
- Part-time program offered online
- Choice of taking one or two courses a semester (fall, spring, and summer)

**Application deadlines: Summer /May 1    Fall / July 15    or    Spring/ December 1**

**Dr. Cira Fraser PhD, RN, ACNS-BC**

**Director of the DNP Program** [cfraser@monmouth.edu](mailto:cfraser@monmouth.edu)  
**FOR MORE INFO VISIT:** [WWW.MONMOUTH.EDU/DNP](http://WWW.MONMOUTH.EDU/DNP)

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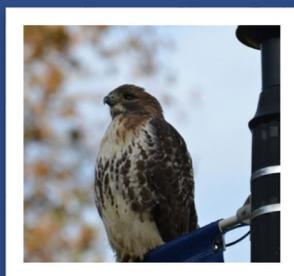
Phone: 732 571 3443  
Fax: 732 263 5131

Please feel free to connect with  
the School of Nursing and  
Health Studies.

Alumni - we would like to hear  
from you!

Reach out to:  
Barbara Paskewich  
bpaskewi@monmouth.edu

Or find us on the web.



## Winter Commencement ~ 2016

**“Go confidently in the direction of your dreams. Live the life you have imagined.”** *Henry David Thoreau*

### Bachelor of Science

Jonathan Arias •	Zara Theresa Joseph •
Priali Mical Abah	Richard Lavecchia
Michael Joseph Alessandra	Derek Luke
Corinne Kelsey Allen	Jennifer Louise Manett
Nicholas Joseph Alvarez	Nikita Candice Novy •
Erik John Anderson	Vera Victoria Ortiz •
Alexa Ann Canning	Eric William Otten ♦
Marcelle Chevreière-DiBiasi •	Jeffrey Paglione ♦
Hamza Shahid Chohan	Sarah Elizabeth Redman
Lisa Dawson (BSN)	Rodolfo Andres Roca ♦
Katie Anne Donohoe •	Nicole Isabel Rubino
Charles Garrick Edwards	Jacob Rubinstein •
Monica Fauder	Dominick Sarle
Brooke Ashley Frey	Gabriella Nicole Sorrentino
Jennifer Gambino	Mariah Antoinette Toussaint
Anthony Carmine Giannella	Thomas R. Wade
Kelly Ann Golden	Brielle Tiana Wanamaker •
David I. Grzybacz	

### Master of Science in Nursing

Courtney Lauren Berhang •	Gwen Birnkrant Sampson
Christine Cappadoccia	Darlene Catherine Tomasulo
Penina Danziger •	Melissa Anne Trainor
Barbara Ellen Hayles ♦	James Stuart Warner

### Doctor of Nursing Practice (DNP)

Dr. Robin M. Albany •	Dr. Lisa Irene Simpson
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July 2015 Graduates ♦	August 2015 Graduates •
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Suturing and Wound Closure	March 22
Pediatric Psychopharmacology Update	March 29
Common Orthopedic and Splinting Basics	April 7
Promoting Self-Care for Nurses	April 8
Substitute School Nurse Workshop	May 18
Prescribing Controlled Substances	(May, June and July)
SANE	June 20-24
Nurse Practitioner Boot Camp	July 15 & 16

**Don't miss these classes! Visit our website for more information or to register.**

[www.monmouth.edu/school-nursing-health/Continuing-Education-Programs.aspx](http://www.monmouth.edu/school-nursing-health/Continuing-Education-Programs.aspx)

**CONTINUING EDUCATION**