

**SPECIAL POINTS  
OF INTEREST:**

- General Meeting—  
June 16th
- Tau Tau Garage Sale—  
June 21st
- General Meeting—  
September 15th

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# TAU TAU NEWS

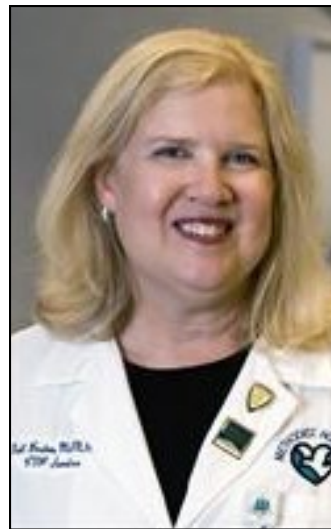


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June 2014

## Message from Tau Tau President

I have been interested in fly fishing for a number of years but didn't take it up until recently. On family vacations, when my husband Neil wanted to fly fish I would usually go do something else fun with our 2 daughters as they had absolutely no interest in fishing. When the girls grew up and left home it was time to take up this new skill. Neil bought me a new Sage 5 weight fly rod, put a pink float line on his special Hardy reel named the "Princess", and set me up. He refused to teach me to cast, or to allow me to practice with it. He was afraid I would learn his "bad habits."



**Tau Tau Chapter  
President Gail Boston,  
MSN, RN-BC, CCRN**

We finally went to Colorado for my first experience, and I learned casting and fishing techniques from expert guides who were patient and respectful (of course they were also paid well), but I learned the basics of fly fishing by wading in the

river or a float on a boat.

Did you know that fish swim upstream? They point their heads upstream and wait for juicy bugs to wash down the river. The fly fisher observes the insects emerging around the part of the river being fished.

Then they match the fly to be used with "the hatch", as well as consideration of what other terrestrials or flies may be available for food at that particular time of year - perhaps grasshoppers or ants. The skilled fly fisher will produce a fancy cast upstream and the "fly" will float downstream to the waiting

continued—page 2



## Message from President—continued

trout that then snatches it up and swims quickly upstream.

Hopefully this results in catching a nice trout. Please know that the novice fly fisher may also sometimes catch fish because the fish don't care if you have a skilled cast, they only care about eating the bug. Sometimes the novice as well as the expert will entangle the line in a tree branch behind or a weed on the opposite bank. It is the practice of the process that develops the learning of the techniques. This is no different than in nursing practice, learning about and practicing evidence-based practice, practicing research, learning to knit or cook, or anything else that you want to become better at.

We are novice to expert in everything we do, especially when we try new things, and take risks. In the case of fly fishing, the worst that could happen to me is that I would look incredibly stupid. Or I might fall down in the river and my waders fill with cold Gunnison River water (this did happen). I'm learning the fundamentals of fly fishing, a life-long

journey. I appreciate this art form and am challenged to do better.

Nursing is also an art form, and we are constantly looking at our practice to improve patient care and outcomes. We are surrounded by peers of varying levels of experience and specialties, Novice to Expert. We learn from each other reciprocally in many ways. I encourage nurses in consulting and mentoring each other amongst themselves as we have so many gifts to share.



I could easily fish using a spincast rod and reel and a worm because that is what I have been used to doing and taught to do as child. I'm not looking for the easy way; I want to learn the method that utilizes the fish's natural habitat and food sources - applied science of the trout stream.



The PICOT question. Here is a different way of looking at it:

**Positive:** a positive attitude and the desire to achieve POSITIVE outcomes for patients

**Inquisitive:** minds want to know...Inquiry about practice and what is the background behind it

**Collaboration:** Novice to expert, expert to novice, peer to peer, create mentors

**Observe:** and measure and then share results

**Teach:** encourage others to think outside the box and make changes based on the best evidence, or a test of change

Remember...only dead fish go with the flow.



Encourage nurses to swim upstream so to speak, to take it the next level and be change agents, become mentors to others, and to make a difference. Mastering new techniques, and skills is our challenge. Make it fun, learn together reciprocally, and share the data.



## Tau Tau Garage Sale Fundraiser!

Get ready to shop and support Tau Tau scholarships!

Come to the first annual Tau Tau Garage Sale on Saturday, June 21st starting at 8:00 am in the parking lot at the [NMC Alumni Center—515 N. 87th](#).

Lots of great items at exceptional prices! Just imagine what treasures you may find!!





## 2014 Methodist Nursing Research Day

By [Phyllis Zimmermann](#)

Your Tau Tau Chapter is one of the organizers for the annual education event that supports, promotes, and disseminates nursing research from Methodist and the surrounding region. This year Nursing Research Day was held at the DC Centre in northwest Omaha on April 16<sup>th</sup> with the theme “EBP: Changing Our Healthcare Landscape”. A record 246 participants were captivated by our (more than 40!) presenters, especially keynote speaker Ann Scanlon McGinity.



Dr. Scanlon McGinity is a Clinical Member at The Methodist Hospital Research Institute, in Houston, Texas. She also serves as the Chief Nurse Executive/Senior Vice President of Operations at The Meth-

odist Hospital in Houston. She is a member of Sigma Theta Tau International Honor Society of Nursing and is the recipient of numerous grants and awards for her work in the area of psychiatric nursing and home care. Her opening keynote address focused on Health Care System Reform and Its Impact on the National and Global Workforce and Re-Visioning the Work of Nursing. Her closing address was on Innovation, Creativity, and Leadership with emphasis on the role of bedside nurses and leading at the bedside.

A sampling of other topics presented during Research Day includes:

- Cancer Family Care Giving in the Car and Away from Home
- Community Based Partnerships Foster Healthy Life Style to Prevent Diabetes Type II
- Caring Behaviors in Simulated Clinical Experiences of BSN Students: A Phenomenological Study
- Promoting Exercise in Older Adults

- Benefits of Aromatherapy on Acute Pain: Evidence Based Practice



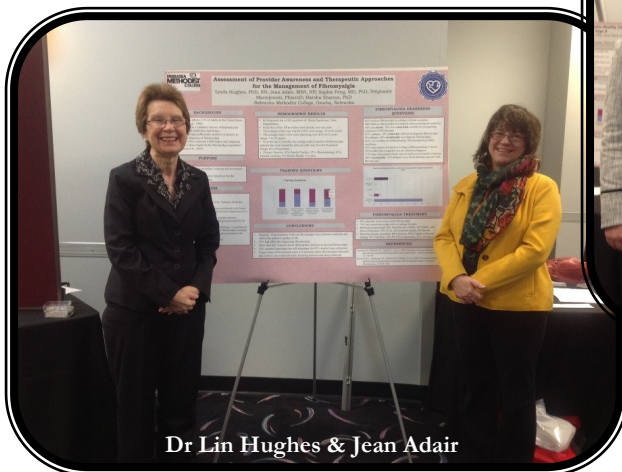
Numerous posters were also available for viewing in a separate room with presenters on hand to answer questions and provide information to attendees regarding their research topic. As many of those



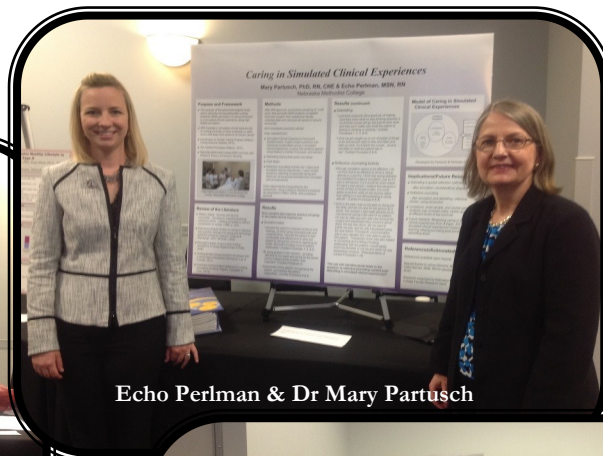
in attendance were NMC nursing students, much interest in the posters generated questions as the students found



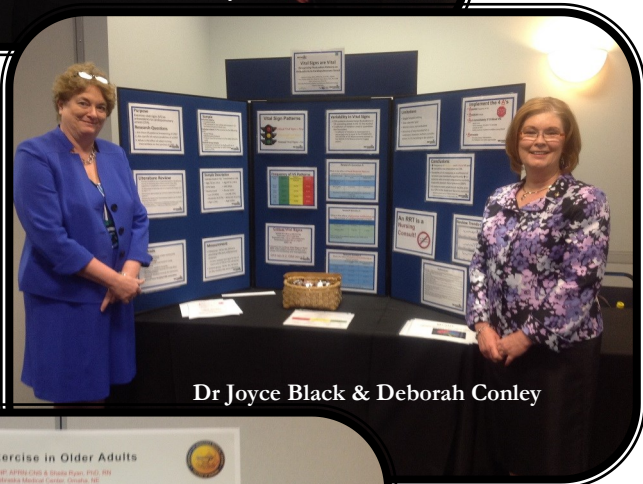
possible future areas to focus their own attention.



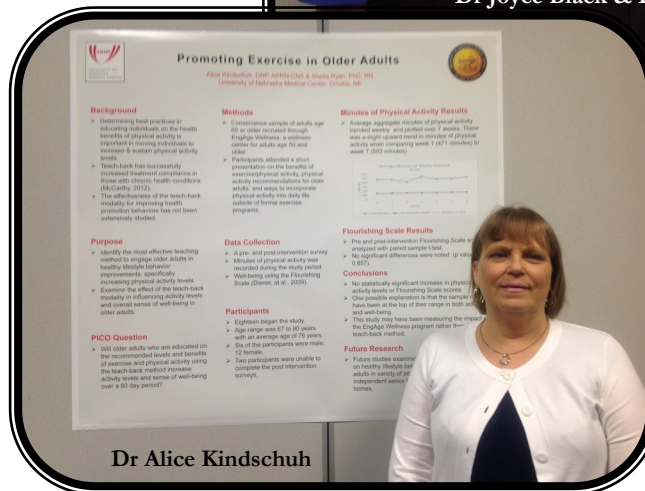
Dr Lin Hughes & Jean Adair



Echo Perlman & Dr Mary Partusch



Dr Joyce Black & Deborah Conley



Dr Alice Kindschuh

In addition to the education day on April 16, a special celebration and presentation of the STAR Award took place on the evening before at the Nebraska Methodist College Alumni Building. The Star award was initiated by the Tau Tau Chapter of Sigma Theta Tau International to honor nursing excellence and scholarly endeavors in advancing nursing practice; specifically for work in the area of evidence-based practice and research. Jackie Thielen, MSN, RN, APRN-NP was presented with this honor for her

outstanding contributions to nursing research. The 2014 Methodist Nursing Research Day was a great success with positive comments

from the majority of attendees. We look forward to 2015 and another wonderful event that supports nursing research!



## 2014 Star Award

By [Gail Boston](#)

Since 2008 Sigma Theta Tau International and our local Tau Tau Chapter, in collaboration with the Methodist Hospital and College Research Day Committee, has honored nurses for their work in the area of research and evidenced-based practice with the Star Award. This award highlights the accomplishments of nurses who engage in scholarly inquiry with the sincere desire to improve patient outcomes and promote healthy work environments. The goal of the Star Award is to honor nursing excellence and scholarly endeavors with the intention of advancing nursing practice. In the future, our goals will include research grants through the Tau Tau Chapter's fund raising efforts and through growth of our endowment.

Recipients are selected through a process of review by the Research Day committee. The committee has representation from Methodist Hospital, Women's, and Jennie Edmundsen hospitals, as well as Nebraska Methodist College, and the Tau Tau chapter of STTI. Each nominee has promoted evidence-based practice by conducting research studies or evidence-based projects. The findings from these efforts have or will influence significant changes in nursing practice. This year we presented the 7<sup>th</sup> annual award.

These individuals are the past Star Award recipients:

Ruth Freed (2008), Sandy Vylhidal (2009), Deborah Conly & Linda Foley (2010), Jennifer Kaluza (2011), Linda Hughes (2012), and Gail Boston (2013).

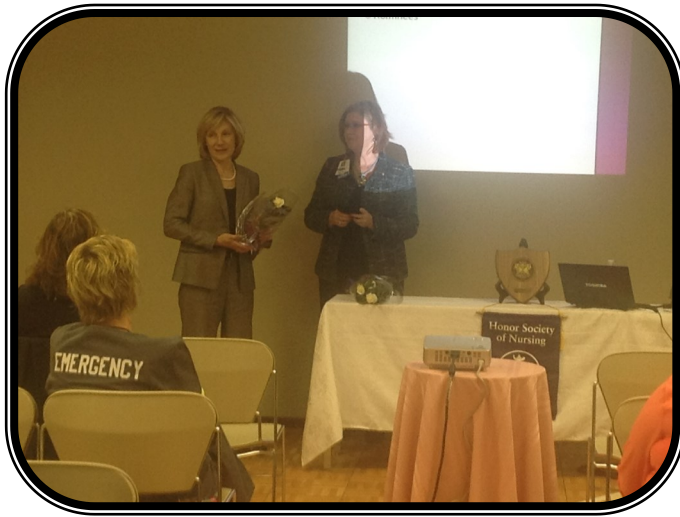
This year we had 2 nominees for the Star award. This is what was written about them.

**Jen Nelson, BSN, RN, PCCN** is a Core Coordinator and AgeWISE RN on the Methodist Hospital Cardiac Unit who in 2012 joined the "call to action" to become an Evidence-Based Practice Journey Group Nurse. The purpose of this Group is to provide a small forum for staff nurses to engage in and understand evidence-based practice (EBP) and nursing research; as well as serve as a resource on their unit. Journey nurses are provided with the opportunity for professional growth and development



Jen Nelson, Gail Boston,  
& Jackie Thielen





through mentoring by experts in EBP, implementation science, and change theory.

Currently Jen is the Principal Investigator for a nursing research study she developed entitled “Using Music Therapy to Reduce Postoperative Pain in Cardiothoracic Surgery Patients”. She has 5 Co-investigators and has engaged all nurses and nursing assistants on the cardiac unit, as well as Cardiac Rehab therapy staff to help in implementing the study. Data enrollment is almost complete and data analysis will take place this summer.

Jen’s PICOT question was: *Does music therapy decrease post-operative pain for cardiothoracic surgery patients?*

We look forward to the findings of this study and implications for practice at our hospitals. Jen will submit an abstract for Methodist Research Day in 2015, as well as disseminate findings in various other ways. We congratulate Jen for her perseverance

in the EBP Journey Group and for engaging her entire staff in the research project on her unit!!

Our second nominee and the 2014 recipient of the Star Award is **Jackie Thielen, APRN**. She has been an active member in multiple EBP projects and was a research team member for the research that looked at Patterns of Vital Sign Variance as Antecedents to Cardiopulmonary Arrest in Hospitalized Adults. Jackie was the principal investigator on a study in Oct 2013 entitled: IMPRESS – International Multicenter Prevalence Study on Sepsis - an International Single Day Point Prevalence Study for Severe Sepsis and/or Septic Shock.

Jackie chairs the Clinical Peer Review Committee, an interprofessional team, which has improved patient outcomes related to failure to rescue. She also chairs the Sepsis PI team where various strategies to improve assessment, recognition and treatment have been implemented at Methodist.

Currently Jackie is a nurse Practitioner on the team and Coordinator for the Palliative Care program at Methodist Hospital. She chairs the Comfort Care committee to improve quality of life at the end of life for patients and families at Methodist Hospital.

Congratulations to both of these outstanding nurses!



## 2014 Tau Tau Leadership Election Results

By [Deborah Conley](#)

Tau Tau held its annual election of officers in May via a ballot vote of the membership. The Leadership Succession Committee would like to thank **all** candidates who agreed to be on the ballot.

We are pleased to announce the following 2014-2015 slate of officers for our Chapter. Their candidate statements are included as a way for you to get to know these nursing leaders. Each term is for two years and we welcome their expertise and active participation in leading our Chapter.

### **President Elect: Robyn Michal, MSN, RN, CCRN, CSC**

My interest in the office of President-elect is motivated by the opportunity to engage nurses in leadership at the bedside, community collaboration and to develop a global perspective regarding healthcare and the challenges we face in the 21st century. I have been a nurse at Methodist for 24 years. I have been in the roles of Critical Care staff RN, Nurse Coordinator, Service Leader and Staff Development Nurse. Currently I am a clinical nurse educator on the Cardiac Unit at Nebraska Methodist Hospital and Coordinator of the new Nurse Residency Program at Nebraska Methodist and Women's Hospital.

### **Vice President: Kathy Marquardt, MSN, RN**

I have thoroughly enjoyed serving as Vice President on the Tau Tau board the past 2 years. My goal is to help provide a solid foundation as new members help us shape the future of Nursing Research, Hon-

or and Scholarship. Professional practice, community involvement and life-long learning are at the heart of the nursing profession and as STTI members we are personal stakeholders in the future of healthcare. I am the NICHE Coordinator and the Nurse Manager on the ICU and Telemetry Services at Jennie Edmundson Hospital.

### **Treasurer: Jed Hansen, BSN, RN**

I have been very fortunate that in the early stages of my nursing career I have received encouragement to "get involved" from several of the current board members of our local Tau Tau chapter. And, in that spirit of wanting to give back to my profession, I am honored to have the opportunity to serve Tau Tau as your treasurer. I currently work as staff nurse in the Emergency Department at Methodist. Along with nursing, I also have experience with numbers including a degree in finance from Nebraska-Lincoln and my previous career as a corporate finance manager.

### **Leadership Succession Committee: Jean Adair, MSN, RN**

I am honored by this opportunity to participate in the Leadership Succession committee. Nursing Leadership provides an essential role by providing vision and guidance toward common goals. I have been fortunate to work at Methodist College and Methodist Hospital providing an opportunity to meet many wonderful nurses. In my current role as Learning Center Consultant at NMHS, I have the opportunity to meet the new clinical staff for the entire Health System. Due to these experiences I feel I would be an asset to this committee.





**Program Committee Chair: Kristen Hanten, MSN, RN**

I look forward to the opportunity to be the new Program Chair of the Tau Tau Chapter. I had the honor of being asked to join Tau Tau in December and have been looking for areas to become more involved. It will be exciting to get to know more about Tau Tau and its members. I am an RN in the Emergency Department at Methodist Women's Hospital.

**Publicity and Web Committee Co-chairs: Janet Syslo, MSN, RN & Jeremy Blake, BSN, RN**

(Janet) - Prior to entering the nursing profession, I worked in IT and have considerable technological experience. At ConAgra, where I worked for 23 years, I produced monthly newsletters which provided me previous experience that is very specific to being the Tau Tau newsletter editor. I graduated in May from NMC with my MSN. I look forward to continued success creating a newsletter that is informative and interesting for chapter members to enjoy.

(Jeremy) - I have almost 10 years of IT experience including server management, hardware support, and code support. I plan on bringing all my knowledge in this field to the Tau Tau chapter to help reach more members and increase the efficacy of the chapter operations. Currently I am a RN on the Oncology unit working night shift.

The following officers will remain on the board for 2014-2015 serving in the following capacities:

**President - Gail Boston, MSN, RN-BC, CCRN**

**Secretary - Marky Medeiros, MSN, RN**



**Membership Co-Chairs - Cheryl Bouckaert, MSN, RN and Kim Hall, MSN, RN**

**Leadership Succession Committee- Deborah Conley, MSN, APRN-CNS, GCNS-BC, FNG-NA, and Nicole Brunow, BSN, RN**

**Governance - Jean Farnham, MSN, RN**

Tau Tau extends a **sincere thank you** to off-going board members for their commitment, dedication, and excellence in leadership for making our Chapter the best it can be.

**Past President Advisor - Chris Hoebelheinrich, MSN, RN (1 year, with a total of 5 on the board)**

**Treasurer – Sue Rohlfs, MSN, RN (4 years)**

**Program Committee Chair – Phyllis Zimmerman, MSN, RN (4 years)**

**Leadership Succession – Lori Shaw-Warren, MSN, RN (6 years)**



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INTERNATIONAL**

**Tau Tau Chapter,  
Nebraska Methodist  
College**

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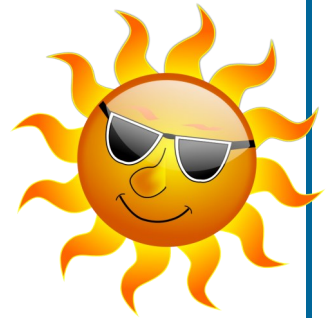


LOVE, COURAGE, AND HONOR

*The mission of the Honor Society of Nursing, Sigma Theta Tau International, is to support the learning, knowledge, and professional development of nurses committed to making a difference in health worldwide.*

**CHAPTER OFFICERS**

President — Gail Boston, MSN, RN-BC, CCRN  
Vice President — Katherine Marquardt, RN, MSN  
Past President — Chris Hoebelheinrich, BA, MSN, RN  
Secretary — Margaret Medeiros, MSN, RNC-OB  
Treasurer — Sue Rohlf, MSN, MA, RN  
Counselor/Governance Chair — Jean Farnham, MSN, RN  
Fundraising Chair — Hilary Spurgeon, BSN, RN  
Membership Involvement Chairs — Kim Hall, MSN, RN & Cheryl Bouckaert, MSN, RN  
Leadership Succession Chair—Deborah Conley, MSN, APRN-CNS, GCNS-BC, FNGNA  
Leadership Succession Committee—Nicole Brunow, BSN, RN  
Program Chair — Phyllis Zimmermann, MSN, RN  
Publicity Co-Chairs — Janet Syslo, MSN, RN & Jeremiah Blake, BSN, RN



Sigma Theta Tau International  
**Honor Society of Nursing®**

**Upcoming Events!**

**June 16**

**General Meeting &  
Program**

*Clark 3244 (NMC campus)*

4:15-4:45 meeting  
4:45-5:15 social time  
5:15-6:15 presentation

**“Nebraska Action Co-  
alition: Focus on the  
Future of Nursing in  
Nebraska”** by Marilyn  
Valerio and Victoria  
Vinton

**MARK  
YOUR  
CALENDAR**



**Help recruit NEW  
members!**

**Direct interested  
future members to  
jean.farnham@  
methodistcollege.edu !!**

**2014**

**June 21:**

Tau Tau Garage Sale!  
8:00 am  
Alumni Center parking  
lot

**September 15:**

General Meeting &  
Program

**October 7:**

Nebraska STTI Consorti-  
um Fall Program

**November 14:**

New Member Induction  
Ceremony & Reception