

# Nu Rho News

## Spring 2017 Newsletter

# Sigma Theta Tau International

The mission of the Honor Society of Nursing, Sigma Theta Tau International, is advancing world health and celebrating nursing excellence in scholarship, leadership, and service.

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**Nu Rho-at-Large Chapter Sigma Theta Tau**



Hello Spring! We are so happy to see you!

## President's Message

We have had such an exciting and busy year to date. Our committee has organized several educational opportunities, enhancing the growth of our committee members and nursing students. Southeast Community College (SCC) has been so gracious and helpful in organizing the treats, rooms, and providing continuing education hours. Thank you, Jeanette Walsh!

Our induction of new members into Nu Rho Chapter was on March 27<sup>th</sup>, 2017. We hope to see these new members offer some of their time and talent in the future as new board members or committee members for events. If you are interested, please let any of our board members know, because you really will have a lot of fun and learn a lot.

A special thank you to our Membership Ambassador, Ann Lif, for creating a presentation about the benefits of joining STTI Nu Rho Chapter to current nursing students.

April showers us with the "Celebrate Nursing" event provided by STTI Nu Rho-at-Large Chapter, Gamma Pi Chapter, and Nebraska Nurses Association. Posters from Union College, UNMC, Bryan, and Wesleyan will be on display and students will be eagerly awaiting questions from all attendees. This is a impressive group of research posters and more impressive are the students who completed the research! We hope many of you are planning to attend and support these students.

Thank you once again to our dedicated board members for all of your willingness to work and the laughter and comradery you bring to our meetings.

Dr. Sue Gabriel



***Dr. Sue Gabriel, RN***

Nu Rho Chapter President  
Nebraska Wesleyan University  
lgabriel@nebrwesleyan.edu  
402-465-2460



## Human Trafficking: The Nurse's Role

Dr. Sue Gabriel, RN, SANE-A

Monday, June 12th, 2017

Presentation 5:30 p.m. – 6:30 p.m.

Member meeting and officer induction 5:00-5:30p.m. and light supper.

**LOCATION:** Jack Huck Continuing Education Center  
301 S. 68<sup>th</sup> Street, Lincoln, NE 68510

**PURPOSE:** Did you know a human trafficking victim may be your patient in Nebraska? Come to learn about how nurses can identify victims and available resources to help them.



## Human Trafficking: The Nurse's Role

**LOCATION:** Jack Huck Continuing Education Center  
301 S. 68<sup>th</sup> Street, Lincoln, NE 68510

**PURPOSE:** Did you know a human trafficking victim may be your patient in Nebraska?  
Come to learn about how nurses can identify victims and available resources to help them.

**PRESENTER:** Sue Gabriel is a nationally known speaker about human trafficking and belongs to local and national groups dedicated to this purpose.

**PROVIDED BY:** Southeast Community College and Sigma Theta Tau, Nu Rho Chapter

**PLANNING COMMITTEE:** Jeanette Walsh RN BSN, Jeri Brandt, RN PHD, and Laura Karges RN MSN.

Southeast Community College Continuing Education Division is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation

1.0 contact hour awarded to nurses who remain for the entire event. No partial contact hours will be issued for partial attendance or early departure.

**Bring a friend interested in meeting other fantastic nurses!**

Keep this page as your reminder

See next page to register and reserve your food



- Return this form and a check for \$15.00 made out to Nu Rho Chapter of Sigma Theta Tau.
- Submit payment to: Nursing Administrative Assistant at Nebraska Wesleyan University. Located at Burt Hall 310, 5000 St Paul Ave, Lincoln, NE 68504.
- The last day for reservations is Tuesday, June 6th at 4:00 p.m.
- If you have additional questions, please call, Jeri Brandt 402-465-2336.

Sandwich selection (all on wheat berry bread):

- \_\_\_ Chicken salad
- \_\_\_ Egg salad
- \_\_\_ Turkey and cheese
- \_\_\_ Beef and Cheese

Cookies and salads will also be available.

Name\_\_\_\_\_

Phone\_\_\_\_\_

E-Mail address\_\_\_\_\_

\_\_\_ I am a new member



## Celebrate Nursing!

Celebrate Nursing at the NNA-Lincoln Area Mutual Interest Group  
Spring Meeting  
Monday, April 24, 2017 5:00-8:00  
Southeast Community College, Jack Huck Continuing Education Center  
Room 302, 301 South 68<sup>th</sup> Street Place, Lincoln, NE 68510

### Agenda

5:00-5:45 Poster Presentations co-sponsored by STTI Gamma Pi & Nu Rho  
-at-Large

6:00-6:45 Dinner; Please notify Jodi Nelson at [teachingnurses@gmail.com](mailto:teachingnurses@gmail.com)  
if you have special dietary needs.

7:00-8:00 Keynote speaker: Niki Eisenmann, MSN, RN, PhD ©, Assistant  
Professor of Nursing, Bryan College of Health Sciences.

Topic: **Healthy Nurses=Healthy Advocates**

1.0 CNE (Continuing Nursing Education hour) will be provided.  
You must register by **April 17, 2017** so a dinner count can be submitted.

Cost: \$10 for pre-licensure nursing students  
\$15 for current ANA/NNA members  
\$20 for non-ANA/NNA members

Online Registration at [www.nebraskanurses.org](http://www.nebraskanurses.org) Registration Opens March  
20, 2017

There will be a drawing for a **grand prize** of **\$100 Gift Card** at the end of  
the evening but **you must be present to win!**

NOTE: Poster presenters who will not be able to stay for the dinner and  
speaker are not required to pay. However, you must register for the poster  
event by contacting Dr. Linda Hardy or Dr. Christie Campbell Grossman.  
See Poster Presentation Information.



*The Midwest Multistate Division is accredited as an approver of  
continuing nursing education by the American Nurses Credential-  
ing Center's Commission on Accreditation.*



## CALL FOR POSTER PRESENTATIONS

# Sigma Theta Tau International Nu Rho-at-Large and Gamma Pi Chapters

WITH



## Lincoln Area Mutual Interest Group Monday, April 24, 2017-Celebrate Nursing Event

Nu Rho-at-Large Chapter and Gamma Pi Chapter of Sigma Theta Tau International Nursing Honor Society in collaboration with the Lincoln Area Mutual Interest Group (MIG) of the Nebraska Nurses Association invite students and nurses to present a poster on a research project, an evidence-based practice project, or other topic of interest to nursing at the **2017 Celebrate Nursing Event**. This event is scheduled for Monday, April 24, 2017, 5:00p-8:00p at Southeast Community College, Jack Huck Continuing Education Center, Room 302, 301 South 68<sup>th</sup> Street Place, Lincoln, NE 68510. The Poster Event is scheduled from 5:00-5:45.

Please submit the following information by **Friday, April 7, 2017 at 5:00 p.m.** *Submissions will not be accepted after that time.*

**For submissions:** Include the name(s) of the presenters, one main contact person's email address, university/college affiliation, and faculty advisor(s) if applicable.

**For a Research Poster:** Research Abstracts to include title, authors, purpose and rationale, subjects, methods, results, conclusions. For research in progress, the results and conclusions are not required in the abstract.

**For an Evidence-based Practice Poster:** Evidence-based Practice Abstracts to include title, authors, purpose statement, 2-3 (Review of Literature) research studies to support the evidence, proposed practice change, implementation strategies, and practice outcomes. For projects in progress, proposed practice change and implementation strategies not required for the abstract but should be included on the poster if possible.

**Other topics:** Other topics of interest to nursing education, practice, or research are welcome and will be considered for inclusion in this event.

Send the information to:

**For Nu Rho-at-Large:** Linda Hardy, PhD, RN, CNE, CTN-A at Nebraska Wesleyan University, Burt Hall, 313, Ext. 2416 or 402-465-2416, 5000 St. Paul Ave, Lincoln, NE. 68504 OR email the information to [lhardy@nebrwesleyan.edu](mailto:lhardy@nebrwesleyan.edu) Email preferred!

**For Gamma Pi:** Christie Campbell-Grossman, PhD, RN at University of Nebraska College of Nursing. Email information to Dr. Campbell-Grossman at [ccampbel@unmc.edu](mailto:ccampbel@unmc.edu)

Presenters will be notified of acceptance via email by **April 14, 2017**. **You will be responsible for bringing the needed foam board and easel to display your poster.** Students, please check with faculty members at your school for these supplies.

See attached EBP template for your convenience. Use the list above for Research Posters content areas. Other topics should clearly demonstrate relevance to nursing education, nursing practice, or nursing research.

## EXAMPLE OF EBP ABSTRACT

**Title:** Incorporation of Guided Imagery into the Care of Patients Undergoing Diagnostic and Interventional Cardiac Catheterization

**Presenter(s):** Cardiac Kelly

**Faculty sponsor(s):** Dr. Mary Heart

**Credentials:** xxx (Add degrees, certifications for principal presenter and co-presenters)

**Organization:** College of Nursing Excellence

**Abstract text:** (less than 250 words; Please type 12-pt font, Times New Roman or Arial, single-spaced, within the box below.

**Purpose Statement:** This research utilization project was designed to incorporate guided imagery (GI) into the routine care of patients undergoing cardiac catheterization and interventional procedures.

**Background/Significance/Review of Literature:** Evidence exists that complementary therapies, such as GI, can initiate a relaxation response and contribute to a reduction in procedural pain, anxiety and length of procedure. The Iowa Model of Evidence-Based Practice to Promote Quality Care guided this project.

\*\*\*What is already known about this topic?

\*\*\*Review current (within 5 years) research studies to support your evidence.

\*\*\*Ranking of Evidence- Ex: Pyramid of Evidence (Hayes, 2006)

**Methodology:** Pre-procedure, all patients admitted to the Heart Center for same day cardiac catheterizations were invited to participate in GI. Patients who agreed to participate were provided with a cassette player, guided imagery tape and disposable headset. Outcomes were collected on 50 participants and 50 nonparticipant's pre and post procedure. Patient satisfaction with the GI program and the catheterization procedure, and pain were measured using a 0-10 Likert scale. Anxiety was measured using the Spielberger State Anxiety Inventory. Descriptive and comparative analyses were performed on the groups of participants and non-participants. Approximately 2 of every 3 patients chose to participate in the GI program. Participants reported high levels of satisfaction with the GI program (8.75/10) with

higher levels reported by participants undergoing their first catheterization procedure (9.3/10). Both groups reported high levels of satisfaction with the catheterization procedure. Pain was rated low (0-1) in both groups however significantly more patients using GI still had femoral sheaths in when completing the post-procedure survey. All patients reported significantly less anxiety post-procedure



## Sample continued

**Conclusions/Nursing Implications:** Evaluation of this evidence-based practice change supports the continuation of GI in-patients undergoing diagnostic/interventional cardiac catheterization and expansion of the GI program to the broader patient population. Staff support of the program was greatly enhanced by allowing staff to experience GI prior to the practice change. Development of an evidence-based clinical practice guideline for GI is recommended and underway.

**Practice Outcomes:** Outcome studies to evaluate GI use in other acute/critically ill patient populations are also recommended.

**EBP Abstract Example** has been taken from the internet with NU Rho revisions by M. Fitzke, Research Chair, 2012-2013.

**Researchers of EBP Example Credits:** Bradley, E., Bucher, L., Collins, M., Sarcone, K., Strong, J., Waterhouse, J.

research  
policy  
impact

## Sigma Theta Tau International Nu Rho-at-Large Chapter

### Research Grant Opportunity

Grants of up to \$599 awarded

Applications accepted on a rolling basis

Applicant must be a current member (dues paid) of the Nu Rho chapter

**\*\* For Grant Application materials, contact  
the Research Chair**

**Dr. Linda Hardy via email or mail \*\***

**By mail at:**

Nebraska Wesleyan University

lhardy@nebrweslyan.edu

Burt Hall 313

5000 St. Paul Ave.

Lincoln, NE 68504



Dr. Linda Hardy, PhD, RN  
Research Chair

Please provide an email address.

Application materials will be sent to you electronically.



# *Do you know your board members?*

## Voting Board Members

<b><u>President:</u></b> Sue Gabriel	<b><u>Treasurer:</u></b> Andreea Baker
<b><u>President-elect (Governance Chair):</u></b> Kathy Williams	<b><u>Faculty Counselors:</u></b> Amy Golter (Union College) Becke Voight (NWU) Jessica Warren (BCHS)
<b><u>Vice-presidents:</u></b> Laura Karges (Union College) Jeri Brandt (NWU) Melinda Bentjen (BCHS)	<b><u>Student Volunteer:</u></b>
<b><u>Secretary:</u></b> Janelle Francis	<b><u>Leadership Succession:</u></b> Erin Pulec (Chair)

## Non-Voting Board Members

<b><u>Leadership Succession Members:</u></b> Kathy Thompson
<b><u>Newsletter/Publicity:</u></b> Leslie Cosgriff & Ashley Kennedy
<b><u>Research:</u></b> Linda Hardy
<b><u>Awards/Recognition:</u></b> Angela McCown
<b><u>Webmaster:</u></b> Diane McMurray
<b><u>Membership Involvement:</u></b> Patty Bollinger
<b><u>Member Ambassador:</u></b> Ann Lif



# BECOME A MEMBER

Want to get more involved with the  
Nu Rho Chapter?

Consider running for the following board positions.

- ◇ BCHS Vice President
- ◇ Faculty Counselor (BCHS)
- ◇ Faculty Co-Counselor (BCHS)
- ◇ Membership Involvement
- ◇ Leadership Succession
- ◇ Treasurer
- ◇ Research Chair (appointed position)
- ◇ Student Volunteer

All positions are 2-year terms running June 2017-June 2019



Interested candidates contact:

Erin Pulec, BSN, RN

[ebpulec@gmail.com](mailto:ebpulec@gmail.com)





# 2017 STTI Nu-Rho Inductees

## Welcome New Members!



**Bryan College of Health Sciences:** Abigail M. Burenheide, Stephanie R. Cleveland, Lindsey M. Dillon, Kelli L. Duncan, Summer S. Erickson, Chelsea R. Flaska, Virginia Leigh Grosvenor, Hanna M. Harrison, Mirisa L. Hernandez, Amanda S. Hunt, Lacey D. Jensen, Alysha I. Johnson, Erin Marie Kujath, Grace Ashley Lathrop, Michaela M. Janak, Heather A. Johnson, Ariel M. Oehring, Jessa L. Post, Kristi G. Shoemaker, Kyle F. Steinhauer, Stephanie J. Tripe, Rachael A. May, Ashley R. Mercier, Taylor I. Mowinkel, Anya A. Seng, Megan J. Zwickl, Tayce I. DeBrie, Karlee A. Gansebom and Kelsey L. Woitaszewski. Not in attendance: Rachel J. Pejsar Snelling, Trista M. Williams, Emily J. Huettner, Kirstin E. Lipps, Shelly J. Amsberry, Nicole A. Behrends, Jessica L. Hanes, and Farrah L. Rosentreader.

**Nebraska Wesleyan University:** Heidi Lyn Chapman, Kristina Kay Felix, Joana Dayupay Loseke, Macy Jayne Reichmuth, Rachel Marie Smith, and Melissa Ann Stoll. Not in attendance: Julia Lynn Hendrickson, Hoa Thuy Nguyen, Mari Cassandra Ramse, Whitney Ann Spicka, Wendy Marie Vann, and Jaimie Darline Young.

**Union College:** Lyndsey Cowin, Matti Jenks, Felicity Antwi, Ashley Ryan, Brandey Ryan, Perla Suarez, Kailen Bricker, Katie Bright, Andrew Donohoe, Erin Thege, and Sierra Hall.



Thank you to all board members  
who helped during Induction!



## Scholarships, Nominations, & Chapter Key Award

Nu Rho is offering a \$500 scholarship & our annual leadership award to two deserving members of Nu Rho!

All applications\* are due April 28, 2017.

Scholarship recipients must be members of STTI Nu Rho chapter-at-large. Membership demonstrates that you are a high achieving member of our profession. Allow us as an organization to honor you by contributing to your continuing professional development!

Nursing Excellence Award nominees must be members of STTI Nu Rho chapter-at-large. A nomination for this prestigious honor society award is achievements and for the contributions to our profession.

For more information, contact:

Angela McCown, MSN, RN

Chair Person of Awards & Recognition

[angela.mccown@bryanhealth.org](mailto:angela.mccown@bryanhealth.org)



\*Applications are on the following two pages of the newsletter

# Nursing Excellence Award Nomination

## Nursing Excellence Award Nomination

Do you know a nurse who is outstanding and should be recognized for a career that exemplifies nursing professional excellence? Please nominate that nurse for this prestigious award by completing this form and forwarding as directed below. The award will be granted at the June 2016 annual meeting. Submit nomination by April 28th, 2017.

### Eligibility:

1. Current member of Sigma Theta Tau Nu Rho-at-Large Chapter
2. Demonstrated high achievement in nursing.

**Nursing Excellence Award Nomination Form- ALL areas listed below must be addressed!**

Nominee Name: \_\_\_\_\_

Current/Previous Employment: \_\_\_\_\_

Nominated by: \_\_\_\_\_

### **Be sure to address ALL of the following attributes of the nominee:**

- 1) Evidence of Leadership (e.g. professional or volunteer organizations).
- 2) Awards or recognition by other groups.
- 3) Participation in committees, task forces, etc. at work or in professional or community organizations.
- 4) Examples of creativity in providing nursing care or nursing leadership.
- 5) Illustrations of how candidate advanced knowledge in nursing through research, publications, presentations, workshops, or other examples.
- 6) Examples of promoting professional development of other nurses.

Please return this form April 28th, 2017 to Angela McCown, 1200 N 80th Street, Lincoln NE, 68505 Or email the above information to [angela.mccown@bryanhealth.org](mailto:angela.mccown@bryanhealth.org)



# \$500 Nu Rho Scholarship Application

**Information:** A \$500 scholarship is now available through Nu Rho's Chapter of Sigma Theta Tau.

**Eligibility:** Applications must be a current member of Sigma Theta Tau Nu Rho-at Large chapter and currently enrolled in a graduate/post-graduate program.

**Timeline:** The scholarship will be awarded at the June 2017 annual meeting.

**Submit the following by April 28th, 2017:**

## 1) STTI Scholarship Application Form

Name\_\_\_\_\_ RN License #\_\_\_\_\_

Membership #\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Phone (daytime) \_\_\_\_\_ (evening) \_\_\_\_\_

Education Program (e.g. NP, CNS, MSN, PhD/DNP [Education, Administration])

\_\_\_\_\_  
Educational Institution \_\_\_\_\_ Location \_\_\_\_\_

Academic Goals:

Career Goals:

Involvement in Chapter Activities:

## 2) Resume/vitae and

## 3) 500-word summary of research focus, plans or interests.

Please return the three part application by April 28th, 2017 to Angela McCown 1200 N 80th Street, Lincoln NE 68505 or email to [angela.mccown@bryanhealth.org](mailto:angela.mccown@bryanhealth.org)

# Chapter Key Award

It is time to share your best and let our chapter recognize the contributions that the Nu Rho members have made to nursing. The Chapter Key Award, established in 1991, honors STTI chapters that excel in chapter related activities such as:

- Membership recruitment and retention
- Publicity and programming
- Professional and leadership development
- Local, national, and international collaboration



All Nu Rho members are HIGHLY encouraged to share any professional and leadership development you have done between July 1, 2015 and June 30, 2017. Please submit your information by July 7, 2017 at the latest.

Please send your information to Angela McCown, Awards & Recognition Chair  
[angela.mccown@bryanhealth.org](mailto:angela.mccown@bryanhealth.org)



# Search:



- **Our Facebook page:**

- ◊ Nu Rho-at-Large Chapter Sigma  
Theta Tau

- **Meeting minutes & Newsletter:**

- ◊ <http://nurho.nursingsociety.org/resources/resources68>

- **For any members that have pictures of recent or past events with permission to publicize, email to:**

Diane McMurray, MSN, RN  
[dmcmurra@nebrwesleyan.edu](mailto:dmcmurra@nebrwesleyan.edu)





## Treasurer's Report:

- Revenue:
  - Savings Interest: January 2017-February 2017= \$0.15
  - CD Interest: \$3.72 earned as of December 14th
- Expenses:
  - SCC Educational Event: \$197.50
- Current Status:
  - Checking: \$9,513.78
  - Savings: \$2,718.56
  - CD: \$ 4,979.10
  - Total: \$17,211.44
- Outstanding Bills: None

Respectfully submitted by: Andreea Baker  
Treasurer





Upcoming Meetings-STTI Nu Rho Chapter Meetings			
Date	Time	Event	Location
April 10th, 2017	5:00pm to 6:00pm	Board Meeting	NWU Classroom 317
April 24th, 2017	5:00pm to 8:00pm	NNA, STTI, & MIG Poster Presentations @ SCC	SCC Jack Huck Continuing Education Center 301 S. 68th Street, Lincoln, NE 68510
May 8th, 2017	5:00pm to 6:00pm	Board Meeting	NWU Classroom 317
June 12th, 2017	5:00pm to 5:30pm	Board Meeting and Officer Induction	NWU Classroom 317
June 12th, 2017	5:30pm to 6:30pm	Educational Offering	SCC Jack Huck Continuing Education Center 301 S. 68th Street, Lincoln, NE 68510
NO July meeting. We will meet in August for Officer Transition (2017-2018)			

Important Dates	
Annual Report Opens:	May 1st, 2017
Report due from Chairs:	May 31st, 2017
All check submitted to Treasurer:	June 15th, 2017
Annual Report due:	June 30th, 2017
Chapter Key Submission:	June 30th, 2017



*This newsletter was brought to you by:*



Leslie Cosgriff, MSN, RN  
Publicity Co-Chair  
[leslie.cosgriff@bryanhealth.org](mailto:leslie.cosgriff@bryanhealth.org)



Dr. Ashley Kennedy, EdD, RN  
Publicity Co-Chair  
[ashley.kennedy@bryanhealth.org](mailto:ashley.kennedy@bryanhealth.org)

*Any ideas or comments for our newsletter?  
Let us know!*