

21ST CENTURY NURSING

Dear Friends of the School of Nursing,

Nursing stereotypes abound – most are positive but a few are negative or outdated. The notions that nurses wear funny white hats and ugly shoes (if you grew up in a certain era), that nursing is a career choice only for women, that nurses really wanted to be doctors, or that nurses play a subservient role in the hospital setting just don't do justice to the advanced level of evidence-based care that today's nurses provide.

The stories in this issue of The Pulse explore some of the facets of today's nursing community – many of which debunk one or more of these stereotypes. What they have in common is that all the people featured in these articles are related to the Concordia University School of Nursing in some way. I hope you enjoy reading their profiles!

—Dr. Sharon Chappy, Dean, CU School of Nursing

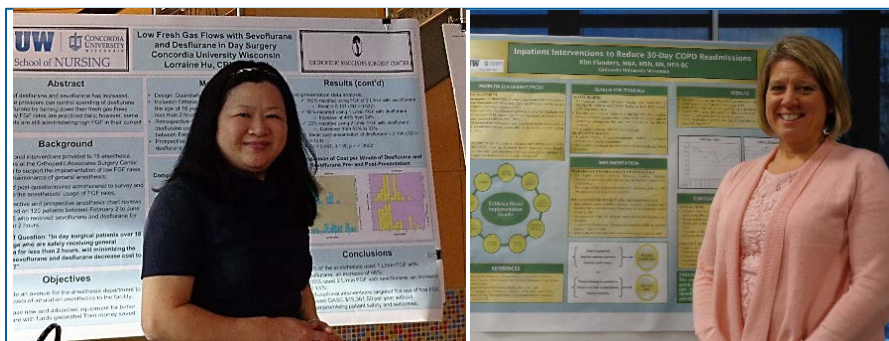


Figure 1. A cohort of 31 Doctor of Nursing Practice students, including Lorraine Hu (left) and Kim Flanders (right), proudly presented evidence from their translational projects in posters that served as the culmination of their DNP degrees at Concordia University in December 2015.



**PARISH
NURSING
EVENTS**

Since 1989, Concordia has offered educational programs in congregational health ministries. These meetings have introduced more than 4,000 nurses, clergy and others to Christian caregiving, as well as offering strategies for starting a congregational health ministry. They integrate a Christ-centered framework to developing a holistic congregational health and parish nurse ministry.

Christian Caregiving 2016, a professional development course for RNs, clergy, and others interested in parish nursing and congregational health ministries will be held on the CU Mequon campus Monday through Thursday, May 2-5, 2016.

The 24th Annual Concordia Conference for Parish Nurses and Congregational Health Ministries: Hope and Help will be Wednesday and Thursday, May 25-26, 2016, on the Mequon campus. Keynote speakers and breakout sessions explore the world of the parish nurse.

For more information on Parish Nursing or these conferences, please contact Dr. Carol Lueders Bolwerk at 262-243-4233 or carol.luedersbolwerk@cuw.edu.

GIVING HOPE (AND HELP)



Figure 2. (Left) Undergraduate nursing student Hope Boyle-Jacobs took blood pressure readings for patients in the first-ever healthcare clinic sponsored by Mercy Missions of the Lutheran Church-Missouri Synod in Lira, Uganda.

Figure 3. (Right) Hope and a fellow missionary greeted the children who surrounded them at a memorial gravesite they visited while traveling in Uganda. "It was amazing to know we made such an impact."



Sometimes a few words can change a life – or many lives. When the Manager of Life and Health Ministries for the Lutheran Church-Missouri Synod (LCMS) spoke to undergraduate students in the Medical-Surgical Nursing II course last spring, the few words she spoke changed Hope Boyle-Jacobs' life – likely forever.

Inspired by these words to serve on a mission trip, Hope applied for a grant to travel with the LCMS Mercy Medical Team. A few weeks later she received an email granting her a scholarship. "I turned in my stuff and then I realized, oh my gosh, it's happening!" Hope said.

Along with the rest of the team of volunteers, Hope flew into Kampala, Uganda in August, then took a day-long bus ride to a small town called Lira. She said as they drove through the countryside to reach the clinic in Lira, people would come running out and wave to the bus as it passed. "I felt kind of like a celebrity driving through."

Mercy Medical teamed with medical staff from Uganda. The local LCMS

church facilitated their rooms, meals and transportation, and its pastor attended to the mission team's spiritual needs.

They set up a clinic at the Lira school, and people came from around the region for medical care. "Some of them would walk 75 kilometers in the hot sun, both there and back," Hope said. "They would sleep in the classroom and line up again the next day if they couldn't be seen."

Hope performed intake screenings, taking blood pressure and vital signs and directing patients to the next available nurse practitioner or physician for treatment. She was surprised at how well many of the people she served – even those who had little schooling – could speak passable English.

Hope said she learned a lot about life in poverty. Many of the women had chronic coughs from cooking over open fires every day. Very small children worked in fields or caring for siblings. Many men, women and even children struggled with HIV, hepatitis and

sickle cell disease – and without the means to treat them properly.

"I directly used what I learned the prior semester [in Med-Surg]," Hope said. "It's so sad what these people go through daily. One girl, about 15 or 16, had a big open wound on her leg where you could see the bone. She was on crutches, and had to re-pack the wound every day. Because she had sickle cell disease and was very poor, they couldn't operate and relieve her pain."

The work was hard – the team saw patients in a continuous stream from early morning until evening. The people they treated, however, were grateful. Some of the elderly people would kneel down to thank them, Hope said, which made her very uncomfortable. A woman from the village made dresses for the women in the missionary group in the few days they were there.

Hope said, "Everyone was so wonderful. It was eye-opening that they have so little, but they're so happy and appreciative. It makes you appreciate what really matters in your own life!"

A ROAD LESS TRAVELED TO NURSING

Although he didn't necessarily set out to do so, School of Nursing alumnus Jeff Piel (BSN, 2008) has

upended just about every stereotype about nurses and nursing you can think of. He's male, married, and although it took him eight years to get through his undergraduate degree, has been promoted into a leadership role in a neurosurgical unit at the Veteran's Administration Hospital in Madison, WI. He is also a First Sergeant in the United States Army National Guard and continues to go on overseas deployments as a Military Policeman.

The eight-year stint in the undergraduate program came about in part, he says, because he wasn't really focused on academics when he started college. He had to re-take some classes. He was dismissed from the nursing program and had to appeal to the department to be readmitted.

But by the time he got through a few tours of duty with the Army in Iraq, Germany, and Egypt during his student years, he was laser-focused, with the will to succeed in academia. "When I got back from the 16-month deployment to Iraq," Jeff said, "I

"There's no doubt in my mind that my education at Concordia helped propel my military career."

-Jeff Piel, BSN 2008, Concordia University School of Nursing

immediately came back to school. I knew what I wanted and I knew what kind of person I wanted to be. And that meant I needed a college degree."

Jeff is grateful, he said, for the understanding and accommodation he got from the Concordia faculty and IT department while he was on his shorter deployments. He was able to stay registered in classes despite absences from one to three months. And because his instructors recorded and uploaded lectures for him and worked with him on the materials, he was able to get caught up when he got back to the U.S. "They were very good about having an open door policy with me."

Jeff said he started at Concordia in the physical therapy program, but soon realized that nursing

was where his heart lay. His mother is a nurse and his father a Missouri Synod Lutheran minister, which may have contributed to that decision. He joined the Army as a combat medic, but switched to Military Police after basic training.

Being wounded by shrapnel from a roadside bomb in Iraq (for which he received the Purple Heart) helped cement his decision to become a nurse. It certainly entered into his decision to accept his current job at the V.A. "I decided there were many things I wanted to see improved for our veterans."

Jeff feels he has had a hiring advantage for nursing jobs because his degree was from Concordia, as well as to some extent because he is male.

In addition to good solid nursing training, he said, "Other students didn't get the instruction [from Prof. Brenda Jobe and others] about resumes, how to apply for positions, and how to present yourself in job interviews. There's no doubt in my mind that my training at Concordia helped propel my military career too."

(Continued on page 6)



Figure 4. First Sergeant Jeffrey Piel (left and right), received his bachelor's degree from Concordia University School of Nursing while serving in the U.S. Army National Guard.

FACULTY ACCLAIM AND ACCOMPLISHMENTS

AWARDS

Prof. Cathy Cero-Jaeger was appointed to the Washington County Board of Health.

Dr. Sharon Chappy was selected as one of the University of Wisconsin Milwaukee School of Nursing's 50 Distinguished Alumni as part of the School's 50th anniversary this year. She was nominated by Prof. Ellen Murphy, who served as her dissertation chairperson and is an ongoing mentor to Dean Chappy.

Dr. Janet Levey was promoted this spring to the rank of Associate Professor in the School of Nursing.

Dr. Jennie Peters has been invited to serve on an Advisory Group for Dr. Michael Fiore's R35 National Cancer Institute Outstanding Investigator Grant. The focus is tobacco cessation and improving the efficiency of the electronic health record.

Dr. Janet Levey presented a paper at the Midwest Nursing Research Society meeting on March 19, 2016, entitled "Nurse Educators' Willingness to Adopt Inclusive Teaching Strategies: A Psychometric Study." She was also presented with the society's **Outstanding Education Dissertation Award**.

PUBLICATIONS & PRESENTATIONS

Prof. Cathy Cero-Jaeger gave a presentation in fall 2015 to students in the CU School of Education about the role of the school nurse in education. She reviewed legislation that affects school nursing practice, spoke to the future teachers about the importance of a team approach to students with special health needs, how to help teachers identify common health conditions, and how to recognize appropriate treatments.

Dr. Sharon Chappy had the following articles published recently:

- Ziolkowski, K., Kaufman, J., Jambunathan, J., Berge, J., Menet, L., **Chappy, S.** & Messerschmidt, M. (2015). The clinical use of intravenous acetaminophen postoperatively on patients who have undergone bowel surgery. *AORN Journal*, doi: org/10.1016/j.aorn.2015.09.011.
- **Chappy, S.**, Madigan, P.D., Doyle, D.S., Conradt, L.A., Tapio, N.C. (2016) Preparing the next generation of perioperative nurses. <http://dx.doi.org/10.1016/j.aorn.2015.11.016>
- Jambunathan, J., & **Chappy, S.**, Siebers, J., Deda, A. (2015). Patient-centered care for chronic pain in the emergency department: A qualitative study. *International Emergency Nursing*, doi: 10.1016/j.ienj.2015.05.005.

Dr. Cindy Fenske was also first author on a recent publication: **Fenske, C.**, Freeland, B., Price, D., & Brough, E. (2015). Using experiential learning to enhance nursing student knowledge and attitudes about diabetes self-care. *Journal of Nursing Education and Practice*, 5(12), 104-110.

Dr. April Folgert will be presenting "Changing Nursing Graduate Students' Understanding of Social Determinants of Health" at the University of Texas 3rd annual Cultural Inclusion Conference in April, in San Antonio.

Dr. Janet Levey and CUW Librarian **Karen Nowak** published "Development of the Levey-Nowak Embedded Librarian Presence Instrument: A preliminary study," in the October 2015 edition of the *Journal of Library & Information Services in Distance Learning*. doi:10.1080/1533290X.2015.1110070

Dr. Carol Lueders-Bolwerk will have an article published in the April 2016 edition of the *LCMS Newsletter for Small Town and Rural Ministries*

entitled: "Parish Nurses Offering Hope in Serving Rural Populations."

Dr. Lueders-Bolwerk is also presenting at the 30th annual **Westberg Symposium** in Chicago in April entitled "Faith Community Nursing Resilience Yesterday, Today and Tomorrow."

The annual **Building Bridges to Research Based Nursing Practice Conference** at Marquette University in May 2016 is themed **Improving Quality and Safety through Research**. The following CUW faculty will be participating:

- **Dr. Giannina Vernon** and **Cathy Cero-Jaeger** are serving on the Conference Planning Committee: Southeastern Wisconsin Research Consortium.
- **Dr. Carol Lueders Bolwerk** will be on a panel discussing "Faith Community Nurses: Partners in Care."
- **Dr. Sharon Chappy** will serve on the plenary panel session "Burning Bridges: Lessons Learned Conducting Research and EBP."
- **Dr. Lois Seefeldt** (recently retired from the CU School of Nursing) will present, "Taking the mystery out of reading research articles."

ALUMNI NOTE

Nancy Reese, DNP, RN, CNE (CU Lay Ministry Certification 2001, MSN 2007, and DNP 2014) was chosen to participate in the National League of Nursing Scholarly Writing Retreat last fall. The group is developing a manuscript with their findings. Reese, who is Assistant Professor at Resurrection University in Chicago, also noted, **"God bless all the faculty at CUW, I am very thankful for the mentoring and education that I have received."**

NURSES SHAPE HEALTHCARE FAR BEYOND THE BEDSIDE

Dr. Jennie Peters is piloting a new course this spring for the Master of Science in Nursing program titled **MSN 830 Healthcare Policy and Issues in Advanced Nursing**. She traveled with **Dr. Carol Ott** to the Wisconsin State Capitol in Madison recently to research course materials and meet with **Rep. Jim Ott** (R-Mequon).

Together they toured legislative chambers, attended hearings and observed how bills are initiated and go through the hearing process to become law in Wisconsin. They also visited the office of Governor Scott Walker, where the Ott's introduced Dr. Peters to the governor and witnessed him signing a bill into law.

Senate and Assembly hearings that day included testimony on a bill that would give physical therapists the right to order X-rays, and another on the parameters of integrating individuals convicted of sex crimes back into the community.

Dr. Peters is excited about the breadth of what she learned during her day of meetings. "It was wonderful to have the chance to meet and talk with all these people. This gave me a better connection to government at the state level."



Figure 5. Witnesses to the signing of a bill into law at the Wisconsin State Capitol included: Dr. Carol Ott (left), Gov. Scott Walker (center), Rep. Jim Ott (behind the governor) and Prof. Jennie Peters (right).

"I'm a visual learner, and now I know so much more about how the processes work and can envision them while I'm teaching. I learned a lot, and my students are learning more too!"

Students in her class explore healthcare delivery at the state and national levels, the fiscal context of the advanced nursing role and links between policy, healthcare economics, and access to quality care.

Dr. Peters is incorporating what she learned in Madison into the MSN 830 curriculum. And she is pleased at the way her graduate students have responded. They are learning how advanced nurses can influence policy and legislative processes to create better healthcare systems in Wisconsin, writing policy briefs and essays, doing case studies, and using what they have learned

to impact healthcare policies in their own home states.

And, as a follow-up, Rep. Ott came to the Concordia campus to speak directly with students in March. Erica Zbytowski, a student in MSN 830, commented:

"I have all positive things to say about the Jim Ott meeting. He was stimulating to listen to, informative, made me more comfortable with the thought of contacting a state legislature, and funny. I could tell he genuinely wanted to be there and teach us students about what he does and his processes."

I have now contacted two senators involved with Bill 522 [her project]. I remembered my elevator speech and kept the email short and sweet.

You are doing a great job teaching this class – I have heard not such positive things about "health care policy" classes from my coworkers who are taking this course at two other universities! Their experience includes awful videos with swear words and name-calling for political parties, poor feedback or response time from the professors, too challenging that they are frustrated, etc. So thank you for keeping this class interesting!"

Building Better Nurses via The Neighborhood™

Concordia's BSN Completion students recently dove into a new educational arena – a virtual clinical immersion called "The Neighborhood" in their **NURS 342 Population Health** course.

The Neighborhood is a proven alternative to traditional shadowing experiences, said program chair **Dr. Wendy Crary**. Course instructors used elements within the virtual community to give students a richer understanding of total patient care. Stories, activities, and case studies provide a 360° view of a patient's life before and after they enter a hospital setting, and teach students about the impact these factors have on patient care.

Dr. Cindy Fenske, Campus Dean of Nursing for the CU Ann Arbor campus has been successfully using this program for several years. "The Neighborhood provides students with virtual patient experience in a safe environment," she said in a recent article. "It makes my courses come alive because students are

caring for real patients with real conditions. My students are now more engaged, active learners."

Characters in The Neighborhood (shown below) come from diverse cultural and socioeconomic backgrounds and different family structures. Students interact with "their patients" in a variety of situations and medical conditions, creating treatment plans that give them experience in how background and circumstances affect patients and treatments.

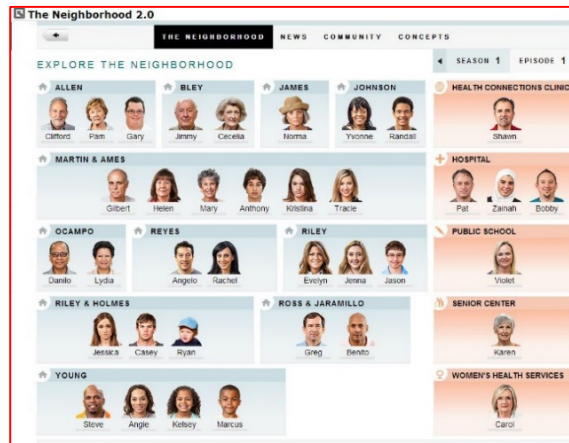


Figure 6. A family tree representing characters from the virtual community clinical nursing program *The Neighborhood™*

When students in the RN to BSN program weighed the cost of The Neighborhood against the time and effort to arrange a shadowing experience, Dr. Crary said, there was overwhelming interest.

And faculty, she said, were pleased that students could gain experience in what it means to be a nurse outside a hospital. "This course has always been an eye-opener for nurses who have had only a minimal interaction with community nurses. Student respect for the complexity of their work goes up a notch or two and the comfort of interacting with community-based nurses is also very positive."

For next semester, the instructors have eagerly incorporated student comments and suggestions into their plans. "We appreciate the honest and respectful feedback from students for all of courses and want to let them know we really do read and act on their contributions!" Dr. Crary said.

Nursing and the Military Life *(continued from page 3)*

So how does he reconcile serving in the Military Police and working as a hospital nurse? In either case, he is serving others. "In the Guard we do humanitarian work as well as policing. We are keeping things safe for the people who live there."

Looking to the future, Jeff is now enrolled in the Master of Science in Healthcare Administration at Concordia (although he won't start classes until he returns from his next deployment). He's almost at the point where he could retire from the military with a full pension, but he hasn't made that decision yet. "It just depends on what the military needs from me."

In the meantime, he is working through the challenges of his new job, learning the ins and outs of the V.A., dealing with staff issues, scheduling, hospital policies, nurse recruitment and more. Jeff's wife is also a nurse, and understands the demands the profession places on both of them. Jeff is enjoying the new job, though, since he still has the chance to spend time one-on-one with patients. "It's a great mix," he said. Maybe it's a lot like Jeff!

NOTE: The Concordia School of Nursing proudly displays the American flag donated by the 32nd Military Police Company, which Jeffrey Piel flew in our honor while deployed in support of Operation Iraqi Freedom at Victory Base Camp in Baghdad, Iraq, on September 11, 2009.

HELPING NURSES HELP PATIENTS

Learning comes from many sources when you're in for a nursing degree. Who would have thought that a tragic accident that almost took the life of a young electrician could turn into an intense educational opportunity?

On a cold day in January 2010, Nathan Luedtke of Oostburg, WI fell 10 feet through the ceiling of a shed where he was wiring lights to the concrete floor below. He suffered massive injuries to his skull and severe brain damage. After 17 days in a coma, weeks in the hospital and years of therapy, his life is in pretty good shape.

Since his accident Nathan has chosen to speak to seniors in the CU Medical-Surgical Nursing IV class annually to give them insight into his experiences as a patient with traumatic brain injury.

His advice to future nurses about dealing with coma patients? "Treat everybody as if they're with you, as if they're going to respond." He remembers conversations that happened while he was in the coma – things he couldn't have known any other way than to hear them.

It was a hospital nurse who had the idea to set him up in a chair instead of the bed, which signaled to his body that he needed to get up and start doing things, which released him from the coma.

"As nurses, you play such a huge role in the medical process," Nathan told students.

There's no denying that Nathan's life has changed. But he also recognizes there was a time when people thought he would not survive, so he accepts those changes as a matter of course and perhaps at some level, even a blessing.

He talked with students about the differences between who he was before the accident and who he is now: "I need to focus on the new normal."

- *My view of life has changed. I'm more compassionate now. I need your compassion too.*
- *Just because I have a disability doesn't mean I'm stupid. I just need you to explain it in a different way.*
- *I have to work 10 times harder than the average person, and it takes me 20 times longer.*
- *I'm not ashamed of my disability. It can be very frustrating at times, but it's the new me, and I can't change that.*

Nathan also told the students "It was just amazing what the nurses did. It wasn't the big things. But what they did was what I remembered and appreciated."

It has been a long journey for Nathan, his wife Becky, and the rest of his family – struggling through great pain and the grueling rehabilitation sessions



Figure 7. Nathan Luedtke, who shares his experiences as a patient with traumatic brain injury each year with nursing students, also shared a smile with Dr. Cindy Witte after his most recent presentation.

associated with traumatic brain injury. It was months before surgeons were able to reattach the flap of skull they removed to allow his brain swelling to go down. He had to relearn how to breathe, eat, talk, walk, use the bathroom, and perform tasks that once came easily.

So six years after his accident, why does Nathan still take time (he is a full-time dad to two small children, works part time as a CNA at Aurora Medical Center Grafton, and is studying to become an EMT) to come to Concordia?

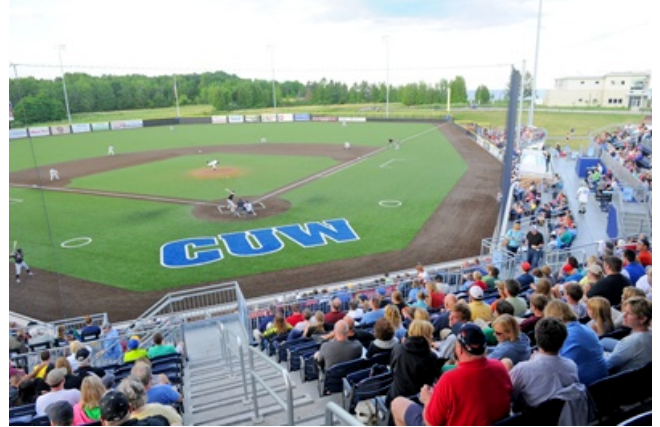
"I don't believe in luck. I believe I'm blessed," Nathan said. And he tries every day to share that blessing with others.

"Thanks to good nurses, I recovered."

Please join us!

School of Nursing night at the Lakeshore Chinooks game

Thursday, June 16, 2016!



For just \$20, you can meet other Concordia School of Nursing alumni, faculty and staff, eat and drink and talk, and take in a pleasant evening of Northwoods League baseball. On deck: the Chinooks will take on the Rockford Rivets at beautiful Kapco Park on the CUW campus!

- First pitch:** 6:35 PM
- Ticket package:** \$20 per person for alumni, faculty and staff
\$15 for nursing students (grad or undergraduate)
- Package includes:** Game ticket
All-you-can-eat Usinger's products and ballpark fare (through the 6th inning)
Two drink tickets per person
Family-friendly Kid Zone available (\$5 per child)



Questions about tickets? Go to www.cuw.edu/alumni, call 262-243-2008, or email alumni@cuw.edu
Chinooks information: www.lakeshorechinooks.com

Calling All Alumni

We'd love to hear about your personal and professional accomplishments and activities!
 Return this form by mail or email. **Thank you for your response!**

Name:	Degree and year of graduation:
Address:	
Phone:	Email:
Employer and location:	
Title or position:	
Personal and/or professional update:	

Please return form to: Bev Ventura, School of Nursing, Concordia University, 12800 N. Lake Shore Drive, Mequon, WI 53097 or bev.ventura@cuw.edu

This issue of The Pulse was written and edited by Bev Ventura. If you have questions or comments, please contact me at 262-243-4374 or bev.ventura@cuw.edu. Thanks for reading it and for supporting your School of Nursing!