

THE BEAT

for CUA School of Nursing Students

GRADUATION! *Edition*

ON THE LEADING EDGE OF SERVICE

Rev. Dr. Ryan Peterson, *Vice President of Administration*

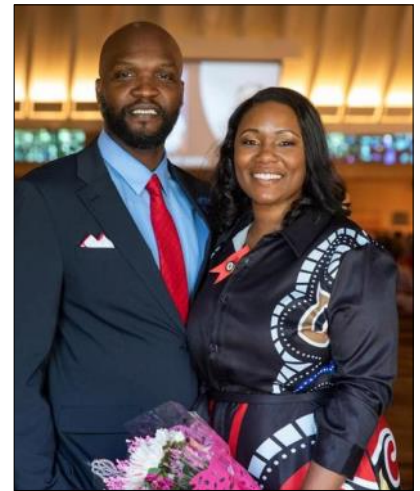


The third weekend in May is always a special weekend for Concordia University Ann Arbor students and their families. This is typically the Spring Commencement weekend – a beautiful weekend filled with celebration, a sense of accomplishment, and energy for the journey ahead. This past May was no exception, as our “Beta” class graduates walked across the stage to receive their diplomas and well-deserved honors.

If the Alpha class was the “first” class admitted to Concordia’s School of Nursing, it is this “Beta” class that distinguished itself as a group of servant leaders. Throughout their time as Concordia nursing students, this group excelled in the grace of giving. They gave selflessly to one another. They gave generously of their time. They gave their hearts to the passion and livelihood of preparing to be nurses who would make a difference in the world.

At the Pinning Ceremony which was held on the day before Commencement, the class kindly gave me a CUA Nursing coffee mug. One of the things I love about the mug is that it includes the four values of our CUA Nursing program: Service, Excellence, Compassion, and Integrity.

More than simply words, these values define the essence of our program and our desired values that each nursing student will live not only as a student, but as a registered nurse in the future. As I drink my morning coffee from that mug, I am grateful (not only for the coffee!) for the privilege of serving at Concordia, where students are experiencing an uncommon 21st century collegiate experience, in order that they can live out the CUA mission of “serving Christ in the Church and the world.” Our Beta class understands service. They were *already* making a difference, and they *will continue* to make a difference as professionals. I am more convinced than ever that the four values of our program are a distinctive mark of a program that is starting to make its mark. Enjoy this newsletter! You will see the evidence of a program that is on the leading edge of service, because you will see students who are blessing others through their passions and gifts.



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“MURMUR”INGS FROM THE DEAN

Dean Cindy Fenske, DNP, RN, CNE



Welcome back everyone! I hope you had some fun and relaxation over the summer. It sure has been busy around here!

The Beta class graduation took place on May 19. Twenty-two Concordia nurses were pinned, graduated, and sent out as wonderful representatives of the CUAA School of Nursing. Many are already working in area health care settings.

The senior students spent the summer surrounded by children, from birth to young adulthood, in both live and manikin form. They also experienced the wonder of new life, as they cared for women (and manikins) in labor, and newborns after delivery and in the nursery. The children of our nursing team were found throughout the building on “pediatric assessment day.” Samantha Raasch, Angie’s daughter, created a number of artificial wounds that the children wore, which added some fun surprises to the event. Pediatric clinical experiences included Mott Children’s Hospital, Milwaukee Children’s Hospital, and hospitals and clinics in Romania, Belize, and Kenya.

A large majority of the seniors traveled during July and August

for clinical experiences. Ben Oliver chaperoned a group traveling to Milwaukee for pediatric clinical time. They also had an opportunity to visit our sister school, Concordia Wisconsin. Other groups traveled to Romania with Dr. Zegrean, Kenya with Dr. McLaughlin, and Belize with Betsy Cambridge and Angie Raasch. Many eye opening adventures occurred during the trips, which will be detailed in the next edition of the newsletter.

The summer semester came to a close on August 7 with community health group presentations in the morning and ended with a mass casualty bombing simulation in the backyard of the North building in the afternoon. You just never know what will happen next around here!



I want to give a special, warm welcome to our new N1 class. I look forward to getting to know each of you. As you can see, there is a lot in store for you over the next two and a half years. Hang on!

COMPLIANCE CORNER

DID YOU KNOW that letting items expire in either Castle-Branch or ACEMAPP can hinder you from being placed into a clinical rotation? It’s true! Even during breaks such as summer, holidays, or winterim, you must keep tests, certifications, immunizations, and assessments current.

Email or go see Jim Birdsell for any assistance with your accounts. He is here to help!

Jim Birdsell — james.birdsell@cuaa.edu — office #211

CHAPEL @ the NORTH

Come join us for worship in the chapel on the 2nd floor.

M-T-TH-F:

Livestream from main campus

Wednesday:

CPR @ 10:35 with FREE STARBUCKS



CAREER ENGAGEMENT STUDIO

Joey Bialkowski and Lisa Johnson



As you work diligently on the new semester, the Career Engagement Studio would like to remind you that we are available to assist you in your professional development needs. The Studio is open on main campus Monday-Friday 9:00am-5:00pm and at **North Building on Wednesdays from 1:00-3:00pm**. Drop in or schedule an appointment today for tips on interviewing, professional attire, etiquette in the workplace, and more. We look forward to serving you as you continue on your vocational journey!

Workplace Relationship Tip of the Month: *Pay attention to what is acceptable in your environment and what is not. Many people think they are doing the “right” thing but find themselves in trouble because they didn’t pay attention to the cues about values in their organization’s culture.* —Taken from 13 Workplace Relationship Tips by Beverly Flaxington



SPOTLIGHT ON RESEARCH

TeamSTEPPS® Study results

Effective teamwork among the various healthcare providers is of the utmost importance, in order to prevent medical errors and ensure patients are receiving the best possible care. New graduate nurses often enter into practice without the level of skill and attitudes needed to function effectively and safely as a member of the interprofessional (IPE) team. They are often reluctant to voice their concerns to others on the IPE team about unsafe practices in patient care. Lack of confidence in their own skills or fear of reprisal from others on the IPE team, are commonly cited reasons nurses remain silent. IPE simulation practice is an effective tool to help students and nurses to improve teamwork skills and attitudes.

“Participants gained an understanding of the positive effects of team communication on the reduction of patient errors.”

A research study was conducted during the 2017-18 school year at CUAA, by members of the nursing team, during the med-surg 1 and 2 semester. The purpose of the study was to determine whether or not using TeamSTEPPS® training and simulation practice would have a significant effect on nursing students’ attitudes and performance in the development of IPE teamwork skills. Study participants were tested on teamwork skills and attitudes before and after receiving the training. Participants received TeamSTEPPS® training over ten weeks and had weekly IPE practice simulations.

Fifty-seven participants completed the study. The results showed that TeamSTEPPS® training and weekly simulation experiences gave the participants more positive attitudes about teamwork, a better understanding of the importance of teamwork in healthcare, and improvement in their simulation performance. Participants gained an understanding of the positive effects of team communication on the reduction of patient errors. Participants improved significantly in Situation Monitoring, which included the ability to monitor the patient’s status and the environment, to ensure safety for all and prevent errors. Both the training and weekly simulation were found to bring about significant improvement in both knowledge and attitudes about teamwork.

NEW FACULTY



Hi! I'm **Natalie McHugh**. I graduated from the University of Michigan School of Nursing. Following graduation I married my husband Walker. We have been blessed with 3 children: Cecilia (6), TJ (2) and Leland (10 months). I have worked as a pediatric inpatient floor nurse at Mott Children's Hospital for the past 7 years. Throughout college and graduate school I also had a passion for psychiatry, working on the child in-patient psychiatric unit and completing many clinical rotations with the psych team. I recently finished my Doctorate in Nursing Practice with a specialty focus in pediatric primary care. I enjoy spending time with my family, cooking/baking and being outside. I am so excited to teach undergraduate students here at Concordia. I am thrilled to teach Pediatrics in the summer term. This semester I am teaching wellness assessment labs and psych clinicals at the VA.

WRITING HELP @ the NORTH

The Writing center at the ARC has writing tutors available at the North Building to help our students! They provide **FREE** individual consultations for students. Writing Center consultants can help with any academic writing assignments - from history to theology, nursing to literature - at any stage of the writing process. **They are located in room 125 (across from pod room 115) during the hours listed below.**

Mondays 9:30 - 10:30

Wednesdays & Fridays 9:30 - 10:30

Thursdays 12:30 - 3:00

Nursing students are strongly urged to take advantage of this service as writing skills are an important part of your professional development.

NURSING AWARDS

The nursing team created graduate awards based on the four value words on our cornerstone wall, which is found just inside the simulation center. These values of **SERVICE**, **EXCELLENCE**, **COMPASSION**, and **INTEGRITY**, are preeminent in our program. We expect all of our students and graduates to emulate these values in their lives and as they care for their patients. An additional award, The **Nightingale Award**, was created as a tribute to Florence Nightingale who viewed nursing as her calling from God. It is meant to highlight a graduate who exemplifies this type of character. The award recipients do not know they were receiving the award until their names are called.



SERVICE

Tim Felska—presented by Betsy Cambridge, RN

Service is one of our program's cornerstone virtues. It is defined simply as that act of doing something for someone else without the expectation of being rewarded. Let us consider this Bible verse from 1 Peter 4:10 as we think about what it means to serve others. "Each of you should use whatever gift you have received to serve others, as

faithful stewards of God's grace in various forms."

Because service is so important to us at Concordia, we have a program designed to reward students for their service both on campus and outside of campus. The program is called the Nurse Excellence Program. Each semester students are rewarded for their hours of service. We have three levels of awards. Students who earn at least 10 hours of service time per semester receive the a silver level award, students who earn 15 hours of service receive the gold level award and students who earn 20 or more hours of service time earn platinum level awards. I am always amazed at the generosity of our students who are going to nursing school and many who are already busy with have jobs and families, yet still find time to serve others. The student we are recognizing today has achieved the platinum level award all 6 semesters of the Concordia Nursing School program. He has volunteered a total of 368 hours doing medical mission work for the homeless population in Detroit. I am proud to recognize a gentleman who has a heart for service to others.



EXCELLENCE

Courtney Deyarmond—presented by Anita Simmons, RN

Excellence is one of our program's cornerstone virtues. It is defined as the demonstration of actions and character that show merit or greatness and that are above the expected level. The excellence award is for a student who demonstrated advanced problem solving skills in theory and clinical

practicum courses, as well as a commitment to success in complex situations.

This student has frequently demonstrated excellence through preparedness, hard work, and perseverance, both academically and clinically. Her clinical instructors and preceptors describe her as knowledgeable, highly teachable, like a sponge soaking up all the learning opportunities put before her, utilizing her time in and out of the clinical setting to be prepared to give her patients the best of her abilities. Her calm presence radiates to those around her, whether it's to reassure patients, study with peers, or learn from her instructors. Her organized nature allowed her to stay ahead of the game in balancing classes, clinicals, an overseas trip, working, earning her ACLS and PALS certification, as well as starting up and presiding as president of CUAA's first ever chapter of the National Student Nurses' Association. Thank you for exemplifying excellence.



COMPASSION

Sherrie Anderson—presented by Kathie Pereira, RN

Compassion is defined as the feeling that arises when recognizing another's suffering and feeling the need to relieve it. Compassion is at the core of this student's reason to become a nurse. This journey wasn't an easy one. Doubt and fear often crept up, but she persevered because she was driven by a fire in her heart to help others.

To her, patients are more than their symptoms or assessments. They have a story to tell and she listens. She strives to be the advocate for that patient that can't advocate for themselves. To be the hands of the patient that can't use their own. To be the voice of the patient that can't speak.

I had the honor of being her clinical instructor for med surg. I would go around to each student about mid-morning and ask them about their patient. I would get answers like, "My patient is a 65yo man with COPD. We're trying to wean him off oxygen, but he gets very winded with exertion and eating. PT is going to work with him once he becomes more stable." Her report went something like this, "He's a very nice 67 year old man who is retired from Ford. He and his wife just celebrated their 40th wedding anniversary and they have 7 grandkids. They live in Canton in the subdivision behind Boston Market."

"...so why is he here in the hospital?"

During her time as a student, she served as an SNA officer. Her faculty advisor said her heart is not only for her friends, classmates, patients, and instructors, but the community as well. She is described as "bubbly, energetic, polite, and so very sweet" with a constant smile that is so uplifting! I'm proud to have her as a member of this highly regarded profession and extremely proud to be her fellow alumni.



INTEGRITY

Paula Bobosky—*presented by Peggy McLaughlin, RN*

This student exemplifies Integrity. Integrity is defined as soundness of moral character and adherence to ethical principles. In the Bible, the Book of Proverbs mentions integrity: “Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.” (Proverbs, 10:9, GNB) and, “If you are good, you are guided by honesty.” (Proverbs, 11:3, GNB). From the Biblical standpoint, integrity is associated with unfailing transparency. For Concordia nursing, integrity means doing the right thing even when it goes unnoticed, and is an attribute of the very best nurses.

And so we expect Concordia nurses to display aspects of integrity: to be heartfelt and honorable. One student, though, consistently goes above and beyond these basic tenets. This student’s heart is so kind that it would be hard to speak about her in anything but glowing terms. It’s been said about this student that “She is a solid person inside and out”, and “there is no guessing what goes on underneath, it is evident due to her integrity.” She is a leader without being a grandstander. She can be counted on to



follow through, and always with a smile.

Throughout that first semester of nursing school, she showed enthusiasm in what can be a time of many trials. She’s the one who would actually thank me after umpteen rounds of applying sterile gloves in the skills lab. Her relentless focus and drive became apparent as others (never herself) would talk about her various volunteer commitments, and as she mastered feats as painstaking as cracking the APA style code. To me, the most striking mark of this graduate’s integrity is the genuine interest she takes in others. She remembers the specifics about things that are important to whoever she’s with, like remembering how much my dad likes football and giving her characteristic encouraging nod as I go on about my dog. No matter how seemingly insignificant your dialog with her, you never get the feeling that she’s about to use an exit line like, “Oh, look at the time...where does it go?”

Our integrity award winner is, in medical terms, a ray of sunshine, and I’m convinced that this student strives to be herself at her very best, all the time. She is a Concordia Nurse.

FLORENCE NIGHTINGALE

Caitlyn Freshour—*presented by Dean Cindy Fenske, RN*

For the sick it is important to have the best” ~Florence Nightingale

Florence Nightingale is an iconic figure who is responsible for the philosophy and underpinnings of modern day nursing. Prior to her, nursing was looked down upon as unimportant and was a low status job. Through her efforts, nursing was reborn into the trusted profession we know today. The name of Florence Nightingale is often associated with nursing excellence, compassion, service, and the ability to care for others no matter what the conditions. Florence Nightingale viewed nursing as her calling from God and gave her life and passion to the care of others. It is in her name that we give this award to a student who displays these same qualities.

This year’s award goes to a student that echoes these same qualities. It was clear from the beginning of the program that this student possessed all of these characteristics. Without exception, she came prepared for class, simulation, lab, and clinical; always ready to do her very best. Her level of skill and



knowledge showed her to be very accomplished and someone who has already made a difference in the lives of her patients and classmates. She is someone who we all believe will be a nursing leader and will have a significant impact at the bedside and in the healthcare community as a whole. This individual is kind hearted, soft spoken and has endless patience. She was even able to stay calm and encouraging after spending countless hours in the skills lab tutoring beginning nursing students in how to perform various skills. She went above and beyond by conferencing frequently with the lab instructors to determine the best strategies to meet the learning needs of tutored students. This graduate volunteered a significant amount of time at the Luke 52 clinic and spent many days running their laboratory. The clinic director talked about how much she appreciated this person’s servant’s heart. Accordingly, she was awarded a scholarship a few semesters ago in memory of a nurse with a servant’s heart. This student demonstrated integrity through her work ethic, calm demeanor even in the face of difficulty, professionalism, leadership and display of character. We could count on a smile on her face and no complaints from her lips. We all agreed that if someday she were to take care of us, we would find comfort and know we would be in good hands. We know she will represent Concordia very well and are proud that she is a Concordia nurse.



SIGMA THETA TAU INTERNATIONAL

Sigma Theta Tau International (STTI) is a prestigious nursing honors organization that has been in existence for 95 years. It supports nurses in their efforts to improve world health. Students must be invited by the Governance Committee of Sigma Theta Tau International in order to apply.

10 Concordia Nursing students were inducted into the organization on April 27, 2019. They were honored to have Dr. Deborah Price as their guest speaker. The purple cords they wear signify their membership in STTI. To find out more: <https://application.stti.org/>



NEXT UP! GRADUATION FALL 2019

DELTA STUDENTS: Apply for graduation as soon as possible! *Portal > Student Tab > Apply to Graduate*



Thursday, October 28: LAST DAY to submit application to graduate

Friday, October 29: LAST DAY to order cap and gown

Monday, November 25: Countdown to Commencement

Career Engagement Studio, Central Campus

Swing by to pickup your cap, gown, and tickets, update post-graduation information, double check your student status, celebrate with fellow graduates, and enter a raffle for your chance to win VIP parking and seats for your family on graduation day!

Saturday afternoon, December 14: Pinning Ceremony

Chapel of the Holy Trinity, Central Campus, time TBA

Sunday, December 15, 2pm: Commencement

Chapel of the Holy Trinity, Central Campus



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