



THE BEAT



COVID EDITION

for CUAA School of Nursing Students

“MURMUR”INGS FROM DR. FENSKE

Dr. Cindy Fenske, *School of Nursing Chair and Vice President of Administration*



News Flash: The CUAA School of Nursing thrives under the COVID-19 shut down!!

As you are aware, COVID-19 hit Michigan in the middle of March right around spring break. Everything closed down. CUAA shut the doors to its buildings, but not, of course, to our students. With the closure of the North building, went also the ability to use the simulation center, skills lab, or any of our equipment.

Within a few days of the closure, the nursing team came up with a plan. A plan that come with provisions and ideas from God. Virtual clinical products appeared out of the blue. Previously recorded simulations were repurposed into be synchronous simulations, Zoom check offs became the norm, and the use of photos of our courtroom became virtual

backgrounds for the senior students during their final legal information class. QuaranTea's were held weekly via Zoom to keep us all connected. Information, games, and gift cards were on the agenda each week. All graduating seniors completed their capstone clinical hours in some format and were able to graduate on time in May.



The COVID rules made working from home mandatory, but another blessing we received was word that Ben Oliver would be labeled an essential worker. This put Ben in our building and gave the rest of the team a way to get all kinds of things in and out of the sim and skills labs. We didn't realize at first how important that would be, but it turned out to be huge!

How many of you taking Skills 1 or Skills 2 wondered how we were able to get all of that equipment to your homes so you could practice and check off? Turns out it was quite the covert operation.

1. Kathleen Sheehan sends Ben Oliver a large list of items she wanted everyone to have.
2. Ben Oliver orders all the supplies.
3. Ben Oliver puts each student's supply needs together and puts them into the bags.
4. Ben Oliver puts the boxes outside the North building door.
5. When no one was looking, Leah Tweedale picks up all of the boxes, addresses them, and takes them to the post office.
6. The post offices delivers the boxes to the students' homes.
7. Kathleen Sheehan then requires the students to do all kinds of things they never thought they would have to do like insert a catheter in a water bottle, which is strategically positioned under a pair of pants, laying on the student's bed.

There is no denying that COVID-19 and the lockdown that ensued was and continues to be a challenge. We are thankful for the overall good health of our students and team members and we pray for those who did or who are struggling. God showed up in amazing ways then and continues to do so every single day.

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CONCORDIA NURSING GOES ABOVE AND BEYOND TO ADMINISTER VIRTUAL EDUCATION

Rachel Thoms, *Strategic Communications*

This story first appeared in the CUAAs blog May 28, 2020

Practicing Skills From Home

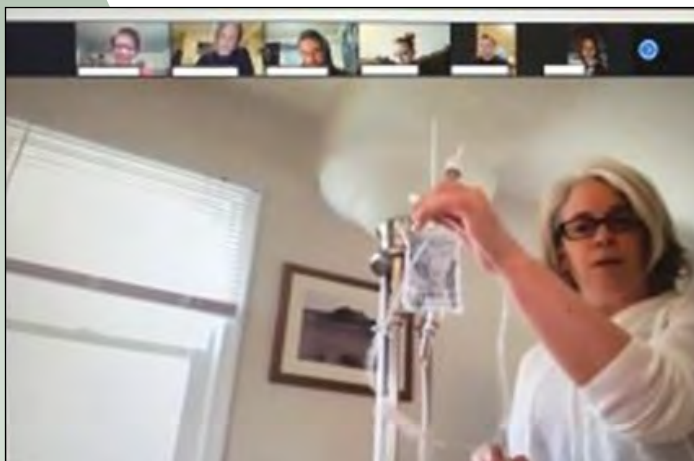
In early March, the university announced that classes would be moved online, effective upon the completion of Concordia students' spring break. With fast action and proactive planning, CUAAs nursing staff began assembling and mailing to students educational "kits" that included vials, syringes, needles, IV bags, catheter kits, suctioning kits, and the like – materials needed to continue to grow in the profession.

"We told them, send us your address of where you are going to be for quarantine. We'll get them to you," said Kathie Pereira, Skills Laboratory Director, who worked with CUAAs Skills Specialist Kathleen Sheehan to ensure students wouldn't be at a learning disadvantage. "The kits included whatever they needed to practice their skills at home."

Over 60 kits were mailed to the nursing students enrolled in either Skills I or Skills II. Instructors gave live video demonstrations while the students practiced what they observed and learned, submitting videos of their skills or doing live demonstrations for check-offs.

Pereira said the students practiced on stuffed animals, pets, family members, whatever worked for them. If the requirement for that lesson needed a real person, for example when the students were asked to do head-to-toe assessments, then they set up one-one-one video calls at night or on the weekends so they could demonstrate the skill once that family member was home.

"We had to pivot. We just had to," said Pereira. "Once our nursing students are done with the program, we do not get them back. It's our job as educators to make sure they still fulfill the obligations of their classes."



Skills instructor Kathleen Sheehan demonstrates how to hang IV piggybacks for students via Zoom from her home. Kathleen personally delivered some equipment kits to students who didn't receive them via mail.

Virtual Clinical Experience

Hands-on clinical experience is a crucial element to nursing education.

The Michigan Board of Nursing limits the amount of simulation to replace clinical to 50% of the overall hours per course. During the COVID-19 outbreak, the governor issued an executive order stating that 100% of clinical hours could be replaced with simulated activities for all courses through December 2020.

Concordia's nursing faculty stepped up to the challenge of creating virtual assignments for clinical groups that gave them as real of an experience as possible.

Scenarios included patients with fractured hips, stroke patients, heart failure studies, plan of care changes, bowel obstructions, post-operative complications, and more. The students and instructors debriefed the scenarios and talked about appropriate ways to address each and every situation from the actions they take, the decisions they make, and the words they use to patients and their families.

Online nurse education resources are currently offering virtual clinicals for free or reduced rates. These resources have provided a platform for CUAAs nursing instructors to work off of and tailor to their lessons. Dean Fenske remarked that it has been a huge blessing to be able to use these resources as a starting point for certain lessons and objectives, but the faculty took each resource a step further, adding labs and vitals to the scenarios to round out the lessons for the students.

Tele-health interviews with family and friends of members of the faculty and staff who suffer from chronic illness or are currently in rehabilitation, were conducted by senior students in their transitional care course. The students conducted interviews with these people to learn about how they have adapted to living with their chronic issues. This type of healthcare appointment, also known as telehealth, is being used widely.



Skills instructor Kathie Pereira demonstrates IV push medication administration for students from her home.



CUAA SCHOOL OF NURSING: AHEAD OF THE VIRTUAL LEARNING CURVE

Meg Hewitt

This story first appeared in the CUAA blog September 18, 2020

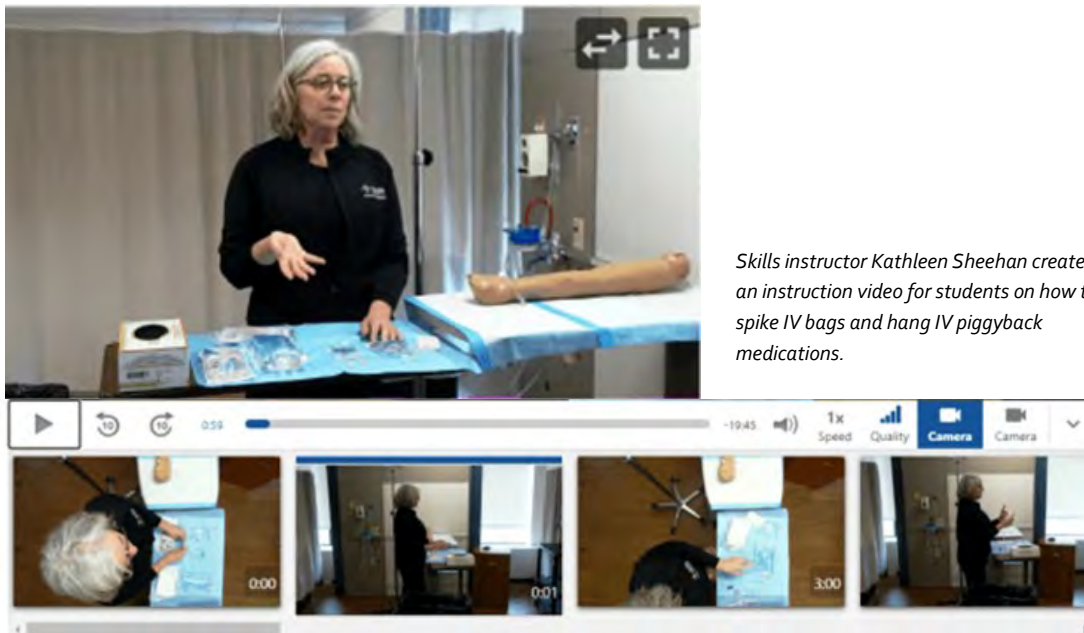
Mobile Camera Unit

COVID-19 was certainly a pivoting point for higher education institutions across the country. But, the pandemic served as more of a catapult for a new way of learning for the School of Nursing at Concordia University Ann Arbor .

For the past 12-18 months, CUAA's School of Nursing has been working on the development of enhanced virtual learning for their students. One of those enhancements being the mobile camera unit. SON had always had a state-of-the-art way to video capture lessons, simulations, etc. but the views offered a more simplified visual experience without mobile capabilities. Once COVID-19 hit, the need for a new system that could provide the best experience for those learning remotely was critical- so they buttoned up the final touches and launched- within weeks.

The mobile camera unit is comprised of three cameras simultaneously directed at a patient that provides viewpoints from the ceiling, front, back, and sides of the room. Normally, using video systems like this for skill-based concepts can only provide 1:1 experience on YouTube- not full aspect at every angle. SON's mobile camera unit system allows a streaming opportunity to a link of the virtual experience, as well as the ability to edit, embed quizzes/surveys, assign video lessons and discussion questions to students in blackboard, and create an interactive educational experience.

This system proved to be such a success that it continued to be used throughout the summer and not just during the COVID months for OB, Pediatric, Community simulations, and skill labs. Anytime there is a need for physical hands/expression in learning, this system can be used to record a similar experience online. Ben Oliver, IT guru of SON, stated, "We're taking the foundation of educational experience and amping it up a level."



Skills instructor Kathleen Sheehan creates an instruction video for students on how to spike IV bags and hang IV piggyback medications.

STUDENT SPOTLIGHT

Concordia nursing students joined the fight against COVID in many different ways. Here are their stories.

Allison Garstecki— Epsilon Class (December 2021)

“COVID-19 has changed our world in so many ways and most of them have caused devastation for people, not just physically, but spiritually, emotionally, mentally, and financially. It has been difficult to witness the destruction of lives by this virus. I work as a Patient Care Tech at St. Joe’s Hospital and we became what is called a “hot unit” from March until early May, which means we had positive COVID-19 patients and cared for them on our unit. Many of the staff in our hospital, myself included, have not yet processed the trauma from caring for COVID-19 patients, especially in the ICU. Because of the many emotional and financial impacts of COVID-19, I knew that I needed to do something more. It is from my desire to help others, but mostly from the anxiety of not knowing what else to do, that inspired me to volunteer this summer when I was not working.

Caring for mental health has been a passion of mine for a while, and I’ve always wanted to be a volunteer for a suicide prevention hotline. When the pandemic came around, I knew that people would need more mental health support than ever, so I decided this summer was the time. It’s been challenging and rewarding, and I have become part of a great volunteering community with Crisis Counselors. Empowering texters to move from a moment of crisis to an experience of calm has been interesting and inspiring with the help of supervisors and other volunteer counselors. I feel like learning about crisis intervention will be helpful in my nursing career in any healthcare setting.

Another aspect of life that has been disrupted by the pandemic is the ability of people, especially older individuals, to be able to get their groceries. Last year, I had been volunteering stocking exam rooms at the Hope Clinic in Ypsilanti. I discovered they had a partnership at the Farm at St. Joe’s that delivered groceries to homebound patients, so I decided to do that on Friday’s this summer. I was able to do contactless delivery of groceries and fresh produce to patients in the area and it helped me realize how difficult it would be to an older individual, especially with health challenges, during a pandemic. I was very excited about the partnership The Farm at St. Joe’s had with the Hope Clinic and to be involved in making sure our community members got the food that they needed. I hope to find time to return to volunteer with them over the winter break.

I am grateful for the opportunity to share this experience. We are all in this together.”



“Finally, be strong in the Lord and in the strength of His might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”

- Ephesians 6:10-12

Alexis Bailey—Eta Class (May 2022)

“As a nursing student, I was inspired by all the amazing nurses risking their lives to save lives through this pandemic. I knew I wanted to do something to help those suffering around us. I was blessed with the opportunity to work at Ford Motor company this summer and build life saving machines! I was in the testing area of ventilators; after the assembly line I received the ventilator before it’s last step before being shipped out. I adjusted knobs and used a lung simulator to regulate the machine to be sure they were running smoothly before getting into the healthcare setting. I worked Monday- Saturday and occasionally Sunday’s, and when asked I worked 12 hour days.

This was such an eye opening experience to see this machine start from nothing at station one and transform into a life saving device.

Ford hired 1,300 workers to help with this project and from April to July Ford produced 51,000+ units. In one day I tested around 20-30 units and in total Ford made 1,200 ventilators a day.

I had the honor of working with my mother and brother this summer and I am beyond proud of our service and sacrifice during this project! This was an amazing opportunity and I am blessed to be able to help those in need.”



Olivia Hoeksema—Zeta Class (December 2020)

“In August I began to volunteer with Stanley Stinson (December 2019 CUAA BSN Graduate) on Tuesday nights with Covenant Community Care. Our main goal was to ensure that those who were homeless or sleeping on the street had food and water provided to them, as well as, providing medical care. I completed dressing changes, provided prenatal vitamins, treated sexually transmitted disease through a single course of antibiotics, which we named the STI cocktail. I also helped perform incision and drainage of wounds and talked with various people about options about places to shower, treatment for drug rehab, and future treatment through the clinic if needed.

COVID had stopped many other organizations from heading out during the day and resources were limited. Those who were on the streets did not have the usual aid and resources that were previously available. We continued to head out during the week and serve those in need, ensuring that safe measures were in place for each volunteer. We additionally provided masks for those we encountered to ensure that everyone was staying safe and preventing the spread of COVID.”

“No, in all these things we are more than conquerors through Him who loved us.”

- Romans 8:37



Omega Class Pinning Ceremony

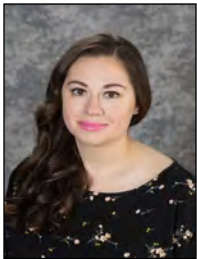
On Saturday, October 11th the School of Nursing held a socially-distanced pinning ceremony for the May 2020 Omega Class graduates and a few of their family members. The original ceremony was unfortunately delayed due to COVID.



During the pinning ceremony, 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 preminent 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 are receiving the award until their names are called.

FLORENCE NIGHTINGALE

Lauren Baranski—presented by Dr. Cindy Fenske, RN



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.

The award this year goes to a graduate that showed a high level of accomplishment throughout their time at CUAA. This graduate embodies what it is to be a Concordia nurse. She exhibited an unwavering commitment to excellence in every course within the program. She always came prepared to class, simulation and clinical and always participated to the fullest extent. She was a hard worker who excelled in all of her classes. She was a quiet leader, providing her classmates with much encouragement, support, and compassion, even in the midst of her own personal loss and grief. Her patients were cared for with care and compassion, many commenting on her kindness towards them. Her preceptor in the MICU commented on her ability to effectively manage patients requiring complex thinking skills, as well as her ability to truly serve her patients. She is a woman of integrity with a servant's heart. The nursing team felt strongly that this person clearly represented the ideals that Florence Nightingale held so dear.

EXCELLENCE

Tammy DeLane—presented by Dr. Renee Clemons, RN



Excellence is characterized by demonstrating actions or behavior which convey merit or greatness above an expected level. This award is presented to a nursing student who has demonstrated advanced critical thinking skills in dynamic situations and problem-solving skills in both nursing theory and clinical practicum courses.

I had the wonderful opportunity to have this student in our Medical-Surgical 1 class and again in Psychological Wellness. I also spoke with my fellow colleagues who reported nothing short of praise and respect for this individual. Throughout our program, instructors described this student as always being punctual, prepared, organized, and “on top of things”. This student was not only an “Out of the box” thinker, she was never afraid to challenge instructors with “If this, than what, and Why” questions. A simple explanation was not really good enough. And, in terms of with excellence, it should not be.

This student also excelled academically, earning some the highest of marks in the program. Works submitted were always on time and usually early, and very thorough. This student left no stone unturned in her studies. We the faculty watched you succeed in a very rigorous nursing program balancing not just school, but work, your family and some challenging health issues during your journey here. You were juggling many, many responsibilities. This was not an easy task but you did it. You did it always wanting to do better. If I remember correctly, you may have emailed an instructor asking if it was possible to earn 100% on a Kaplan score as opposed to the 95. I like that! That is what excellence is, always striving for more. Why settle for the 95, when you can earn the 100!

INTEGRITY

Lillian Thompson—*presented by Anita Simmons, RN*



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). Integrity means doing the right thing even when it goes unnoticed, and is an attribute of great nurses. And so we expect Concordia nurses to display integrity: to be heartfelt and honorable.

I have had the privilege of working closely with the recipient of this award in many aspects of nursing school and her integrity has shown through in every setting. As a nursing student, this graduate was always prepared, thorough, honest, and exemplary in her work. She was always engaged in class discussion and provided leadership to her peers. As a student worker at the School of Nursing, this graduate not only got the job done, but did it well- and without prompting. She could always be depended upon without question for every detail to be on point. She also was a great mentor to new workers- showing patience and leadership. As a Student Nurses’ Association officer, this graduate was an integral catalyst to getting our SNA chapter here started. She was elected as an inaugural officer and, later, president. She led with integrity and put great effort into providing service to our nursing school and community. As a person, this graduate always conveyed high morals in all her interactions. She is friendly, kind, caring, honest, positive, and genuine.

SERVICE

Kallie Hunley—*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 as we think about what it means to serve others.

1 Peter 4:10 *10 Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in various forms.*

The very nature and art of the nursing profession implies caring for and meeting the needs of others. As we have told these students many times, nurses meet people in the midst of some of the toughest challenges of their lives. An average nurse will provide care for the patient based solely on the provider orders given. A service-oriented nurse will seek ways to serve the patient and individualize care based on knowing the patient’s story; considering the challenges and desires of that patient. Concordia nurses are service-oriented nurses.

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. 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 NEP award 3 of the 6 semesters of the Concordia Nursing School program. She has volunteered a total of 76.5 hours doing various service activities in her community. I had the pleasure of serving with this student on our trip to Belize for her Pediatric and Community Health courses and watched as she lovingly cared for the children and adults in communities of poverty. Her compassion overflows to those around her. I am proud to recognize a woman who has a heart for service to others.

COMPASSION

Whitney Rivera—*presented by Kathleen Sheehan, RN*



I had the privilege of coaching and guiding this student through skills 1 and 2. During our staff discussion about who might be receiving this award this students name came up several times. Although I never observed her in the clinical setting I had the distinct memory of how she showed compassion to her fellow students. I believe compassion is multi-faceted and that it is displayed through spirit, mind and body.

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort. - Spirit: 2 Corinthians 1:3

We are called to be compassionate as God shows us compassion and comfort. Compassion is a commitment to relieving or preventing suffering in others. That’s it. It isn’t predicated on familial bonds or longstanding friendships. It doesn’t ask you to burden yourself with other’s emotions, but to act to relieve the pain you see around you. Compassionate listening means you “listen with your whole body”. You stop what you are doing and send what are termed “approach signals” and position yourself in a way that communicates you are fully present. As many students are, this student was part of a “pod” of women that studied together. The members of this group studied together and pushed one another along through school while working and parenting. Over the course of her time with us I observed her comfort and care for many of her peers through some very difficult life events. It was clearly not manufactured or used as a way to be in the “know” or feeling special, because she was privy to the intimate detail of her friends’ lives. I believe it in her “nature” to show compassion to others.



CONGRATULATIONS!

Congratulations to Robyn Jackson for representing the Zeta class (December 2020) for her Academic Excellence. Faculty from Concordia's academic departments nominate one student per academic year who represents excellence in and out of the classroom. Congratulations for this well-deserved award Robyn!

COMPLIANCE CORNER

DID YOU KNOW that letting items expire in either CastleBranch 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 ACEMAPP assessments current. Email Kathie Pereira for any assistance with your accounts. kathie.pereira@cuaa.edu



COVID CONSCIOUSNESS

Spring 2021 will look a lot like Fall 2020. We will continue to prohibit the wearing of scrubs on main campus and the North Building. Scrubs will still be worn for clinicals that take place off-campus. Masks will still be required at all times as will face shields when 6 feet of distance can't be maintained. There will still be no eating in classrooms or common areas.



Taken in 2019

Wishing you all a blessed holiday!



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