

May 2022

RN to BSN

A newsletter from
THE DEPARTMENT OF NURSING

AT SOUTHWEST MINNESOTA STATE UNIVERSITY

Inside This Issue

MSN News Update Pg. 1

2022 Nurse Pinning Ceremony &
SMSU Commencement Pg. 2

Spring 2022 Summit &
Person/Family Centered Care Pg. 3

SMSU Alum Spotlight & NURS450
Clinical Experience Pg. 4

Healthy Recipe Pg. 5

Contact Information

Stella Nwachukwu, MSN, RN, BSN, PHN
Nursing Student Services Coordinator
ST 101A
(507) 537-6024
Stella.Nwachukwu@SMSU.edu

Nancyruth Leibold, EdD, RN, MSN, PHN,
CNE, AHN-BC
Chair/Associate Professor of Nursing
Nancyruth.Leibold@SMSU.edu

Department of Nursing
1501 State Street
ST 105
Marshall, MN 56258
(507) 537-7591
NursingDept@SMSU.edu

MSN News Update

Greetings

The Department of Nursing at SMSU is busy developing the MSN program to start in the 2022-23 academic year! We have received all approvals from Minnesota State! The Higher Learning Commission (HLC) accreditation report is currently under review (this usually takes three months or more). Once we have HLC accreditation, candidates may apply to the MSN program.

There are four stages of Higher Learning Commission (HLC) Accreditation. We are currently in the second stage. The first stage is the most rigorous, and we have advanced to the next review stage. However, we were informed it could take until October 1 to hear the final word from HLC.

We plan to open up the applications in the fall of 2022--pending final HLC approval--and students to start in January of 2023.

If you are interested and want to place your name on the "MSN Program Interest List," we will contact you immediately upon receiving HLC approval and send you the next step application information.

To request your name put on the MSN Program Interest List, email your full name and email address to NursingDept@SMSU.edu

As soon as we know more about our approvals for the MSN program, we will share this information!

Nancyruth Leibold
Chair, Associate Professor of Nursing



SMSU Department of Nursing | Office: ST 105
Phone: (507) 537-6024 | Fax: (507) 537-6815 | RNtoBSN@smsu.edu
On the web: www.SMSU.edu/academics/departments/nursing

2022 Nurse Pinning Ceremony

The Nurse Pinning Ceremony was a special ceremony honoring our Department of Nursing graduating nursing students. Historically, every spring the Department of Nursing has hosted a Nurse Pinning Ceremony on campus. Pinning is not just a nursing tradition, but a symbol of the nursing students' hard work and dedication to their coursework and clinical. We hosted the pinning ceremony both for graduates (and their friends and family) who could attend in person or Zoom, honoring graduates from the SMSU RN to BSN Program between Summer 2021, Fall 2021 semester, and the Spring 2022 semester. The ceremony provides an opportunity to pay respect to the highly respected field of nursing and the special kind of graduate it takes to fill the shoes of a nurse.; nurses who will work in a career where they remain selfless for the good of many others in the community. Students receiving pins become part of history through the legacy of the tradition of the nursing pin, a symbol of service to others.

We also recognized students with high academic achievement on behalf of the Nursing Commencement Academic Honors initiative. During the Nurse Pinning Ceremony, we even had one of our graduates, Bivona Wolobah, propose to his significant other for her hand in marriage. Congratulations to all our RN to BSN graduates! We are so proud of all of you!

Submitted by Lindsay Rohlik

SMSU Commencement Ceremony on May 7th, 2022

Graduation is a major milestone for our RN to BSN graduates. The Department of Nursing celebrated the graduation of our RN to BSN students who have successfully completed their graduation requirements or are projected to do so soon. Graduating students were allowed to walk across the SMSU stage wearing their mortarboard hats and gowns, accompanied by receiving their diploma covers, with spectators, friends, and family cheering them on! It is our pleasure to have the opportunity to see our RN to BSN nursing students on campus while participating in the SMSU Commencement Ceremony! We wish them well as they continue to advance in the nursing profession at a time when there has never been a greater need for what they do as nurses, and what they are capable of doing.

Submitted by Lindsay Rohlik

Application Process:

- Apply to [SMSU](#)
- Apply to RN to BSN Program



Above: Bivona Wolobah proposing to his significant other after receiving his pin.

Below: Bivona Wolobah & fiancé at commencement ceremony.



SMSU Department of Nursing Faculty - Dr. Ruth Van Heukelom, and Ms. Lindsay Rohlik- in attendance at the 2022 SMSU Commencement Ceremony.

Another Successful Spring Summit in the Books!

Omega Omicron chapter of Sigma Theta Tau International Honor Society of Nursing *Spring Summit 2022: Diverse Perspectives of Holistic Nursing* held virtually on March 22 with over 40 members and students attending. We were fortunate to have an esteemed panel of presenters at this year's Summit, including Omega Omicron members Dr. Darcy Nelson and Dr. Nancyruth Leibold. Dr. Nelson enabled us with a Relaxation Survival Kit and exercises to help relax using our five senses. Dr. Leibold introduced us to the art of Forest Bathing and its many benefits. The relaxation techniques and Forest Bathing are excellent practices of self-care for health promotion. Dr. Scott Christensen shared his personal journey of nursing leadership and the impacts his leadership efforts have had on quality improvement, including a project that empowered nurses working with behavioral patients. Finally, we learned so much about the interconnectedness of diversity, inclusion, patient-centered care and health equity from Kellie Goodson.

Dr. Nancyruth Leibold presented a poster titled *A Prosperous Sigma Chapter on the Prairie*. Dr. Leibold told the story of the fun, exciting, and remarkable achievements the Omega Omicron Sigma chapter had in 2021-2022. Dr. Leibold is such a great storyteller and what a neat story to tell! Omega Omicron member, Sarah Hunter, also presented a poster titled *Non-Pharmacological Interventions for Long-Term Pain Management of Endometriosis*. Ms. Hunter suggested that complementary and alternative therapy pain management strategies for endometriosis should be considered, especially because there is no definitive cure for the disease.

Omega Omicron is proud to have offered 172 total contact hours to our eager-to-learn nurses in attendance. There are so many tremendous benefits to belonging to this nursing honor society. If you would like to be considered for membership or for more information, please visit our website at omegaomicron.org.

Laura Hoffman, DNP, MSN, RN, CPHQ

Person and Family Centered Care

In February, I enjoyed the opportunity to present at the Omega Omicron webinar, addressing the concept of Person-Centered Care (PCC). This concept is widely used, yet misunderstood for a variety of reasons. Respected organizations including the Quality and Safety Education for Nurses (QSEN) project, the Picker Institute, the Agency for Healthcare Quality and Research (AHRQ), the Institute for Patient and Family Centered Care (IPFCC), and the Institute for HealthCare Improvement (IHI) endorse the practice yet define implementation a bit differently. Multiple definitions, along with complexity of the concept perpetuate confusion.

If forced to merge definitions and practices of implementation, I would summarize PCC as follows. PCC is an approach to care that fosters shared decision making by well-informed persons and families. This approach values the expertise of the healthcare professional(s) while respecting the person/family as the experts on their own life situation.

It has not always been this way! Historically the approach to care was more paternalistic. Health care professionals were viewed as the experts and dictated a plan to passive recipients of care. It would follow that persons/families were not consistently able to adhere to a plan that failed to consider their unique situation. It should be noted that some persons prefer a paternalistic approach, relieving them from a degree of responsibility and decision-making.

This approach to care is not without ethical implications. Sometimes the person/family make personal choices that are not in their best interest from the professional perspective. The Affordable Health Care Act, enacted in 2010, addressed this possibility asserting that individual autonomy supersedes professional beneficence provided the decision maker(s) is competent and decisions are fully informed (Graber, et al.,2016).

Reference:

Graber, A.D., Bhandary, A. & Rizzo, M. (2016). Ethical Practice Under Accountable Care. *HEC Forum* 28, 115-128. <https://doi.org/10.1007/s10730-015-9828-x>

Submitted by: Ruth Van Heukelom

SMSU Nursing Alum Spotlight!

Hello Fellow Mustangs!

My name is Melinda Cassandra Lopez, and I am a 2019 alumna of the SMSU RN to BSN program. I am currently in my first year of medical school at the University of Minnesota Medical School - Duluth Campus, where I am pursuing my goal of becoming a physician to serve our wonderful state of Minnesota. Combining my nursing education with a medical health model has been a true privilege. I am honored to do patient-oriented research in Rochester, Minnesota, through the 2022 Summer Research Fellowship Program at Mayo Clinic. The program's primary goal is to prepare underrepresented students for careers in clinical care and patient-oriented research. This program offers amazing mentorship and research opportunities and weekly seminars/workshops, development of presentation skills, and participation in discussions on health disparities and equity. I will be spending my summer participating in research work I'm passionate about while learning how to become the best physician and clinical investigator I can be. I am determined to spend my life serving the underserved and being a leader to drive systematic change altering the social determinants of health that impact all Minnesotans. Initiatives must continue to elevate the voices and experiences of diverse populations to ensure success in serving our vastly underserved patient population. The thing I love the most about SMSU is that academic support does not end when you graduate. SMSU gave me a network of phenomenal professors and mentors who helped me succeed in medical school and beyond. A truly special thanks to Dr. Nancyruth Leibold for continuing to support my educational endeavors. Once a Mustang, Always a Mustang!



Melinda Cassandra Lopez, RN

Submitted by Nancyruth Leibold

SP2022 NURS 450 Clinical Experience

I completed my clinical experience with a local public health agency. During my time there, I had the opportunity to work with multiple nurses in many different departments within public health. Some of my experiences included, WIC, immunization clinics, home visits, jail, school, adult mental health, health consulting, attending Minnesota Department of Health meetings and other coalition and staff meetings. I was also able to share some of my knowledge with some of the nurses I precepted with. The wonderful thing my preceptors were accepting and open to learning about the knowledge and experiences I was able to share. That interaction was such a great thing to experience, seeing a seasoned nurse being accepting and open to learning from others. It is a prime example of what the ANA states we should be doing as public health nurses; "sharing education experiences, findings and ideas with peers (ANA, 2013, p. 46) and that is a worthwhile takeaway.



Looking back on my clinical experience, I am grateful I was able to experience so many different areas of public health. Those experiences have allowed me to grow and broaden my knowledge, not just in nursing skills but also in my understanding of how public health functions. With the accumulation of all my course work and clinical experiences, I believe I am prepared with the proper knowledge, skills, and attitude to represent the nursing profession as a BSN prepared nurse.

Submitted by Leah Bittner

SMSU Nursing T-shirt - SMSU Nursing Students or Alumni who refer a nurse to the SMSU RN to BSN Program will receive a SMSU Nursing t-shirt once the student is enrolled in the nursing program!

Chickpea Chocolate Chip Cookie Cake

- 1 c. canned chickpeas, rinsed and drained
- 3 tbsp. peanut butter
- ¼ c. pure maple syrup
- 1 ½ tsp. vanilla
- ¼ tsp. baking powder
- ¼ tsp. baking soda
- 2 tbsp. chocolate chips (can use sugar free or no sugar added chocolate chips)

In a food processor or blender, blend together chickpeas, peanut butter, maple syrup and vanilla until smooth. May have to scrape the sides occasionally.

Add baking powder and baking soda and blend for 20-30 seconds longer.

Stir in chocolate chips.

Split the dough between two 4-inch ramekins, sprayed with non-stick cooking spray.

Bake in preheated 350-degree oven for 35 minutes until the top is golden brown. If you split into more than two ramekins or muffin tins to bake, adjust baking time accordingly. Allow to cool before removing from the pan.

Submitted by Laura Hoffman

RN to BSN Applications

The SMSU RN to BSN Nursing Program continues to admit nursing students every fall and spring semester. We are still accepting applications for fall 2022 and spring 2023. Information is available at <http://www.smsu.edu/academics/programs/rntobsn/>.

Associate Degree nursing students may apply in the last semester of their nursing program, with acceptance into the program contingent upon successful completion of their NCLEX-RN exam.