

May 2023

# Department of Nursing

## A newsletter about the RN to BSN & MSN Programs

AT SOUTHWEST MINNESOTA STATE UNIVERSITY

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## SMSU Nursing News from the Accreditation Commission for Education in Nursing!

SMSU Nursing is proud to share the exciting SMSU Nursing news that we received notice from the Accreditation Commission for Education in Nursing (ACEN) that our candidacy presentation was approved. Effective March 21, 2023, we are a candidate for initial accreditation by ACEN for the RN to BSN and MSN Programs. This candidacy status expires on March 21, 2025.

### ACEN Contact Information:

Accreditation Commission for Education in Nursing (ACEN)  
3390 Peachtree Road NE, Suite 1400  
Atlanta, GA 30326  
(404) 975-5000  
<http://www.acenursing.com/candidates/candidacy.asp>

Note: Upon granting of initial accreditation by the ACEN Board of Commissioners, the effective date of initial accreditation is the date on which the nursing program was approved by the ACEN as a candidate program that concluded in the Board of Commissioners granting initial accreditation.

SMSU Nursing continues to maintain our Commission on Collegiate Nursing Education (CCNE) accreditation for our RN to BSN program.

Nursing accreditation means a program has met standards of quality nursing education.

Please join us in our celebration of this milestone!

Sincerely,

Nancyruth Leibold, Chair and Professor of Nursing

Lindsay Rohlik, Director of the RN to BSN Program and Assistant Professor of Nursing

Tracy Hadler, Director of the MSN Program and Assistant Professor of Nursing

Submitted by Nancyruth Leibold



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## Congratulations, Dr. Lindsay Rohlik!

Congratulations to Dr. Lindsay Rohlik, who completed her Doctorate in Nursing Practice in December of 2022! Dr. Rohlik's Doctoral Project was titled, *TeamSTEPPS® Training Outcomes in an Academic Community-Based Clinical Setting*.

Congratulations, Dr. Rohlik!

Submitted by Nancyruth Leibold



Above: Dr. Lindsay Rohlik in Doctoral Robe, December 2022

**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!

## 2023 Nurse Pinning Ceremony

The Nurse Pinning Ceremony was a special ceremony honoring our RN to BSN graduating nursing students. Every spring the Department of Nursing hosts a Nurse Pinning Ceremony for RN to BSN graduates. Pinning is not just a nursing tradition, but a symbol of the student's hard work and dedication to their coursework and experiential (clinical) nursing learning. The pinning ceremony was hosted for graduates (and their friends and family) who could attend either in person or via Zoom, honoring graduates from the SMSU RN to BSN Program between Summer 2022, Fall 2022, and the Spring 2023 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 scholars who attained high academic achievement on behalf of the Nursing Commencement Academic Honors. Congratulations to all our RN to BSN graduates! We are so proud of all of you!

Submitted by Lindsay Rohlik



## Omega Omicron Induction Ceremony (March 2023)

Just over 100 years ago, six nurses founded Sigma Theta Tau International Honor Society of Nursing, today known as Sigma. Sigma is a nursing honor society that recognizes the value of excellence in nursing practice and scholarship. We are honored to have the Omega Omicron chapter at our local and regional level to promote nursing excellence for the students in our nursing programs and beyond. As the counselor for Omega Omicron, I have had the privilege to get to know thirty new inductees in our society over the past year. Recently, we had our Spring 2023 induction on April 13, 2023. At that time, we inducted the following 15 members including students: Birtukan Aga, Nasibo Bagajo, Teresa Hoepfer, Catherine Ireri, Ebise Korsaa, Anita Momsen, Charity Ngelo, Daniel Nyambati, Rosie Okere, Elkanah Osiemo, Suneeta Pervaiz, Magen Schirmers, Terri Taylor, Arika Watkins and Brittany Larson as a nurse leader. It is my pleasure to recognize this group of nurses who contribute to the advancement of nursing!

Submitted by Laurie Johansen



### Sigma's Omega Omicron Chapter Virtual Summit Opportunities to Grow

The Omega Omicron Chapter Spring Summit 2023 was met with opportunities to grow our nursing leadership skills. The themes that I took away from the day were: nursing leadership is a journey; leadership begins with self-reflection; collaboration is key to any successful initiative involving change; and listening is of utmost importance. Just under 50 nurses gathered to hear from nursing leaders from around the country. Dr. Mary Bemker encouraged us to lean on social and emotional intelligence as a way to promote personal well-being, foster a healthy work environment, and develop a team approach to resolving workplace conflict. Susan Battaglia discussed successful strategies for developing a workplace violence prevention program. Three key lessons I learned from Sue were the importance of listening to frontline staff, collaborating with all disciplines including security, and that reporting when incidences happen to you is absolutely vital. Dr. Tina Ralyea eloquently described how the use of a shared governance structure can foster nursing leadership throughout an entire organization and build accountability. Drs. Linda Johanson, Patti Urso, Debbie Sullivan, and Mary Bemker helped us better understand the concept of cultural humility. While the presentation concentrated on incorporating cultural humility in online education, it was very much applicable in our everyday interactions and relationships with all people.

If that wasn't enough, we had the privilege of listening to poster sessions on a variety of topics ranging from health equity, results from research studies conducted by Walden University and Southwest Minnesota State University professors, and Omega Omicron chapter activities from the past year. Thank you to Dr. Laurie Johansen, Dr. Lindsay Rohlik, Dr. Nancyruth Liebold, Dr. Laura Hoffman, Dr. Mary Bemker, and William White. Just in case you're wondering, you **do not** need to be a doctor to present a poster! Poster presentations are an excellent way to display any research, quality improvement or leading practices that you've been working on. It's a superb resume builder and a way to enhance your nursing leadership skills.

We had overwhelmingly positive feedback from Summit attendees, with a mean score of 4 out of 5. I hope this inspires you to attend Spring Summit 2024! If you are interested in getting involved with Omega Omicron chapter of Sigma Theta Tau International Honor Society of Nurses, visit our website at [omegaomicron.org](http://omegaomicron.org).

Submitted by: Laura Hoffmann

# Forest Bathing

## NURS 622: Holistic Nursing and Healing Environments

Earn a Certificate of Completion and 4 graduate nursing credits = 60 contact hours during Summer of 2023!

- ❖ NURS 622: Holistic Nursing and Healing Environments
- ❖ May 30 to August 4, 2023
- ❖ Online
- ❖ Flexible
- ❖ Convenient
- ❖ No book purchase – free digital textbook in course

You may complete the NURS 622 course as a stand-alone course, or as part of your MSN at SMSU. Admission to the MSN program is not required! **Open to all Registered Nurses with minimum of BSN or in the RN to BSN program!** The course is offered 100% online over the summer term: May 30 to August 4, 2023.



Forest Bathing at Lebanon Hills Regional Park in Dakota County, MN by Nancyruth Leibold

### Course Description

This Z course (no book purchases required) serves to assist the registered nurse in enhancing foundational contemporary holistic nursing knowledge and skills. Emphasis is on the evaluation of holistic theory, nature therapy modalities, planetary health, practice, ethics, and diversity/inclusion with the role of the holistic nurse as a member of the interprofessional team. Admission to SMSU required. The Department of Nursing reserves the right to remove students from the course who do not meet the course requirements and prerequisites. Prerequisite: RN with BSN, or RN with Baccalaureate, or RN with Master or Doctorate degree (instructor permission required), or RN in SMSU RN to BSN program after completion of NURS 430/390: Evidence-Based Practice in Nursing.

### Student Learning Objectives

1. Evaluate holistic nursing theoretical frameworks of healing environments and energy.
2. Distinguish the various healing and environmental evidence-based holistic modalities to improve self and patient outcomes.
3. Summarize approaches for promoting diversity and inclusion in holistic nursing practice.
4. Synthesize evidence and ethical principles and codes for holistic nursing practice.
5. Appraise holistic modality evidence related to uses, advantages/benefits, cautions, nursing implications, and the evidence base.

**Topics of focus include** Energy Modalities, Planetary Health, Self-Care, Forest Bathing, Nature Therapy, The Energy of Words, Positive Thinking, Equity, Inclusion, Diversity, Theoretical Frameworks, Evidence-based Holistic Practice

### **REGISTRATION INFORMATION:**

Registrants who are not already students at SMSU Nursing should first apply to the [Part-time Special Student Admission Form](#).

Then, the registration office will process your part-time special student application.

Then you will receive an email from SMSU to register for your courses.

Then you may register for the NURS 622 course.

Cost for [tuition](#) information

If you have any questions or concerns during the process to register for the course, please email [nancyruth.leibold@smsu.edu](mailto:nancyruth.leibold@smsu.edu)

Submitted by: Nancyruth Leibold

### **RN to BSN Program Application Process**

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

# Resiliency and Self-Care Behaviors in Health Professional Schools

This story reviews a research study of self-care practices, health-promoting behaviors, and resiliency. Lin et al. (2020) used a quantitative method and cross-sectional design in 2,227 students and 462 faculty/staff in health profession schools at the University of Texas, Austin. The most common self-care practices reported by participants were music and humor. Other self-care practices were walking, seeking social support, and healthy nutrition. Resiliency scores were higher in faculty/staff than students and the highest in the medical school faculty. Practices of praying, healthy sleeping habits, reading, and mindful acceptance significantly correlated with resiliency. The researchers acknowledge that the participants were from a similar group and that the study may not generalize to all populations. Healthy self-care practices should be encouraged and taught in health profession schools to foster holistic health promotion. Workplace policies that promote healthy self-care may promote staff retention (Lin et al., 2020). The researchers recommend future research examining hospital unit-based self-care, interventions, and resiliency and further studies in university settings (Lin et al., 2020).

## Reference

Lin, L. C., Chan, M., Hendrickson, S., & Zuñiga, J. A. (2020). Resiliency and self-care behaviors in health professional schools. *Journal of Holistic Nursing*, 38(4), 373–381. <https://doi.org/10.1177/0898010120933487>

Submitted by: Nancyruth Leibold

## RN to BSN Applications

The SMSU RN to BSN Nursing Program continues to admit nursing students every fall and spring semester. We are accepting [applications](#) for fall 2023 and spring 2024.

Associate degree students may apply during their nursing program, with acceptance in the program contingent upon successful completion of the RN Nurse Licensure Exam (NCLEX-RN) and minimum GPA requirement.

## Health Equity

I've had the privilege of leading nurses and other quality improvement professionals through a journey to uncover what more their healthcare organization can do to advance health equity. It's easy to get caught up in the day-to-day of nursing and not think about the root causes of patients not achieving their healthcare goals. Whether you are a bedside nurse, supervisor, director, educator, MDS coordinator or whatever role you play in your nursing career, you can impact health equity. As nurses we know that unmet social needs can contribute to poorer health outcomes. But have you ever stopped to think about how might identify a patient with unmet social needs? In fact, I challenge each of you to learn if your organization is screening patients for unmet social needs that could be impacting their overall health. If you are screening, what are you doing with the results?

One hospital system I worked with recently realized that many patients being seen in their emergency department (ED) weren't there because they had a medical need. Rather, many had unmet social needs and needed help. This hospital system began with screening for food insecurity in the ED, as a gateway to uncover other social needs. As part of this work, they quickly realized that nurses wanted to do more to help the patients who were food insecure. As such, they started a food bag program. I had the privilege of interviewing them in a podcast series called Knowledge on the Go where they talk about screening for food insecurity and the intricacies of their food bag program. It's quite remarkable! You can listen to the podcast by using this [link](#) or otherwise search for Knowledge on the Go anywhere you listen to podcasts.

Another health system I assisted already had some community partnerships in place to assist patients with social needs such as transportation. However, they uncovered the need to routinely screen all patients for social needs in their healthcare system. Using this [link](#), listen to this Knowledge on the Go podcast where they tell their story about how they went about screening patients and what they uncovered along their health equity journey.

Submitted by Laura Hoffman, DNP, MSN, RN, CPHQ

# MSN Program News

We were thrilled to start the first MSN courses this spring semester!

The MSN program also excitedly received wonderful news from the Accreditation Commission for Education in Nursing (ACEN) that our candidacy presentation was approved. Effective March 21, 2023, we are a candidate for initial accreditation by the Accreditation Commission for Education in Nursing (ACEN) for the MSN Program. This candidacy status expires on March 21, 2025.

We are also currently accepting applications in our MSN (Nurse Educator) program for our August 2023 start date! The program is innovative, flexible, 100% online, and is suited for working registered nurses. Full and part-time options are available. If you have any questions, please get in touch with Tracy Hadler at [Tracy.Hadler@SMSU.edu](mailto:Tracy.Hadler@SMSU.edu)!

Submitted by Tracy Hadler

## MSN Applications

*The SMSU MSN Nursing Program continues to admit nursing students. We are still accepting applications for fall 2023. Information is available at <https://www.smsu.edu/graduatestudies/programs/msn/index.html>.*

## Jacob Work in the Student Spotlight!

Greetings All,

I want to thank those that nominated me and those on the awards committee for selecting me to win the Omega Omicron Outstanding Student of the Year Award this year. What an immense honor to be the award winner.



Jacob Work

### **What inspired me to become a nurse:**

As a child, we lived down the block from an elderly lady named Berniece. Berniece was a former nurse, and we struck up a friendship. I would have to say that my inspiration for becoming a nurse was because of Berniece. She pushed me to see how taking care of someone is a rewardable way of life. To this day, even on rough days, I still feel that knowing that I provided the best care for someone is the best reward there is. I would also say that I have had the privilege of working alongside many amazing nurses and patients during my lifetime as a CNA, CMA, LPN, RN, and now BSN that have pushed me to continue to see the value of providing care to those that need you.

### **Where are you employed and what is your position in nursing?**

I have worked for Welcome Home Management Company since April 2007 in several different positions in nursing. For the past 6 years, I have been the Director of Health & Wellness. In my position, I oversee our nursing staff in our assisted living communities across Minnesota and Wisconsin.

### **When and where did you earn your BSN?**

I attended the RN to BSN program at Southwest Minnesota State University, and I graduated in 2020 with my BSN.

### **What nursing program at SMSU are you currently enrolled in and why did you choose SMSU?**

I am currently one of the students in the new MSN program through Southwest Minnesota State University. My wife, Sarah, and her dad, Dean, are graduates of SMSU, and they spoke highly of SMSU. I also chose SMSU RN to BSN and MSN program, due to being part of a family. When I applied for the RN to BSN program, I remember receiving a phone call from Dr. Laurie Jo Johansen, the Director of the program to welcome me to the program. It was a memorable experience, because I had applied to several schools and only spoke with admissions personnel until I found SMSU.

### **Who is your favorite nurse theorist and why?**

My favorite nurse theory is the Helping and Human Relationships Theory created by Dr. Robert Carkhuff in 1969. I like this theory, because I agree that all human interactions are claimed to be helping behaviors with agreed upon goals with both the clinician (helper) and the patient (helpee).

### **What are your favorite hobbies and pastimes?**

My favorite hobbies include playing cards or games with family and friends. I also very much enjoy trying to master new recipes.

### **What is your favorite self-care practice?**

My favorite self-care practice is to spend time with my wife Sarah, and our two boys Ryder and Cooper. I also enjoy spending time with friend's playing cards. In the summer months, I enjoy spending time going out for a drive in our mustang.

Submitted by Nancyruth Leibold

## Rugbrod (Danish Rye Bread)

Background: I come from a Danish background with my grandma immigrating to America on a ship from Denmark as an infant. Thus, there are many Danish traditions in my family. I'd like to share a bread recipe for Rugbrod which is a Danish Rye Bread Recipe. This high fiber bread is great for heart health! Enjoy!

4/5 cup cracked rye kernels  
4/5 cups cracked wheat  
4/5 cup flax seed or linseed  
4/5 cup sunflower seeds  
1 3/5 cups sour dough starter  
3 2/5 cups water (non-chlorinated)  
1 3/5 all purpose flour  
1 3/5 cups rye flour  
2 Tbsp salt (I use salt substitute)  
1 Tbsp malt syrup (or dark syrup)  
2 Tbsp gravy browning sauce (can be omitted)

- ❖ In a large bowl, add the cracked rye kernels, cracked wheat, flax seeds sunflower seeds, water, and sour dough starter. Let it all soak for at least 8 hours (overnight).
- ❖ After 8 hours, add the rest of the ingredients. Let the dough rise for 1-2 hours.
- ❖ Divide the dough into 2 portions. Put each portion into greased bread pan. Smooth the dough out so that top is flattened. Cover bread pans with some plastic. Let the dough rise for 1-2 hours until it almost fills the bread pan.
- ❖ Bake at 350 degrees for about an hour. Remove from bread pans and allow to cool before attempting to slice.
- ❖ Keep in air tight container or plastic bag (I keep in refrigerator).
- ❖ Slice into thin slices (1/4 inch).

The Danish culture tends to eat open-faced sandwiches, with one slice of bread covered by different combinations of meat, vegetables, and herbs piled on top. My latest favorite is egg salad and avocados. Enjoy!

Submitted by Laurie Johansen

## Egg Roll Dish

Ingredients:

One bag coleslaw mix  
One pound of sausage  
Two cloves of garlic, minced  
1/4 cup diced onion

Directions:

In a large skillet brown the sausage, drain grease well.  
Then add the rest of the ingredients and cook over medium heat for five minutes.  
Can add salt per your taste.

Simple, easy, delicious, and relatively healthy.

Submitted by Ruth Van Heukelom