

December 2019

# RN to BSN

A newsletter from  
THE DEPARTMENT OF NURSING

AT SOUTHWEST MINNESOTA STATE UNIVERSITY

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## Contact Information

Department of Nursing  
1501 State Street  
ST 105  
Marshall, MN 56258  
(507) 537-7591  
[RNtoBSN@smsu.edu](mailto:RNtoBSN@smsu.edu)

Chair/Director of Nursing  
Laurie Johansen, PhD, MS, RN  
Professor  
(507) 537-7590

## Accreditation of SMSU RN to BSN Program

The RN to BSN Program at Southwest Minnesota State University is accredited by the Commission of Collegiate Nursing Education, 655 K Street, NW, Suite 750, Washington, DC 20001, 202-887-6791. So what does this mean? The Commission on Collegiate Nursing Education (CCNE) is a nationally recognized accrediting agency. Through the accreditation process, CCNE ensures the quality and integrity of nursing programs, such as the SMSU RN to BSN Program.

The SMSU RN to BSN Program has been accredited by CCNE since 2014. In an effort to continue to assure excellence in our nursing program, the SMSU Department of Nursing hosted a scheduled visit and evaluation by CCNE during October, 2019, to request continued accreditation. The SMSU Department of Nursing voluntarily participated in the accreditation process through a continual self-assessment process, creating ongoing improvements in the RN to BSN Program. The CCNE evaluation team completed a written report during their visit at SMSU, which will be utilized by the CCNE Board of Commissioners as they review our RN to BSN Program for continued accreditation. The site visit report stated that all accreditation standards were met. We look forward to the final CCNE accreditation report in May 2020.

Submitted by Laurie Johansen



SMSU Department of Nursing | Office: ST 105  
Phone: (507) 537-7591 | Fax: (507) 537-6815 | [RNtoBSN@smsu.edu](mailto:RNtoBSN@smsu.edu)  
On the web: [www.SMSU.edu/academics/departments/nursing](http://www.SMSU.edu/academics/departments/nursing)

## Melinda “Kassandra” Lopez Presents at Undergraduate Research Conf.

Melinda “Kassandra” Lopez, RN, RN to BSN student, presented her Evidence-based project and review of the literature, titled *Hearing Loss and Dementia; Uncharted Territory*, in an oral presentation at the SMSU Undergraduate Research Conference. Kassandra reviewed the research literature that connects hearing loss and dementia. Kassandra is a RN to BSN student at SMSU.



Melinda “Kassandra” Lopez  
at Undergraduate Research  
Conference

The 14<sup>th</sup> annual Undergraduate research conference was held at the Southwest Minnesota State University campus on December 4, 2019. The conference is an opportunity for SMSU student scholars to disseminate their research with others. Kassandra’s faculty research advisor was Dr. Nancyruth Leibold. Ms. Lopez recently submitted her manuscript of the evidence-based project, *Hearing Loss and Dementia to Sigma* for publication. The manuscript is past a successful review process and will soon be published by Sigma Theta Tau International. Congratulations, Kassandra!

Submitted by Nancyruth Leibold



## *Southwest Minnesota Nursing Honor Society Becomes Omega Omicron Sigma Chapter*

Submitted by Nancyruth Leibold

The Southwest Minnesota Nursing Honor Society is proud to announce that our application to Sigma Theta Tau International to become a Sigma Chapter was approved! We are now Omega Omicron, a Sigma Chapter! Our name as the Southwest Minnesota Nursing Honor Society ended with our transition to Omega Omicron.

### **Society Officers/Leaders for 2019-2020**

President	Laurie Jo Johansen
President-Elect	Melissa Sue Kidrowski
Vice President	Mary Bemker
Secretary	Tami Johnson
Treasurer	Lindsay Rohlik
Faculty Counselor	Nancyruth Leibold
Leadership Succession	Dawn Gordon
Webmaster	Nancyruth Leibold
Archivist	Nancyruth Leibold
Awards Chair	Angela Chesley
Program Chair	Nancyruth Leibold
Governance Chair	Nancyruth Leibold
Membership Chair	Laura M. Schwarz
Newsletter Chair	Libby Halvorson

**Sigma**

Omega Omicron Chapter

# The Growing Number of SMSU RN to BSN Program Nursing Students

Given the promising job outlook for nursing professionals, it's perhaps not surprising that the SMSU RN to BSN Program has grown significantly over the past few years. However, the recent surge in enrollment in the RN to BSN Program surpasses most trends in academic settings, with the number of nursing students this fall tripled in comparison to previous years. Increased enrollment can be attributed to many factors, including the quality of our SMSU nursing students, the SMSU resources surrounding our nursing program, and the excellent nursing faculty that we are blessed to have on our SMSU Department of Nursing team. These nursing faculty are the core of the RN to BSN Program, being a small, yet diverse, faculty body who truly prepare our students to succeed!

As we evaluate our program, it becomes evident that the quality of the rigorous RN to BSN Program curriculum is something to be proud of. Students and alumni speak positively about their preparation to meet the Department of Nursing Student Learning Outcomes. The solid graduation and employment rates are a testament to the success of the RN to BSN Program. Our SMSU nursing students also appreciate the flexibility of the RN to BSN Program to meet their needs as working nurses with busy personal and professional lives. Giving students the ability to determine their own unique pace in the RN to BSN Program has allowed them to fit the RN to BSN Program into their lives, leading them to success.

There is much to be proud of with the achievements of the Department of Nursing, as we meet the mission for the Department of Nursing and SMSU!

Submitted by Laurie Johansen

**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!

## Omega Omicron 2020 Spring Summit

The *2020 Spring Summit: Excellence in Nursing Leadership* is scheduled for March 24, 2020 from 8:00 a.m. to 12:30 p.m. at the SMSU campus, Upper Conference Center. The practice/research conference is a forum for Southwest Minnesota nurses, nursing students, and nursing faculty to share experiences and projects aimed at advancing rural nursing practice. This conference is designed for nurses and nursing students interested in innovative topics to advance nursing practice (LPNs, RNs, nursing students). Attendees will earn 4 peer-reviewed contact hours (approval pending). Speakers include Dr. Mary Bemker, Tami Jo Johnson, and Dr. Nancyruth Leibold. [Registration Opens](#) (hyperlink) in January 2020.

The conference objectives are to

- Describe the role of leaders and managers in nursing practice.
- Describe leadership skills of communication, change, delegation, and teamwork to use in nursing practice.

Overall session topics are:

- Nursing Leadership: Who Me?
- Applied Leadership Skills (Emotional Intelligence, Communication, Change, Empowerment, Teamwork)
- The Power of Delegation

Submitted by Nancyruth Leibold

# Educational Webinar: Storytelling and Humor in Nursing!

Omega Omicron Presents (Formerly the Southwest Minnesota Nursing Honor Society): Storytelling and Humor in Nursing!

**Date:** February 10, 2020  
**Time:** 7:15 to 8:15 pm central time **Free!**  
**Speakers:** Nancyruth Leibold, EdD, RN, MSN, PHN, CNE, AHN-BC  
Mary Bemker, PhD, PsyS, CNE, RN

**Description:** Once upon a time, there were some nurses who took life too seriously. They were so busy that they did not stop to take time for themselves. They were stressed and often difficult to be around. One day, a new nurse came to the group and told a story that was funny. The other nurses laughed. Then they were smiling, and it was a wonderful day! Soon, a few other nurses told stories and more nurses were laughing and smiling. The nurses realized they felt better and enjoyed life more when they took time to tell stories and laugh. In this educational webinar, narratives are employed by the holistic nurse speakers to share the meaning, purpose, and implications of storytelling and humor in nursing. Nurse self-care is the focus. **Warning:** participants should be prepared to laugh during this webinar!

**Intended audience:** members, non-member nurses and nursing students

Upon completion of the Program, Participants will:

1. Identify the purposes and implications of storytelling
2. Describe the purposes and implications of humor in nursing

**Attendees earn 1.0 contact hour certificate**

**Free Webinar Join:** <https://zoom.us/j/531871565>

**Phone:** 1 669 900 6833 OR +1 646 558 8656

**Meeting ID:** 531 871 565

Pre-registration not necessary. For more information see [Chapter Events](#) (hyperlink)

Students, non-members, and members are welcome to attend this webinar!

Submitted by Nancyruth Leibold



# Omega Omicron Chartering Ceremony

Omega Omicron, formerly Southwest Minnesota Nursing Honor Society, held the Chartering Ceremony and Induction on December 10, 2019. The Chartering Ceremony is the celebration of the final transition of a developing honor society into Sigma Theta Tau International as a Sigma Chapter. Sigma Vice-President, Dr. Karen Gorton served as the Chartering Officer at the Ceremony. Omega Omicron President Dr. Laurie Jo Johansen emceed the ceremony. SMSU President Dr. Kumara Jayasuriya gave a congratulatory speech to Omega Omicron at the ceremony.

President Dr. Kumara Jayasuriya



New Omega Omicron Members



Kim Marie Anderson  
Samuel Saydee Gwiyen Barlue  
Christina M Blomme  
Ashley Bohlsen  
Ruth Louise Capp  
Angela T Chesley  
Jeanne Demuth Suby  
Lacey Dirks  
Miriam Huhta Dozier  
Victoria Marie Freiss  
Pamela N Gisemba  
Caroline Kay Greve  
Libby Halvorson  
Austin Ray Hansen  
Debra Herrmann  
Sarah Marie Wilm Hunter  
Allan Johnson  
Dianne Marie Johnson  
Tami Jo Johnson  
Melissa Kidrowski  
Stephanie Lynne Kravik  
Hannah Larson

Stella Nwachukwu  
Theresa Louise Otto  
Carmen Elaine Obermoller  
Gina Marie Ohden  
Robert Owusu  
Lindsay Nicole Rohlik  
Chelsea Jayne Self  
Nehemiah Omweri Shem  
Sherry Jean Swenson  
Jennifer Leigh Thiel  
Lesia Jo Thielke  
Monica VanOtterloo  
Kris Lea Vollmer

## Transfer/Multiple Sigma Members of Omega Omicron:

Dr. Mary Bemker  
Dr. Dawn Gordon  
Dr. Laurie Jo Johansen  
Dr. Nancyruth Leibold  
Dr. Laura Schwarz  
Dr. Ruth Ann Van Heukelom

The Omega Omicron Founder, Nancyruth Leibold, had a dream in the fall of 2014 to start a Sigma Chapter at Southwest Minnesota State University, Department of Nursing. A Sigma Chapter is a sign of prestige and excellence for an academic nursing department/school. First, the Southwest Minnesota Nursing Honor Society was formed and then after successful operation for several years, an application was made to Sigma to be a Sigma Chapter. The application was approved in June of 2019 and Chartered on December 10, 2019. Nurses in the region have shared their leadership and commitment to make Omega Omicron the success it has become! Annual community service projects, leader development, scholarships, member awards, and educational program offerings are a key focus of the Omega Omicron chapter.



Omega Omicron Chapter

Submitted by Nancyruth Leibold

# Healthy Recipes

## Slow Cooker Butternut Squash Soup

2 c. vegetable stock  
1 carrot, peeled, & diced  
1 medium (uncooked) butternut squash, peeled, seeded, and diced  
1 white onion, diced  
¼ tsp freshly-ground black pepper, or more to taste  
Pinch of ground cinnamon & nutmeg

2 cloves garlic, peeled  
1 Granny Smith apple, cored, & diced  
1 sprig fresh sage  
½ tsp salt, or more to taste  
1/8 tsp cayenne, or more to taste  
½ c. canned coconut (or almond) milk

Optional garnishes: extra coconut milk or a spring of cayenne pepper (or smoked paprika)

### Directions:

Add vegetable stock, garlic, carrot, apple, butternut squash, sage, onion, salt, pepper, cayenne, cinnamon, & nutmeg to a slow cooker. Toss to combine. Cook for 6-8 hours on low, or 3-4 hours on high, or until the squash is completely tender and mashes easily. Stir in the coconut milk.

Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in two batches into a traditional blender, and puree until smooth, being careful when working with the hot liquid.) Taste, and season with additional salt, pepper, and cayenne if needed.

Serve warm, with optional garnishes if desired.

Submitted by Laura Hoffman

### Application Process:

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

## Sweet and Sour Slow Cooker Chicken

1 medium onion sliced  
1 stalk celery, sliced  
1/3 c. packed brown sugar  
¼ c. soy sauce  
1/8 oz. can pineapple chunks, drained, reserve liquid  
1 medium green pepper, sliced  
4 c. hot, cooked rice

1 medium carrot, peeled, & sliced  
1 ½ lbs chicken breast, cut into bite size pieces  
1/3 c. Catalina dressing  
1 tsp grated gingerroot  
1 tbl cornstarch  
1 medium red pepper, sliced

### Directions

Place onions, carrots, and celery in slow cooker. Top with chicken. Add combined brown sugar, dressing, soy sauce, and ginger. Cover and cook 7-8 hours on low, or 3-4 hours on high. During the last 30 minutes of cooking time, turn crock pot to high.

Stir cornstarch into pineapple liquid, add to slow cooker along with pineapple chunks and peppers. Cook 30 minutes on high or until the peppers are crisp/tender and sauce is thickened. Serve over hot rice

Submitted by Ruth Van Heukelom

# Alumni spotlight Austin Hansen!

Year of Graduation from SMSU with BSN: July 2019

When Austin considered returning to school for his BSN, a major draw for him included his past attendance at SMSU early in his college career. Austin admits that he really enjoyed the atmosphere on campus which was a draw for him to apply to SMSU's RN to BSN program. Furthermore, because of attending Minnesota West for his ADN, the seamless process to transition to SMSU made it all the more enticing for him.

Austin's experience attending SMSU's RN to BSN Program allowed him the opportunity to work with Renville County Public Health during his clinical practicum experience. He admits that while there and with the rural nursing classes offered through the nursing program's curriculum, he felt better equipped and prepared to care for the rural community in which he serves.

Austin currently works in the Emergency Department at Avera Marshall Regional Medical Center.

In his free time, Austin really enjoys being outdoors and hunting ducks, geese, and pheasants. He also enjoys spending time with his wife, Nicole and going to her OB appointments to see their twin boys!

Submitted by Lindsay Rohlik



## Public Health Message

Climate change is a complex public health issue that influences individuals, families, populations and communities that we serve and live. Have you considered how climate change is affecting your health and well-being as well as loved ones and patients and families you care for? How might you prepare or address climate change and its effects on human health? Climate change is a significant threat to human health and well-being. Nurses such as yourselves, play an important role in mitigation, adaptation, and resilience to climate change. The use of health care resources, air quality, mental health, and natural disasters are major areas that influence or are influenced by climate change and your knowledge and expertise across the nursing practice/workforce continuum, can help address climate change impacts.

Submitted by Lindsay Rohlik

## 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 spring 2020 and fall 2020. Information is available at <http://www.smsu.edu/academics/programs/rntobsn/>.

**New to SMSU:** 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.

## Mark Your Calendar!

- Jan. 13 Classes Begin
- Jan. 17 Last Day to Drop w/ Refund
- Feb. 17 Presidents' Day
- Mar. 9-13 Spring Break
- Mar. 19 Fall 2020 Registration Begins
- May 1 Last Day of Classes
- May 8 Nurse Pinning Ceremony
- May 9 Commencement
- May 26 Summer 2020 Session Begins



SMSU Department of Nursing

Science and Technology 105  
1501 State St. | Marshall, MN 56258