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RN to BSN

A newsletter from
THE DEPARTMENT OF NURSING

AT SOUTHWEST MINNESOTA STATE UNIVERSITY

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SMSU Nursing Students & MDH Contact Tracing

During the Fall 2020 semester, five students from the NURS 450 Public and Community Health Clinical Experience course joined the Minnesota Department of Health (MDH) Contact Tracing team for their experiential learning. This involved a large commitment from each student as they took national training from Johns Hopkins University, completing six modules on the coronavirus and COVID-19. Extra time was required to upload and learn how to use multiple computer programs, such as Amazon Connect and Optum. After hours of training, the students engaged in calling Minnesotans who either tested positive for coronavirus or had been exposed to a patient with COVID-19.

Making those blind calls was somewhat like being a telemarketer. The students reported a variety of responses from their "patients." Some clients were okay to answer questions on the phone, and some were not interested. But all of these efforts were made to help keep Minnesotans safe and healthy. The students were able to experience firsthand the roles of the public health nurse in disease event investigation, collaboration, health teaching, case management, and policy enforcement, all key functions of the public health nurse. Kudos to a great job by SMSU nursing students!

Submitted by Faith Johnson



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Dr. Faith Johnson joins SMSU Nursing!



Dr. Faith Johnson

The Department of Nursing at Southwest Minnesota State University (SMSU) welcomes Dr. Faith Johnson to the faculty team! This feature story highlights the interview with Dr. Faith Johnson.

Dr. Faith Johnson is a native Minnesotan, born in Minneapolis and she grew up in Bloomington. She is a second generation American. Her grandparents immigrated from Scandinavia. Faith has been a registered nurse for 43 years and began in the operating room but has had a wide range of clinical experiences. Faith has been married for 43 years and has two adult sons who are U.S. Air Force fighter pilots, as well as two fantastic daughters-in-law. She has three fabulous grandchildren and is moving to Arizona in 2021. Faith describes herself as failing retirement as she planned to retire from Ridgewater College and joined SMSU faculty instead! Faith enjoys reading mysteries, quilting, and scrapbooking!

Dr. Johnson describes Florence Nightingale as her favorite nurse theorist because Florence incorporated germ theory into good nursing practice with handwashing and infection control practices that are still used today. Her ten concepts of Environmental Theory guides nursing practice today. Dr. Johnson says that Florence Nightingale was a brilliant statistician, using evidence (statistics and numbers) to help form practice.

Dr. Patricia Benner is Faith's favorite nurse education theorist, and she says that Dr. Benner's writing on the education of nurses has greatly impacted her teaching. Faith commented, "As I read her book, *Educating Nurses*, I found it supported what I thought was the way nursing should be taught; blending theory and practice by the use of cases to help students make sense of the theory they read."

Faith also remarked that another favorite nurse theorist of hers is Dr. Pam Jeffries who developed her model about guiding simulation design and usage in nursing education.

When Faith was asked what her favorite aspects about the SMSU RN to BSN Program, she said "There are two things that have impressed me at SMSU. 1- centered around student success. Every college or university says they are student centered, but SMSU has really proved that. In every faculty meeting, we talk about how we can best help our students to reach their goals. As my goal is to add value to others, this has made my job a real joy."

"My second favorite thing at SMSU is the team I have the privilege to work with. I work with a group of very smart women who are committed to the scholarship of nursing as well as the success of the nurses they teach. And they have been open to a new kid on the block. It's been a great way to fail retirement!"

Submitted by Nancyruth Leibold

Application Process:

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

Dr. Nancyruth Leibold and Holistic Nursing

Dr. Nancyruth Leibold is on sabbatical leave for the 2020-21 academic year and is working on developing two holistic nursing courses and writing the textbooks for the courses! The textbooks are open and free to students. Some key topics include forest bathing, nature, self-care for nurses, meditation, mindfulness, belonging, planetary health, as well as many other holistic topics!

Submitted by Nancyruth Leibold

Omega Omicron Chapter Website

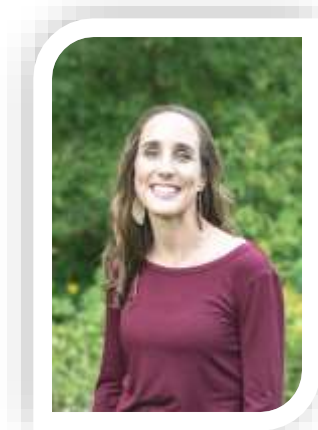
Omega Omicron is the Sigma Theta Chapter of Sigma Theta Tau International that evolved in 2019 from the Southwest Minnesota Nursing Honor Society.

Omega Omicron has two websites. Our comprehensive [Omega Omicron website](#). This website includes many helpful items including education programs, newsletters, archives, the calendar of events, and awards information. Omega Omicron also has a website housed by [Sigma Theta Tau International](#).

Submitted by Nancyruth Leibold

Graduate Educator Nurse Practicum Experience

As a graduate nurse educator student, I have been blessed with a plethora of experiences and mentors to aid in my growth and learning. The faculty and staff at Southwest Minnesota State University (SMSU) provided diverse learning opportunities. The American Association of Colleges of Nursing has advocated for nursing programs to prepare nurses to practice in community health settings in order to improve health outcomes of populations. The SMSU RN to BSN Program includes core courses and practicum hours in public and community health. Throughout my graduate level practicum experience at SMSU, I collaborated with faculty and staff to update curriculum for the community health course while gaining experience in multiple other roles of the nurse educator such as advising, mentorship, assessment, evaluation, and scholarship. I was able to participate in multiple meetings to promote collaboration and relationship building between the university, community, healthcare systems, and other educational institutions. Healthcare systems and nursing practice have been greatly impacted by COVID-19 and now more than ever there is a demand to train and hire baccalaureate prepared nurses. We are blessed to have this educational opportunity here in rural southwest Minnesota to meet the changing healthcare needs.



Shannon Gossen, RN, PHN

Submitted by Shannon Gossen

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 2021 and fall 2021. 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.

Scholarship Corner

Scholarships are great ways to assist students with the financial obligations of academic programs. We are proud to share some of the scholarships our students have received.

Scholarship from The American Legion, Department of MN

Maggie Marx received a scholarship from the The American Legion, Department of MN. Maggie found out about the scholarship opportunity through correspondence received at SMSU. She applied for the scholarship and states she was "Very excited to receive the scholarship and surprised." Maggie states that the scholarship "Will be used towards my education. With COVID-19, I am unsure if my workplace will be helping with a part of tuition reimbursement this fall, so it will help with me in the near future."

Maggie's advice to other nursing students: "Save your application statements and letters because you may be able to use these for allocations. Also, take the time to look for scholarships. The applications are usually not too long and it is a great opportunity to get help with your future education."

Congratulations, Maggie!

Submitted by Laurie Johansen

Avera Marshall Nursing Scholarship Recipient

The generosity of Avera Marshall to provide the Avera Marshall Nursing Scholarship for our nursing students continues to be appreciated by the SMSU Department of Nursing! When the scholarship was developed, the goal was to encourage nurses in the region to build upon existing knowledge and skills in order to advance their education. Financial considerations are frequently concerns of our nursing students. Scholarships do so much to assist these students and help the SMSU RN to BSN Program to meet the healthcare needs of the region by providing a local opportunity for registered nurses to advance their education and pursue their career goals. More than ever, during these unprecedented times, a strong healthcare workforce is essential to provide access to quality medical care in our rural areas. Scholarships such as this help support the region by aiding in the building and sustaining of a skilled healthcare workforce.

The Avera Marshall Nursing Scholarship annually supports one student who is a resident of the region. The SMSU Department of Nursing is proud to announce that Kimberly Veldhuizen is the fall 2020 recipient of the Avera Marshall Nursing Scholarship. Following receipt of the scholarship, Kimberly shared the following:

"I was so honored to receive the Avera Marshall Scholarship. It was a huge blessing to assist me in finishing up my BSN and help to launch me into my Nurse Practitioner Program in the fall. Thank you, Avera Marshall."

Thank you to Avera Marshall for their generous donations to support our nursing students.

Submitted by Laurie Johansen



Maggie Marx with Oliver Glen Marx & Clara Rose Marx



Kimberly Veldhuizen with Ryan and Wesley

Zucchini Noodle Lasagna

2 medium zucchini
1 tsp salt
1 ½ lbs. ground turkey - browned and drained
1 medium onion - diced
2 cloves garlic - finely chopped
1 - 24 oz jar marinara sauce
½ tsp dried oregano
½ tsp dried basil
15 oz ricotta cheese
10 oz frozen chopped spinach - thawed, thoroughly drained, and squeezed dry
2-3 cups shredded mozzarella cheese (non-fat if desired)
2 cups shredded cheddar cheese (non-fat if desired)

Preheat oven to 350 degrees. Slice zucchini in 1/8 inch strips (or circles), place into a colander and sprinkle with salt. Use a mandolin if possible, to slice the zucchini. Let sit for ½ hour (or longer) to juice out. Rinse zucchini and pat dry before assembling lasagna. Brown the ground turkey and drain any excess fat. Add chopped onion and sauté until onions are soft. Add garlic and cook for 1-2 more minutes. Add marinara sauce and dried seasonings and heat through.

In 9 x 13 pan, add ¼ cup of marinara sauce mixture and spread. Start with layer of zucchini noodles to cover the bottom of the pan, it's ok if they overlap a little. Layer marinara sauce mixture, ½ ricotta cheese, ½ of spinach and ½ of mozzarella and cheddar cheeses. Repeat layers again starting with zucchini noodles and ending with the cheese blend.

Place the 9 x 13 pan on a cookie sheet or jelly roll pan to bake. Cover with foil and bake in 350-degree oven for 1 hour. Uncover and place back in oven until cheese is browned on top. This will be very juicy because of the zucchini. Let the lasagna rest for 20 minutes to allow the sauce to set up before serving.

Submitted by Laura Hoffman

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!