BYU Hosts USNA

Utah nursing students met on BYU campus in February to kick off the Utah Student Nurses Association annual convention. The day featured keynote speaker Elaine Marshall, former dean of BYU, many break-off sessions, recruiters, and elections of a new USNA board.

Marshall enlightened us on the history of nursing. She taught how to be famous in nursing: live a long time, cultivate a personal passion and sense of divine occupation, hang out with famous people, and keep a record. Specifically, she taught the nursing history of Utah and encouraged us to write our own chapter. With a personal note, she invited us to make a difference by caring and being sensitive to the needs of others.

Continuing on from such a great beginning, election results for the new USNA board brought a clean sweep from BYU students: President: Emily Vest

Faculty Have Multiple Heart Attacks

On February 14th, several faculty members of the BYU College of Nursing had a heart attack! Actually, their office doors had the heart attack. One of the many recent SNA activities taking place the week of Valentine’s, when many nursing students spiced up the College of Nursing by festively decorating their clinical professors’ doors with hearts, notes, and candy. The decorations spanned offices across 4 different floors of the Kimball Tower.

Joanna Clayton, a 1st semester student tells why she got involved, “It sounded like a fun idea to let our instructors know that we love them. I think I speak for 1st semester when I say that we really appreciate all of our instructors.” Clayton said the best part about the activity was taking the time to think of others and visiting with the other nursing students while cutting out hearts and writing messages.

Clinical professor for Nursing 296, Beth Luthy, was delighted to see the Valentines on her door. “It really made my day! I couldn’t believe the students made time out of their busy schedules to bring a little Valentine cheer to the office. I thought it was so neat that I came back to the office later that night to take a picture of it.”

Neil Peterson, 1st V. P. for BYU SNA thought the “heart attacks” were a great success. “I was happily surprised by the amount of participation from students and I was even more impressed with the number of comments that I heard from teachers. I don’t think we as students openly show our gratitude for our teachers as often as we should, and this was the perfect opportunity to show our appreciation. I definitely hope this becomes a tradition for the students and as an SNA activity.”
2007 BYU SNA ELECTIONS

What an exciting election season the College of Nursing has experienced! Many well qualified and prepared candidates ran for office on the BYU Student Nurses' Association board and we appreciate everyone's participation. Voter turn out nearly doubled from last year and a great board of officers was elected for the 2007-2008 school year. SNA is an excellent opportunity to serve and learn in a professional organization and we hope all students catch the spirit of joining SNA and being involved through activities, service, or leadership.

Welcome new SNA board!
President: Tricia Holmes
1st VP: Becky Peterson
2nd VP: Jana Hick
Secretary: David Alden
Treasurer: Brett Lindsay
Service Director: Mari Wilking
Membership Director: Alicia Anderson
Activities Director: Meg Wilkinson
Publicity/Web Support Director: Amy Stringer
Newsletter Editor: Joanna Clayton
BYU/USNA Rep: Angelina Wilde

This year's SNA board would like to thank all students for their contributions and service throughout the past year. We have enjoyed serving you, getting to know you, and learning from you. We have worked to build unity between the different semesters and we hope everyone has made new friends and a good support system within the College of Nursing. Good luck with the rest of the semester and don't forget to join BYU SNA if you have not already!

BASKING IN BASKETBALL

This semester, a handful of nursing students took a shot at women's intramural basketball. Team members Rachel Sheets, Cody Oelkers, Becca Schw, Brynley Mosley, Chantel Nebeker, Bethany Rice, Meg Wilkinson, Cora Yoose, Janis Gunnell, Jessica Mills, Meredith Simmons, Michelle Grosebeck, and Alicia Anderson tout a win record of 3:2. With tournaments coming the week of March 19, they are excited to show their talents on the court.

Alicia Anderson, captain of the team, said the team was "a great chance to bond with girls from other semesters," and encourages anyone thinking about signing up for another team to "just do it." She said it helped her as a nurse to develop better communication skills and team work.

A highlight for the team was winning the first 2 games by over 30 points.

CON SQUAD KICKIN' IT UP

CON Squad soccer members David Alden, Ryan Bartholomew, Ryan Bingham, Jacob Nunnery, Kirsten and Mike Pratt, Alene Duersch, Kelv Cutler, Christy Finlayson, Katelyn Green, Denise Mann, Stacey Morris, Ashley Robinson, Christopher Saxey, Ashley Warner, Melanie Hope, and David Caceres hit the fields this semester for good fun and exercise. With a record of 2:3, the team still anticipates tournament games.

Captain Melanie Hope shared, "Our experience was good! We got some nice exercise and a diversion from our studies. We all played hard! You know, it's worth the small time commitment. I was hesitant at first because I thought I would get overwhelmed with another thing on my plate, but with just one game every other week, it was something to look forward to and release some stress. It helped me to keep it real - to remember that there is more to college life than studying!"
A Spiritual Side of Nursing

Melissa Pickett

BYU SNA enjoyed a devotional/fireside in March given by Elder and Sister Callister of the Quorum of the Seventy of the Church of Jesus Christ of Latter-day Saints. The activity brought students from the nursing program, the accounting program, and a local congregation. Eager listeners gave ear to some inspiring messages.

On a nursing note, Sister Callister quoted the LDS scripture, "I delight to honor those who serve me in righteousness," found in Doctrine and Covenants 76:5. She recognized the importance of caring in Doctrine and Covenants 18:10, "Remember the worth of souls is great in the sight of God."

Both Elder and Sister Callister thematically expressed the importance of serving others. They gave us the challenge to perform our work well and continue learning, illustrated by the Book of Mormon verse in Alma 34:23, "For behold this life is the time for men to prepare to meet God."

We were asked, "Do we realize our potential and our divine roles? Do we ever forget the great blessings awarded to us through the gospel of Jesus Christ?" E. Callister reminded us that the gospel is about families. The greatest happiness is not an individual thing, but rather found within families who love each other and love the Lord.

He emphasized the importance of our examples and character, "Things seen are mightier than things heard." On a final note, we were given food for thought, "All that really matters, when life has been lived is belonging forever, to the people we love the most."

Students Give Farewell

Room 350 of the SWKT was busy January 16th as the students of the College of Nursing said goodbye to their dean, Elaine Marshall. Over a hundred students stood in line to say goodbye and eat a sandwich and éclair. In the words of the Dean Marshall, "It was absolutely amazing."

Towards the end of the hour-long reception a few people who worked closely with Dean Marshall shared some words. Catherine Coverston, Associate Dean, spoke of how she has enjoyed working with our lovely dean. She mentioned how the dean cared so much for the students and worried each time they left the country for Global Health. Mary Williams, Interim Dean, spoke of how Dean Marshall had been an example of a woman of amazing service, very sincere, personal, and loving. Holly Barnett spent a few minutes thanking Dean Marshall for her high opinion and expectation of her students.

Students also wrote notes to Dean Marshall which were placed in a beautiful scrapbook and presented to the dean at the end of the reception. In a letter of gratitude, Dean Elaine Marshall wrote, "I especially love the scrapbook. It is so elegant and will touch my heart forever. Please thank everyone for their kind words and for creating such a treasure!"

Farewell, Dean Marshall. We hope you enjoy the rest of life’s journey. You will always be remembered here at the BYU College of Nursing.

Ice Skating for a Cause

BYU-SNA rallied behind its president this January for a benefit fundraiser at Peaks Ice Arena. Holly Barnett, president, and her husband, Jared, were the center of attention and the recipients of needed funds for medical bills associated with their car accident in November.

We were so glad to see them doing so well. Between the two of them, they endured brain trauma, fractures and shattered bones, lung injury, and more. The SNA collaborated with the school of accounting for a joint activity on the ice. The turnout was enough to pack the rink and help the Barnett’s. Participants skated round and round to the point of blisters and exhaustion, enjoying the interactions. To top off the event, of course donuts and hot cocoa were enjoyed.

The couple was truly grateful. In a thank you to those who participated, the couple wrote, "The ice skating party was amazing! We were so touched by the incredible number of people there, the generous donations made, and the love we felt from friends and perfect strangers alike. We thank you for your support then and your continued support as we get back to "normal" (or at least baseline). We truly appreciate it."

Holly and Jared, we’re glad to have you back!
By Rose Ann Jarrett

BYU College of Nursing faculty and students convened in the 30th Annual Research Conference, sponsored by the College of Nursing and Iota Iota Chapter of Sigma Theta Tau International March 5, 2007 in the Harman Conference Center. The Conference provides students with the opportunity to hear from national experts in the discipline regarding various research topics. Also, students are able to hear presentations regarding faculty and student research projects as well as student mentored experiences.

This year’s keynote speaker, Alyce Schultz, RN, PhD, FAAN, addressed the topic, “Changing a Traditional Culture to an Evidence-Based Practice Culture.” She reminded the audience of the importance of looking for opportunities at the bedside to improve patient care. It is often the bedside nurse who is aware of questions regarding why something is done a particular way. Such questions can often be turned into research projects which improve patient care. She reminded the audience to always ask why something is being done a certain way and to question if there a better way to do a particular thing. She provided many examples of bedside nurses utilizing evidence to improve patient care through research projects. Of interest were her comments that often research findings are slow to be implemented in practice. It may take as long as 17 years for evidence produced through research to be implemented at the bedside. Dr. Schultz is the Associate Director of the Center for the Advancement of Evidence-Based Practice at Arizona State University, Phoenix, AZ.

A panel of nursing professionals from the Respiratory Intensive Care Unit at LDS Hospital, led by Vicki Spuhler, MS, RN, discussed barriers to implementing evidence-based practice in the clinical environment. Nurses must stay open to new paradigms in care delivery and rely on experience and judgment when implementing care based on research evidence. Those present enjoyed the question-answer session following the presentation.

In addition, students participated in sixteen concurrent sessions featuring presentations by ORCA award recipients, guest researchers, and College of Nursing faculty. The wide variety of topics presented (ranging from Magnet Hospitals, childbirth in China compared with the U.S., and barriers in global health improvement) was indicative of high-level research being conducted within the College of Nursing and among nursing colleagues.

Students also had the opportunity to learn about a variety of nursing careers as they visited with recruiters from local facilities, military, and hospitals outside the state.

This year’s recipients of the annual Elaine R. Dyer Research Award were graduate student, Krista Wilson, RN, for her research, Parental Perceptions of Sibling Relationships in a Family with a Chronic Disability; Renea Beckstrand, PhD, RN, CCRN, who is researching Oncology Nurses’ Perceptions of Obstacles and Supportive Behaviors in End-of-Life Care; and Patty Ravert, RN, PhD, for her study of Mean Oxygen Saturation in Well Neonates at Altitudes Between 4498 and 8100 Ft.

The College of Nursing salutes students, faculty and fellow nurses for another outstanding year of nursing research.

“I really appreciated the research conference because the panel gave us good ideas on how nursing staff can implement evidenced based practice on our units. I also enjoyed the keynote speaker because she proved to us that evidence based practice is really implemented in hospitals. She also showed us that when we wonder about the efficacy or necessity of certain practices that we can ask those questions and if need be we can change them.”

Megann Peterson

“I find pride in being part of a nursing school that participates in and promotes research. It makes my education so much more rich and meaningful.”

Natalie Sammis

“I really enjoyed the research conference. It was especially interesting to hear about how much evidence practice had improved care in the ICU setting of some hospitals. I was motivated to be an advocate for evidenced based practice and to encourage changes for the better.”

Katelyn Green

Want to help make the "Stethoscoop" happen? Email your interest to hannahbelle@gmail.com
NURSING IN ISRAEL

Note from the Editor: Cambria Jones diverges from her usual column, "Service Corner," this edition to give us a look into the personal service she has been able to do while on semester abroad to Jerusalem.

Every Monday morning four of us walk halfway down the hill to a narrow three story building. Above the entrance hangs a sign with red letters, "Red Crescent Hospital for Women" and a red crescent moon to the side. We walk around the back to the emergency entrance and start climbing the flights of stairs to get to the different units.

This semester here at the Jerusalem Center the faculty started service groups, and I was chosen to be the service group leader for the group to the hospital about 200 meters from the Jerusalem Center. It's mainly a maternity hospital for Palestinian women with completely Palestinian staff. Each week we go to provide service there. We help feed babies, help serve breakfast, or sometimes it's just visiting with the staff as they do their work. It's one of the highlights of my week.

Because I'm the only student with nursing background, I'm in the Labor and Delivery unit every week, usually with another student. I can't do anything technical since I don't have a license, but I'll pass medical supplies to the midwives, demonstrate breathing patterns to laboring women while holding their hands and giving labor support, watch the babies' heart monitors, or help dry and clean off the babies after the birth. I've really loved serving them so much.

One of the best parts has been getting to know the staff. In the Holy Land medical schools are only in English, so all them speak English and write all medical notes in English. All of them are so friendly and excited to hear about our lives. They love explaining everything that's going on and letting us watch procedures, from epidurals to circumcisions. The nurses, doctors, and midwives try teaching us Arabic and tell us about Palestine and the struggles that they've gone through. Most of the staff are Muslims, and many women (but not all) wear scrubs that cover them from the wrist to the ankles and veils that completely cover their hair. However, nothing can cover their smiles, laughter, and friendly personalities. I feel like they are my really good friends. One of the doctors had his son apply to go to BYU after he met us, and other nurses and midwives have invited us to visit them at their homes. I love them TONS and I'm totally going to miss them.

From Utah to Argentina to Israel nursing techniques may be very different but the love is the same. I've learned more than anything that we really are a big family, striving to work, laugh, learn, and live together. Despite different political, religious, and social backgrounds, serving together has overcome all those differences and bonded us together with friendship that comes from caring for others. I'm so thankful for the opportunity nursing gives me to make those kinds of relationships that will always last.

Cambria Sue Jones

Neils Nursing

Humor

By Neil Peterson

1. What kind of nurses spread infection?
2. Why can't you trust supine patients?
3. What kind of planning do you need for an incontinent patient?
4. Why was the heart patient taken to the mental hospital?
5. Why did the Miss America pageant start using EKGs?
6. Why did the doctor use an EKG on the continually constipated patient?
7. What size needle do love-sick nurses use?
8. Why can't Southern people stop taking medications?
9. How do rich nurses walk?
10. Why did the nursing student run up her credit card?

Answers on next page

CHOOSE TO GIVE: APRIL SHOWERS

The time for giving has come once again to the college of nursing as well as the university as a whole. The month of April will be dedicated to the Choose to Give fundraiser. Last year in the college of nursing alone we raised $1,253 and that was before the money was matched dollar for dollar! Nice work. The goal for the College of Nursing this April will be to blow that number out of the water. Remember that all the money we raise goes right back into our schooling to better simulators and teaching materials that will make our education as successful as possible. So start saving your pennies and dollars and let's make this April a month of giving.
Musical Talents on Display

By Denise Mann

Come check out capstone student Julia Bills and her band! Julia is a capstone nursing student who is also a singer/songwriter. The band consists of Julia Bills on rhythm guitar and vocals (and principal song writer), Josh Kelson on lead guitar, Rhett Bailey on bass, Ryan Denny on djembe and DeEtte Chatterton on piano.

Julia and the band have a lot of shows coming up in March, so come show the nursing love! You can also check out her music at www.myspace.com/juliabills.

To find out more details about upcoming shows, email Julia at juliabills@byu.net to request to be put on the email list and you’ll receive an email each month giving you the information.

Julia and the band are also recording an album which is set to be done by the end of the semester. It’s going to be amazing!! Keep a look out!

Here is the schedule. Come show some support for our nursing friend!

Saturday March 17, 7:00PM- BYU’s Guitar’s Unplugged, Marriott Center- $6

Saturday March 24, 7:30PM- Battle of the Bands with Center Street Musical Theater, Art City Playhouse 254 South Main St, Springville, UT- $5 (if they win, they get $1000 worth of musical equipment!)

Friday March 30, 8:00PM- Ozz Billiards w/ Benton Paul and Henry Ammar- $5

Friday April 13, 8:00PM- Hollywood Juice Café with Billy Turbo and Stuart Maxfield-free

Faculty Spotlight:

Peggy Hubert

By Megann Peterson

This month we are excited and pleased to do our faculty spotlight on Peggy Hubert. Peggy graduated from the BYU college of nursing with her BSN and MSN degrees according to Peggy, many moons ago! She has had many experiences working as a nurse for an exciting 23 years. She has been teaching with the BYU College of Nursing for a total of six years. Currently, Peggy teaches 2nd semester pharmacology and periop. Peggy has been teaching full time at the Y for three years and has been teaching the LDS periop clinical rotation for 6 years. Prior to teaching full time at BYU, Peggy worked as a surgical services educator at Intermountain Healthcare urban south region.

In her spare time, Peggy enjoys reading, sewing, water skiing, camping, and spending time with family. As for family, Peggy has three grown children, five grandchildren, and she also cares for her 92-year-old great aunt. Last but not least she has two puppies - a black pomeranian “Perken” and a shih tzu “George.”

Peggy loves nursing service. She enjoys studying organizational behavior concepts and oppression of minority groups. Peggy served as the Relief Society President at the prison and loved it as it used a wonderful combination of educational and spiritual knowledge during service.

Peggy’s favorite part of being at the Y is the students. She has loved being involved with the SNA officers and helping with the Professionalism Conference.

We really appreciate Peggy and her hard work as faculty and an SNA advisor. Peggy is finished with her service as an SNA advisor at the end of this year. But, don’t think she is going anywhere. She is now the new advisor for the USNA board. Thanks Peggy!

Welcome Baby!

Laura and Blake Wilkes are the proud parents of Makayla Elizabeth Wilkes, born March 3, 2007. Height: 20 inches. Weight: 7 lbs 15 oz.

Laura shares, “My labor was only 7 hours!!! Also...my nurse was a recent BYU grad. She was wonderful!... Every baby is definitely born with their own personality right from the beginning. I never really thought about this until I had my own. She’s only 2 weeks old and so particular about so many things already. It is so fun to watch her grow each day. Makayla had a little respiratory problem when she was born. She had too much fluid and they had to rush her off to the NICU. I was so scared because I didn’t know what was happening with my little girl and no one would clue me in. They finally let me hold her and that is when I really lost it. I never realized how much I could love someone I just met then that first time I held her in my arms. My life will never be the same.”