POWER OUTAGE - THE LEAST OF OUR WORRIES

The Varsity Theatre went dark suddenly as Assistant Dean, Catherine Covenston, introduced the theme of the Fall 2006 Professionalism Conference. With only a flashlight, she set the stage for “Nursing 911-When Disaster Strikes.” Joining her in creating the mood were BYU Air Force ROTC color guard, faculty servicemen & women, and an ensemble singing a beautiful rendition of “How Great Thou Art.” Peggy Hubert, MS, RN commented, “I felt so patriotic and proud to see the combined effect of the flag, the salute, and the song that I cried. It was amazing!”

The conference featured 3 speakers who created an awareness of the possibility of disaster and the need to be prepared. Captain James S. Whiting, BSN, RN for the US Public Health Service showed many pictures of recent hurricane disasters, explaining the how, who, and why change is so important in emergency nursing. He discussed the importance of organization, training, and emergency accommodations during widespread emergency. He emphasized that local preparedness and resilience would be most important in the event that an emergency affects multiple areas at a time.

Glenda Christiana, MS, RN, AHN-BC, also spoke, exploring the almost unheard of and unmatched 1918 influenza pandemic. Later, Robert Rollis, MD, MPH, discussed the nature of influenza as a disease and likely repeat pandemics. Captain student Sandra Razafrerinina, spoke for many when she expressed, “I loved all the insights about pandemic influenza. Many times we don’t hear about it—it was a first time for me.”

She noted the take home message was a need for nursing preparedness. “These experiences help us to be more ready if disaster strikes. Nurses are valued worldwide and most needed during times of disaster.” Christiana felt similarly, “[The conference] was inspiring. I may take an EMT course now. In an emergency, everybody becomes an ER and med/trauma nurse.”

2nd semester students kept the spirit by assembling 50 hygiene kits after the conference.

LIGHTING LAMPS AND HAVING FUN

BYU College of Nursing made an award winning float in the Homecoming Parade. With weeks to plan and a day to execute, creative juices flowed to win the Dean’s award, or best college float, portraying nurses “Lighting Lamps of Healing”.

Florence Nightingale (Dean Elaine Marshall), “Lady with the Lamp,” and BYU experiences abroad lit the lamps on the float. Students led the way with IV poles and the NLC amputee, which represented BYU’s soon-to-be defeated opponent, UNLV, “dead on arrival.”

SNA Activities director, Tricia Holmes, summed up the experience, “This project helped to unite the semesters through teamwork.” Gina Bourgeois, echoed similar sentiments, “I consider myself a shy person...I’m surprised at how much fun I had.”
Family Feud Student Responses

What is most likely in your car?
1. Music (CDs, Tapes)
2. Trash
3. Sunglasses
4. School Books
5. Water Bottles

What did/do you fear the most about the first year of nursing school?
1. Not getting everything done or forgetting an assignment
2. Shots/needles
3. Mistakes and/or hurting patient
4. Performing medical procedures in clinical or just plain clinical
5. Accidentally killing someone

What is your favorite movie?
1. Pride and Prejudice
2. Remember the Titans
3. Life is Beautiful
4. Princess Bride
5. Sound of Music

What is the most common "free time" activity for faculty?
1. Reading
2. Spend time with family
3. School stuff (creating extra homework, grading writing test questions, make syllabi longer)
4. Body Scans/Cleansing aura
5. Research

What is your favorite restaurant to visit in Provo?
1. Cafe Rio
2. PF Chang's
3. Zupa's
4. Macaroni Grill
5. Olive Garden

What is the average number of hours you sleep each weeknight?
1. 6 hours
2. 7 hours
3. 8 hours
4. 9 hours
5. 4 hours

- Nursing Students show off their stuffing

Stethoscope

HAIL YEAH!

Nursing students and faculty braved large hailstones for the annual Opening Social September 16 at Rock Canyon Park in Provo. The event was well attended and well enjoyed. Despite limitations on the many outdoor activities that the Student Nurses Association (SNA) planned, the pavilion was bustling with activity.

Though sandwiches, chips, and cake proved delicious, the steaming hot cocoa won with a landslide as the most welcome sight in the freezing temperatures.

Mildly hypothermic, students sat close and had fun with faculty for a game of family feud, a cake walk, service projects, and get-to-know-you time.

SNA activities director, Tricia Holmes, was pleased with the adaptability of everyone involved. She reflected, "I felt that the opening social helped to unite the semesters—even if it was through all of them huddling together to keep warm!"

SERVICE CORNER

Cambria Jones

Students trickled into the College of Nursing Opening Social Saturday, September 16, could hear BYU's football game being announced over a loud radio. But that wasn't the only football going on.

A key part of the opening social activities, students participated in a service project assembling toy footballs to be donated to orphanages. Deseret Industries donated colorful cloth footballs to be filled with stuffing and sewn closed. Despite freezing temperatures and cold fingers, students pitched in and stitched them up.

Neil Peterson, a third semester student, participated in stuffing the fabric footballs. "This was one of the better service projects I've done because I could relate to it. I know kids will love these footballs because I had this kind of thing when I was a kid. It seems more personal."

Other projects were also available to the students. Some colored in alphabet books that will also be assembled and sent to orphanages. Magazines were available to cut out pictures and make picture books for children who have no other window to the outside world.

Following the social, students finished sewing the footballs in the NLC. Nursing students completed almost fifty toy footballs.

Afterwards they were collected and returned to Deseret Industries to be distributed to orphanages. Currently in the NLC are materials for alphabet books that will also be donated.

The Humanitarian Service missionaries who coordinate service and donations were appreciative of the service that BYU's College of Nursing students gave.

We hope that nursing students will continue to enjoy the service opportunities available both in and out of the College of Nursing.
CON Squad Rallies Friendship

Holly Barnett

Some students are spiking overtime this year. Whether connecting tubing to an IV bag or slamming a volleyball past their opponents, they have learned what it means to work together.

Students intermixed to play intramural women’s volleyball for a great season. Incredible improvement and teamwork were trademark. Previous experience ranged from high school competitions to church night in junior high.

Despite losing the first game, the team was pumped up and ended up taking the match. They continued with a pre-season record of 3:1 and 1 forfeit. To their surprise, the CON Squad was ranked in the 2nd division out of 4 for the tournament.

“Our eyes were wide and our chins dropped when we saw the teams we were up against,” commented Holly Barnett, 3rd semester. The tournament started against a team with a player considered for a walk-on position with BYU’s women’s volleyball.

The players were stoked for having stayed in the 1st match of the tourney even though they lost. “We have THE MOST SPIRIT,” proclaimed Michelle Groesbeck, “...and that’s what really matters.”

She was right. The players were acclimated by the referee after a match for sportsmanship. She said it was the most fun match she had refereed.

Only 4 students played in the final game due to student schedules. Though they were competitive, they lacked floor coverage to win: 4 players just couldn’t return those constant spikes.

Despite the short tournament for the CON Squad, it proved to be a great season. “The CON Squad has been a great friendship and team-building experience,” stated Melissa Madsen, 2nd semester.

SNA Registration Still Available!
Prices: one time fee that lasts till you graduate
$25 - first semester students
$20 - second semester students
$15 - third semester students
$10 - fourth semester students
$5 - capstone students

Intramurals Coming Up!!!

Hello! This is just a heads-up that the College of Nursing will be buying a few intramural schedules for this winter semester!! The options are: coed inner tube water polo, coed soccer, coed Wally ball, and women’s basketball. Start thinking of what you would like to play! Tricia Holmes will be sending out an email in December asking which sports schedules you would like her to buy. She will then buy schedules for the two sports that receive the most votes. The teams will be made on a first come, first serve basis—so respond quickly to her emails in order to reserve your spot on a team!! If you have any questions or comments, email Tricia: conintramurals@yahoo.com

Co-ed Basketball

A note from the Captain of the CON Co-Ed Basketball team, Cody Oelkers:

Basketball has been a great break from the normal stress of school. It’s fun to get out there and play with people from the nursing program. It’s amazing; we (nursing students) are so much more fun when we are not stressed about tests and assignments. Our season has been great! We have fought like tigers and at least every team member has made a basket! :-)

Spike: to drive a ball hurling to the ground; to connect tubing to an IV fluid bag
Let's Get Acquainted: SNA Officer Biographies

Holly Barnett
SNA President

I am from the San Francisco Bay Area (well, most of my life anyway). I love water and any sport therein. I played water polo in high school and used to go boogie boarding in the ocean with my little bro and sis. I am the middle child of five. I've always wanted to come to BYU, but never thought of myself as a nurse. Now that I'm in the program, I can't think of myself being anything else. I found a good man and was sealed to him in the Mount Timpanogos Temple the summer before nursing school. Together, we enjoy camping, hiking, BBQs, and traveling. My biggest goal in life is to be a wonderful wife and mother and build a strong family unto the Lord.

Neil Peterson
SNA 1st Vice President

My home town is Los Alamos, NM and I come from a family of 5 boys. I served a Mandarin speaking mission in Taiwan and yes, I love fried rice. I have been married to my lovely red-haired wife Rebecca for over a year. I love being active in sports and dance. I especially love soccer and Irish dance. Even with one year of nursing school under my belt, I am still unsure of what direction I will take, although I would like to work with my twin brother who has just begun medical school at the University of New Mexico if possible. I believe life is about having fun and helping others have fun.

Megan Pope
SNA 2nd Vice President

I am from New Orleans and Springville, UT, in my 3rd semester. My favorite activities are sprint triathlons and ice hockey. I love to travel the world and find ways to serve people. I am a freshman associated with the World Health Organization in Ghana for 2 months. We taught natives about the buruli ulcer. I have traveled to South America and Western Europe and taught English in China for 5 months. I served a mission in Bulgaria and loved every minute of it. Visiting these nations, I have learned so much about different cultures and people's needs and to serve them continually. I love learning how to become a good nurse!

Megann Peterson
SNA Treasurer

I am a home-grown Utahan and love it. I love nursing school and am excited about being involved with SNA. I play the piano, violin, volleyball, softball, to ride wave-runners and snow ski. I also dance, especially jazz and clogging. Last but not least, I love my husband. As for my direction in nursing I am thinking either public health or the O.R. Well, actually, I love all areas and think I will try them all! I plan to get a Master's degree either right after BYU or after all of my kids are grown. Again, I am so excited for this year!

Denise Mann
SNA Secretary

I am a 4th semester student from Visalia, CA. I served a mission in Osorno Chile which was fantastic!! After graduation, I want to work in Labor and Delivery before applying to grad school to become a Labor and Delivery Midwife. I love reading, hiking (Narrows in Zion's is my favorite), "adventuring", being with friends, etc. I am excited for a great year!

Cambia Jones
Service Coordinator

I grew up on a dairy farm in West Haven, UT. I've always loved to read, play piano, hike, sing, and play sports with my brothers. To relieve stress, I like to jump on the couch. I also love to travel, and this summer I went to Argentina with the nursing program and it was AMAZING! I'm excited to do new service activities with the nursing students this year. After graduation I plan to get my master's, possibly as a Certified Nurse Midwife.

Tricia Holmes
Activities Coordinator

Hi! I am a 2nd semester student from Sandy, Utah. I love nursing and plan to become a family nurse practitioner. I am an outgoing person who loves playing sports and spending time with family and friends. I am looking forward to planning some fun SNA activities this year—much like the opening and closing socials, intramural sports teams, and a few other events throughout the fall and winter semesters. I am always open to suggestions—feel free to contact me anytime!

Hannah Schott
Newsletter Editor

From Chester Montana, I love nature and wide open spaces. I will try any wholesome activity at least once. I like rock-climbing, cliff-jumping, swimming, dancing, and backpacking. For regular exercise, I am a distance runner and avid Tae Bo and Zumba fan. I play piano and flute and serve a mission in Uruguay. My husband, Eric, and I were married last May. I love nursing because it is diverse and exciting. I know it will provide a welcome challenge all my life. My plan is to fit nursing into raising a family. I love to stay busy!

Shennon Miyamoto
Web Director/Publicity

I was born and raised on the island of O'ahu. I live in a town just north of Pearl Harbor called Waipahu. During my free time I enjoy spear fishing, fishing, hiking, body surfing, collecting old Hawaiian bottles, photography, and video editing. I love being in the outdoors and helping the people in need. I'm grateful for my talents and abilities that Heavenly Father has blessed me with. I hope to share these gifts in bettering the BYU Student Nurses Association this year.

Mary Ellen Baker
SNA Membership

I enjoy the outdoors - waterskiing, snow skiing, snowmobiling, hiking, camping, horseback riding, rollerblading, etc. I love to play softball and racquetball, but my passion is tennis. I like to play the piano and the violin. I enjoy sewing, doing crafts, watching movies, and eating ice-cream!!

Facts: I am the third of six kids. My favorite place in the world is my family's cabin in Island Park. One of my dreams is to travel to Europe someday.

Faculty Advisors: Beth Luthy & Peggy Hubert
FACULTY SCATTER THROUGHOUT COUNTRY FOR CONTINUED EDUCATION

Sheri P. Palmer, RN, MS, Assistant Teaching Professor, presented at the International Nursing Education conference put on by Nursing Education Today and Nursing Education Perspectives in Vancouver, Canada - May 2006. "It was a wonderful gathering of many nursing scholars from Canada, United Kingdom, Australia, United States and some Asian countries. I presented on our Global Health and Nursing Class, specifically what we do in Ecuador and the results we have had. Everybody was so very interested! I’m excited because we do great things here in the college of nursing."

Patricia Rushton, RN, Ph.D., associate professor and undergraduate faculty at BYU CON, went to the annual conference of the American Association for the History of Nursing held in Rochester, Minnesota during the last week of September, 2006. Other faculty who attended were Erin Maughn and Myrna Warnick. "I went to the conference to learn about organizing and developing a nursing history center at Brigham Young University College of Nursing. . . . We hope to open such a history center in the future to promote teaching and research in the areas of nursing history. We hope to collect and archive important historical information that might otherwise be lost [and] involve students in what we feel is an important aspect of nursing. To learn one’s history is to better understand one’s future-if we understand where we came from we can better plan for our profession and our patients.”

Beth Luthy, RN, FNP, instructor, has attended 3 conferences in the last year. The first was the National Student Nurses Association annual convention, held in Baltimore, MD. Accompanied by BYU SNA and Peggy Hubert, She went to learn more about the SNA on a National Level and to see what we can do to improve membership and involvement on a state and local level. Luthy gained a “renewed enthusiasm and pride for being a member of the SNA.” How does she see practice changing? “I think we need to get more involved in the community as nursing students; together we can accomplish so much.”

The second conference was AANN (American Academy of Nurse Practitioners) in Dallas, TX with Kent Blad, Ron Ulberg, Sondra Heaston, and Deborah Himes. She wanted to become better acquainted with cutting-edge practice techniques and latest drug therapies. She came away with a wealth of information regarding various health issues. “My favorite speaker was the Surgeon General who spoke about health disparities in America.” She now wants to “employ new treatment options that I was not aware of previously. I will be able to better serve the patients I work with now.”

The third convention was NLN (National League for Nurses) in NYC, NY, with Shelly Reed, Ron Ulberg, Jim Kohl, & Catherine Coverson, James Kohl, Sherri Palmer & Debra Mills. She wanted to learn more about the role of a nurse educator, including teaching strategies and was able to do so. Shelly Reed enjoyed the keynote speaker’s discussion of horizontal advancement. “Transformation begins with you,” emphasized that to advance, it is best to network with peers, rather than those higher on the ladder.

Luthy’s favorite part of attending conferences is “networking with other nurses from around the country. It is amazing to note that so many of us are dealing with the very same issues, regardless of where we practice. It is always interesting to hear new ideas and perspectives from nurses who come from a variety of specialties.”

Patricia (Patty) Ravert, RN, PhD, Assistant Professor, Nursing Learning Center and Clinical Simulation Coordinator attended a Learning Resource Center Conference, Philadelphia, Pennsylvania and a Human Patient Simulator Network (HPSN) 2006, Tampa, Florida. “In both of these conferences, I presented research and experiences here at BYU related to high-fidelity patient simulation experiences. I also attended sessions by other educators and come away with new ideas and concepts to implement in BYU’s NLC. By attending the conferences I am able to network with nationally and internationally known nurse educators who are committed to simulation and effective environments for nurses students. Over the years, I have been able to implement new ideas gleaned from the conferences and I have shared our successes with others as well.”

Barbara Heise, PhD, APRN, BC. Assistant Professor, attended the International Conference on Longevity & Healthy Aging in Melbourne, Australia with Deborah Himes. She went to explore the latest research on aging and Australian Aged Care Services. She gained a new appreciation of the Australian healthcare system. Her practice is changing as she finds aging should be a culmination experience not a termination. She is excited to Share Australia’s commitment to aged care with nursing students in the future.

James Kohl attended an Evidence Based Practice Conference in Phoenix with Peggy Hubert and Deborah Himes. It was an intense immersion week to learn to infuse EBP into work and teaching settings. The goal was to take EBP to all levels of nursing, even the novice level. Kohl is excited to include a degree of EBP in each semester, with students not only understanding the research, but using it. He exclaimed, “The students make me excited! They are a whole new generation of science and research. When we encourage them to ask the difficult questions, they hold the potential to make a positive change in history.”

Sondra Heaston went to the National Emergency Nurses Association in San Antonio Texas. She presented her work, “Emergency Nurses’ Perspectives on Obstacles and Supportive Behaviors in End of Life Care.”
New Faces Finding Spaces

Dena Behrmann comes to BYU from Texas. She is a Certified Nurse Midwife currently working at Mount Timpanogos Women's Health Care and teaches Maternal Child Nursing and N400.

She knew she wanted to be a midwife as she saw her first birth with a midwife. She believed that she could help make a woman's childbirth experience better. She plans to eventually get a doctorate of nursing practice and is interested in researching alternative and complementary therapy for pregnant women. To any student thinking about midwifery, Dena encourages prompt application to midwifery school. She herself didn't wait long after getting a job in labor and delivery to apply. She suggests doing research on the possibilities to better enable any potential midwives to find their niche.

Dena has 4 teenagers, including twins. She is happy for the move to Utah and finds that it has been important for her, her students, and her family. In her spare time she enjoys scuba diving, reading, horseback riding, and dancing country western, salsa, or hip-hop.

Pam Thompson, RN, JD, from Texas, is an assistant professor teaching critical care and ethics here at BYU. Her family includes her husband David, and eligible bachelor son, Kris. After graduating with a BSN from Texas Christian University, she earned her Juris Doctorate from Southern Methodist University. Her nursing career has been intense: ER, ICU, and flight nursing. She suggests that anyone trying to go a similar educational route she did first.

Aside from teaching, she and her husband run a helicopter business in Park City and do legal work on the side. Her talents and interests include skiing, snowmobiling, horses, ATV's, sports, and playing with her 3 Chihuahuas Paco, Pepe, and Peso. Still new, she plans on surviving BYU and getting used to parking.

Kris Martin, RN, MSN, ACNP-BC, AOCN, Assistant Teaching Professor teaching N330, comes to Utah after living in California, Illinois, and Virginia. She received her BSN from BYU, a masters from George Mason University with a specialty in Oncology Clinical Nurse Specialist, and then a master's degree from the University of Virginia with an Acute Care Nurse Practitioner certification. BYU has been a warm environment for her to adjust to teaching.

As she settles into BYU, she plans on working on an NP on the side in the area. Teaching fulfills dreams she had as an undergraduate, “I thought my idea job would be to work as a nursing professor, teach clinicals and then work one day a week to keep up my skills.” With time, she plans to advance her degree even more. Oncology has been a love since the beginning of grad school. Upon exposure, she was fascinated and new she found her place. For students considering oncology, she suggests getting RN experience, with leadership involvement to develop important skills. Upon finding their passion, she suggests getting a masters degree in that area.

Kris loves to laugh and riding mountain and road bikes. She enjoys traveling, cooking, reading, and watching movies. She considers herself adventurous and will try anything once.

Summer Fun and Hard Work

In response to a Stethoscope poll, students show an inclination to work hard and have fun. 44% of the student body answered the poll. Of those, 64% are working, and 100% had fun this summer. 46% of those with a job work as CNAs, LPNs, PCTs, and caregivers 18% of those working are TA's or RA's in nursing or nursing related classes such as anatomy. 6% work in customer service or receptionist positions. 30% work in seemingly non-nursing positions, such as custodial, MTC, other campus jobs, restaurant jobs, or clothing and apparel. Students trying to make ends meet sure know how to have fun in the summer. 77% of responders traveled out of Utah for some fun adventures, including nursing opportunities abroad and family reunions.

Ron's Philosophy of Nursing—"Life is too short to not have fun with what you are doing." He goes on to explain how within the nursing profession there are many avenues one can travel; there is no need to stay in a position that you don't like or get tired of. If you are in an area of nursing and not enjoying it, take a look around at another option and start something new that you will enjoy. "Just have fun.

A tip for future students: for extra credit—just offer to wash his truck or weed his garden :)