

University of
Southern Indiana

FALL 2014

Synapse

College of Nursing and Health Professions



Experts in Our Fields

Letter from the Dean



There's no doubt about it, obtaining a college degree is no easy task, no matter what career you are pursuing. Students put in hours and hours of work: classes, studying, all-nighters, clinical rotations, research papers, class projects and internships. Some days it seems there's no end in sight.

What keeps all this exciting? How do students stay motivated? For many, it is an inspirational teacher who ignites their passion for learning. These are the instructors, assistant professors, associate professors and professors who never stop learning themselves. They have expertise and knowledge to share. Their experience speaks volumes and brings to life what is covered in the course textbooks.

I recently asked the faculty in the College of Nursing and Health Professions to "brag" on themselves so that we could share their stories with you. Our faculty members do so much more than teach here at USI. They do research, serve on boards and committees for their professions and volunteer their time for community organizations. They travel around the world to speak at conferences. They network and share ideas with colleagues. They mentor students and serve as student organization advisors. They keep up-to-date with new technologies, both in the classroom and in the clinical setting. They continue to learn, earning advanced degrees.

Along with a new logo (which was unveiled earlier this year), USI has a new tagline you may have seen on billboards around town: "Knowledge for Life." Take a look inside this magazine to see how our faculty members in the College of Nursing and Health Professions are shining examples of lifelong learning.

A handwritten signature in black ink that reads "Ann White". The signature is written in a cursive, flowing style.

Dr. Ann White
Dean, College of Nursing and Health Professions

Health professions' expertise enhanced through worldly experiences



A successful healthcare education for USI students depends on more than exposure to clinical theories. It requires the acquisition and deep understanding of not only the principles but also the practice of them — something only expert faculty can facilitate. USI's College of Nursing and Health Professions is filled with faculty experts who have internalized the concepts and techniques required in healthcare. They've earned their status because, as faculty, they're required to remain practicing professionals. But the faculty go beyond University standards by broadening and advancing their education outside of academia in an effort to bring home insight to which most college students wouldn't have access.

Joy Cook, clinical assistant professor of radiologic and imaging sciences, traveled to Manchester, England, this summer as one of two speakers selected for the 2014 International Speakers Exchange Award by the American Society of Radiologic Technologists (ASRT). She spoke on "Magnetic Resonance Imaging and Thermal Injury" at the United Kingdom Radiological Congress, and also presented a second lecture, "Teaching, Technology and Classroom Engagement" in the congress' education series.

"When I applied for the award over a year ago, I thought I had little chance to win, especially on my first try," said Cook. "I know individuals in the state who have applied numerous times and have never received the award. I am honored that an international group of my peers and my

national professional society selected me for this presentation."

Cook's excitement extended beyond the honor of the invitation, as the opportunity offered her a chance to meet Elizabeth Beckman, a long-time friend and co-worker of the man who invented Computed Tomography (CT). Sir Godfrey Hounsfield, the British engineer who, in the early 1970s, developed CT imaging, also known as "CAT scanning" died in 2004.

Through Cook's clinical and academic experience, she understands why CT was considered one of the greatest inventions in medical imaging; the chance to "talk shop"

with the inventor's colleagues was an added bonus.

"I had the opportunity to talk to her (Beckman) about Hounsfield and find out things about him that are not in CT textbooks," said Cook. "She worked with him at EMI Laboratories in England, where he was an engineer. It was there that he was funded to develop the CT machine. She shared some interesting things from those early days, and I have told these stories in class to my students."

Cook has taught in the Radiologic and Imaging Sciences department at USI since 2005. Her research and scholarly areas of



(Left/right) Karen Smith, president-elect of The Society and College of Radiographers (SCoR); Joy Cook, clinical assistant professor of radiologic and imaging sciences; and Pamela Black, president of the SCoR. Smith and Black were Cook's hosts at the 2014 United Kingdom Radiological Congress.

interest center on best practices for delivery of radiology educational curriculum and content, radiology program assessment and improvement and improved patient outcomes in Magnetic Resonance Imaging (MRI) clinical practice.

Cook is a member of the national ASRT Magnetic Resonance (MR) subcommittee, which reviews current practice standards for MR. She helps revise current MR practice standards used nationally by technologists practicing in the MR discipline. She was also recently elected state president of the ASRT Indiana chapter, which has members representing medical professionals and students who work in radiography, radiation therapy, nuclear medicine, sonography, magnetic resonance imaging, computerized tomography and all other imaging modalities.

Wes Phy, a seasoned respiratory therapist with stints in intensive care and ground and air ambulance crews, knows first-hand the responsibility of taking care of some of the most vulnerable patients – infants in the Newborn Intensive Care Unit (NICU). He uses this unique clinical experience to teach students about communicating with patients who may not have the capacity to verbalize medical issues.

“It’s important for our students to learn good assessment skills with all patients, but especially newborns and those with developmental disabilities,” said Phy, who is chair of USI’s Respiratory Therapy program. “In our program, we teach ways to identify problems and respond quickly before the illness becomes severe and requires hospitalization, or even results in a death.”

There are no specializations for developmental disabilities within USI’s

Respiratory Therapy program, so Phy tries to spend some time each year discussing issues and problems with students that are specific to that population.

Phy has over 30 years of experience in respiratory therapy as a clinician, manager and director within the field of respiratory care. For 10 years, he was director of Respiratory Therapy with the State of Tennessee in the area of developmental disabilities. In his capacity as state director, he was instrumental in the development of a state-wide medical emergency response system and data collection system of



Wes Phy, chair of USI’s Respiratory Therapy program, instructs first-year respiratory therapy students on the use of a ventilator. From left are Kristina Lenfers, Phy, Raj Sheth and Edwin Prow.

recurring pneumonia and respiratory infection in the area of developmental disabilities.

Before joining USI nearly four years ago, he served as the director of Clinical Education and Instructor in Respiratory Care at Volunteer State Community College in Gallatin, Tennessee.

A Tennessee native, Phy began his career in respiratory therapy at Vanderbilt University Medical Center in Nashville, Tennessee.

“I was initially placed in the NICU as a temporary relief therapist for a NICU staff member taking vacation,” he said. “After working in the NICU for a couple of weeks,

I realized that I loved the excitement and responsibility of taking care of the most fragile of all patient populations. A couple of months later, a full-time opening became available in the NICU, and I was asked by my supervisor if I wanted the permanent assignment.”

He stayed in the NICU for the next eight years, and was frequently called upon to provide critical newborn transport with Vanderbilt’s ground ambulance (Angel 1 and 2) for newborns and premature infants. Later, during the course of his career, he was recruited as a life-flight transport therapist

for the Arkansas Children’s Hospital in Little Rock.

Phy is currently in the process of completing a Master of Science in Education (MSE) and is doing research in online clinical simulation as part of his MSE project here at USI. He is a member of the American Association for Respiratory Care (AARC) and the National Board for Respiratory Care.

In December of 2013, Phy, in conjunction with the AARC, conducted a national survey on continuing

education to obtain data on national views of managers and directors of hospital respiratory therapy departments concerning preferences of education within respiratory therapy. He said this information will be used to promote the Bachelor of Science Degree Program in Respiratory Therapy that he hopes will be implemented during the 2016-2017 academic year at USI.

Dr. Erin Reynolds, assistant professor of Health Services/Health Administration, has three areas of expertise: epidemiology, public health and global health. Reynolds, a native of Iowa, earned her first two degrees from the

University of Iowa: a bachelor of science in microbiology and a bachelor of arts in history, of which both lead, in a round-about way, to her specialties, interests that have taken her across the globe.

"I fell into public health because I planned to study microbiology in grad school," she said. "I was finishing up my history degree with a course called 'The History of International Health,' and we read a book by Dr. Paul Farmer, *Infections and Inequality*. It really changed how I viewed pretty much everything. Farmer is so passionate about his work in Haiti that it made me want to do more...to get out and help people."

She said when she was younger, she dreamed of joining the Peace Corps. After reading Farmer's book, suddenly the Peace Corps and public health were connected, and she knew what she needed to do.

"I'd always loved world history and dreamed of traveling pretty much everywhere, so the global health piece came naturally," she said.

So she packed her bags and moved from Iowa to Massachusetts to enroll in

Boston University School of Public Health's Master's International Program, which combines a master's program with the Peace Corps. Before she knew it, she was on her way to Togo, West Africa. Reynolds earned her master's in Public Health with a concentration in International Health from Boston University in 2006, then returned to Iowa to complete her doctorate in epidemiology in 2012 from the University of Iowa College of Public Health.

Not one to let grass grow under her feet, Reynolds joined the faculty at USI in August 2013. Her first year, she received the USI Summer Research Award for Junior Faculty, which she used to return to Gambia this past summer. There, she studied health workers' knowledge, attitudes and practices with regards to malaria rapid diagnostic tests.

"[Knowledge of] global health is important for our students as it gives them perspective and an understanding of how health and healthcare is different across countries," she said. "What we have here in the United States is so different from

Europe, which is different from India, and so on. Hearing examples of maternal mortality or HIV rates in Africa can really open our students' eyes to problems outside of Evansville and southwestern Indiana."

To help students understand, she uses examples from her life abroad as well as sharing her research in hopes they'll have a better perspective of the threats posed by various diseases.

Reynolds reached out to aspiring epidemiologists during the summer by helping Southwest Indiana AHEC (Area Health Education Center) with a one-week public health camp for local eighth graders. Billed as "Go Viral: Be a Disease Detective," the camp centered on a mock investigation of a food-borne illness at a high school. Reynolds shared with the students information about basic disease transmission, epidemiology, how to investigate an outbreak and other topics related to global health.

"We brought in volunteers to play sick students. High school staff and the campers suited up in gowns, gloves and masks and interviewed the 'sick' people," she said. "They then analyzed the results of their interviews and determined the likely cause of the outbreak."

Cook, Phy and Reynolds are just a sampling of the College's faculty who go beyond the expected and into the unexpected to bring back information and insight outside the scope of everyday academia.

As for Reynolds' involvement with the Go Viral camp, what she has to say about it could be the sentiment of any of the College's faculty. "We taught students the importance of comprehensive, step-by-step field work, and not jumping to conclusions."



Dr. Erin Reynolds, assistant professor of Health Services/Health Administration, works to educate people in Northern Togo, near the village of Bitchabe, on ways to prevent Guinea Worm from infecting their families.



(Left/right) Helen Sands and Karina Osipyan in USI's Clinical Simulation Center.

Nursing student wins University-wide scholarship

Each year, a number of students in the College of Nursing and Health Professions receive scholarships to help them pursue their goals. Most awards are tied to the students' specific healthcare field, except in the case of Karina Osipyan. She was selected as the recipient of a University-wide scholarship based on an essay she wrote.

Osipyan, a senior nursing student who speaks three languages, is the 2014 recipient of the Bill Sands Communication Studies University-Wide Scholarship, established by Bill and Helen Sands in memory of their son, Bill, who died shortly after graduating from USI in 1981.

Helen describes her son as "a tall and handsome young man who worked most of the way through his university years and planned to begin his career at the end of summer." She said, "Since his life was cut short by an accident, we want to assist other dedicated students in realizing their dreams by providing scholarships in his honor."

Osipyan knew at an early age the importance of communication. She was born in the Ukraine, but at the age of 4, her family came to the United States. She and her brother grew up in Washington Heights, New York, the part of Manhattan referred to as "Spanish Harlem" due to its high population of Puerto Rican and Dominican immigrants. Because of her Ukrainian background, she learned both Russian and English as a child. In grade school, she said it was not difficult for her to learn Spanish because of all the immigrants in her neighborhood.

She plans to graduate from USI in May 2015 and pursue a career in the Emergency Department at St. Mary's Medical Center, where she is currently employed as a nursing student intern.

"I wrote my essay about the importance of communication within the workplace," she said. "Because this is a University-wide scholarship, I am so proud to represent the College of Nursing and Health Professions."

The Bill Sands
Communication Studies
University-Wide Scholarship
is based on a one-page essay on
this topic:

*"How I'm communicating
at the present and
how I envision communication
will play a vital role in my life
after graduation."*

The scholarship was founded by
the parents of Bill Sands,
Bill and Helen Sands,
and his sisters,
Kathy and Paula.
Bill Sands taught English Literature
at USI for five years, and
Helen Sands is a professor emerita
of communications.

To support scholarships at USI, visit online at
usi.edu/giving/scholarships

USI receives \$1.2 million grant for interprofessional education

College of Nursing and Health Professions to become Nexus Innovations Incubator



USI graduate and family nurse practitioner Amber Lang '14 discusses a patient's healthcare with Indiana University medical student Kristyn Jeffries.

The College of Nursing and Health Professions at the University of Southern Indiana has received a three-year, \$1.2 million grant to teach nursing and health professions students how to practice collaboratively as effective members of healthcare teams. The grant was awarded by the Health Resources and Services Administration (HRSA) division of Nurse Education, Practice, Quality and Retention, an agency of the U.S. Department of Health and Human Services.

Teams will be dedicated to improving the health of patients who have high-cost, complex medical, social and economic needs related to hypertension, respiratory disease, mental health and diabetes. Partnering with USI on the project are the Veterans Administration Medical Center at Marion, Illinois, which serves 52 counties in southern Illinois, southwestern Indiana and western Kentucky; and three USI nurse-managed health centers in the Glenwood,

Cedar Hall and Lodge neighborhoods in Evansville, Indiana.

Through the HRSA grant, the USI College of Nursing and Health Professions will become a Nexus Innovations Incubator via a partnership with the National Center for Interprofessional Practice and Education located at the University of Minnesota. The center will provide mentorship to implement, build and evaluate the program.

"Our goal is to advance positive health outcomes for veterans and medically-underserved patients by cultivating interprofessional collaborative practice in urban and rural primary care settings," said Dr. Ann White, dean of USI's College of Nursing and Health Professions. "This grant will help us increase the number and quality of interprofessional educational clinical experiences for students in a variety of USI programs, including nursing, respiratory therapy, food and nutrition and social work."

Master's student named mentor of the year

David Gladys, a senior nursing student at USI, presented the 2014 Mentor of the Year award to his mentor, Elizabeth "Libby" Ivy '06 at the Volunteer USI Recognition Dinner this summer. Ivy is currently a nursing education student in USI's Master of Science in Nursing Program.

Since the spring semester of 2013, Ivy has been involved in mentoring nursing students at Deaconess Hospital. While working as a registered nurse on the oncology/respiratory unit, she began mentoring students, and it was during one of these courses that she became a mentor to Gladys. "She was an exceptional mentor to me from the beginning," he said.

When Gladys found himself doubting his decision to major in nursing, Ivy was there again to give him the confidence he needed to continue. Since then, he has taken part in a Global Engagement Internship in India where he performed assessments on children. He plans to graduate in May 2015 with a degree in nursing.



(Left/right) David Gladys, senior nursing student, and his mentor, Libby Ivy.

Respiratory therapy students take strides to raise funds

Respiratory therapy student Erin Eckert spearheaded a USI team for the Cystic Fibrosis Great Strides Walk, held this spring in Garvin Park.

“The Great Strides Walk was brought to my attention by my instructor, Jody Delp,” said Eckert. “I looked into it and found a walk in Evansville. Since I am part of the Respiratory Care Club at USI, I decided to create a team and raise money for the Cystic Fibrosis Foundation.”

USI’s team was called “Breathe and Believe,” and there were 21 students and two faculty members who participated in the 5K walk, collecting nearly \$600 for the cause.

After the walk, Eckert and Delp were recruited to join the Great Strides Walk committee, and will play a more active role in planning next year’s event.

“Cystic Fibrosis (CF) is a life-threatening genetic disease that primarily affects the lungs and digestive system,” said Delp.



Great Strides Walk for Cystic Fibrosis team gathers at Bosse Field.

“An estimated 30,000 children and adults in the United States have CF. Respiratory therapists are licensed healthcare

professionals, specially trained to care for cystic fibrosis patients and their families.”

Student Scholars Forum on Aging Event at USI



(Left/right) Holly Schneider, Indiana State Games coordinator; Joe Willis, National Senior Games medalist; Alexis Leak, USI student; Dr. Mary Kay Arvin, Delta Pi faculty liaison; Claire Stover, USI student.

Members of Sigma Phi Omega’s Delta Pi Chapter at the University of Southern Indiana observed Careers in Aging Week by hosting the second annual “Student Scholars Forum on Aging” in April. The event gave students a chance to share academic projects and

assignments related to aging, gerontology and geriatrics.

Fifty-eight students from various disciplines on campus participated, including occupational therapy assistant, health services, nursing, education and psychology.

While there are many opportunities for service in the field of aging, there are few forums on campus for students to share scholarly work, said Dr. Mary Kay Arvin,

director of USI’s Occupational Therapy Assistant Program and Delta Pi’s faculty liaison. “The Forum on Aging was planned and led by students interested in sharing what they have learned in their coursework,” she said.

This year’s Forum on Aging took on an “Olympic” theme because USI helped SWIRCA & More host the 2014 Indiana State Games in May, which were qualifying events for the 2015 National Senior Games. Joe Willis, 78, of Chandler, Indiana, spoke to the students regarding his experiences as a participant in the National Senior Games over the past 15 years. In 1997, he was a member of the basketball team that placed first during the National Senior Games in Tuscon, Arizona.

“Listening to someone of that age talk about basketball so passionately can only inspire us to continue being active and follow our dreams no matter the age,” said Alexis Leak, a senior majoring in health services with a concentration in long term care administration and a minor in marketing. “Mr. Willis continues to inspire me to live a healthier life, and to be passionate about the things I do.”

AWARDS Awards Awards Awards Awards Awards

Leadership Recognition



White

Dr. Ann White, dean of the College of Nursing and Health Professions, was selected for the American Association of Colleges of Nursing Wharton Executive Leadership Program. Launched in 2012 in collaboration with the Wharton School of Business at the University of Pennsylvania, this world-class enrichment experience is designed exclusively for top academic leaders in schools of nursing.



Schaar

Dr. Gina Schaar, assistant professor of nursing, received the 2014 College of Nursing and Health Professions Excellence in Teaching Award. This honor was established to identify faculty members who have contributed significantly to the quality of teaching in the College.



Walsh

Dr. Colleen Walsh has been named president-elect of the National Association of Orthopaedic Nursing. She is currently an officer for the Executive Board, serving as secretary for 2014-2015. She is a contract assistant professor of nursing.



Hand

Dr. Mikel Hand and C. Elizabeth (Beth) Bonham presented at Sigma Theta Tau's International Nursing Research Conference in Hong Kong in July 2014. Dr. Bonham co-presented with former USI nursing faculty Dr. Maria Shirey. Their topic was "Engaging Interprofessional Colleagues in a Collaborative Community of Faculty Scholars." Dr. Hand's presentation was titled, "Post Mortem Nursing Care Effectiveness as Perceived by U.S. Hospital Staff Nurses."



Kinner

Dr. Tracy Kinner, clinical assistant professor of nursing, was selected for the 2014 Melissa Faye and John M. Lawrence Excellence in Teaching Award. The award is selected by the senior nursing class and given to a member of the undergraduate faculty who demonstrates a commitment to nursing education. The award is given by John M. Lawrence '73, a generous benefactor of the College.



Bonham

Dr. C. Elizabeth (Beth) Bonham, assistant professor of nursing, was named president-elect of 2014-16 board of the International Society of Psychiatric-Mental Health Nurses. She will assume her duties as president in March 2015 at the annual conference in Seattle, Washington. Bonham joined the nursing faculty at USI in 2009. Her clinical expertise as a psychiatric clinical nurse specialist focuses on mental health issues of children and adolescents.

New Board Certifications



Schmuck

Heather Schmuck, clinical assistant professor of radiologic and imaging sciences, is the first recipient of the John M. Lawrence '73 Health Professions Faculty Member Award. Lawrence also has established an annual award for nursing faculty. His new award now honors faculty in other programs within the College's health profession programs.



Seibert

Susan Seibert, clinical assistant professor of nursing and DNP student, presented her capstone project, "Educating DEU Staff Nurses in the Art of Clinical Instruction," at the 2014 International Nurse Educator conference in the Netherlands this past summer. Additionally, she presented a paper titled "Quality Improvement Across the Curriculum: The Plan-Do-Study-Act Model in a BSN Program" that she developed with **Dr. Mellisa Hall**. Seibert is a Sigma Theta Tau International (STTI) Nurses Society Rising Star.



Ramos

Elizabeth Ramos, instructor in food and nutrition, is featured on the National Restaurant Association's website this month for her class project on food safety. As part of her Quantity Food Production and Purchasing class each fall, Ramos teaches food safety fundamentals through the National Restaurant Association's ServSafe program. Her students must be ServSafe-certified before they start lab rotations next month in the campus dining facilities.



Hand

Dr. Mikel Hand – Nurse Executive Advanced from American Nurses Credentialing Center (ANCC).



Beckham

Dr. Roxanne Beckham – Certified Nurse Educator from National League for Nursing and Nurse Executive and Nursing Informatics, both from ANCC.



Young

Beth Young – CSSD, Board Certified Specialist in Sports Dietetics from the Commission of Dietetic Registration.

AWARDS Awards Awards Awards Awards Awards

Nursing faculty work on retention and recruitment



Dr. Jennifer Titzer (center), with NFLA mentors Dr. Rose Sherman of Florida Atlantic University, and Dr. Barb Friesth of Indiana University.

Dr. Jennifer Titzer, assistant professor of nursing, was accepted as a participant in the Nurse Faculty Leadership Academy (NFLA). The NFLA has been developed by Sigma Theta Tau International in partnership with the Elsevier Foundation to enhance the personal leadership development of new nurse faculty in order to promote faculty retention and cultivate high-performing, supportive work environments.

During the NFLA launch in Indianapolis on March 24, 2014, Dr. Titzer and other nursing faculty gathered for the first of two leadership development workshops scheduled during the 18-month academy. Also participating is Dr. Jeni Embree, a 2011 USI DNP grad, now teaching at Indiana University-Purdue University in Indianapolis.

As part of her NFLA project, Titzer and a team of nursing faculty at USI are evaluating the challenges and educational needs of the college's BSN adjunct faculty, Clinical Teaching Partners (CTPs), and Clinical Teaching Associates (CTAs). According to Titzer, this is the first step in developing an ongoing model for developing and mentoring these individuals for assuming clinical faculty roles at USI.

Tenure/Advancements



Ehlman

Dr. M. Catherine (Katie) Ehlman, director of the USI Center for Healthy Aging and Wellness, has achieved tenure and the rank of associate professor. She has been teaching full-time at USI since 2008. She also has been elected to the board of directors at SWIRCA & More for a three-year term. As a member of the board, she'll play an important governance role in the organization.



Hall

Dr. Mellisa Hall, chair of the graduate nursing program, has achieved tenure and the rank of associate professor. She has taught at USI since 2005.



Beckham

Dr. Roxanne Beckham, assistant professor of nursing, earned her Doctor of Nursing Practice degree from USI in May 2014. She has taught at USI since January 2012. Her practice specialty is leadership management and informatics.



Kilbane

Dr. Janet Kilbane, assistant professor of Occupational Therapy, has been named chair of the Occupational Therapy Program. She has taught at USI since 1995.

Staff Achievements



Beavin

Yvonne Beavin, administrative associate, is 2014-15 vice president of USI's Administrative Assistants and Associates organization.



Sullivan

Kim Sullivan, senior administrative assistant, Nursing, is 2014-15 president of the USI Administrative Assistants and Associates, as well as the current secretary for Staff Council.



Hobson

Melissa Hobson, administrative assistant, Respiratory Therapy, has been accepted to USI's Master of Arts in English program, starting spring 2015. She earned undergraduate degrees in psychology and Spanish from USI in May 2013.



Waddell

Tracy Waddell has been promoted to senior administrative assistant in the dental hygiene clinic.

ANCC Accreditation

Congratulations to **Peggy Graul, Karen Jones, Dr. M. Jane Swartz, Michelle Woodburn, Sharri Herriott** and **Jennifer Hertel** on receiving accreditation as a provider of continuing education through the American Nurses Credentialing Center (ANCC). USI was awarded accreditation with distinction, the highest recognition awarded by ANCC. This accreditation is for four years—the maximum time awarded by ANCC. For a complete list of certificate programs visit USI.edu/certificateprograms.

DMS Accreditation

The Diagnostic Medical Sonography (DMS) program received word in September that it is fully accredited with the DMS general program until 2019. Congratulations to program chair **Claudine Fairchild** and faculty members, **Kathy Peak** and **Amy Wilson**.

ACHIEVEMENTS Achievements Achievements

Student Recognitions

Angela (Land) Stroud and **Lea Ann Camp** have received 2014 scholarships from the Indiana Organization of Nurse Executives (IONE). Stroud completed the RN to BSN program in 2012 and is currently working on a Master of Science in Nursing degree. She is a department manager for the Oncology-Pulmonary Care Dedicated Education Unit at Deaconess Hospital. Camp, chief nursing officer at Greene County General Hospital in Linton, Indiana, is a student in the USI Doctor of Nursing Practice program. IONE's scholarship fund is funded through the state nursing license plate program. For each Indiana nursing license plate purchased, \$25 is contributed to IONE, a portion of which funds IONE scholarships awarded each year to students pursuing advanced degrees in nursing administration/leadership.

The following Doctor of Nursing Practice (DNP) students have been recognized for their achievements:

Della Hughes Carter has been awarded Michigan State University's Billie Gamble Undergraduate Teaching Award this year. Della also received the Sigma Theta Tau International (STTI) Nurses Society Rising Star in Nursing Poster Award. Her poster, "Proper Screening & Diagnosing of Diabetic Kidney Disease: A Quality Improvement Initiative in a Primary Care Setting for the Underinsured," was displayed this fall at the

STTI Leadership Connection 2014 program in Indianapolis.

Cynthia Bowers received one of five 2014 Spotlight on Nursing graduate nursing scholarships from the Spotlight on Nursing organization, based in Indianapolis. The organization promotes the development of future nursing educators to increase nurse faculty in Indiana. Bowers also was selected as a student volunteer at the 2014 National Doctor of Nursing Practice Annual Conference in Nashville, Tennessee.

Vanessa Easterday has been awarded a \$1,000 grant through USI's Omicron Psi chapter of Sigma Theta Tau International in support of her capstone project, "A Framework of Applied Inquiry for Baccalaureate Nursing Students."

Kelli Roush was awarded the Lucy C. Perry scholarship by the Nurses Educational Funds (NEF), Inc. Roush's scholarship was one of several awarded through NEF annually to nurses pursuing graduate degrees. NEF is a national non-profit organization which seeks and distributes funds to baccalaureate-prepared registered nurses who are in need of nursing scholarship assistance for graduate study.

Amanda Newman, a third-year student in USI's DNP program, presented a poster titled, "Caring for the Caregivers: Implementation of a Nursing Burnout Strategic Plan," at the 2014 National Doctor of Nursing Practice Annual Conference in Nashville, Tennessee. Her co-author and

faculty mentor at USI is **Dr. Mikel Hand**. Newman works as a clinical director for Norton Healthcare in Louisville, Kentucky.

Five College of Nursing and Health Professions sophomores were recognized at the 2014 Freshman Convocation for their outstanding accomplishments. Receiving USI's "Distinguished Sophomore Award" are pre-nursing students. **Elizabeth Miller, Sean Pedley, Jarise Ross, Sarah Sadowski** and **JaDrien Sutton**.

Jessica Litherland, a sophomore pre-dietetics student at the University of Southern Indiana, and **Beth Young**, a registered dietitian and instructor in Food and Nutrition wrote an article for the Newburgh newspaper, *The Standard* on the topic of healthy food choices at the West Side Nut Club Fall Festival. Their article shared some tips for cutting calories during the annual street festival and also a link to the "Wise Choices" Munchie Map, sponsored by Deaconess Hospital and the West Side Nut Club.

Fifty-three USI nursing students played roles of airplane crash victims during a mock disaster September 30 at Evansville Regional Airport. First responders attend to one of the "victims," Lauren Whitney, during the drill, which the airport is required to perform every three years, according to the Federal Aviation Administration. Dr. Marilyn Ostendorf, Dr. Tracy Kinner and Pam Thomas, all members of USI's nursing faculty, accompanied the USI students. This event provided the students great insight into the preparation and execution of mass casualty response. The full-scale mock disaster offered awareness of the resources needed to provide care to a large number of victims in the event of a disaster.



New Hires



Karen Bailey
Administrative Assistant
Dental Assisting and
Dental Hygiene



Ryan Butler
*Project Coordinator/
Data Manager*
College of Nursing
and Health
Professions



Melody Lemberg
Administrative Assistant
Radiologic and
Imaging Sciences and
Diagnostic Medical
Sonography



Dr. Thomas Litney
*Assistant Professor
and Academic
Fieldwork Coordinator*
Occupational
Therapy



Jessica Mason
Instructor
Occupational
Therapy



Dr. Swateja Nimkar
Assistant Professor
Health Services



Jessica Wood
Instructor
Occupational
Therapy

Record-breaking swimmer draws crowd to conference on aging

Nearly 500 people attended USI's Seventh Annual Mid-America Institute on Aging (MAIA) in August. One of this year's keynote speakers was Diana Nyad, who shared her inspirational life story and highlights from her historic swim from Cuba to Florida, which she completed in 2013 at the age of 64. In an interview with a local reporter, she said, "Every human being on earth has dreams. And they can be small or they can be large. But, it is important, because tapping one's potential makes one feel alive, makes one feel purposeful."

Also part of the conference was expert in dementia and Alzheimer's disease Teepa Snow, MS, OTR/L FAOTA. She led a pre-conference workshop for 153 direct care providers from care settings across the Tri-state.

The two-day conference continues to be a source of inspiration and education for

anyone interested in aging, wellness and gerontology, including both healthcare professionals and the general public.

Plans are already being made for next year's MAIA, which is being billed as one of USI's 50th anniversary events. Snow is scheduled to return August 12, 2015, for another pre-conference workshop on dementia. The next day, renowned National Geographic researcher Dan Buettner will give the opening keynote. He traveled to the world's "Blue Zones" to meet the planet's longest-lived people, discovering centenarians who lead active lives with fewer diseases and close, vibrant circles



Diana Nyad at MAIA during a press conference.

of friends and family. His findings are the subject of his two best-sellers on longevity: *The Blue Zones* and *Thrive*. More information about 2015 MAIA is at USI.edu/health/healthyaging.

Nursing grad receives President's Medal



Morrison

First-generation college student **Jordan Morrison** graduated *magna cum laude* with a Bachelor of Science Degree in Nursing from USI. He's the first student in the history of the College of Nursing and Health Professions to receive

the President's Medal, the highest honor presented to a graduate.

Described by his professors and advisors as a "natural leader," Morrison has excelled in both academic and volunteer efforts while at USI. As a nursing student maintaining a 3.88 GPA, he was inducted into the Sigma Theta Tau International Nursing Honor Society in 2013 and was the recipient of the Who's Who Among Students in American Universities and Colleges award in 2012, 2013 and 2014. He was chosen by faculty to represent USI on the first Critical Care Dedicated Education Unit, a collaboration with Deaconess Hospital. He also was chosen to participate in USI's pilot program for Medical/Surgical Nursing Designation Educational Unit and the first Nursing Management Designated Educational Unit.

During his four years at USI, Morrison served in multiple volunteer leadership roles, including president of the Association of Nursing Students, chair of the Food Drive Committee, co-chair of the Fundraiser Committee, chair of the New Nursing Student Outreach Committee and co-chair of the Community Outreach Committee.

Marilyn Ostendorf, assistant clinical professor of nursing, said, "Jordan demonstrates natural leadership ability and shows dynamic leadership qualities."

Hospitals honor alumni and students

At Deaconess Hospital

- Advancement of the Profession Nurse of the Year: **Mary Young, BSN, RN '12**

- Community Service Nurse of the Year:

Olivia Graber, BSN, RN '12

- Florence Nightingale Nurse of the Year Award – Cross Pointe: **Edna Fletcher, BSN, RN '90**

- Florence Nightingale Nurse of the Year Award – Gateway: **Rebecca Deig, BSN, RN '11**

- Leadership Nurse of the Year Award:

Claire Bennett, BSN, RN, currently enrolled in the MSN Program

- Mentorship Nurse of the Year Award:

David North, RN, CMSRN, currently enrolled in the RN-BSN Program

At St. Mary's Medical Center

- Transformational Leadership Nursing Excellence Award: **Sharyn Townsend, BSN, RN, CPN, TNS '08**

- Structural Empowerment Nursing Excellence Award: **Senta Thompson, MS, MSN, RN, CCRN '14**

- New Knowledge, Improvements & Innovations Nursing Excellence Award: **Kirsten Jones, BSN, RN '11**

- St. Mary's Sue Connor Vauthier

Scholarship: **Sydney Renshaw**

- Nursing Auxiliary Scholarship: **Sarah Gentry, Karina Osipyan, Stephen Ward and Alexandra Wells**

Publications and Presentations

Tiffany Horn '04 M '08, is one of six USI graduates featured in the *Evansville Courier and Press'* magazine EBJ 2014 "20 Under 40," an annual list of up-and-coming leaders. She graduated from USI with a bachelors degree in health services before earning a Master's of Health Administration degree in 2008. She is manager of Deaconess Comprehensive Pain Center's Anesthesia Services and Deaconess Gateway Gastroenterology.

Trisha M. Johnson '14, RDH, MHA, was accepted as a presenter for the Third North American/Global Dental Hygiene Research Conference in Bethesda, Maryland, in October. Johnson presented her master's capstone project, which is a feasibility study of how to integrate dental hygienists into healthcare settings. Her abstract also is scheduled for publication in the *International Journal of Dental Hygiene*, which is the official publication of the International Federation of Dental Hygienists.

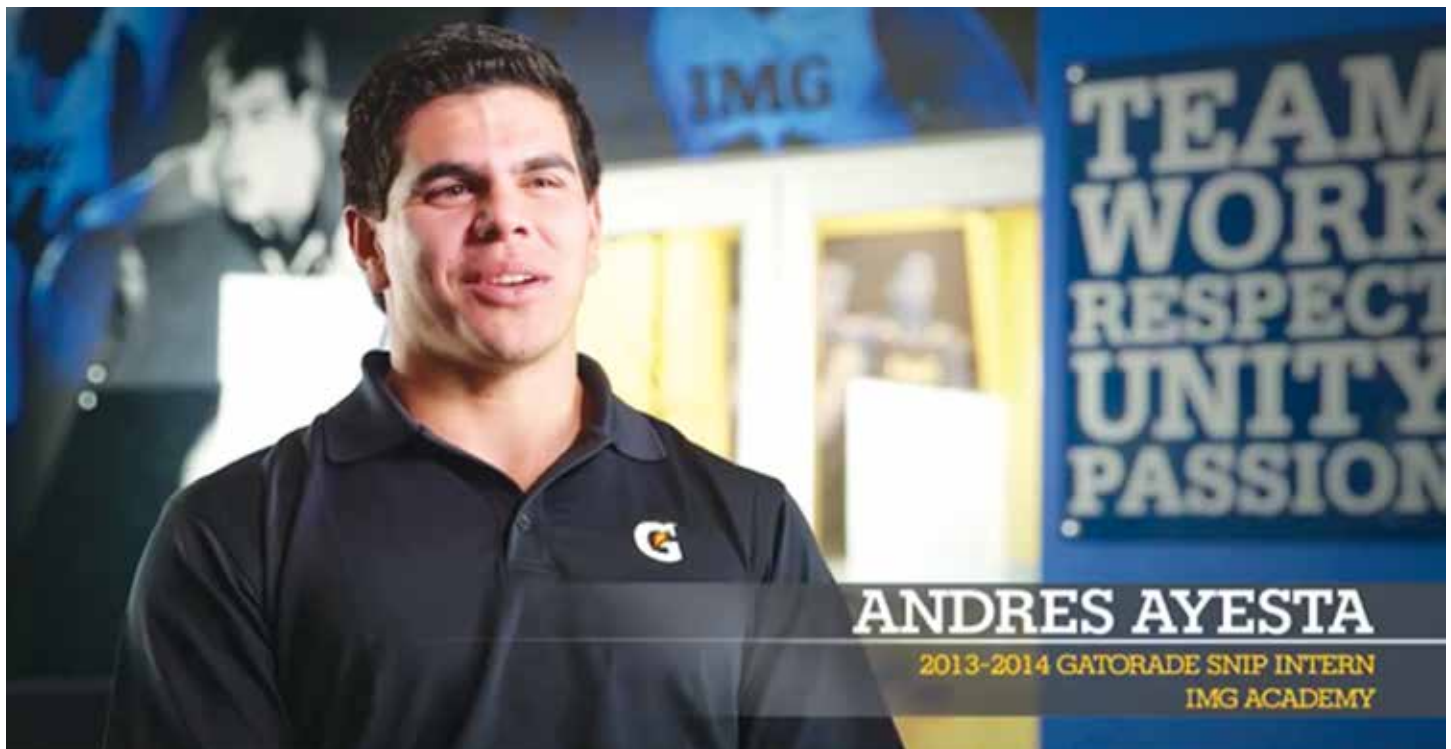
Caitlin Dame '14 and **Alyshia McCormick '14**, graduates of USI's Dental Hygiene Program, collaboratively wrote an article titled, "Dental hygiene care for inmates: A career opportunity inside the box," which was published in the August 2014 issue of *RDH*, a national magazine for dental hygiene

professionals. They originally presented their research as a poster for USI Endeavor! Undergraduate Research and Creative Works Symposium, a conference to encourage, support and publicize undergraduate research, scholarship and creativity. They received assistance for this project from their faculty mentor, **Emily Holt**, clinical associate professor of Dental Hygiene/Dental Assisting.

Joel Regalado '14, Doctor of Nursing Practice (DNP) graduate, will present "Safety of Perioperative Anticoagulation Specific to Cardiac Interventional Procedures" at the 44th Society of Critical Care Medicine (SCCM) annual congress on January 17-21, 2015, in Phoenix, Arizona.

The SCCM is attended by more than 6,000 members of the critical care professionals from around the world. He will be the only nurse among the nine presenters in the cardiovascular section (all others are medical doctors, some from Japan, Egypt and Brazil). His accepted abstract also will be published in the leading critical care subspecialty journal, *Critical Care Medicine*.

Dr. Mayola Rowser, Regalado's USI faculty mentor in the DNP program, is the co-author of his study. Regalado works as an advanced practice nurse at Valley Health System in Ridgewood, New Jersey.



Nutritional internship with the NFL feeds alum's education

Andres Ayesta '12 was one of six sports registered dietitians selected for the Gatorade Sports Nutrition Immersion Program, held January through April 2014 through the Collegiate and Professional Sports Dietetic Association. He was assigned to work with the National Football League (NFL) and youth athletes at IMG Academy in Bradenton, Florida

During the Gatorade internship, Ayesta led group nutrition sessions, provided individual nutrition counseling for athletes and helped with other projects within the Nutrition Department.

"It was a very intensive program with an emphasis on nutrition in high-level football athletes," Ayesta said. "I worked directly with big names in the NFL, such as Teddy Bridgewater, Taylor Lewan and Justin Gilbert. In addition, IMG is a college-prep boarding school with athletes from all over the world

who come to play one of the eight different sports available."

He said every day was different. Typically, he would arrive at 6 a.m. to help with the NFL breakfast and also prepare supplements. He provided nutrition sessions for athletes, coaching them on proper food selection for performance. In his spare time he worked on projects in the office, such as organizing the National Nutrition Month campaign.

Ayesta enjoyed seeing the impact he made on the lives of athletes. "Nutrition for me is not only about what you eat, it is about a lifestyle and changes you can make to be better, to feel better," he said. "One of the most important tasks of any sports dietitian is to establish rapport with athletes, get to know them, and understand their needs, likes and dislikes. I noticed how professionals within the field of sports are starting to consider nutrition an integral part of their

programs. New full-time positions become available every month. That indicates this field is growing at a fast pace."

Originally from Caracas, Venezuela, Ayesta earned a degree in food and nutrition/dietetics from USI in May 2012. He is currently completing a master's degree in exercise science with a sports nutrition concentration at the University of Central Florida in Orlando. His career goals are to start his own consulting practice (ViVeNutrition).

"USI provided the foundation for my career as a sports dietitian," he said. "Dr. (Julie) McCullough and her sports nutrition class definitely helped me get started on my quest to become a sports registered dietitian."

Watch a video of Ayesta's internship experience at usi.edu/ayesta.

Calling all alumni

Send news along with your degree and year of graduation, major, address, phone number, current position and employer to mtscheller@usi.edu.

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- The future of healthcare and where technology can take us

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Accreditation Statements:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of St. Mary's Medical Center CME Department, the University of Southern Indiana and Indiana HIMSS. St. Mary's Medical Center is accredited by the Indiana State Medical Association (ISMA) to provide continuing medical education for physicians.

St. Mary's Medical Center designates this live educational activity for a maximum of 6.25 Category 1 credits towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

University of Southern Indiana College of Nursing and Health Professions is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

The program is approved for up to 6 continuing education (CE) hours for use in fulfilling the continuing education requirements of the Certified Professional in Healthcare Information & Management Systems (CPHIMS) and the Certified Associate in Healthcare Information & Management Systems (CAHIMS).

Nursing and Health Professions Continuing Education



Paige Englert, junior pre-nursing student, performs a health assessment during the USI Wellness Fair in October. Students learned how to use tablets and Bluetooth technology to gather patients' healthcare data as part of Dr. Gabriela Mustata Wilson's Health Informatics course. More information about the emerging use of technology in healthcare will be discussed at the second annual Health Informatics Tri-State Summit (HITS), to be held January 28, 2015 at USI.

2015 Workshops and Conferences

- 2nd Annual HITS - Health Informatics Technology Summit, January 28
- Heart of Cardiovascular Nursing Conference, March 12
- Healing Touch Workshops, March 14-15
- 12th Annual Nursing Leadership Conference, April 1
- 19th Annual Research and Healthcare Issues Conference, April 15
- 21st Annual Case Management/Care Coordination Conference, May 7
- 17th Annual Advanced Practice Nursing Symposium, May 8
- 32nd Annual Institute for Alcohol and Drug Studies May 13-15
- 8th Annual Mid-America Institute on Aging, August 13-14
- 12th Annual Pharmacology Update for Advanced Practice Nurses, September 25
- Healing Touch Workshops, October 17-18
- 20th Annual Nursing and Health Professions Educator Conference, October 21
- PEP Rally: A Perinatal Conference, October 28

2015 Certificate Programs (online continuing education)

- Anticoagulation Therapy Management, seven weeks, begins January 12, March 16, May 18, July 27, October 12
- Case Management, six weeks, March 30, August 17
- Clinical Simulation, four weeks, February 16, September 7
- Diabetes Management, eight weeks, February 9, August 10
- Health Informatics, seven weeks, February 2, August 10
- Health Promotion and Worksite Wellness, six weeks, begins January 19, September 14
- Heart Failure, five weeks, January 12, September 21
- Hypertension Management, five weeks, February 16, July 27
- Lipid Management, seven weeks, January 26, September 7
- Oncology Management, eight weeks, March 16, August 17
- Pain Management, six weeks, January 19, August 3
- Parish/Faith Community Nursing, four weeks, March 23, September 14
- Stroke Management, six weeks, January 26, September 14
- Wound Management, six weeks, February 2, September 21

Visit **health.usi.edu** for registration and program information or call:

Workshops and Conferences
 812-464-1989 or 800-467-8600
 Certificate Programs
 812-461-5217 or 877-874-4584

Let the College of Nursing and Health Professions tailor programs to meet the specific needs of your organization.