

Nursing students help with flu vaccination clinics

The University of Southern Indiana held 10 H1N1 flu vaccination clinics on campus and delivered 696 vaccine injections and 1,147 nasal mists. **Julie St. Clair,** instructor in nursing, and **Gina Lang,** office manager for the Student Health Center, coordinated the efforts, and nursing students helped administer the vaccines.

St. Clair said, "The students had a rare opportunity to be part of a public health experience with a pandemic that may come only once or twice in a professional lifetime. They gained experience in administration of the vaccine, but more importantly, they learned about risk communication and offering the public an education of the facts and evidence-based scientific



Ashley DeCamps gives an injection to Jessica Folsom during a campus vaccination clinic. Both are senior nursing students.

information about the vaccine and about the H1N1 infection.

"They also were able to see the challenges in what they, as health care professionals, may face in conflicting information the public receives from various media sources versus the actual scientific information from expert sources."

Both St. Clair and Lang worked with the Vanderburgh County Health Department (VCHD) to get the vaccine and referred to the Center for Disease Control web site for updates.

The Student Health Center is no longer dispensing the vaccination though it is available through the VCHD.

Students increase cultural competence Grant funds screenings

at Juan Diego Center

An interdisciplinary group of students from the College of Nursing and Health Professions is providing health screenings this semester for the medically underserved Hispanic population at the Juan Diego Center in Evansville.

The college received a grant from the Southwest Indiana Area Health Education Center to offer six monthly health screening clinics at the center located at Nativity Catholic Church. **Dr. Roberta Hoebeke**, associate professor of nursing, and **Dr. Elizabeth Bonham**, assistant professor of nursing, direct the program.

Hoebeke said the Hispanic population associated with the church includes about 250 families or 1,000 individuals.

"About 80 percent of these Hispanic community members access the emergency department of the local hospitals for healthcare, or they simply go without because they do not have a primary care 'home' where they

Continued on page 3

Mid-America Institute on Aging Living Long...Living Well... Conference offers information on healthy aging

The third annual Mid-America Institute on Aging will provide practical tools and groundbreaking information related to successful brain health, aging, and gerontology.

Presented by the College of Nursing and Health Professions and the Southwestern Indiana Regional Council on Aging, the event will be held August 18-19 in the University Center.

The conference features national and local speakers and offers sessions on topics ranging from healthy aging to coping with illness.

Dr. Paul D. Nussbaum, a clinical neuropsychologist with 25 years experience in the care of older persons suffering dementia and related disorders, will present the keynote address "Brain Health across the Lifespan" on



Nussbaum



Gramelspacher

the opening day. Based in Pittsburgh, Pennsylvania, he is chair of the advisory board for Alzheimer's Prevention of the Alzheimer's Foundation of America. His books include Save Your Brain and Your Brain Health Lifestyle: Application to the School, Library, Corporate Setting, and Home.

Dr. Gregory Gramelspacher, director of the palliative care program at Wishard Hospital in Indianapolis, will present the first-day closing session called "Is a Good Death Still Possible?" He will discuss the difference between hospice and palliative care and how palliative care is a bridge between hospital and home or extended care.

Continued on page 2



Rieder



Gulley

AROUND THE COLLEGE

Dean's Notes



The College of Nursing and Health Professions continues to successfully prepare the next generation of health professionals for the bedside, the community, the classroom, and the board room despite the current challenges faced by higher education. Our educational programs are rapidly evolving to meet the needs of the changing society. I am honored to have worked with the faculty and staff on several projects and events to meet these challenges and to expand my understanding of all of our educational programs while serving as the acting dean this year.

This newsletter highlights faculty, students, and alumni involvement in events and projects. At the spring Honors Convocation, more than 100 students were recognized for academic excellence. In addition, college faculty have been involved in community programs to afford better health and dental care to the underserved members of our community.

As we prepare this newsletter, it is difficult to select topics from the many stories of interest about college projects and people. Additional information about our programs and many of the activities within the

programs can be found on our college web site at health.usi.edu. You will receive our Synapse in magazine format in the fall.

As we look forward to graduation, I want to congratulate our 2010 graduates from the College of Nursing and Health Professions. The faculty have prepared you well, and you have worked hard to enter into your chosen profession. Upon graduation, you will join the more than 3,000 graduates who are now alumni of this college. Join us in support of the college as we continue to build our programs and prepare graduates for the next decade.

Qon White

Dr. Ann H. White Acting Dean

Mid-America Institute on Aging

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The third annual Mid-America Institute on Aging will provide practical tools and groundbreaking information related to successful brain health, aging, and gerontology.

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The conference features national and local speakers and offers sessions on topics ranging from healthy aging to coping with illness.

Dr. Corinne Rieder, executive director and treasurer of the Hartford Foundation, is keynote speaker on the second day. She will identify barriers to improving the healthcare of older people and steps the social work and nursing communities, as well as other health professionals, need to take to provide better healthcare and social services for America's rapidly aging population.

In a telephone interview, Rieder said the percentage of Americans age 65 or older is over 13 percent and will rise to 20 percent by 2030. She will address the greater need of older adults for healthcare services as well as the growing demand for healthcare professionals trained to care for older adults. She said the elderly experience higher rates of chronic illness. Eighty-six percent of people over 65 have at least one chronic condition and 50 percent have two or more.

"Older adults make up 50 percent of hospital occupancy, 70 percent of home healthcare,



Participants in the conference will have the opportunity to warm up with yoga and tai chi.

and 90 percent of nursing home occupancy. Older adults with multiple chronic diseases make 37 visits to 14 different physicians who prescribe 50 separate prescriptions in the course of a year," she said.

Previously associated with Columbia University, Rieder was named to her present role in 1998. The Hartford Foundation, based in New York City, is dedicated to improving healthcare for older adults.

Phillip Gulley, closing speaker on the second day, is an author and pastor of Fairfield

Friends Meeting House in Danville, Indiana. His topic is "The Gift of Years." Gulley's books include Front Porch Tales, Hometown Tales, and For Everything a Season.

The conference program is designed for older adults, family members, caregivers, nurses, social workers, employees working in long-term care settings, nursing home administrators, occupational therapists, physical therapists, dental professionals, and case managers. Concurrent sessions

will offer topics such as

brain health/fitness, community resources, yoga, tai chi, incontinence, guardianship, naturally occurring retirement communities, dental health, Medicare and Medicaid, dietary supplements, and discharge planning. The exhibit hall will feature representatives from more than 30 area organizations.

For information on registration and costs, call USI Extended Services at 812/464-1989 or 800/467-8600, or visit health.usi.edu and click on Continuing Education.

Cultural competence

continued from page 1

receive care. These community members would greatly welcome USI students to the Juan Diego Center to provide health screenings as a part of their student training clinical experience," she said.

Participants determined to need care are referred to community-based programs that provide treatment.

Students in undergraduate and graduate nursing, occupational therapy, and respiratory care are participating in the experience. Students from social work also provide services, and several students from the University's Hispanic Student Union serve as translators. Each of the screening clinics is five-hours long.

Hoebeke said, "The students are engaging in clinical learning with a population they need to know more about. This is a wonderful opportunity to become culturally competent."



Nursing student Stephanie Lindauer takes the pulse of a client at the Juan Diego Center.

Bonham said, "We want students to know there may be differences the healthcare provider must understand."

For example, heart disease, high cholesterol, and diabetes are found at high rates in the Hispanic population, but most treatments have been developed and tested on a Caucasian population.

Attitudes and beliefs toward health and healthcare also may differ among populations. Hoebeke said students will need to understand the family structure and the home and work environment. In some cultures, individuals seek family consensus about healthcare decisions before following a health provider's instruction.

To plan the program at the Juan Diego Center, Hoebeke and Bonham worked with **Abraham Brown**, director of the center; **Pilar Tirado** '06 M.S.O.T.'07, pastoral assistant; **Stephanie Roberts**, executive director of Hospitality and Outreach for Latin Americans (HOLA); and **Lourdes Michel** of the Community Action Program of Evansville.

College partners with nursing homes for Bladder Buzz research

Dr. Katie Ehlman has received a grant from the University's Center for Applied Research for a project to improve the quality of life of incontinent older adults living in nursing homes and assisted living facilities in the Tri-state.

Ehlman is assistant professor of gerontology and director of the college's Center for Healthy Aging and Wellness. In 2008, the college began a 14-month study funded by the Indiana State Department of Health to assess the benefits of using a bladder ultrasound scanner in nursing homes. Four nursing homes served as study sites. Among other findings, that study indicated a gap in the knowledge of incontinence among nursing home staff.

"We realized it would be important to collaborate with other nursing homes to bring attention to the types of incontinence and how to treat them," Ehlman said.

Six nursing homes will participate in the three-month study. The goals are to increase the knowledge related to urinary incontinence among nursing home staff and increase the number of residents on incontinence management or treatment plans.

Ehlman said, "We want to see front-line employees able to recognize the different types of incontinence. These staff members are the key to effective treatment. They take information to the charge nurse so a treat-}ment plan can be developed."

The multidisciplinary faculty group includes **Renee Dugger**, instructor in nursing, and **Sherri Mathis**, assistant professor of occupational therapy assistant. They also worked on the bladder scanner study.

They are developing a three-part program called "Bladder Buzz" that includes a 45-minute in-service training session, printed materials to reinforce the initial training, and a follow-up in-service session in the style of a Jeopardy game with prizes to recognize the increased knowledge of participants.

Ehlman studies how oral histories affect older adults

Dr. Katie Ehlman has received a USI Summer Research Fellowship that will allow her to take her interest in oral history in a new direction.

For five years, she has compiled data indicating that students who conduct oral history interviews with older adults have an improved attitude toward aging and building relationships with the elderly.

With the Summer Research Fellowship, she will study the effect of oral history on the adults who are interviewed. She will explore whether the experience gives them a greater feeling of generativity, defined as an "adult's concern for and commitment to promoting the development and well-being of future generations."

"If we find that an oral history can improve a person's level of generativity, then we can provide more opportunities for people to tell their stories," she said.

"Oral histories could be used more widely in nursing homes or assisted living facilities to improve life satisfaction."

USI Summer Research Fellowships are funded by the Office of Academic Affairs.

Sigma Phi Omega to hold induction

A USI chapter of Sigma Phi Omega, the national academic honor and professional society in gerontology, will recognize the excellence of those who study gerontology and aging and the outstanding service of professionals who work with or on behalf of older persons.

The first induction ceremony will be held August 19 during the third annual Mid-America Institute on Aging. A luncheon will follow the ceremony. The organization will hold fall and spring meetings each year.

Dr. Katie Ehlman, assistant professor of gerontology and director of the college's Center for Healthy Aging and Wellness, said the multidisciplinary organization will draw on students and faculty from health services, social work, and other academic disciplines across campus who share an interest in issues that affect the aging.

USI is a member of the Association for Gerontology in Health Education, which sponsors Sigma Phi Omega. SPO links educators, practitioners, and administrators in various settings where older persons are served.

The Department of Health Services received a Major as Home grant to reinstate a chapter of SPO at USI. A chapter, Delta Pi, was initiated in 2005 by the Department of Social Work with funding from a Hartford Grant. The group became inactive after two successful events.

Major as Home grants are provided by the Office of Academic Affairs to foster community.

AROUND THE COLLEGE

Dental Assisting and Dental Hygiene

Underserved population

Students in the dental assisting program are providing oral health care to individuals in the medically and dentally underserved population with the assistance of a grant from the Southwest Indiana Area Health Education Center (SWI-AHEC).

The clinic serves clients referred from the Vanderburgh County Community Dental Clinic and other social service organizations in the Tri-state area. The program began in January and continues through April.

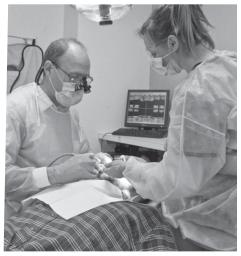
Kimberly G. Bastin, director of the dental assisting program, said demand for the service has been strong and students have given the experience rave reviews. The project provides a service and clinical learning experience for students. It also allows for better utilization of the dental assisting clinic in the Health Professions Center.

The program provides the following services: radiographs, oral cancer screenings, temporary and permanent fillings, root canal therapy, and tooth extractions. The goal is to provide oral healthcare treatment for approximately 100 patients. Students also offer oral-health education.

The grant from SWI-AHEC provides \$7,300 to support the public health project.

Legislative sessions

Dental assisting students will travel to Indianapolis April 29-May 1 to attend the 89th Annual Session of the Indiana Dental Assistants Association. They will sit in on



Dental assisting student Allison Higdon assists Dr. Philip Gentry, assistant professor of dental hygiene.



Dr. Norma Rosas Mayen, center, and Dr. Manuel Apodaca-Valdez help students in the food and nutrition lab learn about the cuisine of the Caribbean.

legislative sessions and connect with dentists, assistants, hygienists, and students from across Indiana.

Food and Nutrition

Multicultural cuisines

Students in the Food and Nutrition Student Organization, the Spanish Club, and the Hispanic Student Union are gaining an understanding of cooking and culture in the Hispanic world through a series of presentations.

Dr. Norma Rosas Mayen, assistant professor of Spanish, opened the series with a presentation and demonstration in the food and nutrition lab on the cuisine of the Spanish Caribbean. The second session featured Spanish Morocco. The third, focusing on Mexico, tied in with The Big Read emphasis which began in March. The Big Read, a program of the National Endowment for the Arts, brings awareness to Mexican cultural heritage.

Lesa F. Cagle, assistant professor of nutrition, said the activities give students a chance to consider food as a meeting place for cultural exchange and examine gender patterns in food preparation, the impact of globalization, food movements in the Hispanic world, and the role of food in religion and rituals.

Health Services

Summer Research Fellowship

Dr. Brandon M. Eggleston, assistant professor of health services/administration, has received a USI Summer Research Fellowship for a project examining the underlying psychological and social determinants behind yoga practice. He will interview 25 individuals in each of four geographic areas (Baltimore/District of Columbia, Evansville and the Tri-state, Indianapolis/Bloomington, Indiana, and metropolitan Chicago). Each interview includes 30 questions and takes 20 minutes.

The study is a follow-up project to his dissertation "Psychosocial Determinants of Attending Yoga Classes" and continues his research trajectory regarding yoga practice in the United States. Eggleston's collaborator on the study is **Dr. Amanda Tanner**, a faculty member at the University of North Carolina-Charlotte and a recent Johns Hopkins postdoctoral fellow.

Eggleston teaches yoga to USI employees and the men's baseball and soccer teams.

Nursing

20th year

This spring marks the 20th year for graduates in the USI nursing program.

Nursing alumni are invited to attend the nursing recognition ceremony at 9:30 a.m. May 9 at Roberts Stadium. Former graduates will be recognized as a group. Email **Diane Utley** at dgutley@usi.edu if you plan to attend. USI Commencement is at 3 p.m. May 9 at Roberts Stadium.



Dr. Brandon Eggleston teaches a yoga class for faculty and staff.

Postpartum depression

Gina Schaar, instructor in nursing, has developed a learning module about postpartum depression that is being used at hospitals throughout the country.

Schaar also is a student in the College of Nursing and Health Professions' Doctor of Nursing Practice (DNP) program. She developed

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FACULTY NOTES

Kimberly G. Bastin, program director for dental assisting, will make a poster presentation in June at the 43rd Annual National American Dental Education Association's Allied Dental Program Directors' Conference in Broomfield, Colorado. The presentation will be on "Access to Oral Health Care in the Underserved Population."

Colleen R. Walsh, instructor in nursing, is author of the article "Sign off on Casting" published in the September 2009 issue of OR Nurse.

Dr. Maria R. Shirey, associate professor of nursing, has been appointed deputy editor of the journal Nursing Forum and named to the editorial board of Nursing Administration Quarterly.

Victoria K. Pigott, special projects director, and Nance Fiester, instructional coordinator of special projects, will make a poster presentation titled "Evaluation of Suitability for Patient Self-testing" May 16-18 in San Antonio, Texas, at the 14th Annual International Meeting of the American Telemedicine Association. Pigott will give a presentation titled "Developing an Education Network for Rural Nurses" at the National Area Health Education Center Conference. It meets June 20-24 in Las Vegas, Nevada.

Mara Beth Womack and Emily R. Holt, both assistant professors of dental assisting/hygiene, have completed an online course called Teaching Foundations sponsored by the Institute for Allied Health Educators and the American Dental Education Association. Participants in the professional development program explore strategies to enhance motivation, review research on educational best practices, explore student learning styles, analyze the characteristics of today's Gen Y learner, and complete self-assessments of teaching strategies.

Metzger joins faculty in health services

Ruth Metzger '96 joined the College of Nursing and Health Professions in



Metzger

January as instructor in health services. She teaches courses in health informatics, school and community health education methods, and worksite wellness.

Metzger was most recently program officer and research specialist for the Welborn Foundation of Evansville. She also has previous experience as senior consultant for Ernst & Young, LLP Health Care Consulting in Indianapolis and as senior systems analyst for St. Mary's Medical Center in Evansville.

"I do like teaching and I enjoy my students," she said. "It's so great to be here with all the opportunities to do research and grow in my community involvement." She earned a bachelor's degree in German

language and literature and a master's degree in business administration from Indiana University. She also holds a bachelor's degree in nursing from USI.

Nursing students attend Legislative Conference

Fourteen seniors in the nursing program and Wanda L. Douglas, instructor in nursing, attended the 2010 Legislative Conference sponsored by the Indiana State Nurses Association (ISNA) in Indianapolis.

The one-day conference in February offered students an opportunity to learn about public policy and the role of ISNA in getting legislation passed. Ernest Klein Jr., ISNA executive director and lobbyist, and Glenna Shelby, lobbyist, discussed how a bill becomes a law as well as pending legislation that impacts healthcare. Through webcasting, attendees watched committee hearings taking place in the Indiana Statehouse.

Douglas said she believes it is important for nurses to be politically active and understand the role they can play as advocates for better health care. She was executive director of the Louisiana State Nurses Association from 1994-98 and director of education for the Texas Nurses Association from 1998-2006.

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ALUMNI NEWS

Susan Tomey M.S.N.'04 and her

husband David, a physician assistant, opened a family practice clinic in Meridian, Idaho, in 2008.

The clinic sees 15 to 20 patients each day and has three employees. The Tomeys use a billing/scheduling software program in the business and plan to add electronic medical records.

"We are working hard to make our clinic successful," she said. "Neither of us has a business background, so this is a challenging adventure!"

Sarah E. Shultz M.S.N.'07 is clinical informatics coordinator with St. John's Hospital in Kokomo, Indiana. She passed the informatics nursing certification exam sponsored by the American Nurse Credentialing Center in August 2009.

As a project for the master's program in nursing, **Joyce Harsh M.S.N.'09** completed financial projections for the Wound Healing Center of the Berkshires that opened recently at North Adams Regional Hospital in North Adams, Massachusetts. Funded through grants, the center specializes in the treatment of chronic wounds and non-responsive conditions.

Matt Johnson '09, food and nutrition/ exercise science, is employed by Health Fitness Corporation as a health fitness professional at SABIC Innovative Plastics in Mt. Vernon, Indiana.

He helps operate the company's corporate fitness center.

"There are only three of us here, so we have a wide range of duties," he said. "I teach group fitness classes, conduct fitness assessments and personal training sessions, deliver health seminars, and market our services on the plant site. I also help with daily facility operations and am in charge of inventory and ordering for amenities."

Johnson is pleased that the food and nutrition curriculum emphasized cultural awareness. His clients come from all over the world, including France, Germany, Great Britain, India, and Asia.

"It is interesting to learn about these groups and how their lives differ from mine, from their leisure activities to their nutrition," Johnson said. "It has been a great experience to apply my knowledge and help the SABIC population reach their health and fitness goals."

Around the College

continued from page 4

the module, entitled "Postpartum Depression: A Community-Based Screening and Education Program," specifically for staff nurses at St. Mary's Medical Center in Evansville as a project for the DNP program. Her goal was to increase the nurses' knowledge of postpartum depression.

Schaar said women are not routinely screened for postpartum depression. With a beautiful and healthy new baby, many new mothers are hesitant to convey feelings of depression. Schaar's program includes information about risk factors, how to screen for postpartum depression



Schaar

postpartum depression, and its consequences.

"A lot of people think that postpartum depression has negative effects only on the mother, but it also can affect the father, baby, and entire family," she said.

St. Mary's is a member of Ascension Health system. Some Ascension Health hospitals utilize Ascension Health University, an online learning system which provides a forum for staff education.

Schaar's postpartum depression module was accepted as part of Ascension Health University library, making it available for all Ascension hospitals that use this system. Hospitals in New York, Michigan, Alabama, Florida, northern Indiana, Wisconsin, and Texas are utilizing this module and the accompanying posttest.

Occupational Therapy

Service learning

Occupational therapy students in the master's level synthesis course developed a number of service learning projects during fall semester. One group of students collaborated with a teacher and students in a special education class at a high school to develop a stand where teachers could purchase coffee. Several businesses donated startup supplies, and proceeds from coffee sales fund continued operation. The high school students learned life skills, gained confidence, and developed good work habits and social skills. Another group of graduate students helped Girl Scouts earn the Career Exploration badge. The students made presentations about career opportunities and provided learning activities regarding fine motor, gross motor, and bilateral coordination.

Radiologic and Imaging Sciences

Ultrasound equipment

Owensboro Medical Health System has donated vascular ultrasound equipment valued at \$10,000 to the College of Nursing and Health Professions. **Amy L. Wilson**, assistant professor of radiologic and imaging sciences, said, "This equipment will allow students in diagnostic medical sonography to practice non-invasive Doppler exams of the arterial system in the campus sonographic laboratory. This is an advanced piece of equipment that is similar to machines seen in local hospitals and vascular laboratories."

Respiratory Therapy

Professional activities

Respiratory therapy students have participated with students from other programs in the college in multidisciplinary simulations as part of the Teaching Enhancement Award granted to faculty in the College of Nursing and Health Professions. Second-year students completed simulations with students from several disciplines. First-year students took part in two simulation projects with students from the radiologic technology program.



Respiratory therapy student Caty Shockley practices skills in the Clinical Simulation Center.

J.U.M.P. Start is new summer program for SWI-AHEC

A new summer program called J.U.M.P. Start sponsored by the Southwest Indiana Area Health Education Center (SWI-AHEC) will provide in-depth information to high school juniors and their parents about going to college and completing an academic program leading to a career in health professions.



J.U.M.P. stands for Juniors Understanding Medical Professions. Experts will offer information about special financial aid opportunities available to students pursuing health-related careers. Participants will learn about job-shadowing and mentoring opportunities and how they can begin preparing in high school for a career in health professions. Presentations will be held several times throughout the SWI-AHEC 10-county region.

J.U.M.P. Start is one of several SWI-AHEC summer programs designed to encourage young people to pursue health-related careers.

SWI-AHEC will join with St. Mary's Medical Center to provide activities for students in a Middle School Health Careers Camp. Participants will have exposure to many hands-on activities throughout the week, including experiences in the Clinical Simulation Center and the respiratory therapy lab at USI. They also will tour campus. SWI-AHEC will sponsor activities for a camp hosted by Vincennes University-Jasper.

SWI-AHEC will partner with the McGary Middle School summer enrichment program. Students will visit USI, local hospitals, and other locations to learn more about health careers. They will participate in hands-on activities throughout the four-week program.

Bosse High School students interested in health careers will spend three days in a mini-camp. Students will observe health professionals in action, learn what it takes to be successful in college, and have the chance to interact with peers interested in health careers.

SWI-AHEC is hosted by the College of Nursing and Health Professions. **Jennifer L. Craig '01** is executive director.

Diabetes program reaccredited by ANCC

The Diabetes Case Management Certificate Program has received renewal of its accreditation by the American Nurses Credentialing Center (ANCC) as a Nursing Skills Competency Program.

The program is one of only seven accredited competency courses. The ANCC Nursing Skills Competency Program provides a tool for employers and individual nurses to identify educational programs that are appropriately designed to validate nursing skills and skill sets.

The Diabetes Case Management Certificate Program was first accredited two years ago. The renewal period also is for two years.

Graduate student to present poster

Dawn Morrow, a student in the graduate program in nursing, was selected by her employer, Harry S. Truman Memorial Veterans Hospital in Columbia, Missouri, to present a poster titled "Implementing Evidence-Based Oral Care to Reduce Ventilatorassisted Pneumonia in Critically III Patients" at the 17th National Evidence-Based Practice Conference April 22-23 in Iowa City, Iowa. Morrow is in the nurse educator track with plans to get a post-master's certificate as an acute care nurse practitioner.

DNP student receives national honor

Michael Harris, a student in the Doctor of Nursing Practice (DNP) program, was nominated by his peers and selected as the Distinguished Certified Transport Nurse of the Year for the Emergency Nurses Association.

Harris works for Air Care and Mobile Care in Cincinnati, Ohio, as a mobile care nurse. He also works for Children's Hospital in Cincinnati and has served as adjunct clinical nursing faculty for Xavier University and Northern Kentucky University.

The focus of his DNP capstone project is to operationalize a definition for and identification of competencies for critical care transport nurses.



Food and nutrition major is Scholar Athlete of Year

Senior All-American Mary Ballinger, a food and nutrition major, was named the Great Lakes Valley Conference Scholar Athlete of the Year for women's cross country.

An eight-time All-American in cross country and track, she has a 3.532 cumulative gradepoint average.

Throughout her career, Ballinger has balanced academics and athletics. She has excelled in both areas.

"Having professors willing to work with me when I have to miss classes has been a big help," Ballinger said. "They allow me to make up tests and assignments that I may have missed or am going to miss due to a meet.

"Time management has been the biggest challenge. When you take 16 hours and have a full season of competition, it can be difficult to balance."

Now in her third year with the women's cross country/track and field program, Ballinger is looking to become the first twotime national champion in the program's history after winning the 3,000-meter steeplechase at the 2009 NCAA II Outdoor Track and Field Championships.

She completed a historic cross country career in the fall when she finished fifth at the NCAA II Championships in Evansville. She captured her third straight cross country All-America accolade and recorded the highest finish at the national meet in the program's history.

In addition, Ballinger captured the GLVC Championship and was named the GLVC Runner of the Year. She went on to garner All-Region honors, finishing second at the NCAA II Midwest Region Championships.

In March Ballinger competed at the NCAA II Indoor Track and Field Championships where she claimed All-America honors in the mile with an eighth-place finish. The two-time All-American in the indoor 5,000 meters has been named the GLVC Indoor Track Athlete of the Year.

Ballinger will graduate in May 2011. She plans to continue training and hopes to compete at an elite level and run professionally. She also wants to work in corporate wellness.

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Customized programs: For programs tailored to meet the specific needs of your organization, contact Peggy Graul, coordinator of Continuing Education, College of Nursing and Health Professions, University of Southern Indiana, pgraul@usi.edu or 812/465-1161.

Basic Parish/Faith Community Nurse Education, September 29-October 27 (Part 1: online instruction) **November 3–5** (Part 2: retreat setting)

PEP Rally: A Perinatal Conference, October 27-28

15th Annual Health Professions Educator Conference, October 20

Healing Touch Workshop, October 16-17

Dental Ethics and Legal Issues, September 25

Third Annual Mid-America Institute on Aging, August 18-19

12th Annual Advanced Practice Nursing Symposium, May 14

16th Annual Case Management Conference, May 13

Workshops and Conferences

Certificate Programs (Internet-delivered instruction) Alzheimer's Disease Management, six weeks, begins

Case Management, six weeks, begins August 30

November 29

September 27

Chronic Heart Failure, five weeks, begins September 27

Health Promotion and Worksite Wellness, September 20-

Hypertension Management, five weeks, begins August 2

Parish Nursing-Basic Education, six weeks, begins September 20

Registration information: health.usi.edu or 812/465-1148

Lipid Management, six weeks, begins September 13

Oncology Management, eight weeks, September 6

Pain Management, six weeks, begins September 6

Telehealth for Home Health, begins September 13 Wound Management, six weeks, begins September 27

Clinical Simulation, four weeks, begins September 20 Diabetes Management, six weeks, begins August 16

May 24, July 26, October 4

Anticoagulation Therapy Management, six weeks, begins

Nursing and Health Professions Continuing Education