

# THE SYNAPSE

*An alumni newsletter from the Bethel University Department of Nursing*

## Nurse-Midwifery Program Announced

Bethel University will launch a Master of Science program in nurse-midwifery in fall 2014. The program will be online with three face-to-face residencies—about three or four days each—and taught by Bethel University nursing professors.

“Nurse-midwifery is about holistic care, which is a focus for all of Bethel’s nursing programs,” explains Diane Dahl, associate dean of health, medicine, and social sciences for the College of Adult & Professional Studies and Graduate School. “Bethel is privileged to serve students from a variety of faith perspectives, but Bethel’s midwifery program will be taught from a distinctly Christian perspective.”

Students in the nurse-midwifery program will learn about the history of the profession and gain training in how to practice today, which can vary in location from homes, clinics, hospitals, and overseas with underserved populations. “A future goal is to have an international experience for all students in this program,” Dahl says.

There will also be classes discussing the ethical issues related to women’s health, such as abortion, birth control, sexually transmitted diseases,

and infertility. “Nurse-midwives are advanced practice nurses trained to meet the pregnancy and gynecology needs of healthy women within a system that provides consultation, collaboration, and referral to physicians when necessary,” explains Julie Ann Vingers (‘90), a nurse-midwife as well as an assistant professor in Bethel’s nursing program who will also teach in the midwifery program. She will be joined by other nurse-midwives Katrina Anderson (‘10) and Jane Wrede, who will be the nurse-midwifery program director.

Bethel’s program will be four semesters long with about 30 students in each cohort. Students entering the program must have a bachelor’s degree in nursing. This master’s program will prepare students for both midwifery practice as well as for doctoral education.

The nurse-midwifery program is in the pre-accreditation process with the Accreditation Commission for Midwifery Education (ACME) and is on schedule to be pre-accredited by spring 2014. For more information or to apply for the program, visit [gs.bethel.edu/academics/masters/nurse-midwifery](http://gs.bethel.edu/academics/masters/nurse-midwifery).

## Events

### FREE! NURSING RESEARCH & PRACTICE SYMPOSIUM—APRIL 24

#### AN OPPORTUNITY FOR ALUMNI GATHERINGS

Want to get together with your former classmates at the NRPS while you visit the campus and get a few continuing education hours? Royal Grounds will be open from 7:30am - 1:30 p.m. Grab a cup of coffee with your former classmates before hearing the keynote speaker and spend the evening catching up. Visit [bethel.edu/events/nursing-symposium](http://bethel.edu/events/nursing-symposium) for more information.

### SAVE THE DATE! HOMECOMING 2014—OCTOBER 4

This is a special year for the nursing department! We are celebrating the 30th anniversary of our first graduates during the 2014 Homecoming weekend. Plan to join us on Saturday morning of Homecoming weekend for a light brunch, tours of our state-of-the-art simulation lab, and a short program commemorating the history of the nursing department. Look for some of your favorite faculty alum to be there as well!

## Bethel Nursing Students Get a Second Life

Clinical simulation is used in nursing education to provide safe, pre-determined, clinical scenarios from which students learn core nursing concepts and skills. It is seen as a contemporary model of clinical education that can provide active learning in a consistent patient care situation for all students, which is not possible to achieve in traditional clinical settings. Simulation can vary from role-play and case studies to interaction with computerized man-

nequins and computer based virtual environments of care.

For the past year, Bethel nursing students have been piloting the use of virtual reality simulation for some of their clinical experiences. Second Life® (SL) is a three-dimensional world created by its users who interact with each other for activities such as nursing education, business meetings or networking, and entertainment. Each user is represented by an avatar (a

digital representation of oneself that is created, customized, and manipulated by the user).

Nursing schools are among the many educational settings embracing SL for educational purposes, including lectures and simulation activities. SL offers a way to increase engagement and reinforce content. For nursing students, simulation offers a safe

—*Nursing Students Get Second Life*  
continued on page 2

—Nursing Students Get Second Life  
continued from page 1

environment to put into practice the lessons learned in lectures. Instructors can create various clinical scenarios using simulation to help teach students how to react to particular situations. For example, an instructor may serve as the patient avatar while the student conducts the procedure or interview.

Since 2013, the junior level College of Arts & Sciences nursing students have participated in a virtual reality simulation clinical. Students functioned as primary care nurses focusing on diabetes care and self-management support. The patients all had a diagnosis of diabetes with at least one other diagnosis, including a mental health issue. The simulation was integrated into the second semester junior year clinical course that emphasizes adult health and chronicity. Each student designed their own avatar, spent four hours seeing patients in the virtual clinic in Second Life, and attended an hour debriefing session.

In addition, students in the College of Adult & Professional Studies public health course participated in three virtual reality simulation modules. These simulation modules include family health scenarios; disaster preparedness simulation activities, including a plane crash disaster scenario; and a home safety assessment of a “hoarder” house filled with safety violations. During these simulations, students function as public health nurses in each of the scenarios. The three virtual reality simulation experiences replace 16 hours of public health clinical. Before the experience, the students make their own avatars and are oriented to the virtual environment. Each student prepares for the simulation activities by completing assigned readings and videos. These virtual reality simulations were carried out in an asynchronous manner. Most students found this experience to enhance their learning and there was an overall increase in self-efficacy and increased knowledge of the public health competencies. ■



Interviewing one of the patients in the clinic.



A student interviewing a patient in the clinic.



Family health clinic.



Orientation to plane crash disaster site.

## Bethel University College Students Become Advance Care Planning Facilitators

Bethel University senior nursing and social work students now have the opportunity to become professionally trained as advance care planning (ACP) facilitators through an elective course “Conversations about the End of Life.”

The course uses the Respecting Choices® Advance Care Planning Facilitator curriculum, and also incorporates many statewide resources from the Honoring Choices Minnesota website. Upon completion, students are certified as ACP facilitators and receive university course credit. Marjorie Schaffer, Ph.D., professor of nursing at Bethel University, and Laura Magnuson, a learning and development specialist at Presbyterian Homes and a Bethel graduate, co-facilitate the course each spring semester.

When asked about the impact of this course for Bethel students, Schaffer explains that in addition to completing the online Respecting Choices modules and practicing advance care planning facilitation skills in the classroom setting, “Students complete their own health care directive and also practice advance care planning facilitation with a family member or friend. Students’ written reflections on their experiences show a strong commitment to developing facilitation skills. For example, students write about being surprised by the positive nature of the conversation. They write about the importance of listening and how religious and cultural beliefs were

part of the conversation. They were challenged by questions on possible treatment and technology at the end of life and recognized the need to become more informed. Students also value the importance of following the script for conversations provided by Respecting Choices. The script helps to ensure that they have covered all important points as they develop greater comfort with conducting these important conversations.”

After taking the course, one student shared their experience of an advance care planning conversation with other students on a bus trip to an event. In an end-of-semester course evaluation a student commented, “I hope to use these skills in helping others decide their end-of-life decisions—even if it is simply raising awareness on the importance of advance care planning.”

As of the end of 2013, 24 Bethel social work and nursing students have completed the course. Spring 2014 enrollment is already at 26 students. Bethel’s leadership in training young healthcare professionals in advance care planning demonstrates the effectiveness of close professional collaborations with Respecting Choices® and Honoring Choices Minnesota. And according to co-instructor Laura Magnuson, “This professional collaboration continues to prepare young professionals to integrate advance care planning facilitation skills into their future careers and relationships.” ■

## First Opportunity for Full Semester Study Abroad

Sixteen undergraduate nursing seniors completed a full semester study abroad in the nursing curriculum in Uganda. This was the first time that the nursing department offered a full semester study abroad opportunity. The population-based nursing and family health courses were delivered via distance methods, while the public health, pediatrics, and OB clinical were taught by Bethel faculty in Uganda. Dave Muhovich (public health), Lynn Zdeklich (OB), and Sue Steen (pediatrics) shared teaching responsibilities and overlapping weeks in Uganda. The students reported that the experience was challenging and in many ways life changing and we look forward to planning future study abroad trips. This experience would not have been possible without the support of administrators, faculty, and staff at Uganda Christian University, and clinical facility partners. ■

## Bethel University Hosts Master’s Students from Uganda Christian University

Bethel University once again hosted nine master’s students from Uganda Christian University. They are educators, administrators, and licensing board members back in Uganda, so their level of professional expertise is very significant. The students, who arrived November 1 and departed December 13, were enrolled in a course with Bethel master’s students and worked on their thesis projects (the winter weather was a big adjustment for them.) They observed in classroom, lab, clinical, and simulation teaching settings. We are thankful for good health for everyone during their stay in Minnesota and return to Uganda. ■

## Pam Nelson Retires

After teaching 21 years in public health and mental health, Pam Nelson retired in May 2013. She is enjoying quilting, gardening, travel, and being grandma to her 3 granddaughters. We miss Pam a great deal, but are excited for her as she begins this new stage of life. We thank her for her many contributions to the Nursing Department.

## New Simulation Integrates Public Health, Peds, & OB

For her capstone project, graduate student Mary Randolph ('14) developed a simulation that features home visits to a pregnant and parenting hispanic teen and her mother. She wrote the script, created props for the home visit environment, and put together an electronic "nurse bag" that contains assessment forms, resources, and educational handouts. Nursing students, playing the roles of a public health nurse and a home health nurse, entered the living room and discovered that the teen mother, played by theatre students, was depressed and sitting on a sofa while the two-month old baby was on its tummy in a playpen surrounded by bedding and toys. The purpose of the simulation was to give students the opportunity to decide how to intervene in an unsafe situation such as this in the client's home. The simulation took place in the senior fall semester clinical course, which includes clinical experiences in public health, pediatric, and obstetrical nursing. Randolph's graduate advisor Marge Schaffer facilitated clinical team collaboration on development of the simulation. ■



Ken Bence, a firefighter with Metro Critical Incident Stress Management Team, escorts Bethel nursing professor Karen Drake to the stage to accept the "Distinguished Nurse of the Year" award from the Minnesota March of Dimes.

## Congratulations to Karen Drake - Distinguished Nurse of the Year, 2013

Karen Drake was named a "Distinguished Nurse of the Year" for the March of Dimes, Minnesota at the annual Nurse of the Year awards on October 26. Fifteen nurses were recognized and chosen from a pool of 400 candidates. Drake's special award criteria was described as: "A nurse who, over the past 10 years, has made

significant contributions to nursing in Minnesota through professional, community and/or personal achievements and is a strong leader within their area of expertise." She was recognized for her work in simulation at Bethel University and for her involvement in nursing education at Uganda Christian University. ■

## Welcome, New Faculty



We welcomed Bethany Gerdin ('07) to the nursing department. Gerdin started teaching as adjunct at Bethel in spring 2013 and came on as a full-time faculty member this fall. She teaches Research and Evidence-Based Practice (CAPS), Nursing Skills I and II (juniors CAS), and Nursing Practicum I and II (juniors CAS).

Since graduating from Bethel, Bethany has been working at the University of Minnesota Medical Center,

Fairview in adult bone marrow transplant. She began working on her Ph.D. in nursing in 2010 at the University of Minnesota, and is a Ph.D. candidate. Her research focus is on end of life and ethics. Her dissertation title is *The Process Used by Family Surrogate Decision Makers to Withdraw Life-Sustaining Treatments in the Bone Marrow Transplant Population*. Since 2011 she has been working as the managing editor for the *Journal of Applied Gerontology*. Gerdin's desire to teach at Bethel has come as a result of the profound impact the faculty had on her life while she was here as a student. ■

## Faculty Activities

### PUBLICATIONS

Schaffer, M., Jost, R., Anderson, L. (2011). Competency #6: Effectively communicates with communities, systems, individuals, families, and colleagues. In Schaffer, M., Garcia, C., & Schoon, P. (Eds), *Population-based Public Health Clinical Manual: The Henry Street Model for Nurses* (pp. 177-196). Indianapolis, IN: Sigma Theta Tau International.

Anderson, L. (2013). Preparing Specialty Public Health Nurses to Precept Public Health Nursing Students. Online course on the Bethel University nursing department website at [cas.bethel.edu/dept/nursing/preceptor-training](http://cas.bethel.edu/dept/nursing/preceptor-training)

Anderson, L. (2010, Revised 2013).

—Faculty Activities  
continued on page 5

—Faculty Activities continued from page 4

Preparing Faith Community Nurses to Precept Public Health Nursing Students. Online course on the Bethel University nursing department website at [cas.bethel.edu/dept/nursing/preceptor-training](http://cas.bethel.edu/dept/nursing/preceptor-training)

Clark, C. (2013). A mixed-method study on the socialization process in clinical nursing faculty. *Nursing Education Perspectives*, 34(2), 38-42.

Schaffer, M.A. & Mbibi, N. (Accepted). Public health nurse mentorship of pregnant and parenting adolescents. *Public Health Nursing*.

Fabro, K., Schaffer, M. & , Scharton, J. (2014). The development, implementation, and evaluation of an end-of-life simulation experience for baccalaureate nursing students. *Nursing Education Perspectives*, 35(1), 19-25.

Glavin, K., Schaffer, M. A., Halvorsrude, L., & Kvarme, L. G. (2013). A comparison of the cornerstones of public health nursing in Norway and the United States. *Public Health Nursing*. doi: 10.1111/phn.12082 (early view online)

Glavin, K. & Schaffer, M. A. (2013). A comparison of the well child clinic services in Norway and the Nurse Family Partnership programme in the United States. *Journal of Clinical Nursing*. doi:10.1111/jocn.12206 (early view online)

Tiffany, J. & Hoglund, B. (2014, In press book chapter), Facilitating Learning Through Virtual Reality Simulation: Welcome to Nightingale Isle, In *Virtual and Augmented Reality in Healthcare*, Springer-Verlag publishing, London, UK.

Tiffany, J., & Hoglund, B. A. (2014). Teaching/learning in second life: perspectives of future nurse-educators. *Clinical Simulation in Nursing*, 10(1), e19 e24. <http://dx.doi.org/10.1016/j.ecns.2013.06.006>.

Sandau, K.E., Hoglund, B.A., Weaver, C.E., Boisjolie, C., & Feldman, D. (2014). A Conceptual Definition of Quality of Life with a Left Ventricular Device: Results from a Qualitative Study. *Heart & Lung: The Journal of Acute and Critical Care*, 43(1), 32-40. doi:10.1016/j.hrtlng.2013.09.004

Olson, J. M. & Hoglund, B.A.. (2014). Elder Abuse: Speak Out for Justice. *Journal of Christian Nursing*, 31(1). doi:1097/CNJ.0000000000000028

Hoglund, B. (2013). Practicing the Code of Ethics: Finding the Image of God. *Journal of Christian Nursing*, 30(4), 228-233. doi: 10.1097/CNJ.0b013e3182a18d40

Hoglund, B. & Ash, L. (2013). The Shuler Nurse Practitioner Practice Model. In S. Peterson & T. Bredow, (Eds.), *Middle Range Theories: Application to Nursing Research*, 3rd ed. Philadelphia, PA: Wolters Kluwer Health / Lippincott Williams & Wilkins.

### HONORS AND AWARDS

Bernita Missal, Ph.D. and Connie Clark, Ph.D. received the 2013 Edgren Scholars Award for collaborative research work with senior nursing student Mariya Kovaleva on "Support Systems for Immigrant Somali New Mothers in Minnesota." The Edgren Scholars Award was established several years ago to encourage and support collaborative summer research between faculty and students.

Professor Connie Clark and Professor Carol Hargate were awarded tenure in December 2013.

Barb Hoglund, Ed.D., FNP-BC, CNE earned promotion to full professor as of the 2013-14 academic year. Carol Hargate, Fulbright Senior Specialist Project in Public/Global Health, Patan Academy of Health Sciences (PAHS) Kathmandu, Nepal

#### Project Purpose

The main goal behind this initiative is to help the government of Nepal narrow down the wide disparity in health between rural and urban, through the establishment of an innovative School of Nursing and Midwifery under PAHS. The School of Nursing and Midwifery will produce competent and committed group of nurses to improve existing nursing and midwifery practices in Nepal.

Julie Ann Vingers obtained her Ph.D. in nursing education in December 2013. Her dissertation described gender differences with bullying experiences during nursing school.

Kathy Tilton, DNP, RN, PHN, CDE, CNE completed her DNP at St. Catherine University in December 2013. She presented her System Change Project, Non-acute Care Clinical for BSN Students: *Chronic Illness Care and*

*Diabetes Self-management Support*.

Kristin Sandau, Ph.D., R.N., professor of nursing, recently completed a research project as site investigator for the Practical Use of the Latest Standards for Electrocardiography (PULSE) trial, working in cooperation with the study's principal investigator, Marjorie Funk, Ph.D., RN, professor at Yale University.

The PULSE Trial was a five-year randomized clinical trial that evaluated the effect of an online ECG monitoring education program and strategies to implement and sustain change in practice on nurses' knowledge of ECG monitoring, quality of care related to monitoring, and patient outcomes. United Hospital of St. Paul, Minn. was 1 of 17 hospitals participating (15 hospitals in the U.S., 1 in Canada, and 1 in China). 253 Nasseff Heart Hospital nurses from United took the online education. Analysis of 3,078 nurses and 4,587 patients for the quality of care aim, and 84,392 patients for the patient outcomes aim, is underway.

### PRESENTATIONS

Linda Anderson - Podium presentation, "Preparing Faith Community Nurses to Precept Public Health Nursing Students" at the Faith Innovations in Nursing Conference at Indiana Wesleyan University, Marion, Indiana on June 19, 2012.

Linda Anderson - Poster presentation "Preparing Faith Community Nurses to Precept Public Health Nursing Students" at the Second International Public Health Nursing Conference, October 9-11, 2011, St. Paul, Minn.

Linda Anderson - Podium presentation, "Preparing Faith Community Nurses to Precept Public Health Nursing Students" at the Bethel University Nursing Research and Practice Symposium, April 28, 2011, St. Paul, Minn.

Linda Anderson, member of Faith Community Nurse Network of the Greater Twin Cities – Research Committee (2013-2014)

Bernita Missal, Ph.D., Connie Clark, Ph.D., and senior nursing student Mariya Kovaleva presented their collaborative research work on "Support Systems for Immigrant Somali New

—Faculty Activities  
continued on page 6



Wendy Gunderson, CNS, Nasseff Heart Center; JulieAnn Scott, RN, MA, Director of Nasseff Heart Center & Critical Care; Mandy Richards, RN, MSN, VP Patient Care; Kristin Sandau, Ph.D., RN, 3300 Staff RN and Bethel University Professor (UH PULSE site investigator). See article on page 5.

—Faculty Activities continued from page 5

Mothers in Minnesota” at the Transcultural Nursing Society Annual Meeting in Albuquerque, N.M. in October 2013.

Educating for Change: The Role of Interprofessional Collaboration in Public Health Practice - Carol Hargate and Marjorie Schaffer, 3rd International Public Health Nursing Conference, Galway, Ireland, August 2013.

Hoglund, B., & Hargate, C. Family Theory: Integrative Applications for Nurse Educators. Drexel University

Nursing Education Institute 2013, New Orleans La. June 2013

Jone Tiffany presented at Sigma Theta Tau International Nursing Research Congress, Podium presentation: *Enhancing Clinical Reasoning: Teaching Thinking Through Debriefing*, Prague, Czech Republic. July 2013

Jone Tiffany presented at the International Nursing Association for Clinical Simulation and Learning Conference, Pre-Conference Course Offering: Original Research, *Enhancing Clinical*

*Reasoning: Teaching Thinking Through Debriefing*, Las Vegas, Nev. June 2013.

Jone Tiffany presented at the National League for Nursing Immersive Sessions, simulations in alternative environments: Transforming teaching and learning using Virtual Worlds, Chicago, Ill. June 2013

Jone Tiffany presented at the Bethel University Nursing Research and Practice Symposium, St. Paul, Minn. *South Street Clinic: A Virtual Non-Acute Care Clinical Reasoning Simulation and Enhancing Clinical Reasoning: Teaching Thinking through Debriefing*. April 2013

Jone Tiffany presented at the International Meeting for Simulation in Healthcare (IMSH), pre-conference course: *Explore the Magic of Using Virtual Worlds As An Innovative Teaching/Learning Strategy for Healthcare Professionals*. Orlando, Fla. January 2013 ■

## Bethel Alum/Current Student Highlights

Dan Luthi ('13) lives in Washington, Ill., which was very hard hit by tornados. He lives on the opposite side of town from where the damage occurred. However, Luthi is a volunteer nurse for the Red Cross and was a site supervisor for a Red Cross shelter. Although he was new to nursing, his Red Cross training was more current so he was assigned a significant amount of responsibility coordinating first aid, medication replacements, and giving tetanus shots...as well as providing a lot of emotional/spiritual support.

Lindsey Tangen ('11) was nominated for the March of Dimes Rising Star award.

Josh Horn – ('05) received the Daisy Award - Nurse of the Month at Hennepin County Medical Center.

Bethel students Catt Pearson, Rochelle Tollefson, Katie Kempton, Abby Sand-

erson, Stephanie Tuley, Anna Young, Abigail Menth, and Rebecca Lewis, joined Bethel faculty members David Cheesebrow and Jone Tiffany as volunteers of the Ramsey County Medical Reserve Corp. for the Medtronic Twin Cities Marathon in October 2013.

Nursing students Rebecca Lewis (junior), and Nate Kamerick (sophomore), were selected as two of five servant leadership award recipients.

2013 CAS and Honors Program graduate Jenna Olson's work educating nurses about elder abuse has achieved high success. Barb Hoglund, Ed.D. served as project advisor. Olson's honors project on elder abuse included developing and presenting a teaching module on elder abuse, writing a research paper, presenting her findings to the honors program, and

submitting a related article for publication. Jenna and Hoglund's article, "Elder Abuse: Speak Out for Justice," was published in the Jan/Feb/Mar 2014 issue of the *Journal of Christian Nursing*. The pair has also been accepted to give a podium presentation on elder abuse at the fourth biennial Innovations in Faith-Based Nursing Conference in June 2014 at Indiana Wesleyan University. ■



Stephanie Tuley, Anna Young, Rochelle Tollefson, Jone Tiffany, and a nurse from Regions Hospital