

The Synapse

A Communication Impulse

Connecting the Bethel University Nursing Department with its Alumni | Summer 2019

Exciting News:

Doctor of Nursing Practice (DNP) Program Launched

Bethel University launched the Doctor of Nursing Practice (DNP) Program in Spring 2019!

Bethel's Doctor of Nursing Practice (DNP) is a post-master's program that will prepare nurses to be an agent for change in the workplace. The DNP Program will develop leadership, management, critical thinking, and research skills that will empower students to improve the organizational operation and quality of care in their professional setting. With evidence-based instruction and expert faculty, Bethel University's DNP Program will challenge

students to explore and implement cutting-edge research and methodologies that will shape the future of healthcare.

The program is online with one 4-day on-campus leadership intensive in the summer.

Facts about our program:

- We offer two different plans of study options to fit student needs
 - Fall semester start- plan of study is 5 total semesters
 - Spring semester start- plan of study is 7 total semesters

DNP Program - cont. on p. 2

A BSN to DNP at Bethel University!

Bethel University will be launching a new pathway to the Doctorate in Nursing Practice (DNP) that will launch this fall, 2019. A dual degree pathway in leadership has been designed that can be completed in as few as thirty-three months! This dual degree means that students will be granted both a master's degree (MBA or MASL) and a DNP upon graduation. So, during the first year, students will have the option to take courses towards their Master's in

Business Administration (MBA) or a Master's in Strategic Leadership (MASL) within the Business Program's healthcare concentration. After the first year, students will then start in the DNP Program. Some of the DNP courses count towards the master's degree so students will need to complete all the coursework to receive both degrees upon graduation. This program meets the American Association of Colleges of Nursing and Com-

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mission on Collegiate Nursing Education requirements that the DNP connect to a practice master's degree. Bethel University is thrilled to be able to offer this new DNP option for nurses! If you have any questions about this new option please contact Wendy Thompson, DNP Program Director at wendy-thompson@bethel.edu or connect with our admission's counselor at k-lewicki@bethel.edu.

CAS STUDENT SPOTLIGHT

Nursing Student's Work Appears on Sherburne County Billboards



It is estimated by the American Psychological Association that one in five children in America have some sort of diagnosable mental illness. Many of these children and even adolescents are unaware of the symptoms of mental illness: mood swings, insomnia, isolation, loss of interest, etc. (National Alliance on Mental Illness, www.nami.org). Given this lack of awareness to the early warning signs of mental illness, Kristen Sanders, the Lead Public Health Nurse and other officials with Sherburne County decided to make mental health and mental wellness a top strategic goal. The county therefore sought opportunities to promote mental wellness and the Minnesota Department of Health's Teen Check-up Program. It was from there that Sanders and her team came up with the idea of showcasing the importance of mental health in children and teens on county billboards.

In Fall 2018, after receiving a grant to promote mental health in children and teens, Sanders went looking for billboard concepts. She turned to many organizations for help and reached out to Bethel University Nursing students because of her

connection with Bethel professor, Beth Anderson and the exemplary reputation Bethel students have in Sherburne County. Hannah Smith '19 and other Bethel Nursing students brainstormed billboard concepts and many ideas were shared with the Sherburne County Mental Health Steering Committee eventually choosing Hannah's concept. (seen above). She and Sanders took the initial concept from an idea to a finished artwork highlighting the importance of mental health specifically aimed at children and teens. Hannah's creative and thoughtful design won for its simplicity, relatability, and relevance. The design highlights symptoms of mental illness that often get overlooked by adults much less children and teenagers, yet are big indicators for mental illnesses such as depression and bipolar. So it is the perfect concept to be seen by millions of motorists.

Hannah's work can now be seen on billboards all across Sherburne County. So next time you are driving through Monticello or St. Cloud be sure to look for Hannah's winning billboard design!

DNP Program - cont. from p. 1

- There are a minimum of 400 practicum hours. Some students may require more depending on how many practicum hours they have from their master's program.
- Faculty are committed to student success.
- Project work and practicum hours may be completed at student's place of employment.
- We offer a **generous preceptor discount**, \$200.00 per credit, to all DNP students who currently serve as a preceptor for any level of nursing.

Check out our website <https://www.bethel.edu/graduate/academics/doctorate-nursing-practice/>

Beginning the DNP journey is an important decision. Students will learn how to improve patient care locally, regionally, nationally and internationally and learn to improve team performance in various healthcare settings. Most students complete a DNP project right in their own facility which benefits both the provider as well as the student!

If you are interested in obtaining a DNP at Bethel University or would like to know more about our program, please contact me at wendy-thompson@bethel.edu. I would love to hear from you.

Wendy Thompson
DNP, MPH, PHN, RN
Program Director,
Doctorate of Nursing Practice
Associate Professor in Nursing

ALUMNI SPOTLIGHT Nursing Class of 2021 Dedication Ceremony

On February 8, 2019 a dedication ceremony was held to welcome the Class of 2021 in to the nursing program. Amanda Voss King, Bethel Nursing Class of 2015 addressed the class, sharing her experience as a student and where God has taken her in her nursing journey. Read her address to the class at, <https://www.bethel.edu/undergrad/academics/nursing/news/amanda-voss-speech.pdf>

Nurse-Midwifery Newsletters

Bethel's Nurse-Midwifery program publishes The Catch, an semi-annual newsletter with program highlights. To view this newsletter, click at the link below:

Fall 2018:

<https://drive.google.com/file/d/1iU471As793NnL3jPM8HQxOcn-8RBUBUAp/view?usp=sharing>

Spring 2019:

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaa-id%3Aascds%3AUS%3A25ab26da-7ced-4b02-b2dd-f63f2f479dcd>

FACULTY SPOTLIGHTS

Bethel University
Department of Nursing
Congratulates

Dr. Kristin Sandau

Inducted

**Fellow in the American
Academy of Nursing
(FAAN) 2018**



FACULTY AWARD

Kristin Sandau

PhD, RN, CNE, FAHA, FAAN

Dr. Sandau's synergistic roles of educator, researcher, and clinician enhance Dr. Sandau's focus on use of technology to provide best care for cardiovascular patients. Dr. Sandau was asked to lead a national team of nurse and physician experts to review evidence for continuous ECG monitoring, concluding with recommendations for indications and duration of monitoring. The resulting 2017 Update to Practice Standards for ECG Monitoring in Hospital Settings: A Scientific statement from the American Heart Association guides hospitals nation-wide. Dr. Sandau works with an interprofessional team to facilitate implementation of these standards into Allina Health's 12 hospitals in Minnesota and Wisconsin, with the goal of safer and more cost effective monitoring.

Dr. Sandau's research also includes helping clinicians to understand the impact of technology on quality of life for patients living with a left ventricular assist device (LVAD). She focuses on helping these unique patients have a voice to share with clinicians so that together we can enhance patient's care and quality of life. Dr. Sandau led research resulting in the first published conceptual definition of QOL with an LVAD, with a subsequent quantitative measure (QOLVAD) that is being tested nationally and internationally.

Also, in her quest to improve American healthcare, Professor of Nursing Kristin E. Sandau emphasizes collaboration in her research and in mentoring the next generation of nurses. In 2019 Sandau and a team of researchers published in a study entitled "Practice Standards for Electrocardiogram (ECG) Monitoring in Hospital Settings."

The Health Leaders Media story about Dr. Sandau and her team's research can be found at: <https://www.healthleaders-media.com/clinical-care/trim-expensive-ecg-overuse-ehr-order-sets>

Congratulations to Dr. Jone Tiffany and Dr. Barbara Hoglund



healthcare publishers. Winners are chosen by a panel of judges ranging from college professors to clinicians to nursing executives. Awards are given for first, second and third place in 20 categories. This year's Digital Book of the Year winner is Lippincott Clinical Experiences: Community, Public, and Population Health Nursing by Bethel nursing faculty and alum, Jone Tiffany and former nursing faculty and alum, Barbara Hoglund.



The annual American Journal of Nursing Book of the Year program recognizes the best in nursing pub-

lishing in a prestigious competition that garners the attention of the nursing community and supporting



Karen Drake RN, PhD Retires

Dr. Karen Drake is retiring after teaching 27 years at Bethel University. Karen was a pioneer when it came to incorporating technology into the

nursing lab that allowed the Nursing Department to be on the cutting edge of new technology. So when an unexpected donor provided funding for the department to build out their new space on HC2, Karen's vision for what would be needed in the future became a reality and the design of the nursing lab and simulation spaces was built in 2009-2010. Karen encouraged faculty to consider the use of simulation as a teaching modality, assisting with the purchase of equipment and training of faculty related to technology which made Bethel Nursing an early leader in Minnesota in simulation.

Before Bethel, Karen served many years as a missionary in Africa. Alongside Karen's vision for technology, she was also instrumental in

working with Uganda Christian University to help them develop a curriculum to educate nurses who would be able to provide better health care in their country. Her love for Africa led to a partnership with Uganda Christian University (UCU) and Karen became the program director for their graduate nursing program. Many students have benefitted from this partnership as Bethel students have traveled to Uganda and Ugandan students to Bethel to learn and grow in each other's cultures, all guided by Dr. Drake. Karen also offered opportunities for faculty to teach at UCU and became their cultural guide for these life changing opportunities.

Karen Drake Retires - cont. on p. 5

Tim Bredow RN, PhD, CNP Retires

Dr. Tim Bredow is retiring after teaching at Bethel for 20 years and has left a lasting impression. Tim's primary interest was in public health, integrating a Christian worldview, and promoting nursing as a male profession.



A colleague stated, "Tim came to Bethel from the world of project management and product research among many other nursing positions in his career. He left what would have been a much more lucrative career to join Bethel because of a clear call that this is where God wanted him to serve next. Tim has contributed in many areas of the programs in the Nursing Department. But there is no doubt that the special expertise that he brought from his unique past experience's has helped in the nursing masters' program over the years. He has taught always from an ethical perspective and his many examples from his career added to the courses he taught. As a colleague he was col-

laborative and dependable. Tim was always concerned about the student learning and student experience. He was all about stats for NCLEX pass rates and implemented the FLOSSY score. A few years ago he undertook the entire nurse practitioner program and excelled at it. This too has added to his contribution to our nursing courses. In addition, he has been a joint editor with our past chairperson Dr. Sandy Peterson in a wonderful and helpful book on Nursing Theories. Tim served on the Nursing Scholarship Committee for the department for a number of years and was instrumental in connecting

with the vendors who participated in our annual Nursing Research & Practice Symposium – his favorite part of that event was being able to hand out prizes to the students."

Tim has been the all-around carpenter for the nursing department over the years – always improving the nursing space as well as helping out colleagues. Many faculty expressed gratitude for the acts of kindness from Tim, always performed in a humble and gracious manner. Bethel Nursing has been blessed to have Tim and he will be missed.

Karen Drake Retires - cont. from p. 5

Dr. Drake has been recognized by Bethel in 2009, receiving the Faculty Excellence Award for Service. Again, she was recognized by the March of Dimes receiving the Distinguished Nurse of the Year for Minnesota in 2013. Dr. Drake has devoted her life to promoting nursing on two continents and has made a significant difference. Bethel Nursing has been fortunate to have her as a role model for service, a colleague, and a friend.

NCF New Graduates Mentorship Pilot

Do you remember what your first year of practice was like as a recently graduated nurse? There were many emotions – feelings of joy, hope, and anticipation also mixed in with a bit of fear and anxiety. We wanted to learn. We wanted to be part of a team. We wanted to provide the best care for our patients that was possible. But all too often, we found ourselves alone, frustrated, and overwhelmed with the demands of a shift asking ourselves "what were we thinking?"

Nurses Christian Fellowship is in the final stages of implementing a mentorship pilot for recent graduates from area Twin Cities nursing

programs. We know the positive effects of mentoring from the literature: reducing burnout, improving job satisfaction, developing deep friendships, and identifying future leaders (Bouws & Weeda, 2019; Gruber-Page, 2016). NCF also believes mentorship reflects the deep, personal relationships we have been called to – our relationship with Jesus Christ, our relationships with each other, and our relationships with the individuals, families, and communities we serve.

If you are interested in being a mentor or want more information, please contact Christy Secor, NCF's Professional Ministries Director, at Chris-

ty.secor@intervarsity.org. Resources and training modules will also be made available online on NCF's website in June.

References:

Bouws, M., & Weeda, J. (2019). Navigating nursing transitions: Joy in the journey? *Journal of Christian Nursing*, 36(1), E1-E4. doi: 10.1097/CNJ.0000000000000580

Gruber-Page, M. (2016). The value of mentoring in nursing: An honor and a gift. *Oncology Nursing Forum*, 43(4), 420-422. <https://doi.org/10.1188/16.ONF.420-422>



Nursing Department Facebook Page

Bethel University Nursing Department Facebook page is a great place to stay connected to the current happenings in the Nursing Department. We encourage our alumni and friends to Like and Share our page. We use this page to share current achievements of alumni and faculty, post open faculty and staff positions, highlight the amazing activities of our students, and share the blessings we experience in the department.

We invite you to continue to notify us of amazing things our graduates are doing in the world. We love to hear from you!

Please note – we typically post on a monthly basis so your newsfeed will not be filled with our posts.

Keep in touch with us!

bethel.edu/alumni/stay-connected/update-info



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nursing@bethel.edu
www.bethel.edu