

# THE PULSE

MAGAZINE

FALL 2015



## GIVING BACK TO THOSE IN A GIVING PROFESSION

OAKLAND  
UNIVERSITY™

School of Nursing

Rochester, Michigan



### INSIDE THIS ISSUE

Staff supports nursing students through University Fund Drive

SON launches first Forensic Nursing Program in Michigan

Fast Track RN-BSN track available to students

# WELCOME FROM THE DEAN



Florence Nightingale wrote in her *Notes on Nursing*, “Unless we are making progress in nursing every year, every month, every week, take my word for it, we are going back.” We fully embrace this tenet and have been working diligently on ensuring that our programming and curriculum remain on the cutting edge.

Just a few of the changes within the Oakland University School of Nursing are the introduction of Michigan’s first Forensic Nursing program and our Fast Track RN-BSN Degree Completion tracks. This fall, we welcome our first cohort of nurses to the MSN: Forensic Nursing track in addition to the post-bachelor’s certificate in Forensic Nursing. We have also responded to the need for more BSN prepared nurses by revising our RN-BSN degree completion curriculum to match the changing trends within the clinical setting and offering a Fast Track option. Our Fast Track RN-BSN degree completion allows students to complete their BSN completely online in as few as 16 months.

We welcome our newest simulation mannequin, Bella Simone, which makes training possible for our students learning about labor and delivery. The more experience our students can have in the safety of our simulation labs, the better prepared they are when they begin in the hospital setting.

Lastly, we are focusing on our Integrative Health Center and have hired new faculty who have been conducting research in this area, including Dr. Lan Yao and Dr. Judith Fouladbakhsh. Dr. Yao is incorporating Tai Chi and yoga with the elderly population to help maintain a healthy quality of life. Dr. Fouladbakhsh is examining yoga in cancer care. You will read more about their work in this issue. Rounding out our Integrative Health work, we hosted a Learning Summit this summer on Animal Assisted Therapy that featured some of the nation’s premier leaders in this area. Some of our sophomores joined me once again on a trip to the University of Padua in Italy, where they were able to experience the differences between the European and American healthcare system and assisted living operations.

At the heart of this school is collaboration. We are able to shape successful students because of our partnerships and relationships within the community, nurse leaders and great healthcare systems in our area.

I hope you enjoy learning more about the SON in this issue of *The Pulse*.

Gary Moore

A handwritten signature in cursive script that reads "Gary Moore". The ink is dark and the signature is fluid and legible.

Interim Dean





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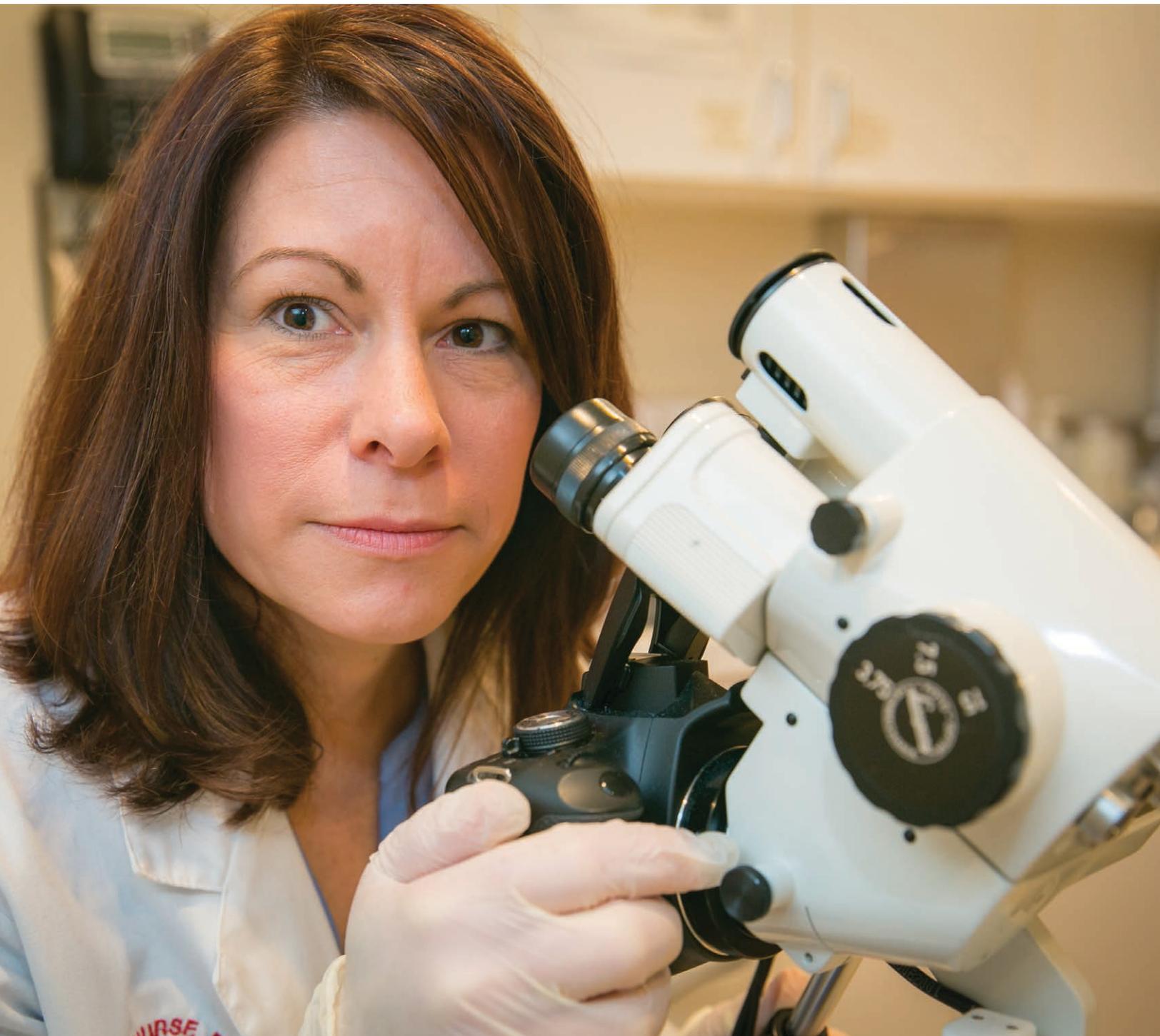
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## IN THIS ISSUE

- 2 SON launches first forensic nursing program in Michigan**
- 5 On the fast track**  
RNs can complete their BSN in 16 months
- 6 Alumni named fellows for advancing NP profession**  
Of the 12 Fellows from Michigan, four of them are from OU!
- 8 Marlene Mullin**  
Leading an effort to expand the role of APRNs
- 10 Giving first aid to scholarship fund**  
Scholarships help ease the burden on nursing students
- 12 Giving by example**  
The motivation behind funding scholarship is varied
- 13 Giving by example**  
Staff supports students through university fund drive
- 14 New executive director is all business**  
Meet Teresa A. Rodges
- 16 Preceptors play a vital role in training nurses**  
Learn more about the role of a preceptor
- 18 Helping adults reduce falls by practicing tai chi**
- 19 Yoga and integrative healthcare**
- 20 Studying overseas gives SON students a broader view of healthcare**
- 21 Nursing professor makes history at first-ever international conference**
- 22 News Briefs**



## **SON LAUNCHES FIRST FORENSIC NURSING PROGRAM IN MICHIGAN**



Kathleen Walker, Program Director for the St. Clair team of Turning Point's Forensic Nurse Examiner Program, uses specialty equipment such as the colposcope to provide quality, evidence-based care to victims of violence and abuse.

## After three years of careful preparation, Oakland University's School of Nursing launches its Forensic Nursing program this fall, offering 16-month graduate certificate and 28-month master's degree options.



The curriculum focuses on teaching the foundation of forensic nursing science, which includes patients who experience sexual violence, interpersonal violence, or child or elder maltreatment. Other components include death investigation, emergency preparedness and disaster management.

"Although designated as a nursing specialty by the American Nurses' Association, forensic nursing education is not readily available in the nursing curriculum. As the first program in Michigan, and one of only a handful currently available throughout the country, I think it is remarkable that OU had the foresight to recognize the importance of offering forensic nursing education as we are now on the cutting edge and forefront of future practice," says Kelly Berishaj, DNP, RN, ACNS-BC, CFN, SANE-A, and the SON's Forensic Nursing Program Coordinator, adding that interest so far has exceeded expectations.

The program has the blessing of Virginia Lynch, largely considered a pioneer in forensic nursing. Lynch reviewed the curriculum and gave the SON her stamp of approval and endorses the program, explains Berishaj, who anticipates a potential for interest from international students because of Lynch's extensive outreach.

Though many nurses and nursing students may not realize it, forensic nursing education is applicable to any nurse in any level or setting of care seeking to advance their knowledge and clinical expertise, Berishaj says. Founded in forensic and nursing science, it provides nurses with more extensive knowledge to best provide evidence-based, patient-centered, quality care to a variety of vulnerable populations.

"Forensics should be a foundational component of our nursing education, rather than something that nurses must pursue as a specialty," explains Berishaj.

While forensic nurses with clinical experience are invaluable practitioners within the specialty, a formal education and graduate degree or certification helps to advance the nurse professionally, and it increases their knowledge base and credibility when practicing and when interacting with members of law enforcement and the criminal justice system.

With the first cohort already underway, the deadline to apply for the Fall 2016 cohort is April 1, 2016. ■

**For more information, contact Kelly Berishaj at [berishaj@oakland.edu](mailto:berishaj@oakland.edu).**





*“Unless we are making progress in nursing every year, every month, every week, take my word for it, we are going back.”*

*— Florence Nightingale*

**Oakland’s School of Nursing believes this tenet, and it shows in our quality curriculum and variety of simulation and clinical experiences.**

All programs at the Oakland University School of Nursing are accredited by the Commission on Collegiate Nursing Education (CCNE).

- Bachelor of Science in Nursing (BSN)
- Accelerated Second Degree (BSN)
- BSN Degree Completion
- Fast Track BSN Degree Completion
- Master of Science in Nursing: Adult/Gero Nurse Practitioner
- Master of Science in Nursing: Nurse Anesthesia
- Master of Science in Nursing: Family Nurse Practitioner
- Master of Science in Nursing: Forensic Nursing
- Doctor of Nursing Practice

# ON THE FAST TRACK

Many Registered Nurses (RNs) who complete their associates degree in nursing return for their bachelor's degree (BSN). However, they often have done so slowly, taking one class per semester due to full-time jobs or raising a family.

Recently, though, Undergraduate Program Director and Associate Professor Sarah Newton noticed a recent shift in this trend, finding more students are now interested in quickly completing their degrees as opposed to the slower, more traditional approach.

The reason, Newton says, is a combination of hospitals taking notice of a growing body of research stating that BSNs and MSNs provide safer care with lower mortality rates. Also, because many hospitals desire Magnet designation by the American Nursing Credentialing Center (ANCC), there is a need to have a certain percentage of nurses with BSN and higher degrees.

"Many of the major healthcare systems in southeastern Michigan are strongly encouraging their nurses without bachelor's degrees to go back to school in a certain period of time or they may not be able to remain in or keep their job," Newton says.

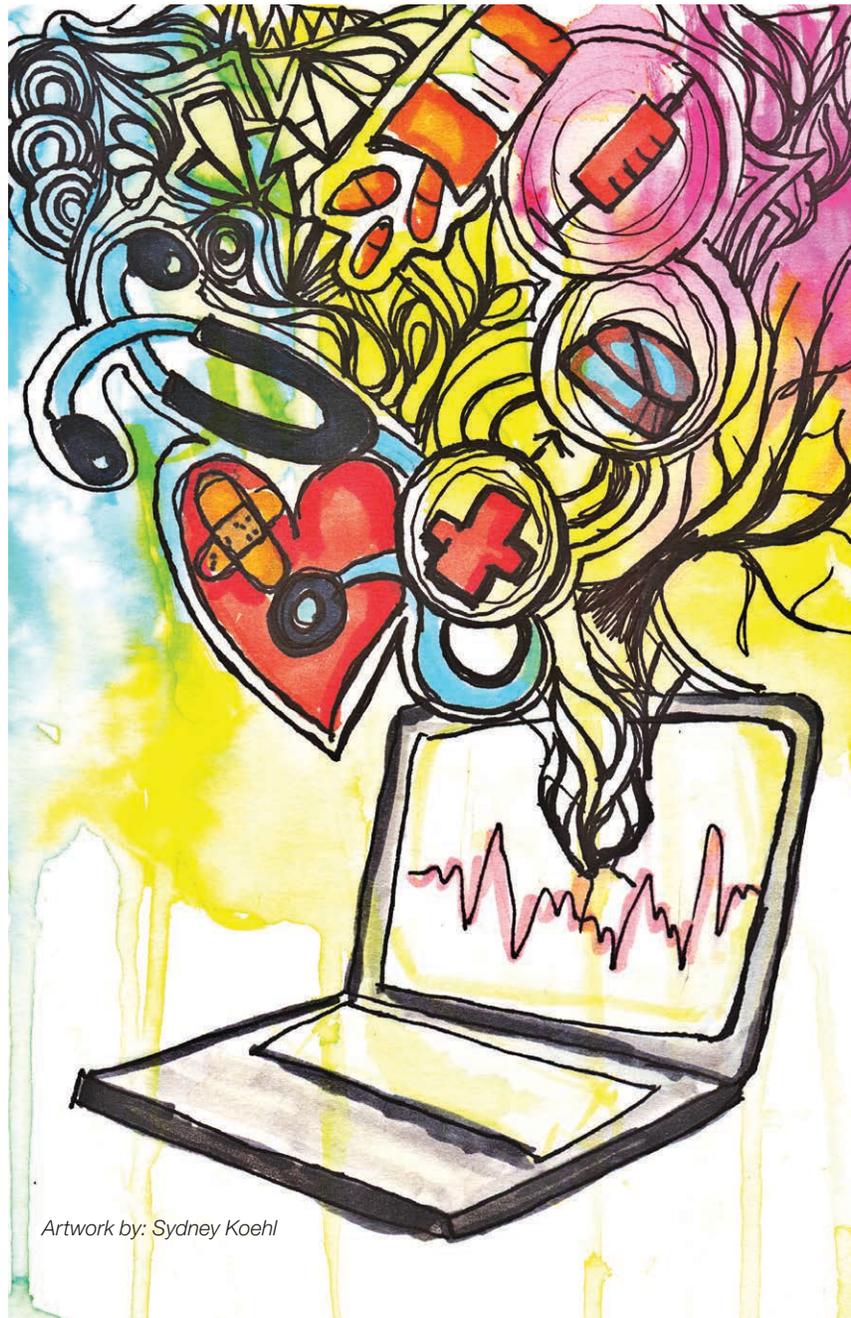
This job market reality created an opportunity for Oakland's School of Nursing (SON) to introduce the BSN Degree Completion Sequence Fast Track option, which begins this fall semester with 20 students.

"Students take the same courses, just offered in seven weeks instead of the traditional 14. This is a pattern we do in our Accelerated Second Degree program, so we have a lot of experience teaching the nursing courses in seven weeks," Newton says.

As with the 14-week model, the RN-BSN Fast Track is fully online, and for now, both will be offered. The OU SON was one of the first nursing schools to have a fully accredited RN-BSN program that is taught fully online, and with the RN-BSN Fast Track, students will be able to complete their BSN degree in about 16 months.

The last class in the RN-BSN curriculum is a synthesis class, where students are expected to demonstrate that they have obtained the baccalaureate level competencies. The synthesis class will continue to be offered over 14 weeks, so in all, eight nursing classes will be in the RN-BSN Fast Track.

Since many professional opportunities exist for nurses that require education beyond the baccalaureate degree, such as nurse anesthetist or nurse practitioner, the RN-BSN degree is not only needed for nurses to be able to keep their current jobs, but also so they will be able to advance their careers and meet the demands for a highly skilled nursing workforce. ■



Artwork by: Sydney Koehl

# ALUMNI NAMED FELLOWS FOR ADVANCING NP PROFESSION

The American Association of Nurse Practitioners (AANP) likes to point fingers. It's constantly looking to call out NPs who demonstrate leadership skills while advancing the profession globally. Oakland University SON alumni are often in this elite group. Of the 12 Fellows from Michigan, a third of them are Golden Grizzlies.

"There is some impressive competition nationwide when applying for the fellowships, so it speaks highly of OU to have so many," says Dr. Deana Hays, SON's interim Associate Dean.

To be a Fellow, an NP has to be invited to apply by two previously elected Fellows. The candidate also must demonstrate contributions in two of four areas – clinical practice, education, policy or research – and show continuous dedication to advancing quality healthcare.

Sandra (Restaino) Mazzone (DNP, '09) was the first to have AANP's prestigious distinction in 2010. She was the first NP Henry Ford Hospital hired in cardiothoracic surgery, and she helped pioneer the department's NP program, teaching each NP how to care for critically ill patients.

She also helped Oakwood Healthcare System achieve its Level 2 Trauma Center status and published a landmark study that examined pulling out chest tubes on patients.

"The leadership lessons at Oakland University made the difference for me," Mazzone says. "I remember having to watch *12 Angry Men* to learn how one person with an open mind, who sticks to his or her guns, can make a difference, and that skill has come up many times." Mazzone sponsored current OU SON Assistant Professor Margaret Glembocki (DNP, '09) as a Fellow in 2013.

Glembocki, an NP in acute care at St. Joseph Mercy Oakland, also carved a similar path as Mazzone, creating NP groups in cardiac surgery at both Crittenton and Henry Ford hospitals. She's an expert at building cultures that emphasize relationship-based care.

Her work as an educator at Oakland impressed the Fellow committee, as well. Most recently, she helped create a forensic nursing class that begins in the fall.

**"The leadership lessons at Oakland University made the difference for me."**

"OU helped me understand the need for advanced leadership," Glembocki says.

Glembocki, in turn, was the secondary sponsor of Heather Roebuck (FNP, '00), who was inducted as a Fellow this past June.

Roebuck, who went on to get her DNP, has been a trailblazer in the dermatology field, even starting her own practice in West Bloomfield, Mich.

She's also written a House resolution on skin health, published a dermatology

column and is a national speaker, even starring in a nationwide training video.

She honed her take-charge work ethic as part of OU's Dean's Circle.

"The Dean's Circle helps groom students to take on leadership and mentoring roles, helping shape a student's future of continuing to be active in the profession," she says.

Lisa Chism (DNP, '07) won the fellowship in 2011 after she wrote the book on being a DNP, publishing the first DNP textbook in the field, a project she started two months after graduating from OU.

She works as clinical director of Karmanos Cancer Institute's Women's Wellness Clinic, helping survivors with menopause, sexual health and quality of life issues.

Every year she makes it a point to educate others through writing, whether it's for a conference or a published piece.

"One of the biggest things I took away from OU's DNP program is the importance of scholarship and contributing to the nursing discipline," Chism says.

That makes Hays proud.

"These four individuals are great representatives of what Oakland's programs produce," Hays says. ■



Margaret Glembocki (left) and Sandra (Restaino) Mazzone are improving standards of care in cardiothoracic practices.

# MARLENE MULLIN

Leading an effort to expand the role of APRNs



Marlene Mullen is a volunteer and on the Board of Directors for the Hope Warming Center.

**Marlene Mullin, (DNP, '07) has received numerous awards over the years, including the 2015 prestigious Nightingale Award for OU School of Nursing Distinguished Alumni, 2014 recipient of Michigan Council of Nurse Practitioners (MICNP) President's Leadership Award, and Outstanding MICNP Metro Detroit Chapter NP of the Year (2014). Mullin was also chosen to be a featured NP on a banner at the Michigan State Capitol during Michigan Nurses Week in May 2014.**

Yet, Mullin's most personally rewarding moments are when she makes a difference in the lives of individuals. As a volunteer and on the Board of Directors for Hope Warming Center, Mullin facilitated the Metro MICNP Chapter to provide dinners, healthcare and clothing to the homeless guests at Hope. She also made sure the shelter received an AED after learning that two guests had coded.

"I researched the various types of AEDs and also arranged training of the staff at Hope regarding use of the AED in January 2015," Mullin says. "The device has already been used several times."

When her father, a 91-year-old World War II veteran, was diagnosed with a deep vein thrombosis (DVT) and subsequently a rare B-cell lymphoma of the lungs during the time she was working on her DNP at OU in 2006-07, Mullin decided to research the causes and consequences of DVTs. This led her to give many presentations to healthcare providers and the community regarding deep vein thrombosis / pulmonary embolism (DVT/PE).

"Last fall I gave a presentation to the Troy Rotary Club, which ultimately resulted in one of the attendees recognizing that his wife might have had a blood clot in her leg after a long car trip," Mullin says. "He took her to the hospital, where the diagnosis was confirmed. Getting the word out to the community about DVT/PE has become my passion."

Currently the chair of the MICNP Metro Chapter Legislative Committee and a member of the APRN Coalition, Mullin is also working to spearhead efforts to obtain full practice authority for NPs in Michigan through SB68/HB4207. Passage of this bill would revise the Public Health Code to add a definition for APRNs, make APRNs licensed by the Board of Nursing, and give APRNs the ability to prescribe medications and rehabilitative therapies independently. MICNP lobbyists and the APRN Coalition are currently working with the House of Representatives Health Policy Committee regarding the language of the bill.

"The bill would allow APRNs to practice to the full extent of their education, experience and certification," Mullin says. A native of Port Austin, Mich. where her parents still reside, Mullin has educated legislators and the community on the importance of NPs in both rural and urban settings.

"NPs have tremendous responsibilities in their role of caring for patients," she says. "They provide high quality, cost-effective personalized healthcare."

Mullin says her DNP from OU prepared her for leadership roles in nursing and the community, and she is most grateful to Gary Moore, her research adviser and current Interim Dean.

"Dr. Moore is an outstanding professor, and his wonderful support and encouragement helped me to excel in the DNP program," Mullin says. "It enables me to have a broader perspective regarding nursing issues and issues affecting the health of the community." ■





## GIVING FIRST AID TO SCHOLARSHIP FUND

While nurses are known for always helping others, sometimes they need some help themselves. Paying for education proves challenging for many — some hold full- or part-time jobs and have families — while earning their degree. Scholarship availability is needed to offset the financial burden of attaining an education, giving overstressed students some breathing room.

While Oakland University's SON has a healthy scholarship program, with 15 named scholarship funds allowing more than 30 awards to nursing students each year, there has never been a more opportune time to help expand it.

"As any graduate knows, nursing school is hard work," says Colette O'Connor, director of development for SON.

"It's time to give a helping hand to the next generation."

OU ranks dead last in funding per student from the state of Michigan among the 15 public universities, even as enrollment is on the uptick.

State support, which once covered 71 percent of the actual cost of education,

is now covering barely 18 percent of the true cost.

Furthermore, programs such as nursing are more costly to deliver than other fields due to the need for specialized learning labs and equipment and the tightly mandated student/teacher ratios required to maintain quality in education.



Recent tuition increases at universities are unfortunate but necessary to keep up with the OU's solid reputation of quality instruction.

"All of our alumni can relate to scholarships," O'Connor says. "If you give SON scholarship money, it will get to a student right away, so it has a direct and immediate impact on

someone in need." That, in turn, impacts the scholarship donor.

"The people we educate, 97 percent of them find jobs in the state, so these graduates are staying in our local communities, taking care of our own loved ones," she says. "A gift of scholarship is really benefiting all of us." ■

## SENIOR COORDINATING AGING NETWORK (SCAN)

SON Professor Cheryl Riley-Doucet sponsored senior Katie Martin (above right) to receive a scholarship at the Senior Coordinating Aging Network (SCAN). SCAN offered three \$1,000 scholarships for students (above left) seeking continuing education in the area of aging. A 501(c)3, SCAN is the oldest senior services networking group in the Detroit area.

# GIVING BY EXAMPLE

The motivation behind funding SON scholarships is as varied as the donors themselves.

Dr. Miron and Haija Stano (CAS, '88) had separate desires for assisting others when they created the Miron and Haija Stano Endowed Scholarship Fund, so theirs is a "his and hers" scholarship supporting multiple schools. It gives one scholarship to an Honors College student (his designated choice) and another to a nursing student (hers).

Dr. Stano, an OU economics professor for more than 35 years, wanted to reward the students he encountered in his classes that showed an interest in his field. He's considered one of the foremost experts in healthcare economics.

"Many of the best students I taught came from the Honors College," Dr. Stano says. "They are always interested and excited to be learning."

His wife, Haija, is a retired registered nurse who practiced mostly at Crittenton Hospital in Rochester, Mich.

"She wanted to support nursing because her entire undergraduate nursing education was paid for by scholarships. She didn't have to pay out-of-pocket for it, so she wanted to give back," Dr. Stano says.

## LEGACY GIFT

Dale O'Hara (BA, '71) chose to honor the memory of his close college friend Carol Ann Weber, who was studying to become a nurse but died in a car accident while in school. He started a scholarship in her name in 2007.

In subsequent years, he has continued making gifts that support the award each year and has also arranged to continue the scholarship in his estate, creating a permanent endowment in Carol Ann's memory.

His generosity benefits other students, as well. O'Hara also contributes to other scholarship funds on campus, namely the political science scholarship fund. He was a political science major.

Each year, O'Hara attends the SON scholarship reception, meeting the student recipient of the award he created.

## GIFT HONORS ACHIEVEMENT

Like O'Hara, Diane May had a special person in mind when she stepped forward and created an endowment to recognize her sister's achievement.

Marlene A. Kucinski (BSN, '00) had an associate degree in nursing but wanted to become a registered nurse despite being a caregiver to many people in her life. Instead of letting that stop her, she forged ahead and pursued her RN-BSN Degree Completion and earned a baccalaureate degree in nursing.

May wanted to put the spotlight on Kucinski's dedication, so she presented OU with a \$50,000 endowment which will yield a \$2,000 annual award. May has made an additional contribution to allow the first award to be granted before the endowment grows.

## CORPORATE MATCH DOUBLES GIFT

Angela Zotos (BSN, '81) has never forgotten her struggles as a student, working two jobs while earning her undergrad nursing degree.

"I remember how hard it was finishing clinicals on a Saturday and hustling over to my dad's Greek restaurant to work," she says.

After she helped pay her sister-in-law's tuition to return to school, Zotos set her sights on helping others. She approached her alma mater in 2006 and created the Angela Zotos Alumni Scholarship Award.

"Yes, it helped that my employer doubled my gift," Zotos says. "I knew I could assist someone significantly with their match."

Zotos is a principal at the Chicago office of Ernst & Young, traveling the country drawing on her experience as an operating nurse, helping medical environments work more efficiently.

"My scholarship gift shows I'm appreciative of my education," she says. "I do realize its value in helping me be successful."

Scholarship gifts come in all shapes and sizes, says Colette O'Connor, SON's director of development.

**"Scholarship gifts come in all shapes and sizes."**

"Every little bit helps," she says.

Each year SON pools together all the contributions made by alumni to support scholarships and grant students alumni scholarship awards.

"Whether it's \$20 or \$200, the funds roll up to make a huge difference to our students in easing the financial burden, both current and post-graduation," O'Connor says.

With more than 7,000 alumni of the School of Nursing, the potential exists to offer wide-sweeping help to current nursing students.

"The giving spirit manifests itself in many ways," O'Connor says. "We are truly grateful to alumni and friends who support our scholarship program each year." ■

**If you're interested in honoring someone through a scholarship or giving a scholarship to help future nurses, contact Colette O'Connor at [oconnor@oakland.edu](mailto:oconnor@oakland.edu).**

# STAFF SUPPORTS STUDENTS THROUGH UNIVERSITY FUND DRIVE

The All-University Fund Drive is an opportunity for faculty, staff and retirees to give back to the university in a way that benefits the university or is compatible with their particular area of interest.

A total of 288 funds were supported. President Hynd matched donations at 50 percent for every gift made. Two of the 786 contributors to the campaign included the SON's Interim Dean Gary Moore and Director of Academic Advising and Student Services, Kristina Aaron.

**“Annual Giving established a great way to not only help students, but provide a meaningful way to honor a loved one through education.”**

Because Moore loves to teach and loves to travel, every year for the past 10 years he has offered a nursing research course to sophomores in Italy. He noticed that while there was always high interest to attend the course abroad, many students did not have the resources to participate.

“I feel strongly that all students can benefit from understanding how their profession is structured in other countries while exploring the roots of Western civilization

in Italy,” says Moore. “I wanted to allow students who could not fully support themselves on this trip to have the opportunity to participate.”

Moore's gift is awarded to up to two students who qualify to offset their travel expenses.

Aaron took the opportunity to not only help nursing students who are in financial need, but to honor her mother as well. She would often help students personally by purchasing books or items that they could not afford, but she wanted something more formal. The scholarship was designed because she wanted to establish an official financial award.

“Annual Giving established a great way to not only help students, but provide a meaningful way to honor a loved one through education,” says Aaron. “I believe that it is a lasting gift and a tangible reminder of my mother.”

Both Moore and Aaron strongly encourage other staff, faculty and retirees to consider an area that they value and contribute to bolster involvement in those events or programs. ■

**For more information, contact Annual Giving at (248) 370-6160 or [giving@oakland.edu](mailto:giving@oakland.edu).**



Ernestine Scott White, mother of Kristina White Aaron, who lost her battle to breast cancer in 2002. “My mother was a strong proponent of education and instilled in me the importance of obtaining a degree. She made countless sacrifices to get me through college so in a way this is my opportunity to thank her.”

# NEW EXECUTIVE DIRECTOR IS ALL BUSINESS

On one side of the expansive room four hospital beds recreate a makeshift hospital unit. Fifteen nursing students wearing matching beige scrubs finish a class in the lecture hall next door.

"The main goal I need you to know is it's all about you and what you're doing. It's hard work. You can make it. Don't ever let anybody tell you you can't make it," Teresa Rodges tells the SON Continuing Education LPN cohort.

The students cheer their newest cheerleader, the new executive director of the School of Nursing Continuing Education at Focus: HOPE. Rodges is clearly in their corner.

"I love being down here," she says enthusiastically.

Rodges took the program's helm in June, a year after the satellite location made the transition from Riverview Institute to its new home at Focus: HOPE in Detroit. An alumna of OU, where she received a bachelor's degree in business administration, the Pontiac native went on to earn a master's degree in administration from Central Michigan University.

Now the former executive director of McLaren Oakland Foundation and the McLaren Oakland Medical Center marketing department aims to breathe new life into the program as it gets its second wind. With a background in

administration, fundraising and marketing rather than nursing, Rodges will manage the program, leaving the curriculum and teaching to Nursing Director Cheniece Lyons, MSN, RN, and the SON professors.

The Focus: HOPE site helps students seeking to begin or further nursing careers but who may have in the past met roadblocks, such as lack of transportation, finances or study skills.

Dennisha Gregory, 24, of Chesterfield, Mich., began work as a nursing assistant right out of high school. Though she always intended to pursue an education,



*Renetta Hunter and Charlotte Dovessi demonstrate their vital taking skills for Executive Director Teresa A. Rodges.*



eventually the years seemed to slip by. She considers this her second chance, and she hopes to continue on to earn her BSN to specialize in geriatric care.

"I think it's an excellent program," Gregory says. "I love helping people. This is definitely my calling. It was always what I wanted to do."

For Patient Care Technician Oweader Johnson, 53, of Detroit, it's also about growing.

"We've got a lot of experience already," says Johnson. "We're taking things a little bit further, trying to educate ourselves because we like taking care of people. I really feel blessed to be here. I was worried I wasn't capable."

Terrance Webster, 24, of Detroit, works at Children's Hospital of Michigan and wants to climb the healthcare field ladder, first by

achieving his LPN and then moving on to become an RN.

"This was the first step," says Webster, who had looked into various nursing programs. Here he also obtained financial help from Michigan Works. "I found this was the best for me. It was the closest; the price was right for me. I'm trying to take this opportunity and run with it. It is ideal."

Seeing the program as a steppingstone for something even greater is music to Rodges' ears. She tells the students she'll be encouraging them every step of the way during their time at Focus: HOPE, and that she may be the loudest person cheering on the cohorts at their pinning ceremony. ■

**For more information, please contact (313) 494-4653.**

*Celia Robinson, Teresa Rodges and Cheniece Lyons are leading the way to provide quality education and a chance for improved lives for Detroit area residents.*

## School of Nursing Continuing Education Open House at Focus: HOPE

**November 5, 2015  
3 - 6 p.m.**

**1360 Oakman Blvd.  
Detroit, Michigan**

# PRECEPTORS PLAY A VITAL ROLE IN TRAINING THE NEXT GENERATION OF NURSES

From teaching students how to interact with patients, doctors and families to helping students master skills such as giving medications, inserting foley catheters and changing dressings, preceptors play a vital role in training nurses to work on time management, delegation and honing their clinical judgment.

For Katie Patton, (BSN, '08) being a preceptor at Crittenton Hospital gives her the opportunity to shape the senior nursing students who may one day be her peers.

"I feel everything about my role as a preceptor is critical to patient care. Without preceptors, I feel that new nurses wouldn't be prepared to transition into the role of a full-fledged registered nurse."

**The perfect person to precept an undergrad nursing student is BSN-prepared and enjoys teaching and mentoring the senior nursing student.**

Marianne Snopkowski, a Beaumont Royal Oak pediatric nurse for 21 years, says a formal preceptor program did not exist at Madonna University when she graduated, which is why, year after year, she continues to be an invaluable mentor for OU SON students in the Accelerated Second Degree track.

"As a preceptor, you have to be very patient. The students are going to make mistakes. You have to help guide them, many of the things they are doing for the first time," she says. Yet ultimately, the student comes out of the program more confident and ready for the real world.

This year the SON will place 350 students in this program, and preceptors are continually needed in both acute and primary care settings, and for basic, second degree and grad level programs.

Colleen Meade, Director of the FNP/AGNP program, says a preceptor in the graduate program is a licensed and certified NP, MD or DO who takes an NP student in his or her clinic for two days a week to educate them on the acute, chronic and wellness aspect of diagnosis and treatment.

"These individuals do not get paid by the University; they do this to mentor and educate the upcoming generation," says Meade, who notes that the SON does recognize NP preceptors for their dedication to the profession with a Preceptor Appreciation Night. "Preceptors teach, educate and mentor for all levels of medicine and nursing."

JoAnn Kapa, who manages the basic and Accelerated Second Degree students and also ensures that clinical faculty are supervising the preceptor/student interaction, says the relationship can be mutually rewarding. The preceptor is a role

model for the student, who works one-on-one with the student and collaborates with the School of Nursing faculty to identify learning needs of the student. As rewarding as the relationship can be, if the student is matched with someone who is not interested in working with students, the relationship can be very stressful.

"Some RNs forget too quickly what it was like to be a student," says Kapa. That is why she and Meade are constantly recruiting kind, caring and experienced nurses who want to share their knowledge. "We want to make sure that the person working with students wants to work with students," says Kapa. The perfect person to precept an undergrad nursing student is BSN-prepared and enjoys teaching and mentoring the senior nursing student.

Patton says she can't imagine not being a preceptor. "It is important to me," she says. "It truly has helped me grow into a better nurse. Although it is a time for students to grow, it is inevitable that we, as preceptors, will grow along with them." ■

**If you are interested in being a preceptor for the School of Nursing, please contact Estella Nicholson at [nichols2@oakland.edu](mailto:nichols2@oakland.edu) or the Nurse Educator at your hospital.**





*Lan Yao practices tai chi with older adults to help maintain balance and strength, which helps reduce the incidences of falls.*

## HELPING ADULTS REDUCE FALLS BY PRACTICING TAI CHI

Growing older bring some increased risks, including the risk of falls that can cause serious injuries. The Center for Disease Control estimates that one in three adults aged 65 and older fall each year.

In 2013, emergency departments in the United States saw 2.5 million non-fatal falls among older adults, including 734,000 of them being hospitalized. Persons with dementia, such as Alzheimer's disease, fall three times as often as non-demented adults, and when falling, they have a three to four-fold risk of severe fall-related injuries or deaths.

Lan Yao, PhD, Assistant Professor at Oakland's School of Nursing, is working to help older adults reduce those odds. As a part of the SONs Integrative Health team, Yao's research includes the practice of tai chi in older adults. What began as her dissertation work on cognition and emotion in dementia patients has evolved into using positive motivators to reduce the risk of falls.

The Center for Disease Control identifies tai chi as a positive strategy for fall reduction in older adults, as well. Tai chi is a Chinese form of exercise that involves slow movements of the limbs and

trunk that over time improves range of motion and standing balance. Improved balance can help prevent falls and avoid the casualties associated with falls. Yao's research tailors tai chi exercise interventions to benefit persons with Alzheimer's disease.

Besides the usual method of teaching tai chi, Yao's research team introduces the "sticky hands" form of tai chi, where hand contact with a partner is maintained and used in conjunction with positive emotion motivators, with the premise that emotional arousal leads to enhanced tai chi performance. Yao's team also tested Proto tai chi (aka *Wu Qin Xi*) with residents from Clare Bridge Alzheimer's and dementia care units.

Pilot data results have found the incorporation of tai chi to be well-received by all participants, many of whom demonstrated improved activity participation and engagement, balance, strength, endurance and mood.

"Tai chi is safe to perform and involves many physical benefits and may enhance cognitive function in older adults," says Yao. "Tai chi is most effective, however, when practiced by adults who are still robust; adaptations for engagement in at-risk older adults are insufficient."

Yao's tai chi research was funded by several sources including the National Institute of Health, University of Michigan Integrative Health Care Pilot Research Grant, and Pearl Aldrich Endowment in Aging Research Award. Tai chi is a promising group exercise option for older adults. The long term goal of the Tai chi interventions is to effectively reduce and prevent falls in older adults and reduce caregiver burden and healthcare costs. ■

**For more information on Yao's research, please visit [oakland.edu/nursing](http://oakland.edu/nursing).**

# YOGA AND INTEGRATIVE HEALTHCARE

Oftentimes, the most effective cancer treatment can mean integrating healthcare protocols, regimens or therapies. One SON associate professor is studying an integrative healthcare program that combines traditional cancer treatment with eastern yoga practices.

Funded by an R15 stimulus grant through the National Institute of Health's National Cancer Institute, Judith Fouladbakhsh, PhD, RN, PHCNS-BC, AHN-BC, researches the feasibility and outcomes of a standardized yoga program as compared with exercise on breathing, sleep quality, mood, salivary cortisol levels and quality of life (QOL) for non-small cell lung cancer (NSCLC) survivors. Fatigue and shortness of breath can linger post-conventional treatment sometimes becoming chronic, says Fouladbakhsh, an Advanced Practice Holistic Nurse, healing practitioner and Reiki master.

"We're looking at yoga for mood, for breathing, for sleep, the overall quality of life. It's the shortness of breath we're looking at the most because it can make patients very anxious," Fouladbakhsh explains. "So much of yoga is focused on coordinated breathing with movement and meditation. Yoga works with expanding the ribcage and stretching the diaphragm, thereby allowing deeper breathing, so it made sense to me, theoretically, that if people have impaired lung function it could be beneficial."

To take part in this two-group randomized control trial, participants must be non-small cell lung cancer patients, stage 1A-3A, within one year post surgery. Reaching that patient population can be tricky because it isn't a cancer with a high prevalence at that stage, not even among lung cancers, says Fouladbakhsh, and new patients might be too overwhelmed to hear about yoga after lengthy discussion about chemotherapy.

"We've designed an individualized approach to our standardized classes, so participants can participate in the chair or on the mat, and consistency across classes is assured" says Fouladbakhsh, who developed the 12-week series of classes with the founder and director of the American Viniyoga Institute (AVI), Gary Kraftsow, along with a pulmonary expert,

and Fouladbakhsh's teacher and yoga therapist Tracy Flynn.

While one group practices the standardized yoga regimen, another will follow a standardized exercise class. Certified teachers lead each 40-minute class and both groups will include stretching, though the yoga will focus on breathing and meditation, she says. Participants will answer questionnaires and have breathing and blood pressure monitored by nursing students and research assistants. Each participant will also receive a free yoga mat, blanket and instructional DVD along with a \$100 gift card.

"Yoga is an ancient practice and yet new to the research field, which is why we're starting to get funding to see if it could be used as an adjunct for symptom management and health promotion," Fouladbakhsh says. "A lot of us believe in potential benefits already, but research evidence to support integration into oncology care is essential. Can we do it with the more advanced patients? It's a good possibility."

Classes are available at Gilda's Club in Royal Oak, the Healing the Heart center in Wyandotte, the Cancer Support Community of Greater Ann Arbor, the Karmanos Cancer Institute at both its main downtown Detroit campus and at



*Judith Fouladbakhsh is conducting a study on the benefits of yoga with cancer patients.*

the Lawrence and Idell Weisberg Cancer Treatment Center in Farmington Hills, and the Older Persons' Commission (OPC) in Rochester. ■

**For more information about the program, call Judith Fouladbakhsh at (248) 760-1158 or reach her by email at [dr.judi129@gmail.com](mailto:dr.judi129@gmail.com).**



*Adrian Williams felt that her trip to Italy helped expand the way she views the world of patients and healthcare.*

*Photo credit:  
Adrian Williams*

## STUDYING OVERSEAS GIVES SON STUDENTS A BROADER VIEW OF HEALTHCARE

Being a member of the global community comes with responsibility. One of those responsibilities is to understand the thoughts, feelings, needs and ideas of individuals from all over the world. As university students, one of the surest and most economical ways to do this is by visiting other countries and getting to know their similarities and differences.

At OU, students can study art, foreign language, business and engineering in more than 40 countries. SON students have the opportunity to study in Italy for two weeks at the University of Padua as part of the Research Basis for Nursing Practice (NRS 452) course.

“The course focuses on the research process and evidence-based practice as they relate to professional nursing,” says Dr. Gary Moore, who traveled to Italy in May and taught the course to 10 SON students admitted to the Basic-BSN and the BSN completion sequence. Adrian Williams, a junior II SON student, said it was nerve-wracking at first,

especially since she didn’t know any other students, but that changed quickly.

“Being in a different country with people you don’t know was intimidating, but it worked out well. We found our commonalities right away. You’re moving along the same path, being in nursing school,” she says. “We went to class and studied, but we also got to explore.”

In addition to lectures, students tour hospitals and nursing facilities to compare and contrast healthcare systems. They also have time to visit the “must-see” places when in Italy including Florence, Venice and Rome.

During class time, SON students participate in an Italian healthcare workshop where they learn the organization, characteristics and nursing responsibilities within the system. They also learn to identify commonalities and difference with other European and American healthcare systems.

For Williams, it really satisfied her curiosity for knowing how other people live and gave her a much broader view of other healthcare systems in Europe.

“If you are even thinking about going, start saving,” says Williams. “You don’t want to miss it!” ■

# NURSING PROFESSOR MAKES HISTORY AT FIRST-EVER INTERNATIONAL CONFERENCE

By going for an item on her “bucket list,” Cheryl Riley-Doucet, a SON associate professor, helped Oakland University build a bridge spanning the globe, making history in the process.

Riley-Doucet attended the first-ever International Conference on Nursing organized by the Athens Institute for Education and Research (ATINER) in Athens, Greece, in May.

“Visiting Greece has always been on my bucket list, so when I saw the email about the conference, I set the wheels in motion,” Riley-Doucet says. “ATINER has never done this before, so I was excited to be a part of making history by being involved with the first one ever.”

The goal of the five-day conference is to bring together academics and researchers from all areas of nursing.

Riley-Doucet presented her research on how using a multisensory environment as a nonpharmacological intervention helps patients with Alzheimer’s disease and their caregivers.

“About 30 people attended my session, and that’s a lot because there are so

many different presenters you can go see depending on your area of interest,” she says. “They had a lot of questions, were very engaged and they were from all around the world.”

She personally connected with nurses from Great Britain, Australia, China, Africa and Canada. Some of those occurred during the conference’s planned social events, which took the attendees on a boat tour of nearby islands, an archaeological tour of Athens and a one-day visit to Delphi.

“I was able to network and gain a perspective of international nursing interventions that I will definitely pass on to my students, especially when discussing different cultural perspectives,” she says.

Riley-Doucet utilized her time in Greece to lay the groundwork for collaborating with nurses across the globe. ■



*Cheryl Riley-Doucet shared her research on dementia and sensory integration with healthcare professionals in Greece.*



*Photo credit: Shutterstock.com*



## CAMP RN

Eligible 7th, 8th and 9th graders can get a dose of what the nursing profession has to offer through the CampRN@OU program. CampRN attracted more than 70 of the area's top middle school students, who consistently impressed the staff with their intelligence, work ethic and sense of humor. The students left camp with new knowledge of the nursing profession; they learned CPR, participated in animal organ dissection, shadowed hospital nurses, developed first aid kits and presented their "research" projects. This was also a year of growth for CampRN with the addition of two locations: Henry Ford College in Dearborn, and Pontiac School District. These new camp partnerships will extend the camp experience to students and families who were unable to get to Oakland University due to geographic or financial concerns. The SON hopes to continue sharing the nursing profession with prospective healthcare providers within a wider community. ■



## NEWS BRIEFS

### CHAI LEARNING SUMMIT

The Center for Human Animal Interventions (CHAI), located in the School of Nursing, held a learning summit at OU INC last August. Leaders in animal assisted interventions (AAI) from across the country were invited to participate in this event. The program utilized the incubator's collaborative software in an effort to gather data for future research endeavors.

Facilitated discussions were built around key presentations given by the center's advisory council. Members include Aubrey Fine, author, California State Polytechnic University; Melissa Winkle, Animal Assisted Interventions International; Mary Margaret Callaghan, Pet Partners; Laura Bruneau, Adams State College; Leslie Stewart, Idaho State University; Colleen Pelar, author; Kim Cardecia, Hidden Promises Equine Facilitated Psychotherapy; and C.J. Bentley, Oakland University and Michigan Humane Society. Topics included animal and practitioner welfare, standards in ethics, competencies and evaluations, client perspectives, animal-assisted therapy with less-common species, and the future direction of the field of AAI.

The purpose of bringing academic, research and professional leaders to this event was to foster relationships with public, private and nonprofit organizations dedicated to Human Animal Interventions. Summits like this advance the field and support the efforts of other universities and organizations to provide unified standards and competencies.

CHAI also houses the online Animal Assisted Therapy Certificate program, educating practitioners from around the country and world. For more information, please contact Amy Johnson at [johnson2@oakland.edu](mailto:johnson2@oakland.edu). ■



### SCHOOL OF NURSING WELCOMES BELLA SIMONE TO THE SIMULATION FAMILY

The School of Nursing welcomes the newest member of the simulation family, Bella Simone. Members of the Student Nurses Association of Oakland University (SNAOU) organization were given the task of naming SimMom through a contest. All members received a candy bar with written instructions on the wrapper. They had a month to submit their name and rationale. At the end, nearly 60 names had been submitted and the Simulation Committee reviewed and selected the name. The name was chosen for Bella (meaning beautiful) and Simone (for simulator). Beautiful simulator. The students who came up with the name are Amanda Chetosky and Karolyn Bignotti.

Bella Simone is a Laerdal simulator, capable of providing clinically generated learning scenarios related to childbirth at a more advanced level than the previous maternal mannequin, Noelle. Oakland is one of few schools that offers clinical simulators for students to hone their skills and become familiar with a wider variety of scenarios in order to feel more comfortable in the hospital setting. ■



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*Director of  
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Please consider a gift to the School of Nursing. For more information about gift opportunities to the School of Nursing, please contact Colette O'Connor at (248) 364-8723 or [oconnor@oakland.edu](mailto:oconnor@oakland.edu).



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