Nursing Department Newsletters 2011-2019

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Sharpening Intellect | Deepening Christian Faith | Inspiring Action

Messiah University is a Christian university of the liberal and applied arts and sciences. Our mission is to educate men and women toward maturity of intellect, character and Christian faith in preparation for lives of service, leadership and reconciliation in church and society.
Today, nurse educators have a plethora of tools to prepare the nurses of the future. In this era of computerized technology, simulation learning is a critical component in that toolkit. Recently, the nursing program was especially blessed by the gift of federal grants obtained by the College Development office, and the commitment of College officials, trustees and donors who agreed to invest resources in renovating and expanding our simulation learning laboratories. These new facilities and equipment have generated a great deal of excitement among students and faculty alike.

The new laboratories that include cameras, human-like simulators and hospital equipment are not playrooms filled with fancy toys. On the contrary, these technologically advanced classrooms house state-of-the-art computerized mannequins that simulate a wide array of human responses when programmed with selected clinical case scenarios. Students can learn how to respond to different clinical cases in a safe environment, free from the anxiety of harming a live patient. Faculty can directly watch and digitally record students in these scenarios for post-scenario viewing and debriefing—one of the most vital elements of this teaching-learning experience. In addition to sophisticated, computerized human simulators, standardized patients (actors) have been trained to respond in conversational settings so that students can practice critical communication skills with persons who suffer from mental disorders.

The simulation laboratories are not limited to teaching clinical technical skills, but promote the development of clinical reasoning and collaborative decision-making so necessary for today’s complex clinical practice environment. The use of simulation technology is no longer a “nice thing to have,” but rather an essential, integrated pedagogy expected for today’s nurse. There are few prospective students and their parents who do not ask to assess the simulation laboratories as they consider whether the nursing program at Messiah College will meet their learning needs. It is now very much the norm to expect this kind of facility in nursing education.

There are many challenges associated with initiating and sustaining high-caliber simulation learning. The expense to purchase and maintain the equipment needed in such a facility is very high, and the design and operation of simulation laboratories are challenging and very labor intensive. Continuous evaluation of equipment and needed upgrades are essential if the laboratories are to remain technically current. Equally challenging is the mastery...
Seven senior Messiah College nursing students and two nursing faculty, Wanda Thuma-McDermond, Ph.D., and Tara Jankouskas, Ph.D., traveled to Macha, Zambia this year for a J-term cross-cultural and clinical course. Thuma-McDermond’s tremendous inside knowledge of Zambian culture and her historical relationship with the Macha community provided the group with a special experience. Born and raised in Macha as the daughter of a missionary and highly respected physician, Thuma-McDermond coordinated an unforgettable experience of life in the bush of Zambia for this group of travelers. Village life, acute and ambulatory nursing care and nursing student life were the primary facets of this cross-cultural experience.

Village Life
To blend in with village life, our first point of business upon arrival to Macha was to purchase a “chitenge,” a traditional, ankle-length, wrapped skirt worn by women. We enjoyed choosing from a wide array of colorful African fabrics. Our accommodations were luxurious in comparison to those of the typical village citizen who had to journey for fresh water and had no electricity.

We lived in housing used for visiting scientists and health care professionals that included indoor plumbing, drinkable tap water and even Internet (most of the time). We ate a typical Zambian diet high in fresh vegetables from the backyard garden, which included maize, beans, kale, zucchini and cucumber. Home-grown peanuts, free-range chickens and “boerwas” sausage were common sources of dietary protein. “Nshima,” a patty made of cornmeal, was surprisingly tasty when mixed with “relish” (a mixture of sautéed kale, onion and tomato).

Like the local villagers, we walked everywhere, sporting our chitenges, of course. Walking allowed us to appreciate the variety of colorful birds and unusual insects such as the dung beetles, marching army ants and snails along our path. We did not master the art of carrying large bundles on our heads like the skilled women of Macha, although a few students tried.

Attending church was a wonderfully spiritual experience! The sermons were passionate and the singing was absolutely beautiful. Although most of the music was sung in Tonga, we unanimously enjoyed listening to the harmony and richness as the native voices were lifted in praise.

Nursing Care
Thuma-McDermond skillfully coordinated student clinical experiences at Macha Hospital and clinics. The daily schedule was not regimented down to the minute as in U.S. health care institutions; therefore, identification of clinical opportunities was a moving target. Thuma-McDermond, with her established relationships within the health care community, successfully navigated the opportunities to maximize student learning. Students participated in health care rounds on the open wards for men, women and children. Each patient bed was complete with mosquito netting. A family member remained at the bedside for each patient and cared for basic patient needs as the health care team focused on the medical needs—a true team effort. Malaria, tuberculosis, AIDS, malnutrition and injuries were the primary health problems. In addition, each student had an opportunity to observe in

"Home-grown peanuts, free-range chickens and “boerwas” sausage were common sources of dietary protein. “Nshima,” a patty made of cornmeal, was surprisingly tasty when mixed with “relish” (a mixture of sautéed kale, onion and tomato)."
the operating room. Small procedures such as wound debridement and casting, as well as C-sections and uncomplicated surgical repairs were observed.

The Messiah College students provided direct patient care in the outpatient clinics for HIV, illness, well-child and prenatal by conducting nursing assessments and administering vaccines. Students also traveled to local villages to conduct prenatal assessments and administer vaccines. Most outpatient points-of-service included mandatory patient education on prevention of infectious diseases such as use of bed nets, prevention and testing for HIV. To maximize the limited human resources, education was conducted by a trained clinic housekeeper or a Macha Hospital nursing student. With limited resources in a country where infectious diseases are the leading health care problems, preventative patient education and interventions are obviously paramount. It was amazing to witness the intelligent and efficient use of limited resources!

**Nursing Student Life**

Macha Hospital has its own nursing school adjacent to the hospital. The students and their director were extremely welcoming to us. In the clinical setting, the students provided helpful guidance on the policies and procedures for patient care. They included us in their weekly chapel services and their fellowship meetings. Our students discovered some interesting differences in the educational process. The Zambian government selects and funds students for the two-year basic nursing certification program. Upon graduation, the government places students at hospitals throughout the country based on need. This creates an additional learning challenge for the student since there are 72 different languages spoken across Zambia.

Nursing students learn clinical skills by working with a one-way window and computer-controlled room for counseling practice

The curricular content does not include intensive care nursing since resources do not allow that level of care. Naturally, there is a heavy focus on communicable diseases. In-depth learning on prenatal care and birthing are a heavy focus due to limited availability of physicians. Limited funds for books and paper require students to copy by hand notes from the professor’s lectures! Between days spent in class, students work 12-hour shifts in the Macha hospital to apply their learning. A final difference that our students quickly noted was that half the nursing students were male.

Living and learning among the people of Zambia at Macha was a transformational and cherished experience. We are indeed grateful to the large cast of people at Messiah College and Macha who organized, supported and facilitated this awe-inspiring opportunity for our group.

of simulation teaching strategies that are effective, evidence-based and produce expected learning outcomes across the nursing curriculum. All involved faculty and staff are engaging in additional educational preparation through conferences, training sessions and their personal study to acquire new teaching skills appropriate to the simulation learning environment.

There are numerous advantages to simulation learning. It produces many “teachable moments” that enhance students’ understanding of their role and responsibility as a professional nurse. It offers faculty the opportunity to control the learning environment and select the appropriate level of complexity of scenario for the student’s expected level of understanding—something very difficult to create in uncontrolled health care settings. Collaborative scenarios can be designed to help improve communication among all health care providers in complicated clinical situations. Students’ level of competency can be tested in a realistic situation that requires attention to subtle cues, classic symptoms and family dynamics. Regardless of the student’s role in the scenario, increased clinical self-confidence is often a positive outcome of this learning. Finally, the simulation laboratory can be an incubator for teaching-learning research and cross-disciplinary collaboration.

Nurses will always require authentic clinical practice throughout their educational program. Nursing is a uniquely human endeavor that requires high-level knowledge, skill, caring and compassion that are learned and developed through human encounters. But simulation learning can be a powerful instrument to enrich nursing practice and nursing education, and we are thrilled to incorporate its benefits into the nursing program at Messiah College.
International experiences featured at the second annual GANES conference
Debra L. Loop M.S.N., R.N.

Messiah College faculty Debra Loop, Pamela Linstedt and Wanda Thuma-McDermond along with Thai colleagues Waraporn Wanchaitanawong and Waraporn Yotowee presented an 80 minute symposium at the second annual Global Alliance for Leadership and Nursing Education and Science (GANES) International conference held in Arlington, Va., Dec. 9–11, 2010.

GANES constitutes the only international body providing strategic-level expertise in the education and professional development of nurses worldwide. Its membership comprises national associations of nursing deans and schools of nursing and is able to offer information, support and advice to health care policy makers and nurse educators across the world.

Faculty from the Messiah College Department of Nursing were invited to address the two discipline-specific cross-cultural courses delivered in Thailand and Zambia. The symposium addressed the field experience from the perspective of three nations: U.S., Thailand and Zambia. Course development, contractual agreements, funding and experiential learning were discussed.

The symposium addressed the institutional link between Messiah College and the Boromarajonani College of Nursing in Chiang Mai, Thailand. Emphasis was placed on the collaborative experiential learning between both nations. Faculty addressed how students gain understanding of each other’s cultures, as well as the commonalities of internationally nursing, to improve the health and welfare of humankind.

Thuma-McDermond addressed the collaborative agreement between the Macha Hospital in Choma, Zambia and Messiah College. The global health issues and cultural diversity of this experience were addressed. This presentation focused on how students are assisted in “looking behind” the touristy pictures of the international experience to the people and stories—and the shared human condition.

Faculty and staff accomplishments

Congratulations to Dr. Louann Zinsmeister, who became a Certified Nurse Educator by passing the National League for Nursing, Certified Nurse Educator Exam in spring 2011. Certification as a nurse educator is a mark of distinction for nurse educators who demonstrate expertise in the specialty role of nursing education. Specifically, the mission of the Academic Nurse Educator Certification Program is to recognize excellence in the advanced specialty role of the academic nurse educator. Dr. Zinsmeister is an associate professor of nursing and has been teaching nursing at Messiah College since 1994.

Congratulations to Dr. Tara Jankouskas, whose dissertation work was accepted for publication. “Targeted Crisis Resource Management training improves performance among randomized teams of nursing and medical students,” will be published in a future issue of Simulation in Healthcare.

Congratulations to Dr. Heidi Lutz, whose dissertation research was accepted for publication. Her manuscript, “Coping with Autism: A Journey towards Adaptation,” will be published in a future issue of the Journal of Pediatric Nursing.

Service awards

15 Years
Marti Derr
Debra Loop

25 Years
Eileen Gardner
Terry Middlekauff
Green Meadow Apartments

Since September 2009, the York Area Housing Group has partnered with Messiah College’s Department of Nursing to provide a clinical site for the course titled “Community Health Nursing.” The student nurses have been completing health screenings for the tenants of Green Meadow Apartments in Dillsburg, Pa.

Clinical experiences focus on service-learning with vulnerable populations, health care disparities and social justice issues. Health promotion and risk reduction have been emphasized, and blood pressure and blood sugar monitoring have been completed. Additionally, the students have created educational brochures about topics such as pneumonia, hypothermia, memory loss, hypertension and stroke.

Green Meadow Apartments has a large open community room where the nursing students meet with tenants. The need to have a designated private area to conduct confidential evaluations was identified. Thankfully, Sovereign Bank generously donated funds to erect a private office/health room to meet this need. A formal ribbon cutting ceremony dedicated the renovation Sept. 23, 2010. Among those in attendance were Joe Schupp, vice president of Sovereign Bank. Carolyn Kreamer, Ph.D., R.N., chair of the department of nursing of Messiah College, stated, “For business leaders in the community to step forward and give resources in this way ... is a powerful expression of responsible community service that serves as an example to all civic leaders.”

We’ve come a long way!

By Kristine Williams ’11 and Beth Sterling ’11

Beth Sterling (left) and Kristine Williams, senior nursing students

Life in the emergency room (ER) is not for the faint of heart. Yet, as we began our Senior Practicum experience in the Hershey Medical Center ER, we felt that we should be the patients given our pounding heart rates and diaphoresis! If we were told a year ago that we would have chosen to do our practicum in the ER, we would have laughed in disbelief. Ironically, despite our fears, we chose to complete our 90 hours during J-term in the ER to challenge ourselves with highly complex patients and skills. Reflecting back, we realize that this experience was the highest point of our nursing education as we developed confidence in our ability to perform as professional nurses.

The ER is the best unit for practicing the skills that all nursing students fear—IVs, NGs and Foley catheters. After three unsuccessful attempts, Beth had her first victorious IV stick … followed by 15 more! With the guidance of experienced ER nurses, Kristine was able to conquer her dread of NGs by successfully inserting one in a pediatric patient with a bowel obstruction. Foley catheter insertion is never comfortable for anyone, patient or nurse, so thankfully Kristine’s first patient was sedated and Beth’s had received lidocaine gel. At the end of our experience, our fears of such skills had diminished and we were able to perform these and many other skills with limited assistance.

Prior to this experience, we had only cared for two patients at a time. In the ER, we progressed to managing the complete care of 3-4 patients simultaneously under the supervision and guidance of our preceptors. It was satisfying to care for patients from their first assessments to their discharge instructions. Prioritizing is an essential skill for all nurses, especially in the ER. We constantly had to ask ourselves questions such as “What do I do first? Obtain IV access and draw labs for a dehydrated patient? Or get pain medication for a patient with a femur fracture?” Thankfully, we were never alone. We learned the value of collaboration, realizing everyone from the volunteers to the attending physicians plays a vital role on the ER team.

Even though we think that the ER is exciting, we realized that each of our patients and their families were in their own crisis situation. The ER is often filled with pain, grief and fear, but we had the opportunity to provide hope and comfort. Whether through keeping patients informed or getting them an extra blanket, the nurse is always in a position to make a positive difference in a patient’s experience. It was also challenging for us to witness such pain and devastation. In times like these, we were reminded of the beauty of nursing and the honor of walking with patients through some of the most difficult times of their lives.

“If we were told a year ago that we would have chosen to do our practicum in the ER, we would have laughed in disbelief.”

Through this opportunity, we began the process of synthesizing our Messiah nursing education with our own professional style. We are so thankful to our preceptors Tim Armacost and Jen Mason for their guidance and contagious enthusiasm for emergency nursing. At the end of our experience this J-term, we feel confident and empowered to enter the world of professional nursing.
Nursing Christian Fellowship

Nursing Christian Fellowship (NCF) is all about fellowship, encouragement and studying God’s word to become more Christ-like nurses. This year, our focus is the theme “Why do you want to become a nurse?” At our annual NCF picnic, many nursing students wrote down their reasons. Some responses included wanting to follow in the footsteps of a role model, demonstrating compassion and being the hands and feet of Jesus.

NCF meets every Wednesday from 5–6 p.m. in the Larsen Student Union. During the time, we encourage each other with God’s word to live out our faith as students and future nurses.

We all know that this journey is not easy and this is why we believe NCF is an essential part of our week. We spend time in prayer and challenge each other to be more like Christ. Each week, we have a variety of nursing classes represented. This allows for the upperclassmen nurses to provide advice and encouragement to the underclassmen.

This year, we had our kick-off picnic by the Yellow Breeches, a nursing tie-dye event and monthly dinners. For the spring semester, we hope to have a game/movie night, to participate in Service Day and to have Messiah nursing student alumni and sophomore nursing students who went abroad share their experiences. As NCF, we hope to continue to provide a space for fellowship among nursing students so that we can apply the Christian faith to our future as nurses!

Honors for the Graduating Class of 2010

OUR ACADEMIC EXCELLENCE AWARD for the Class of 2010 is Melissa Lewis. Melissa had a GPA of 3.989. It was close this year with Nicole Viglietta receiving a GPA of 3.971.

SUMMA CUM LAUDE
Elizabeth W. Caprio
Melissa Joy Lewis
Nicole A. Viglietta

MAGNA CUM LAUDE
Rebekah S. Case
Allison Hathaway Irvin
Lindsey N. Westervelt
Amy R. Williams

CUM LAUDE
Ashton Marie Amey
Sarah K. Bich
Rebekah L. Chubb
Briana N. Eshleman
Alyssa D. Finlayson
Aubrey Lynn Fulmer
Brittany A. Godshall
Sarah A. Gordon
Laura K. Harris
Sarah B. Harrison
Rachel B. Hendri
Rebecca H. Kirby
Crista Danielle Krivoniak
Tamara L. Lapeyri-Gregg
Leah K. Pace
Gabriel Emalynne Paniagua
Chelsea Marie Ruhl
Kathryn R. Wentzel

COLLEGE HONORS PROGRAM
Elizabeth W. Caprio
Melissa Joy Lewis
Lindsey N. Westervelt

BOYER SCHOLARS
Elizabeth W. Caprio
Melissa Joy Lewis

RECIPIENT OF THE FACULTY AWARD FOR EXCELLENCE IN NURSING
Melissa Joy Lewis
The Lambda Kappa Chapter of Sigma Theta Tau continues to promote and recognize leadership and scholarship in nursing practice, education and research. On April 17, 2010, 17 undergraduate nursing students from the senior class of 2010 were inducted into the Lambda Kappa Chapter of Sigma Theta Tau International Honor Society of Nursing. The undergraduate inductees were Ashton M. Amey, Elizabeth W. Caprio, Rebekah Case, Briana N. Eshleman, Alyssa D. Finlayson, Brittany A. Godshall, Rachel B. Hendrie, Allison H. Irwin, Crista D. Krivoniak, Melissa J. Lewis, Erin L. Rhodes, Claire E. VanHoff, Nicole E. Viglietta, Lindsey N. Westervelt and Amy R. Williams. The keynote speaker for the induction ceremony was Messiah College assistant professor emeritus Martha O. Solomon, M.S.N., R.N. The induction ceremony was followed by the installation of new officers for the 2010–2011 year. The newly installed officers included: president, Erica Leber-Burnham, M.S.N., R.N., C.C.R.N.; vice-president, Cynthia Wilson, M.S.N., R.N.; recording secretary, Nina Delgrande, MHA, CAN-BC, RN; treasurer, Cathy Druckenmiller, B.S.N., R.N., C.C.R.N.; leadership succession chair, Lisa Fox, B.S.N., R.N.; and faculty counselor, Louann Zinsmeister, Ph.D., R.N.

A variety of chapter activities occurred during the past year. In addition to the chapter induction ceremony and dinner, the chapter co-sponsored a research day with PinnacleHealth System in April 2010. In November 2010, a general meeting and program were held featuring Betsy Snook, executive administrator for the Pennsylvania State Nurses Association. In December 2010, the members of the Lambda Kappa chapter participated in a gift wrapping service project. The outgoing 2009–2010 Lambda Kappa officers included president, Ngoc Godshall, M.H.A., R.N.; president-elect, Erica Leber-Burnham, M.S.N., R.N., C.C.R.N.; vice-president, Sarah Harne-Britner, M.S.N., R.N.; recording secretary, Marge Samsel, M.S.N., R.N.; corresponding secretary, Cheryl Key, M.H.A., R.N.; treasurer, Cathy Druckenmiller, B.S.N., R.N., C.C.R.N.; leadership succession chair, Lisa Fox, B.S.N., R.N.; and faculty counselor, Pamela Linstedt, M.S.N., R.N.

The Lambda Kappa Chapter of Sigma Theta Tau International Honor Society of Nursing was chartered March 30, 1990.

**STUDENT ACCOMPLISHMENT**

*Congratulations* to senior student Sarrah Garraty on her recent publication “Living Positively as HIV Positive” in the January–March 2011 issue of the Journal of Christian Nursing.
Nursing Student Association (NSA) 2010–2011 School Year
By L. Ashley Rittenhouse ’11

With the mission of Messiah College Nursing Department to provide the highest level of education for the beginning professional nurse, the academic calendar and workload can become, at times, overwhelming yet incredibly exciting. Throughout the variety of class levels among the nursing department, men and women growing in faith and nursing practice find the burning desire to further their network, their knowledge and their potential. The Nursing Students Association (NSA) at Messiah College is devoted to targeting these very students and assisting them in their endeavors. It has provided monthly meetings throughout the 2010–2011 academic year with speakers among the Messiah College faculty and beyond to teach our growing nursing professionals about nursing overseas, graduate nurse opportunities, travel nursing, the nursing professional ladder and even what to do to make yourself stand out to a nursing recruiter.

Attendance at these meetings has ranged from 25–35 students of varied class levels. In addition to monthly meetings, NSA has represented the Messiah College Nursing Department at the Pennsylvania Nursing Students Association convention in Lancaster with 15 students. NSA also plans to take several upper-class students to the National Student Nurses Association convention in Salt Lake City, Utah. At this convention, students will have the opportunity to network with health care leaders across the nation and to learn about further professional development, nursing advocacy and training in additional nursing skills. By providing these opportunities for the students at Messiah College, we hope to give possibilities and knowledge to our already ambitious students in how they may best serve God with their degree in nursing. NSA will continue to train leaders not only for the Messiah College Nursing Department, but also for the nursing profession.

Support Nursing Through Scholarships

YES! I want to support nursing education at Messiah College through an endowed scholarship. Please direct my gift to:

- The Nursing Education Endowed Scholarship, given to nursing students who demonstrate financial need
- The Janelle Joy Nisly Memorial Scholarship, for students in nursing or pre-med who are affiliated with either the Mennonite Church, Church of the Brethren, or Brethren in Christ Church
- Christy Stark Smith Memorial Scholarship Fund, given to a nursing student who has demonstrated excellence in nursing care of the child-bearing family

My tax-exempt donation is enclosed for:

☐ $1,000  ☐ $500  ☐ $100  ☐ $50  ☐ other

Name ____________________________________________________________
Address __________________________________________________________
City ___________________________ State ______ Zip __________ ____Phone (______) ________________________

Please make check payable to: MESSIAH COLLEGE.

Please clip this form and return it to the Messiah College Office of Development, Box 3013, One College Avenue, Grantham, PA 17027.
This is how I responded immediately after reading an e-mail sent out by department chair Carolyn Kreamer in late November. The e-mail was a plea from Samaritan’s Purse (SP) for nursing staff to travel to Haiti and volunteer in a cholera treatment center. My heart had been broken for the country of Haiti since the earthquake in January 2010. I had signed up with two different organizations to go and serve but had not gotten any contact about going. I was waiting on God. There it was—an e-mail right in front of me. My husband’s response was, “Go.” So I contacted Samaritan’s Purse with my interest and filled out the application online. Within a few days, I had decided the dates I was going (Jan. 1-8), had my plane ticket booked and told my friends and family of my plans.

An outbreak of cholera was confirmed in Haiti Oct. 21, 2010 by the CDC. Cholera is a bacterial infection that occurs if there is a significant breach in the water, sanitation and hygiene. The poor living conditions post-earthquake were not beneficial to keeping the spread of the disease to a minimum. Cholera usually presents as a mild gastroenteritis, but some infected persons experience severe dehydration due to excessive diarrhea and vomiting. Currently, according to the country’s health ministry, the death toll has risen to at least 4,030 and the number of cases has surpassed 209,000.

So, I read about cholera and spent a few hours with the IV team at my hospital. (IV fluids are first line of treatment for severe cases, and I hadn’t started an IV in over 10 years). I also looked over the treatment plans that SP had in place. I felt fairly prepared. I was traveling to a country where I had never been, had never done medical missions before and was not traveling with anyone that I knew ... but I was at peace.

There were about 14 of us arriving at the same time in Port-Au-Prince, all of us were serving with SP. The reality of the devastation that hit the Haitians one year ago hit me as soon as we drove away from the airport. We were immediately driving in the middle of two large “tent cities.” Nothing could have prepared me for that feeling you get in the pit of your stomach when you see how these people are living, even one year after the earthquake. My heart was even more burdened.

Our driver took us to the SP compound where we would be staying for the week. Next, we were divided into teams. SP has two cholera treatment centers they are running: one in Bercy and one in Cite Soleil. I was put on the night-shift team for Bercy, which is the smaller of the two centers. We started our shifts Sunday night after arriving Saturday evening. We knew going into the trip that we would be working 12-hour shifts and probably working every day we were there. Our team consisted of a coordinator, two physicians and six to eight nurses. Our team bonded very quickly and got along wonderfully. It’s amazing how God orchestrates the details. At the treatment center, we also worked with Haitian doctors (usually two), a Haitian nurse and interpreters. Over the last three months, SP has been employing about 180 Haitians to staff the two cholera treatment centers. SP is trying to equip people to care for their own. One of the things that I loved most about being there was that I was there to mentor, teach and encourage the Haitian nurses working beside me, as well as caring for the patients.

At Bercy, we’d have anywhere from 25–35 patients each night. At Cite Soleil, they were seeing about 60–80 patients each night. The Bercy compound consisted of a bunch of different tents, all connected with plywood “boardwalks” supported on cinder blocks. Most tents had six beds, while two tents had 12 beds.

You may be wondering how we treated patients with cholera. A typical person is initially evaluated in the “oral rehydration” station, I’m going to Haiti”

By Autumn (Negley) Tyson ’01

“Did Jesus not hang out with and heal the sick, even if they were contagious? This life is not about me.”

Autumn Tyson ’01 and Marie Maud, one of the Haitian nurses

Haiti, continued on page10
(ORS) tent to see if oral rehydration was a viable treatment option. If a patient had vomiting or diarrhea while in the ORS tent, he or she was sent to the triage tent where at least one IV was placed (sometimes two IVs, depending on the condition of the patient), and fluids were started immediately. Some patients were very sick and needed to be carried in by family. Those patients were given the IV fluids immediately. I can’t say that I was prepared to see how sick these patients became. Patients who came for treatment were very lethargic. Their periphery was so clamped down that pulses were thready or non-palpable. Skin turgor was so poor that when checked, a “tent” would just stay in place until smoothed out. After getting a few liters of fluid into these patients, you could see dramatic changes. I didn’t realize how quickly dehydration could occur until I saw that it would be nothing for these patients to pass about a liter of fluid with each episode of diarrhea. Consider that episodes of vomiting and diarrhea occur as frequently as one episode per hour, if not more. These people were losing a lot of fluid. Our job was to try to keep their fluid status in balance. We monitored and calculated each episode of diarrhea, vomiting and urination, recorded the many liters of fluid we administered and how many cups of oral rehydration solution (ORS) they were drinking. Ideally, we wanted to hydrate orally, but many needed the IV solution in addition to the ORS for a time. When the patients were well enough to keep oral fluids down, each was given one dose of doxycycline and daily doses of a multi-vitamin, zinc and potassium. Patients met discharge criteria when they had two or less diarrhea episodes in a 6-hour period. Patients were given a lot of education, an oral rehydration solution and water purification tablets to take home. As far as keeping things clean, every bar of soap had bleach in it, and we washed our hands very often. We had to walk across mats soaked in bleach many times and scrub our shoes off with bleach water after getting back from the treatment center. Our scrubs also were washed in bleach water. These were the logistics to keeping the cholera at bay.

My heart was touched each and every night. What were the biggest impacts?

1. Nearly every patient in the cholera treatment center (CTC) had at least one family member staying with him or her 24 hours a day. That family member usually shared the small, wooden “bed” with the patient, and the family member was responsible for emptying the patient’s waste. I didn’t hear one family member complain, grunt or even roll an eye about doing this. In some cases, it was a teenage son or daughter. And

“This life is not about what I can do for myself. This life is not about how much money I can make or how high I can climb up the professional ladder.”

In the rare situation where there wasn’t a family member, another patient’s family member would usually step up and take that responsibility. I was touched by how they cared for one other. 2. Even lying on little wooden beds, sick with cholera, these patients would call out and sing praises to God. It was music to my ears. I want to have that kind of faith, that no matter what the circumstances, I will sing praises to my God! 3. This battle is not of the flesh ... We saw this first-hand in the miracle of a 5-month-old boy. The mother had brought him into the CTC, and she was told that he probably would not make it. They could not get IV access and he was lethargic. A Haitian pastor was there praying and talking with the mom and found out she had taken this baby to a voodoo doctor first. They place a loose rope with a key around the person’s neck to keep the vomiting away. The Haitian pastor cut this rope off the child’s neck and began praying over the child more. This is when an IV line got started, a pulse was felt and the baby’s eyes rolled back to where they could be seen. He started moving a little. This little boy made a complete recovery. God is good, and he is victorious over the evil one!

Many people’s responses when I told them what I was doing were, “Well, don’t bring that stuff back here.” I just really felt like saying, “How selfish.” Did Jesus not hang out with and heal the sick, even if they were contagious? This life is not about me. This life is not about what I can do for myself. This life is not about how much money I can make or how high I can climb up the professional ladder. This life is about caring for people, loving people, being sensitive to the needs of people around me (whether in another country or with my neighbor living right next door). I want my heart to be broken for the things that break God’s. This life is about taking every opportunity to share Christ with others.
Alumni news

Andrea Bean ’99 announces the adoption of sons Stephen Jonathan June 7, 2005 and Izayah William July 8, 2007 on Dec. 21, 2009. And, they just got their newborn baby sister straight from the hospital.

Diane M. Prescott ’78 works for DPW as nurse reviewer for DME equipment, lives in Hummelstown, Pa., and has two daughters and a granddaughter.

Kristine (McGuire) Kaslowsky ’02 lives in Glen Burnie, Md., and works in pediatric critical care. She and spouse, Stephen, have a daughter, Katie Rai born in July 2009, and a baby boy that was due on August 14, 2010.

Heidi (Furst) Thompson ’03 lives in San Antonio, Texas. She and her husband Andrew ’03 have Rachel Hannah, born Nov. 24, 2005, and Jake, born Oct. 18, 2009. Heidi is working as a NICU nurse at Christus Santa Rosa Children’s Hospital in downtown San Antonio, Texas.


Jessamine (Lustig) Lopez ’04 and husband Geoffrey Lopez welcomed daughter Calla Ruth May 1, 2010. Jessamine works as a pediatric nurse for Austin Regional Clinic in Austin, Texas.

LT Peter Sunden ’05

An active Naval Officer, Lieutenant Peter Sunden is currently serving in a combat zone in Afghanistan. He is currently assigned to Naval Hospital Okinawa, in the Intensive Care Unit. While stationed at his command he obtained the credentials as a Critical Care Registered Nurse (CCRN). In Afghanistan he works in a Shock Trauma Platoon (STP) providing immediate life saving care to wounded war fighters.
This is the **LAST PRINT EDITION** of Nursing News. Further issues will be sent via email.

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To share your news with us, please clip this form and mail to Nursing News, Messiah College, P.O. Box 3031, One College Avenue, Grantham, PA 17027, or email: nursing@messiah.edu.
This is an incredibly exciting time in the history of our nursing program as we launch our first graduate programs in July 2013. Recognizing that nursing education is one of our strengths, our first Master of Science in nursing track will focus on preparing academic and/or staff development educators. National surveys of educational programs indicate that there is still a tremendous faculty shortage. Recently collected nationwide data from 742 baccalaureate and higher degree programs by the American Association of Colleges of Nursing (AACN) show that all undergraduate and graduate nursing programs have grown in enrollment, but over 58,000 qualified applications in generic baccalaureate nursing programs were not accepted. One of the primary reasons reported for denying applications was insufficient faculty.1 Our regional surveys indicate that there is interest among prospective RN students who wish to develop a career in nursing education, and there is interest among our regional clinical partners in hiring well-qualified staff development educators.

Today's graduate student seeks affordability and accessibility when choosing a nursing program of study, and our competitive pricing and online format meets both of these needs. Additionally, those well-qualified students who sought their initial education in associate degree programs have an RN-MSN option if they wish to have the value added to their credentials of a Master of Science in nursing degree. Further, those who already hold a graduate degree as an advanced practice nurse who wish to enhance or shift their careers may seek a 15-credit Certificate in Advanced Graduate Studies in nursing education. After meeting the practice requirement, all graduates will be eligible to take the National League for Nursing Certified Nurse Educator examination. Each of us has an ethical and professional duty to support the education of the future generation of nurses. We can fulfill that duty in many ways—volunteering to precept students, encouraging our colleagues to pursue graduate preparation to teach or pursuing our own education and scholarship to serve as role models for the advancement of nursing practice and education. But for those who have a passion and a call for teaching, scholarship and service in academia or staff development, this program may be for you. For more information, please visit this website: www.messiah.edu/msn.


On Dec. 2-4, 2012, the First International Congress of Gynecology and Obstetrics was held at the Guangzhou Baiyun International Convention Center in Guangzhou, China. More than 100 world-renowned experts from more than 20 countries presented cutting-edge research findings addressing the conference theme of “New Horizons in Women’s Health.” Dr. Nancy Woods, Ph.D., MPH, R.N. from the Messiah College Department of Nursing was one of the invited speakers. She presented her research, “A cross-sectional analysis of the effect of patient controlled epidural analgesia vs. patient controlled analgesia on post-cesarean pain and breastfeeding,” which was recently published in the Journal of Obstetric, Gynecologic, and Women’s Health. Although qualitative research supports women’s perception of the effect of C-section on breastfeeding, this study is one of the first to quantify the impact of post-cesarean pain on the initiation and frequency of breastfeeding. This large (N = 621), retrospective, comparative, correlational study was conducted with a team of nurses and physicians at a community teaching hospital in the northeast United States. Findings from the study resulted in substantial practice change at the study site leading to improved pain management along with earlier and more frequent breastfeeding in the first 24 hours after delivery. Following the conference, Nancy and her husband John, had some time to explore the beautiful sites and culture of China.
JANUARY SENIOR PRACTICUM
DR. WANDA THUMA-MCDERMONT, Eileen Gardner and seven senior nursing students traveled to Macha, Zambia for the January Senior Practicum this past January, 2013. The pictures below were captured during their experiences.

M’Liss started working at Messiah in 1994. She was a clinical instructor for the maternity course in the fall semester and taught one or two semesters for the degree path program. Somewhere “along the way” she began teaching Nursing 210 and 211 courses in the spring.

M’Liss has an undergraduate degree in psychology, and worked as a social worker for several years before deciding to go back to school for nursing. She has a M.S. in nursing from Pace University in New York, where she also completed a family nurse practitioner preceptorship. M’Liss graduated from Pace in 1981 and started working as a staff nurse in labor and delivery at Harrisburg Hospital. In 1988, she left the hospital and worked as a nurse practitioner until 1999 when she returned to labor and delivery.

M’Liss is married and has two grown children. Her son works in human services and lives in West Chester, Pa., and her daughter is a social worker who lives in Philadelphia—she is currently in graduate school for public health.

MESSIAH COLLEGE SAYS FAREWELL TO M’LISS HALSEY

M’LISS STARTED WORKING AT MESSIAH IN 1994. She was a clinical instructor for the maternity course in the fall semester and taught one or two semesters for the degree path program. Somewhere “along the way” she began teaching Nursing 210 and 211 courses in the spring.

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M’Liss is married and has two grown children. Her son works in human services and lives in West Chester, Pa., and her daughter is a social worker who lives in Philadelphia—she is currently in graduate school for public health.

CONGRATULATIONS TO MARTI DERR, PAMELA LINSTEDT AND DEBRA LOOP!

These faculty members became Certified Nurse Educators by passing the National League for Nursing, Certified Nurse Educator Exam in summer 2012. Their credentials now include this designation, shown by the letters CNE behind their names. Certification as a nurse educator is a mark of distinction for nurse educators who demonstrate expertise in the specialty role of nursing education. Specifically, the mission of the Academic Nurse Educator Certification Program is to recognize excellence in the advanced specialty role of the academic nurse educator.

GRADUATE NURSING EDUCATION HAS COME TO MESSIAH!

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HEIDI LUTZ, PH.D., R.N., BECOMES ASSOCIATE PROFESSOR

Heidi Lutz, Ph.D., R.N. successfully completed the requirements for term tenure and promotion to associate professor, effective August 2013.
Dr. Heidi Lutz, associate professor of Nursing, presented her dissertation research at the International Society of Psychiatric and Mental Health Nurses (ISPN) 15th Annual Conference held in San Antonio, Texas on April 19, 2013. Her presentation was entitled, “What Advance Practice Nurses Need to Know about Families Coping with Autism.” Co-presenters were nursing faculty from Widener University who served on her dissertation committee, Barbara Patterson, Ph.D., R.N., ANEF, and Jean Klein, Ph.D., R.N.
My journey at Messiah College
By Nicole Hess ’13

Working through the nursing program over the past four years has been an adventure. Coming to Messiah, I was set on being a nursing student while also playing on the women’s basketball team. It provided different challenges, from late nights traveling home from away games, to missing practices for clinical experiences, to attempting to find a way to be devoted to both. Balance was the key. Knowing that at times I would not be able to give 100 percent in both areas simultaneously, I focused on giving what I had at practice and then switched gears and focused on my schoolwork once I stepped off the court.

Nursing has always come first however, and that distinction was an important one for me to make early on. It was also important for me to make time to be with my friends and relax, and thankfully I have been able to do that. There were days when it was tough to stay on top of my studies and basketball, but I always told myself that no one forced me into this situation; I chose it. I liked the challenge and concentrated on one day at a time. Other days, I think the good Lord gave me a little extra strength and determination to just keep pushing through. Looking back, another thing that helped me manage both basketball and nursing were the relationships that I formed with my teammates and my classmates. I feel privileged to have gotten the chance to build friendships with so many wonderful people. They helped keep me smiling and laughing.

I have wanted to be a nurse for as long as I can remember, and the thought of another option has never really crossed my mind. My hope is that after a few years of working as an R.N., I will serve overseas with a medical mission organization or look into Mercy Ships. I’ve always had a special place in my heart for Africa and after serving there two summers ago I knew I’d return, Lord willing. The world of nursing is an exciting one and I am so thankful that I am able to be a part of it. I’m also thankful for the professors, clinical instructors, coaches, friends and family that have helped me make it possible to succeed in nursing school and basketball. I’ve learned and experienced so much over the past four years and I certainly could not have done it alone. It’s been a rewarding adventure; may the adventure continue.

Opportunities in nursing
By Daniel Mauger ’14

I was driving to work for my night shift and I saw a familiar sight: glaring yellow hazard lights flashing from a car sitting on the side of the highway. I wondered if the driver needed help, and I was torn as to whether to stop or not. I had to make a decision fast, and as I sped past the car I justified myself, “He doesn’t look like he needs help, and besides, I need to get to work.” Had I missed an opportunity?

I arrived at the hospital and was assigned to sit one-on-one with James,* in the Intermediate Care Unit. He had been admitted for pneumonia, but also suffered from dementia, which is why I was assigned to be with him. When I walked into his room, my ear drums were beset by subtle but incessant sounds. The tube carrying oxygen to his nose constantly whispered while the monitor tracking his blood pressure and respiratory rate binged and bleeped. Added to this were James’ intermittent incoherent mutterings and his raspy cough.

I settled myself into a chair for what I expected to be an eternally long night as the music channel on the TV played old tunes that James occasionally recognized.
I had only completed my sophomore year of nursing, so I didn’t comprehend everything that was being said. However I did understand that James was dying and his family had requested that in such a situation he should not be resuscitated.

An atmosphere of seriousness and urgency filled the room, but there was no rushing around like in a classic emergency TV show. A nurse held James’ hands and gently reassured him that she was there. James never seemed to be in pain or discomfort, rather he just slipped out of this world.

At some point during the ordeal I had begun to pray silently. I pleaded with God to preserve this man’s life, to perform a miracle. Emotions washed over me: surprise, fear, excitement, anxiety, amazement, sadness. I didn’t know what to think as I slowly shifted around the room feeling like an outsider looking in through a window into someone else’s world. Had I just witnessed a patient die? I thought back to my reluctance to discuss spirituality with James, and it was troubling. Had I just spent all night with him without ever sharing any of the hope for eternity that I have? Had I missed an opportunity?

I was woken out of these thoughts as one of the nurses suddenly said, “I feel a pulse!” James had gone about a minute with his monitors glaring nothing but flat lines, but suddenly, without any intervention, he was back. The shocked nurses watched as he came back to his baseline levels, which were not good, but certainly much better than nothing! As James resumed a semi-stable condition, the staff slipped out of the room and I was left with the one nurse in charge of James.

“Had I just spent all night with [James] without ever sharing any of the hope for eternity that I have? Had I missed an opportunity?”

For a while I tried talking to James, but our conversation seemed to be like a bridge built simultaneously from both banks of a river that fails to meet in the middle. From scraping together bits and pieces I learned that James came from a Catholic background, and I considered talking to him about spirituality or perhaps praying with him. Feeling rather awkward, however, I decided against it.

After a while calm settled in and James drifted off to sleep. I sat with him through the watches of the night and as the sun began to come up, the bustle of the hospital increased. The resident doctor came to see how James was faring and noticed he was less responsive than the day before. I was half listening to the resident and half thinking about what I was going to do when I got off my shift in five minutes when suddenly an alert began to sound from the heart monitor. The signals were transmitted to the nurse’s station and a troop of nurses took the room by storm.

Someone called out, “He’s in A-fib and V-tach; check his pulse!”
“I don’t feel anything!”
“He’s not breathing anymore!”
“We can’t get the code cart because he’s a DNR!”

“What exactly just happened?” I asked.
“Well James went into V-tach and A-fib and lost his pulse. But then spontaneously his heart started again. I’ve never seen anything like it!”

The nurse had stated the obvious, but the last part of his sentence surprised me. Had I witnessed a miracle?

As I thought about all that had just occurred, my shift ended and I handed my one-on-one responsibilities off to my replacement. As I was driving home, my head was again filled with thoughts. The nurse had said that despite his marvelous recovery James would most likely pass away that morning. I mulled over the whole situation over and over again, and was bothered by my failure to take an opportunity to discuss spirituality with James. Suddenly I was roused from my daydreaming by a familiar sight: flashing hazard lights on the side of the road. A car had its hood up, so something was obviously the matter. I wondered if the driver needed help… This time I knew what to do. I had learned from my experience with James not to miss opportunities. I promptly pulled over and got out to see what the problem was.

Epilogue

It turns out that James lived about a week longer. Although I never was assigned to him again, I followed up on his condition as best as I could by looking at his chart. Several days before he actually passed away I went to his room and found his daughter and wife by his bedside. I introduced myself and told them a little about my experience of sitting with him. Guessing that they were Catholics from my assessment of James, I asked if I could pray with them. They accepted, and we bowed our heads. I had learned not to miss any opportunity to share the hope I have from knowing Christ.

Daniel Mauger ’14 spent the summer of his sophomore year in an externship at a local hospital.

*Name changed to maintain privacy
SIGMA THETA TAU INTERNATIONAL: SPRING 2013 INDUCTION CEREMONY

The local chapter executive board of Sigma Theta Tau, Lambda Kappa, will host a spring induction ceremony on April 20 at 5 p.m. Dr. Kimberly Fenstermacher will deliver the Keynote Address, “Nurses Equipped for the Future: Education, Evidence, Ethics and Engagement.” Nominees for induction into this honor society must achieve a cumulative grade point average in the top 30 percent of their class. The following nursing students are nominees for Sigma Theta Tau this year: Alyssa Benner, Danielle Caley, Rachael Capeci, Kirsten Eller, Rebecca Fox, Ellen Harpold, Morgan Hartz, Amy Hess, Nicole Hess, Vanessa Jordan, Julian Keller, Izada Park, Morgan Petrie, Jenna Raup, Erin Royer, Josalyn Smith, Corinne Wulf and Brittney York.

Installation of new officers for the Lambda Kappa Chapter of Sigma Theta Tau will take place during the spring induction ceremony. Chapter officers are as follows:

**Chapter President:** Dr. Carolyn Kreamer
**Vice President:** Jeffrey Storey
**Faculty Counselor:** Dr. Tara Jankouskas
**Treasurer:** Nicole Viglietta
**Secretary:** Marge Samsel
**Governance Committee Member at Large:** Kim Fowler
**Leadership Succession Chair:** Marilou Mortimer
**Member Involvement Chairperson:** Tina Daniels
**Student Ambassadors:** Alyssa Benner and Corinne Wulf

NEWS FROM THE STUDENT NURSES’ ASSOCIATION

SNA members at the 2012 SNAP Convention: (left to right) Jenna Raup (’13), Morgan Petrie (’13), Natasha Webster (’13), and Leah Compton (’15)

The Messiah College Student Nurses’ Association (SNA) experienced another active 2012–13 academic year. The chapter is led by president, Morgan Hartz, and faculty advisor, Louann Zinsmeister. In the fall, 11 students attended the Pennsylvania State Student Nurses’ SNAP Association Convention in Pittsburgh, Pa. and five of these students represented Messiah as delegates in the SNAP Senate. In the spring, 18 students attended the National Student Nurses Association Convention in Charlotte, N.C. Both conventions afforded members many opportunities for professional development, for participation in business meetings of the organization, and for opportunities to meet with nursing students from across Pennsylvania and the United States. Biweekly meetings were held on campus for students to hear local nurse leaders present topics of interest to the local chapter members. The chapter sponsored a clothing drive, a Zumba session and 12 NCLEX review sessions from October to March. These NCLEX review sessions were presented by Dr. Zinsmeister and were offered free of charge to all SNA members interested in getting a head start on preparing for the NCLEX examination. In addition, the chapter was awarded a Silver Membership Award from the Pennsylvania State Student Nurses’ Association for their active membership of 45 nursing students. The Messiah College Student Nurses’ Association is a chapter of both the National Student Nurses Association (NSNA) and the Pennsylvania State Student Nurses’ Association (PSSNA). Membership is open to all nursing majors at Messiah College. The following students served as the 2012-2013 board members: Morgan Hartz, president; Andi Matter, vice president; Ashley Conwell, treasurer; Rebekah Espiritu, secretary; Jen Ranck and Liz D’Amelio, fundraising; and Katherine Crawford, Publicity.
MESSIAH COLLEGE NURSING CLASS OF 2012 AWARD WINNERS AND HONOR GRADUATES

Emily Dincher  
Pennsylvania State Nurses Association - District 15 Award for Leadership

Victoria Fulford  
Academic Excellence Award and Christy Stark Smith Award for Excellence in Nursing Care of the Childbearing Family

Erica Heisey  
Excellence in Nursing Award

HONORS & AWARDS

NURSING STUDENT GRADUATES

Summa Cum Laude Graduates  
(grade point average of 3.90 or above)  
Emily Yvonne Dincher  
Victoria Anne Fulford  
Meredith Ann Schorner  
Jordan Elizabeth Trout  
Emily Jo Wenger

Magna Cum Laude Graduates  
(grade point average of 3.60 to 3.89)  
Brooke Danielle Airey  
Ashley Marie Arnold  
Nicole Ellyn Carran  
Megan Ann Clapp  
Kristi Marie Cook  
Tiffany Renee Egolf  
Erica Michelle Heisey  
Chelsey Pauline Herzig  
Casey Jean Hetrick  
Danielle Elizabeth Johnson  
Laura A. Kieliszewski  
Jessica Mae Morris  
Naomi Jane Sappe

Cum Laude Graduates  
(grade point average of 3.30 to 3.59)  
Katie Lynne Blosenski  
Jessica Lee Brown  
Rachel Ann Coyle  
Megan Elaine Craley  
Hannah LeDelle Dotts  
Sara E. Foor  
Jenae T. Griffith  
Alyssa Joy Groff  
Audrey Michelle Hanselman  
Erin Danae Horst  
Sarah Elisabeth Jones  
Sophia Kathryn Mavronis  
Kara Elyse Miller  
Rachel Lynn Obenschain  
Bianna Marie Reed  
Rebecca A. Rotzell  
Elizabeth Katelyn Smith  
Kelly A. Thomas  
Sarah Elizabeth Wagoner  
Bianna Elizabeth Wilbur  
Anna Grace Zook

COLLEGE HONORS PROGRAM  
(demonstrate high scholarly ability in their academic career and intellectually rigorous Christian worldview, equipping for lives of leadership and service)

Megan Ann Clapp  
Victoria Anne Fulford  
Erica Michelle Heisey

BOYER SCHOLAR  
(exemplary scholarship, leadership, service, and demonstrated potential to make a distinctive contribution to society)

Emily Yvonne Dincher
ALUMNI SURVEY

There will be an online Nursing Department Alumni Survey available this summer (2013) for the classes of 2012 (1-year survey) and 2008 (5-year survey).

Please take the time to respond; we appreciate your contributions!

SUPPORT NURSING THROUGH SCHOLARSHIPS

YES! I want to support nursing education at Messiah College through an endowed scholarship. Please direct my gift to:

☐ The Nursing Education Endowed Scholarship, given to nursing students who demonstrate financial need
☐ The Janelle Joy Nisly Memorial Scholarship, for students in nursing or pre-med who are affiliated with either the Mennonite Church, Church of the Brethren or Brethren in Christ Church
☐ Christy Stark Smith Memorial Scholarship Fund, given to a nursing student who has demonstrated excellence in nursing care of the child-bearing family

My tax-exempt donation is enclosed for:
☐ $1,000 ☐ $500 ☐ $100 ☐ $50 ☐ other

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Gifts to the nursing department July 1, 2011 through June 30, 2012

Chatlos Nursing Scholarship Awards
The Chatlos Foundation Inc.

Lynda Gochnauer Nursing Endowment
Lynda J. (Gochnauer) Snyder ’92

Christy Stark Smith Memorial Scholarship
Jerry L. & Deborah S. Hostetter
Carolyn L. Kreamer
Messiah Nursing Class of 2012
Paul D. & Barbara J. O’Neil
Timothy C. & Kelley A. Roff
Genevieve Smith
Stephen R. Smith
Allan L. Thrush

Margaret McCormick Endowed Scholarship
McCormick Family Foundation

Nursing Department – Annual Fund
Valerie Diane (Lucas) Coakley ’99
Patricia D. Kissell ’64
Martha J. (Hartzler) Rohrer ’50

Nursing Department – Restricted Fund
Kelly J. (Sensenig) Janke ’04
Mary E. (Fries) Riggins ’77
Ruth I. Stoll

Nursing Education Scholarship – In Memory of Peggy S. Walters
Gordon S. & Carolyn Cochrane
Martti G. (Groff) Derr ’80
Deborah E. (Helsel) Herr ’88
Kay L. Huber

Donald & Dorothy Stabler Nursing Scholarship Endowment
The Stabler Foundation

Franklin H. & Ruth L. Wells Endowed Scholarships for Nursing Students
The Wells Foundation

EDITOR: Heidi Lutz, Ph.D., R.N. — Please send comments and ideas for future editions to HLutz@messiah.edu.
VIEW FROM THE CHAIR: A FOND FAREWELL

By Carolyn L. Kreamer, Ph.D., R.N., CNE

“For everything there is a season and a time for every matter under heaven...”
Ecclesiastes 3:1, NRSV

This is my last entry in our Nursing News as chairperson of the Department of Nursing. It is my time to leave this wonderful position and transition to the world of retirement. I can scarcely believe this is my 28th year at Messiah College and my 15th year as chairperson. What an amazing journey! I cannot begin to recount all the blessings I experienced while a part of this educational program. I am enriched by many outstanding faculty colleagues—both nursing and others—who taught me so much about nursing, teaching and Christian life. I recall many, many incredible students whose talents, courage and commitment amazed me—and continue to do so. I reflect on the many crises and stressors that we shared in common, and how God provided just what we all needed at just the right time and in just the right way. His presence and blessings surround this educational endeavor now and into the future. I leave knowing that the nursing program will grow wings and soar. I look forward to witnessing that flight from a new perspective. And, I will nod and smile.

As I reminisce—one of those critical tasks at my stage of life according to Erikson—I look forward with anticipation to learning new things, meeting new people and savoring the gifts of the past. Nursing provided me with a rich and varied life that I could never have anticipated when I began my professional journey 45 years ago. Wherever you may be in your own personal or professional journey, I wish you joy and many moments that bless your days and years ahead.

TRIBUTE TO AN AMAZING AND FEARLESS LEADER: DR. CAROLYN KREAMER, PH.D., R.N., CNE

Dr. Kreamer has been a nurse since 1969 and has worked primarily in acute care—specifically, the intensive care setting in local hospitals. She began educating future nurses in 1976 and began her wonderful career at Messiah College in 1986. Dr. Kreamer became the chairperson of the Department of Nursing in 1999, and she has faithfully and tirelessly led the nursing department through several curricular changes, including Nursing Education Programs for the Commission on Collegiate Nursing Education (CCNE) accreditations, National League for Nursing (NLN) accreditations, and most recently, the initiation of the graduate programs in nursing at Messiah College. Dr. Kreamer is an outstanding professor of nursing, educator, leader, colleague and friend.

Dr. Kreamer graduated from the York Hospital School of Nursing in 1969, earning a diploma in nursing. She completed her bachelor’s degree in nursing (B.S.) at the Pennsylvania State University in 1975. Dr. Kreamer’s graduate studies were focused in nursing education in the clinical practice area of medical surgical nursing. She graduated from the University of Maryland in 1980 with a master’s in nursing (M.S.). Finally, Dr. Kreamer earned her Ph.D. in adult health nursing from the University of Texas at Austin in 1989. Her most recent accomplishment was certification as a nurse educator (CNE) in 2011.

Dr. Kreamer’s accomplishments are too extensive to list in exhaustive fashion, for she has been extremely active in nursing research and education over the course of her illustrious career. However, to mention a few activities and/or accomplishments:

Tribute, continued on next page
president of Lambda Kappa chapter of Sigma Theta Tau International (the honor society of nursing)—2012 to present; trained site evaluator for nursing education programs for the CCNE (and team leader since 2009)—2000 to 2013; and she serves on various boards and/or is involved in many organizations, such as Pinnacle Health System, Nursing Advisory Board of Robert Morris University and the Pennsylvania State Nurses Association (District 16).

Dr. Kreamer will be greatly missed by all at Messiah College! She is an amazing nurse who embodies the true spirit of nursing—serving others. She is an excellent role model and her career is to be admired and respected. The department has thrived and blossomed under her leadership and care.

As Dr. Kreamer looks forward to some relaxing time with her mother at home, she also plans to travel with friends and perhaps revitalize her passion for horses. She has won awards in the past with her horse and has a strong passion for caring for the animals and volunteering with therapeutic riding programs.

Carolyn and her horse, Fine and Dandy, in 1996. Fine and Dandy lived to be 21 years old, and Carolyn cared for him until his death in 2009.

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**Nursing Education...Revisited**

*By Sarah Wagoner '12*

**AS A RECENT GRADUATE OF MESSIAH’S NURSING PROGRAM IN 2012, I can distinctly remember the satisfaction of being “completely done with school.” I excitedly entered my nursing career without any intentions of ever going back to academics. This year, I learned that my need to run tangibly odd to be on the other side of the fence and instructing beside faculty that were and still are my teachers and mentors. However, my passion for nursing took over, and I slowly began to feel that I was prepared to step into this new role. I love taking the students into the clinical setting and supervising their hands-on experience. I can relate to their fears and concerns while reassuring them that they will succeed, as I have been in their shoes very recently. This semester I have been blessed to wear many hats. I am a nurse, I am an educator, and I am a student... sometimes all in the same day!**

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**Staff Spotlight: Stephanie Patterson**

*My name is Stephanie Patterson and I am the administrative assistant to the coordinator of graduate nursing programs at Messiah College. I am thrilled to be here and eager to have been appointed to this position in the exciting new graduate nursing program! I grew up in Gettysburg, Pa.—LOVE that town—and graduated from Millersville University with a B.S. in English education. Prior to coming to Messiah, I spent several years working at Capital Area Pregnancy Centers as the fundraising event coordinator. Like Messiah, CAPC is a faith-based organization and I think it is a real privilege to be able to work in an atmosphere where I can openly express my faith in Christ and love for Jesus.

I have two teenage children. Jake is 18 and is a senior at Mechanicsburg High School. Katie is 13 and will finish 7th grade this summer. My husband, David, and I were high school sweethearts and will be married for 25 years this fall. I love to read, read, read!!! I like to cook and garden too—but given a great book? Well, I can get lost in it!

Three “fun facts” about me:
1. I was a (not very good) triple jumper in high school with a career best jump of 26’2”.
2. I am a PA certified English teacher—so ask me those APA questions!
3. I love the beach and the mountains equally and like to be in the Tuscarora State Forest (where my family has a cabin) as much as possible.

I share an office with Nancy Frank in Kline 026—so stop by for a visit or send me an email (spatterson@messiah.edu).
HAVE YOU EVER WONDERED WHAT IS INVOLVED in setting up nursing student clinical experiences? When I was a nursing student, I took clinical experiences for granted. I never thought about the arrangements that were needed to make my clinical happen at a particular location and time. I believe most nursing students and parents do not realize what processes are occurring before, during and after clinical to provide for a successful educational experience. Therefore, I will share my role in behind the scenes clinical coordination.

About 4-5 months before students attend the clinical experience, I discuss the upcoming semester's clinical options with the faculty course coordinator. Most of the clinical sites remain the same each year, but occasionally new or additional sites are needed. After the clinical sites have been decided, I begin to send requests to the clinical agencies. Many clinical sites have a formal clinical rotation request process in order to coordinate all of the schools of nursing that use their facilities. The procedures to request clinical placements vary and sometimes require negotiation to receive permission to use the site. Pediatric and psychiatric nursing clinical experiences are especially challenging due to the large number of nursing schools requesting the limited number of sites.

New clinical sites require research to determine the appropriateness to the course, contact person and potential educational opportunity. After contacting the correct individual, I meet with him or her to discuss options for a clinical partnership. Typically, I share our course objectives and request particular days and times for the clinical experience. I am also interested in learning more about the agency and how we can work together. After the arrangements have been informally agreed upon, we begin work on a contract. The State Board of Nursing requires Messiah College Department of Nursing to have a current contract with each agency prior to student clinical experiences. This process always varies. Sometimes the agency agrees to our standard contract template and the negotiations are handled quickly. Other times, there can be months of negotiations between the lawyers of the agency and Messiah College as both parties work toward a mutually acceptable contract. After a contract has been agreed upon, it must be signed by the agency administrator and the Dean of the School of Science, Engineering, and Health.

Each agency also has specific requirements that must be completed prior to the students' clinical experiences. These requirements include certain immunizations and examinations, background checks and proof of insurance. Most students are familiar with this aspect of clinical preparation, but may not realize its importance. Before students are permitted to attend clinical experiences, I must submit proof that all requirements requested by the agency are met. Therefore, I am responsible to collect and track student documentation to make sure all students' files are complete. Students who have incomplete or missing requirements receive a reminder from me. This year I started to use our online learning management system, Canvas, to collect and track the student documents. The online submission allows the student to retain the original and organizes the documents for me, as well as decreasing paperwork loss.

After clinical experiences begin, I am responsible to problem solve issues that may arise. One common concern is computer access. Each facility has a different procedure for students to obtain access to the computer charting. Unfortunately, sometimes the submitted forms are overlooked or the student log on does not work. I contact the necessary individuals to resolve the problem.

At the end of the clinical rotation, I assist in the distribution of online surveys to students and clinical instructors. The feedback we receive is used to determine future clinical sites and improve the clinical experiences. We have stopped using clinical sites based on concerns raised by the surveys. Also, I will address specific issues, such as parking, directly with the agencies. Thoughtful and honest responses are valuable and essential for program improvement.

Finally, I remain in frequent contact with clinical agencies throughout the year to ensure students are having optimal clinical experiences and receive their feedback. One of the advantages of my position is the opportunity to hear many compliments about Messiah nursing students and clinical instructors. The agency representatives often comment on the professionalism and high caliber of our students. This positive reputation supports negotiations with current clinical sites, as well as new ones. Thank you, students and faculty, for representing Messiah College Department of Nursing in such a positive manner.
“Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in the spirit, serving the Lord.” (Romans 12:10-11) Loving others through service requires humility driven by compassion.

I recently spent a week providing patient care at one of the public hospitals in Chiang Mai, Thailand. The experience was part of my senior practicum during J-term. I was in a completely new location, which seemed to have different expectations, procedures and communication. As I wrestled with the overwhelming task of learning nursing skills “Thai style,” the last thing I expected was to be used as an instrument of humble love and Christ-like servitude.

On my first day I was assigned to care for a Chinese patient who had suffered a motorcycle accident the night prior during a motorcycle tour of Thailand with her friend. She sustained a fractured arm, a deep gash in her axillary region, a hemothorax and multiple abrasions. My patient and her friend could not speak or understand the Thai language but were fluent in Chinese and English. Some of the Thai nurses could speak varying degrees of English, but she was struggling to understand them through their thick Thai accent and broken phrases. This difficult language barrier produced considerable anxiety in my patient.

When I heard of her struggles, I felt great compassion for her. How terrifying to be in a foreign country, completely isolated from family, in immense pain, and unable to communicate or understand what was happening! I cared for her every day that week, not only tending to her painful wounds but also serving as her translator and advocate. As we interacted, I began to realize that simply providing understanding and an avenue for communication was both valuable and comforting to this patient.

By day four, my Chinese patient had improved enough that her chest tube could be removed. I explained the procedure and talked her through the experience. She was grateful not only for the assistance, but also for the relational support, since her friend was not present due to the restricted visiting hours. Shortly after this event, she asked if I would be willing to comb her hair.

Servanthood Spotlight, continued on next page
hair. Her arm movements were restricted due to her axillary sutures and fractured arm, so this simple task had become a significant challenge for her. As I combed through her hair, she began apologizing for its dirty state. Sensing her embarrassment, I offered to wash her hair. With the assistance of my Thai instructor and a fellow student, I scurried around to gather supplies for a salon-style hair washing at the patient’s bedside. I took my time, carefully attending to her comfort to make her feel “beautiful” once again.

In the public Thai hospital, having family present is crucial, because personal care of the patient is the responsibility of the patient’s family members, not the nurse, nor the aide. If a patient needs assistance with a bed bath, teeth brushing, hair combing, or any other personal care action, his or her family member must provide the assistance during visiting hours. If no family member is available, the task is simply left undone.

“I thought, ‘This is what nursing is.’ Nursing is compassionate, humble service to someone in need.”

Although I provided a simple task—a fundamental skill learned early in my nursing education—this gesture of cleanliness translated into an act of compassion and humility that touched her deeply. As I turned to leave, she handed me a chocolate rose and thanked me for my faithful care for her. I had not realized the impact of my actions until that moment. My instructor later commented, saying, “You were her angel.” I was overwhelmed with joy at the realization that I had touched someone so deeply! I thought, “This is what nursing is.” Nursing is compassionate, humble service to someone in need. It is going the extra, compassionate mile to give a hair washing instead of a brushing just to put a smile on the patient’s face. It is healing both body and spirit by showing the love of Jesus to the broken and the hurting. In that moment, I was proud to be a nurse.

My taste of outpatient department: Macha Mission Hospital, Zambia

By Christa Matthews ’14

One Wednesday morning at the hospital, Jill, Courtney and I went into the Outpatient Department (OPD) to observe. We quickly realized we weren’t going to be just observing, as the staff were eager to teach us how to triage patients and do the things they do in order to make their days easier. It was a long room with long benches with long lines of patients that needed weighed, vital signs, malaria tests and to see a doctor eventually. There were a variety of people sitting in these benches, and most of them walked to the hospital. There were noticeably sick children, malnourished adults, well-dressed ladies, dirty elderly men and everything in between. Perhaps the most striking and disturbing, however, was an elderly woman who was carried in by her mid-twenties grandson and his wife. I watched from a distance as they laid her down on a bench. She looked totally lifeless. She was thin and dark skinned, and wrapped in traditional Zambian fabric. Almost instantly after laying down on a bench she urinated on the floor. Someone took one of the pieces of fabric she was wrapped in, wiped the floor, and put the fabric back on her. Jill and I went over to each other, brainstorming how we could get this woman help as we took her vital signs. Her body was bony, her face grimaced, and her heart and lungs accelerated. We were almost positive she was in shock and we, the American Messiah students, were the only ones around. The blood pressure Courtney got for us was incredibly low, 40s/20s; we grabbed a PCA and they told us to merely give her a number to wait in line to be seen. In our minds though, we knew this patient could not wait three hours to be seen by a doctor. She was in shock, her blood pressure was bottoming out and we found ourselves fighting for this patient to be seen amongst a language barrier and cultural barrier with a lack of urgency. We divided and conquered the OPD that morning; we needed to find someone we could communicate with and who would listen to our insight about this patient. The longer I looked at this woman the more frightened I got. I frantically ran to find another worker to inform about the situation, who would hopefully help us get this patient into the doctors exam room as soon as possible. She needed IV fluids desperately. Letting her sit and wait was against our judgement, and Courtney and Jill continued passionately advocating as I was searching for someone else to show us where this woman could go. I found a man outside, singing and listening to African music, and obviously enjoying the “break” we gave him from being there to triage for him. I quickly explained the
situation, but again there was no sense of urgency. He insisted on trying to get a blood pressure reading on this woman for himself, and the three of us students were getting upset and nervous. I was holding the patient in my lap as she struggled to hold any of her body weight upright for the blood pressure reading. He wasn’t able to get a reading after several attempts, and we repeatedly were trying to tell him that it was because she was bottoming out. Her breathing was more labored and she was continually weaker. I explained the situation to her grandson, and I truly believed that in those moments sitting with this woman slumped over in my lap, she could have died on me. I couldn’t find a carotid pulse from my position, but Jill found a very weak and slow one. The worker directed us through another room to go to a doctor’s office. The patient’s grandson and I supported her under her arms as we walked slowly through the crowd of people to the doctor. After we exhausted this patient’s energy completely, we found out that there actually was no doctor in that room. At this point, she looked at me and said in a weak whisper, “I’m too weak,” which was when I picked her up with her grandson and his wife and carried her to the other end of the building. We barged into another doctor’s room along with Courtney and Jill, and we explained her vital signs and her need for IV fluids. The doctor said she was in shock, confirming our original thought, and acted urgently to start and IV and fluids wide open. We stayed by the patient’s side and held her hand as she rested and started coming back to life as the fluids rushed into her. We were on such an adrenaline high in those moments, trying to fully grasp everything that had just occurred because of what we were doing. I am so proud of my friends and myself for rushing around and doing something about this patient we were with—almost all of it we did without having to discuss with each other. We all knew what needed to be done, and we all did different things to help get that patient back in the room faster. We collaborated so well in those moments, and we felt so confident in our knowledge in those moments as well. I know we helped someone because we were there. I’m sure there were other health issues going on with this patient, and I will never really know what they are, but I know in those moments in OPD we advocated for this patient in the midst of a lot of opposition. If the Messiah students weren’t there that day, this woman would’ve died on a bench there. That morning, we were able to see an emergency situation play out right in front of our eyes and see the extreme cultural differences through that lens. I am forever thankful to have had this experience in the OPD that morning to learn about a different way of health care, to be able to truly advocate for a patient and her family, to be confident in my knowledge, and my friends who’s judgment I trust among many other things.
A MALE NURSING STUDENT’S PERSPECTIVE
By Trevor Praetsch '14

THE HISTORY OF NURSING HAS ALMOST EXCLUSIVELY BEEN DEFINED by women’s accomplishments. The male involvement in holistic patient care has not been fully revealed in historical teachings on the profession. The truth is, there is a pertinent history that is not as readily taught as good old Flo’ Nightingale and her nurses during the Crimean War. Names like Friar Juan de Mena and Walt Whitman serve as a reminder of the early involvement of men in holistic patient care. These men wrote in their poems and writings about their innate want to serve and care for others. From his poem “The Wound-Dresser,” Walt Whitman wrote: “One turns to me his appealing eyes—poor boy! I never knew you, yet I think I could not refuse this moment to die for you, if that would save you.” The instinctive sense of compassion and self-service that Whitman portrays from his volunteer nursing during the Civil War shows the characteristic of empathy. Using recorded writings from people like Friar Juan de Mena and Walt Whitman can be effective tools to teach nurses, much like the historical teachings of female nurses.

It is certainly considered unique to be a male pursuing a career in nursing. Data show that as recently as 2011, only 9.6 percent of nurses were male. This seems like there are few male nurses, but when it is compared to figures from 1970 that demonstrated only 2.7 percent of nurses were males, the growth of men in nursing is considered clear and exponential. In my experience as a male nursing student, I have felt supported and encouraged by peers and most patients and their families. Where I meet some resistance is from the female geriatric population. Understandably, the Silent Generation is accustomed to having a female nurse and male physician because of their historical and statistical prevalence in the mid to late 1900s. Initially this was a great frustration of mine. As I continued further into my education, I realized that in order to have patient satisfaction I cannot take this bias personally, but rather I need to find what the patients’ preference are and act accordingly. Initially nursing wasn’t accepted as a professional organization, but over time it became accepted and respected—in fact, nurses are consistently rated highly by the public as far as being trusted and respected. I feel that eventually men will be fully established as professionals within the vocation of nursing. This trend has been evolving, and I hope it continues as more males are drawn to nursing as a calling as well as a career. I believe much could be done to help pave the way as far as reaching out to the patients we serve—educating our patients and our elders that male nurses have a lot to offer! We bring compassion, technical skills, as well as strong minds, hearts and bodies. Last, but certainly not least, we should encourage more males to enter the field of nursing. We need the diversity that males offer the profession.

MALE NURSING STUDENTS BY THE NUMBERS

11.4 percent of students enrolled in baccalaureate nursing programs
9.9 percent of students currently pursuing master’s in nursing degrees

According to a recent survey conducted by the American Colleges of Nursing (December 2011)

ADJUNCT NURSING FACULTY

FALL 2013
Cheri Bechtel, BSN, R.N.-BC – NURS 211
Joan Ras, BSN, R.N. – NURS 410
Patty Stethman, BSN, MSN, CRNP – NURS 410
Jamie Gahr, MSN, RNC – NURS 310
Philina Henton, BSN, R.N. – NURS 410
Nicole Meekins, BSN, R.N. – NURS 211
Karen Miller, MSN, FNP-BC
Natasha Miller, MSN, R.N., CCRN, CWOCN – NURS 411
Danielle Oakes, MSN, R.N., CRNP – NURS 311
Rachel Obenschain, BSN – NURS 410
Melody Seitz, MS, RNC-OB – NURS 310
Jeff Stroup, MSN, R.N., CEN – NURS 411

SPRING 2014
Maureen Asper, R.N., MS, ACNS-BC – NURS 412
Cheri Bechtel, BSN, R.N.-BC – NURS 211
Sarah Curtis, BSN, R.N. – NURS 211
Sarah Hager, BSN, R.N. – NURS 312
Jennifer Hughes, MSN, BS, R.N., CCRN – NURS 312
Joanne Konick-McMahan, MSN, R.N., PCCN – NURS 413
Paul Logan, MSN, CRNP – NURS 210
Nicole Meekins, BSN, R.N. – NURS 211
Danielle Oakes, MSN, R.N., CRNP – NURS – NURS 412
Jenny Rex, MSN, R.N. – NURS 313
Martha Solomon, MSN, R.N. – NURS 495, NURS 413
Jeff Stroup, MSN, R.N., CEN – NURS 312
Sarah Wagoner, BSN, R.N. – NURS 312
Emily Nolen, BSN, R.N. – NURS 210/211
Talisha Sneeringer, BSN, R.N. – NURS 210/211
Rachel Pham, MSN, R.N. – NURS 210/211
Melody Seitz, MS, RNC-OB – NURS 311
Ammanda Cresswell, MSN, RN, CMSRN – NURS 413
SIGMA THETA TAU INTERNATIONAL: FALL 2013 INDUCTION CEREMONY

THE LOCAL CHAPTER EXECUTIVE BOARD OF SIGMA THETA TAU, Lambda Kappa, hosted a fall induction ceremony on November 2, 2013 at Messiah College campus. Dr. Carolyn Kreamer delivered the Keynote Address which was followed by dinner and dessert for the new honor society members and their families. Numerous faculty members from the Department of Nursing were also in attendance to share in this special occasion.

Nominees for induction into this honor society must achieve a cumulative grade point average in the top 30 percent of their class. The following 2014 nursing student graduates were inducted into the distinctive Sigma Theta Tau Honor Society of Nursing: Kimberly Benson, Laura Black, Elizabeth Marie D’Amelio, Kirsten Davidhizar, Rachel Alexandra Faber, Joanna Frederick, Kaitlyn Rose Hoover, Shannon Elizabeth Kelly, Supakorn Kueakomoldej, Daniel Mauger, Lauren McClure, Jacquelyn McNeil, Sarah Pedersen, Julie Schmidt, Kathryn Stewart, Kelly Anne Urmston, Abigail Wade and Alyse Margaret Weaver. Also inducted was nurse leader, Lauren Allison, BSN, R.N., an adult critical care nurse who works at the Penn State Hershey Medical Center.

MESSIAH NURSING STUDENTS “SCORE” AT STATE CONVENTION!

CONGRATULATIONS TO THE MESSIAH COLLEGE STUDENT NURSES’ ASSOCIATION CHAPTER for their 3rd place finish in the SCORE! NCLEX Challenge Bowl statewide competition held at the PA State Student Nurses’ Association Convention in November. Members of the Messiah College team included senior nursing students: Daniel Mauger, Supakorn (Mint) Kueakomoldej, Kathryn (Kayleigh) Stewart, Jennifer Ranck (alternate), Kaitlyn Hoover and Trevor Praetsch. This year was the first time a team from Messiah College participated in the SCORE! NCLEX Challenge Bowl.

This is the sixth year that the SCORE! NCLEX Challenge Bowl Competition has been held at the PA Student Nurses’ Association Convention. Sixteen teams from schools of nursing across the state of Pennsylvania participated in the competition with the goal of winning the SCORE! NCLEX Challenge Bowl Award and Trophy.

“Congratulations to all the students who participated. I know there were 11 teams, and placing third on the very first try at this competition is fabulous. I’m very proud of each one of you.” – DR. CAROLYN KREAMER
HONORS & AWARDS

MESSIAH COLLEGE NURSING CLASS OF 2013 AWARD WINNERS AND HONOR GRADUATES

Summa Cum Laude Graduates
(grade point average of 3.90 or above)
Alyssa Benner
Julian Kay Keller
Corinne Lee Wulf

Magna Cum Laude Graduates
(grade point average of 3.60 to 3.89)
Rachael E. Capeci
Kirsten Alexandra Eller
Morgan Joyce Hartz
Nicole Marie Hess
Izada Soojung Park
Jenna Kay Raup

Cum Laude Graduates
(grade point average of 3.30 to 3.59)
Lauren Marie Buckwalter
Danielle Loreanne Caley
Jillian Rose Carp
Jessica Rae Clark
Leah Elaine Compton
Ashley Lorraine Conwell
Holly Jeanne Craven
Cassandra Anne Crowder
Laura Janet Duncan
Rebecca Lynn Fox
Stephanie Marie Galvez
Ellen Rebecca Harpold
Amy Alayne Hess
Vanessa Marie Jordan
Nathan Curtis Masterson
Morgan Leigh Petrie
Hannah Rae Railing
Christina Alaina Rott
Erin Marie Royer
Hannah Tracy Schutt
Josalyn Ana Smith
Kayla McKenzie Smith
Jada Pauline Vance
Natasha Lou Webster
Jungmin Yoo
Brittney Lynne York
Katina Rose Yousey
Ruth E. Ziegler

HONORS & AWARDS

College Honors Program
(demonstrate high scholarly ability in their academic career and intellectually rigorous Christian worldview, equipping for lives of leadership and service)

Ellen Rebecca Harpold
Morgan Joyce Hartz

NURSING STUDENT GRADUATES

Corinne Wulf
Excellence in Nursing Award and Academic Excellence in Nursing Award

Alyssa Benner
Academic Excellence in Nursing Award

Morgan Hartz
Pennsylvania State Nurses Association District 15 Award for Leadership

Rachael Caepeci
Christy Stark Smith Award for Achievement in Nursing Care of the Child Bearing Family

COLLEGE HONORS PROGRAM

Ellen Rebecca Harpold
Morgan Joyce Hartz
Alaskan adventures

By Audrey Hanselman ’13

“Wow, I moved to Alaska!!” This thought enters my mind almost daily. It is pondered with a great sense of wonder and adventure, the same two things that lured me to return more permanently after my first visit to ‘the Last Frontier.’ A dream that budded between semesters of nursing school at Messiah College came to fruition in January 2014 when I landed in Anchorage, Alaska’s largest (but not capital) city. Though taking me from family, friends and my first ‘grown-up existence’ in Harrisburg, Pa. – the place where I first rented a house (with wonderful friends), learned how to fix a dysfunctional refrigerator and worked as a registered nurse – this dream landed me in a warm home of family friends, and into a job that still seems too good to be true.

Three short days into my move, after securing my Alaska driver’s license, medical clearance and REI (Recreational Equipment, Inc.) membership, I began to train for my new role as a nurse home visitor for the Nurse-Family Partnership program. A new dream was unfolding as I considered my upcoming ventures into the homes of Anchorage’s low-income women, pregnant with their first babies. Here, I would have the opportunity to work alongside these women to develop lasting therapeutic relationships, improve health outcomes for mothers and babies, encourage self-sufficiency and establish fundamentals for successful parenting. And all of this in 60-90-minute visits, weekly or bi-weekly throughout pregnancy and until the child’s second birthday. I cannot think of more inspiring work; I am blessed to encourage a brighter future for new mothers and their growing families.

“We live in a wonderful world that is full of beauty, charm, and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open.” – Jawaharlal Nehru

Nurse-led

By Christy (Hitz) Shenk R.N., BSN ’11

I was on Messiah College’s website last week and took a few moments to watch the banner of pictures scroll by on the homepage. I was struck by the titles that accompanied the pictures: a sense of calling, an ethic of servanthood, hospitality for the whole person, authentic power to lead. The last one, in particular, caught my eye. Authentic power to lead, I thought. What does that mean?

As a new nurse manager, leadership has been on my mind lately, along with other words like responsibility and
accountability. What does real leadership look like? Is it coaching, mentoring, decision making, laying down the law or something else entirely? As I thought about the topic, it occurred to me that all nurses, not just nurse managers, are equipped to be leaders in patient care.

The hospital where I work is currently reapplying for Magnet status, and in a recent meeting we discussed the importance of the organization being “Nurse-Led.” I envisioned, during this meeting, what a truly “Nurse-Led” organization would look like. First and foremost, it would be patient-focused. In every organization, nurses are in a unique position to comment on the processes, procedures and practices that affect patient care every day. Nurses, more than any other position within health care, have a voice on every level of the organization and in many different “silos” of the health care business. I can see the future of nurses as leaders, and it’s happening even now. Do you feel called to serve as a nurse? Then be prepared, someday, to act with the authentic power of a leader.

Secondly, I imagined, a Nurse-Led organization would be nurse-focused. That organization would realize that investing in nurses means investing in the future of health care and the longevity of the organization. Nurses who are well educated, grounded in evidenced-based practice, knowledgeable in their specialty and recognized for their exemplary patient care make for safer and more satisfied patients. Transitioning into the role of nurse manager has been challenging, overwhelming, fun, and, many times, humbling. Over and over, I am amazed by the nurses I work with: their experience, flexibility, ingenuity, compassion and integrity. As the nurses I work with become leaders on education committees, pride councils, quality committees, practice councils and in research conferences, they speak for their patients on many platforms and in many different ways. Each of these nurses has the ability to be a leader who demonstrates the “authentic power” that comes with nursing, the genuine and powerful voice of real patient experiences, and the motivation to improve the care and outcomes of patients everywhere.

As I reflect back on my time studying at Messiah, I can clearly see how well prepared the nursing faculty made sure we all were to address the leadership side of nursing. I can remember advocating for bills on Capitol Hill Day to advance patient care, sitting in meetings during our leadership course to understand how hospital committees worked, and presenting research posters on strategies to improve patient outcomes. And then, of course, there were all the electives that broadened our understanding and background in writing, communication, religion and history.

As I look around in an organization taking steps to be Nurse-Led, I can already see that nurses hold prominent places in quality, education, research, business, nursing practice, finance and bedside care. Nurses have a voice on every level of the organization and in many different “silos” of the health care business. I can see the future of nurses as leaders, and its happening even now. Do you feel called to serve as a nurse? Then be prepared, someday, to act with the authentic power of a leader.
GRADUATE NURSING PROGRAMS UPDATE

As Graduate Programs in Nursing completes the second full year of programming, 25 students are enrolled in the Masters of Science in Nursing, nurse educator track. Dr. Louann Zinsmeister, graduate director, works tirelessly to develop the curriculum, teach courses, and advise students. Ashley Ringquist provides strong administrative support and clinical coordination services. Additionally, Messiah College Department of Nursing full-time faculty teach within the graduate program.

The first year of the program contains the advanced nursing knowledge core courses, which include informatics, advanced statistics, advanced research for evidence-based practice, advanced pathophysiology, advanced pharmacology, advanced physical assessment, and foundations of Christian ethics. Starting in the second year, the courses focus on nursing education theory and clinical experiences. Starting in fall 2015, students will have the option to complete the program in two years, instead of three years. The first cohort is eagerly anticipating graduation in May 2016.

Graduate Programs in Nursing anticipates providing more graduate nursing program tracks in the near future. Dr. Kelly Hudock, DNP, CRNP will officially join the graduate nursing faculty in August 2015 to help in the development and implementation of future new graduate nursing program tracks. Dr. Hudock earned her DNP from Rush University and has over 25 years of nursing, nurse practitioner and nursing education experience. She will be teaching advanced physical assessment this May. We welcome her future contributions to the continued growth of Graduate Programs in Nursing at Messiah College.

Follow us on Facebook!
Messiah College Department of Nursing
THE LIGHTBULB MOMENT

By Carol Stein, BSN, RN '16

“So, why do you want to be a nurse educator?” I knew this question was coming and I didn’t have a good answer. While I listened to members of my graduate nursing cohort give inspirational answers, all I could think of was a light bulb. You know, the moment when all of the electrical connections are aligned and someone flips the switch and the light bulb illuminates the room. I want to be a part of the process that turns on the light bulb when nursing students “get it,” when they put all the pieces together and understand a concept or a theory. There is a smile and a glow on their faces that is unforgettable.

The Messiah College masters in nurse education program has not only afforded me the opportunity to help create these moments with students, but has allowed me my own light bulb moments. My mind has been set in motion by research, statistics, advanced pathophysiology and pharmacology, but I have found that the weekly online discussions with my cohort have generated the most thought. I value their experiences, insight and ideas as we discuss current changes in nursing education and as future educators, what our role will be. It has been a privilege to be a part of the first cohort in the masters in nurse education and I look forward to many more years of light bulb moments for myself as well as my students.

THE OUT-OF-STATE GRADUATE EXPERIENCE

By Tanya O’Brien, BSN, RN, CPAN ’16

I had been looking for a graduate nursing program for the last four years but every time I found one I thought would work, I got pregnant and couldn’t handle school, a full-time job, the kids I already had and graduate school. So, as soon as my daughter was born I started looking again. The week I started looking at schools again I got an email that said Messiah was starting an online graduate nursing degree. I was so excited I sent in my application without even looking at any other programs. I was so happy to be able to attend the school I had obtained my BSN at back in 1994.

I didn’t have any worries that I would have trouble with the school work (other than statistics) but I was a little worried I wouldn’t connect with the rest of the class and that I would be forgotten without a physical presence. While we have had a little trouble with the technology for the live classes all the students and educators have gone out of their way to make me feel part of the group. I love being able to see the faces and hear my classmates even if it is only once or twice per class. It makes the experience so much more personal. The flexibility of online learning is a blessing with my full-time job as a clinical consultant, a part-time job in clinical nursing, my husband and 4 children as well as my home to fit into my schedule.

Messiah College has provided me with an amazing undergraduate and now a graduate degree. I love having the freedom to discuss my God and how He relates to my work as a nurse and educator while expanding my knowledge so that I can help my patients and my future students.

RETURN TO MESSIAH AS A GRADUATE STUDENT

By Talisha Sneeringer, BSN, RN, OCN ’17

In May of 2011 I left Messiah as an undergraduate student, unaware that my path would lead me back to where my nursing education had begun. In March of 2014, after some careful thought and prayer, I decided to pursue my masters in nursing education with Messiah. This March is a year that I have been in the program and I am 100% thankful for the decision I have made.

Being alumni, I appreciate the foundation that Messiah bases their education upon. It is the Christian background and emphasis on character that encourages my belief and favor in this academic program. All of the professors have a true desire to lead and mentor in addition to teaching. This mentorship provides more than an academic program, but a real-life understanding for the profession I feel I am called to.

I have always appreciated the rigorous academics Messiah offers. While the program is challenging, I am grateful for the growth and learning along the way. One of my favorite aspects of the academics offered in the graduate program is the 3 advanced Ps that are offered, Advanced Pathophysiology, Advanced Pharmacology and Advanced Health Assessment. This inclusion in the program not only allows one to focus on the educational background that must be learned, but also to advance on the clinical skills and theory of nursing.

The programs design has allowed me to feel as though I am still engaging in clinical practice that I enjoy, as well as learning new theory about education and teaching. The online aspect of the graduate program allows me to maintain my daily life with incredible flexibility. I hold three different jobs, while attending graduate school and the structure allows me to remain successful in all of these endeavors. I am forever grateful for this opportunity in the Messiah College Graduate Program.
GRADUATE PROGRAMS IN NURSING

MY EXPERIENCE AS A MESSIAH GRADUATE STUDENT

By Christina Johnson, BSN, RN, CRRN ‘17

What an Experience This Has Been and Continues to Be.

When Dr. Zinsmeister encouraged me to come to Messiah College, I knew the answer was yes. Messiah College is where I am supposed to be. Immediately, I was met with opposition; such as, there are many other places you can go that is less expensive; and there are other programs that are not as difficult to complete. But I knew deep inside that Messiah was the place for me. I was looking for quality. I wanted my education to be rich and full. Most of all, my convictions were confirmed as I read about Messiah’s faith and values of being committed to worshipping, loving and serving Christ. I loved how the motto relates the understanding of Jesus Christ to the sharing of his love in every dimension of life. This is what my life is about; not me but Jesus Christ. Going to Messiah was not only going to enrich my life academically, professionally, and spiritually, but I will be a blessing to many others as a nurse educator and friend.

From the first class, the students are met with a Bible verse of encouragement. Lord knows, I have needed all the daily devotions I could get with the classes I have taken thus far. I start every morning with prayer and meditation, asking the Lord to help me get everything done that needs to be done that day. I offer myself, working to the best of my ability. And I pray that the Lord would bless my work. I expected it to be difficult and challenging. But there are some days when I feel I am being pushed to my limit. But as I tell my students at a local community college, it is during these times that we experience growing pains. Never give up, do your best, and keep on working. It is through these challenges that we grow the most.

The Lord Jesus Christ has brought me this far in life. And I do not believe it is by accident that I chose Eastern University in acquiring my BSN because that is where I met my mentor, Dr. Zinsmeister. She believed in me and encouraged me to continue with my studies. Through faith, and a nudge from my mentor, I arrived at Messiah College.

Although I am honored and privileged to be studying at Messiah College, this experience is not only about me. It is about fulfilling God’s purposes in my life. Every person has a purpose. And while we are living life, our purpose seems to change or shift. There was a time when I had no idea what my future would be like or what God had in store for me. I was a young stay-at-home mother of three children. When my youngest went to first grade, I felt led to go into the nursing field because I wanted to be an active contributor to society. That is when I realized my love of learning. I viewed being in college as a blessing and a privilege to have this opportunity. The doors of knowledge opened my mind to the wondrous world we live in which I meet with enthusiasm, excitement, and dedication. The ADN program was very difficult but I made it through and grew from those experiences. I started working as a graduate nurse, and found it to be even more challenging. After three years, it was time for me to go back to school at Eastern University. It was awesome to go to my first Christian University. The values resonated in my soul, and I knew I was on the right path. This is where I met Dr. Zinsmeister. I am honored and grateful to have her as my mentor. Through her, I witnessed her passion of teaching, and love for learning, which led me to follow her guidance and attend Messiah College.

It is amazing how the truth and values of Jesus Christ are interwoven through my classes. As our class explores and studies the various facets of human existence, we have had the opportunity to learn from the best in the fields of science, statistics and nursing. Although the classes are online, I have developed relationships with others in my cohort. While we are all nurses, we each bring our own experiences, specialties and challenges. Because of this, there have had many interesting discussions where we have learned from each other. And what is even more amazing is that we can connect with one another regardless of where we are physically located. It has been gratifying learning about each other as we embrace the struggles together in our busy lives.

“It is amazing how the truth and values of Jesus Christ are interwoven through my classes. As our class explores and studies the various facets of human existence, we have had the opportunity to learn from the best in the fields of science, statistics, and nursing.” – CHRISTINA JOHNSON ’17

I look forward to my future. I am confident that I will be well prepared for the work the Lord has for me, not only in my professional life as a nurse educator, but my personal life as well as I continue my journey through life. May the Lord Jesus Christ continue to prepare you for your journey in life.
VIEW FROM THE CHAIR
By Nancy Woods, Ph.D., MPH, RN

“Give thanks to the Lord, for He is good. His love endures forever.”
Psalm 136:1, NIV

Spring is such a wonderful time of new birth and growth! After an intensely cold winter and at least one good old fashioned blizzard, it is refreshing to enjoy the warmth of the sun and the milder temperatures! As the new chairperson of the Department of Nursing, this is my first “View from the Chair”, and I particularly want to recognize the great blessings our Lord Jesus Christ has granted us over the past year.

• We had the blessing of a wonderful nurse leader who served as chairperson of the department for 15 years: Dr. Carolyn Kreamer. She had a great impact on faculty and students, and provided us a solid foundation as we move forward!
• We are blessed with outstanding nursing faculty, both full-time and adjuncts, who consistently demonstrate a strong commitment to working with students to facilitate their growth toward becoming Christian nurses.
• We are blessed with students who are fervent in their response to God’s call to the profession of nursing.
• We are blessed with an untiring and dedicated administrative staff who support both faculty and students… and without them, we couldn’t fulfill our roles!

This past year we were also blessed with challenges, particularly our NCLEX first-time pass rate of 79.17%. This disappointing outcome—not reaching the required 80% pass rate—led to being placed on “provisional status” by the PA State Board of Nursing. In response to a comprehensive analysis, we implemented several changes to enhance opportunities for student success in the nursing program and on the licensure exam. We are already seeing a positive impact on the standardized integrated testing results in the nursing courses. We won’t know results for this year’s NCLEX until November or December, after the current seniors have graduated and taken the exam. But we have faith in God…and in our faculty and students! And of note, among last year’s graduates who did not pass the NCLEX, nearly all have retaken the exam and passed, giving us a 97.9% overall pass rate! This entire experience is indeed a blessing—an opportunity to evaluate, reflect and further develop an already stellar program to prepare the next generation of nurses! I look forward to serving the Department of Nursing and Messiah College. What a blessing to be here!

So let us join the voice of the psalmist, and “Give thanks to the Lord, for He is good!”

WELCOME, ASHLEY RINGQUIST!

My name is Ashley Ringquist, and I am the administrative assistant and clinical coordinator for the Graduate Programs in Nursing at Messiah College. My educational background is a B.A. in biology from Lafayette College and MBA from Lebanon Valley College.

My husband Jason and I live a short distance from Messiah College and have grown up in the area. I have two children Matthew, 5 and James, 2 that enjoy Messiah as much if not more than me. As a family, we love to travel and be outdoors. As an individual, I enjoy running, reading and trying new cooking recipes. I share an office with Nancy Frank in Kline 026. Though I am not a nurse, I look forward to learning from many of you. I thank you for the opportunity to support you and Messiah College.

WANTED: Nurse practitioners, physician assistants, physicians and hospital-based nurse educators to serve as clinical preceptors AND online adjunct faculty with DNP or Ph.D. degree in nursing preferred for graduate programs in nursing.

FOR MORE INFORMATION, PLEASE CONTACT: Ashley Ringquist, administrative assistant and clinical coordinator for graduate programs in nursing
(717) 691-6054 aringquist@messiah.edu
“Give thanks to the Lord, for He is good. His love endures forever.”
Psalm 136:1, NIV

We have been exceedingly blessed by our God this year; we have much to be thankful for!

Our 2015 graduating cohort worked diligently in preparing for their RN licensure exam and achieved a first-time pass rate of 96.15%. This brought the nursing program back to full approval status from the PA State Board of Nursing! Alleluia! The faculty continues to carefully monitor all aspects of our nursing program to assure continued compliance with the PA State Board regulations. There is high interest in the nursing program at Messiah College, as seen in the number of applications and acceptances! Our students bring keen interest and dedication to helping those who are most vulnerable. And, our graduates are in demand at local health system hospitals and facilities, and can also be found working at various sites across the United States and internationally in mission fields.

This year, we welcomed our newest faculty member, Megan Gross, Ph.D. (IP), MPH, RN. She teaches Psychiatric/Mental Health Nursing, Senior Practicum and Community Health Nursing. She brings a wealth of experience and is actively transitioning to life in academia. We are thrilled to have her as part of our team!

Our graduate programs in nursing continue to engage the best and brightest of RNs. Our first cohort in the MSN-nurse educator program is due to graduate this May. Many have already embarked on teaching careers and are making a substantial impact on preparing the next generation of nurses, while others are assuring continued education for staff nurses resulting in improved patient outcomes. We are excited for their new career opportunities!

And speaking of the graduate programs in nursing, we are preparing for our accreditation visit of the MSN-nurse educator program in April from the Commission on Collegiate Nursing Education (CCNE). The CCNE is officially recognized by the U.S. Secretary of Education as a national accreditation agency that contributes to the improvement of the public’s health by ensuring the quality and integrity of baccalaureate, graduate and residency programs in nursing. (Visit aacn.nche.edu/ccne-accreditation for more information.)

Please hold us in your prayers for a successful visit.

I can hardly believe that nearly two years have passed since I assumed the role of department chair. I thoroughly enjoy this work and the chance to serve our students, faculty and Messiah College. What makes this work so great, however, are the faculty, staff and students in the Department of Nursing. I thank God every day for each of you and hold you in my prayers!

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THAILAND J-TERM SENIOR PRACTICUM
By Michelle Brincat ’16

Going into Messiah College, I was convinced that my calling was to be a missionary nurse; this made the Thailand trip especially alluring. Well, three and half years and quite a few clinicals later, I had a different trajectory in mind. No matter where I end up in nursing though, my trip to Thailand will have a lasting influence on me.

Thailand is known as the “land of smiles,” and it is aptly named. While in the small village of Chiang Rai, I was welcomed like family into a villager’s home. The villagers showed us their various

Amy Schunemann plays with children at a preschool in Chiang Rai, Thailand.
trades and crafts: baking rice crackers, weaving floor mats, creating home decorations, farming rice, gardening and raising roosters. Each member of the community produced a different product, which was then shared throughout the community before any extra was sold at market; this ensured that everyone thrived equally. This village truly embodied the vision that the current monarch, King Bhumibol Adulyadej, has for his country. We learned that King Bhumibol had personally traveled throughout his entire country and set up thousands of developmental projects that would promote his people’s welfare. A museum we visited, aptly named “Hall of Inspiration,” showed how this man and his family took their love and compassion for others and truly made a resounding difference to their country: “Great things come from small beginnings. A gentle ripple starts from but a single drop; That wave ever expanding, with no end in sight, begins from one small point; our own self...” (King Bhumibol Adulyadej). Seeing so many health care and community-based endeavors being successful on such a large scale reignited a fire in me, because one of my (current) future goals is to become a community health nurse. I hope to take what I learned in the village and make a difference somewhere in rural America.

We spent the majority of our trip in Chiang Mai. While there, I worked with nurses on a trauma/burn unit of a government run hospital, Nakornping, while other students worked in an ICU or female surgical unit. The majority of patients I saw were in skeletal traction with femur fractures due to motorcycle accidents. The nurses in Thailand were unforgettable role models for the kind of nurse I aspire to be. They worked with a nurse-to-patient ratio of 1:10 and only took three days off per month, even though they could make more money and have more benefits working at a private hospital. At the hospital, I learned that compassion and dignity are universal. Even though I couldn’t speak to my patients in Thai, I can still wai (raise hands to show respect) and give them dignity by drawing the curtain when changing them in such a crowded setting. One day, I was on the burn unit, and I was with a patient who had burns on 60% of his body. Due to limited supplies, he was not able to have any pain medication before they changed his dressings. Being able to hold his hand during that painful procedure and make him smile by trying to speak in broken Thai reaffirmed why I want to be a nurse. In America, we are used to having translator phones to decrease barriers, but there is nothing so powerful as your presence and nonverbal communication to show people they are important and that you care about them. Looking into another person’s eyes and connecting with them despite any language or cultural differences will always strike me to the core.

I have barely scratched the surface of my trip to Thailand: Thai nursing buddies, local festivals, night shopping streets, spicy food, elephant rides, golden temples, dancing and so much more. Well, I guess that you will have to go and experience the “land of smiles” for yourself.
SNAP CONFERENCE
By Eileen Barker ’17

This year I had the opportunity to attend the Student Nurses Association of Pennsylvania (SNAP) Conference in Harrisburg, Pennsylvania. The theme and focus chosen for this year’s conference was “Your Journey to Leadership.” Hundreds of bright and enthusiastic nursing students from numerous schools across Pennsylvania gathered to network with potential employers and to expand their knowledge about future careers as nurses.

I attended the SNAP Conference my sophomore year and again this year as a junior. I felt the conference was more beneficial as a third-year nursing student. Having already completed two semesters of clinical experience, I found speaking with graduate school and hospital representatives less of a daunting conversation and more of an opportunity to showcase my skills and to learn about the numerous directions a degree in nursing can take a person.

The time I spent at the SNAP Conference encouraged other Messiah College nursing students as well as myself to register to attend the national convention held in Orlando, Florida, in April 2016. There, nursing students from across the country will join together and listen to speakers, network with hospitals and gain more enthusiasm to carry into our future workplace as registered nurses. I cannot wait!

STUDENT NURSES ASSOCIATION
By Kelsey Dierkes ’16, president

Messiah’s Student Nurses Association is part of larger national organization that includes about 60,000 nursing students. Our school’s nursing chapter has held numerous events during the 2015-2016 academic year, including biweekly guest speakers, fundraisers and conventions. We have brought in many nurses this year to talk about a variety of different topics, including our own Nancy Woods. We have also had a representative from the Career and Professional Development Center and a recruiter from Hershey Medical Center come in to teach us useful tips to consider when creating our resumes and how to be well prepared for an interview.

This year, we had a number of students attend the SNAP (Student Nurses Association of Pennsylvania) convention in November. The convention included an “NCLEX bowl,” where many nursing programs in Pennsylvania competed against each other and participated in challenging NCLEX questions. We also had the opportunity to attend numerous workshops and engaging sessions, where speakers had the chance to talk about a variety of topics geared toward developing nurse leaders. A large exhibit hall gave students the chance to network with recruiters and learn more about the many opportunities we have as health care professionals. In the spring, Messiah will also be sending 11 students to the annual national convention that takes place in Orlando, Florida. While there, we will have even more opportunities to further our professional development skills and connect with other students and recruiters.

Our organization also partakes in fundraising opportunities and outreach events. To raise money for the conventions, we held a car wash and practiced our health assessment skills by taking community members’ blood pressure. Each year, we also host a nursing clothing sale and a thrift shop sale. Also, we partnered with the Engle Center to run a bone marrow donor registry to raise awareness and get more students involved in the campaign. We served the local community through outreach on Messiah’s annual Service Day on April 14, 2016. We hope to continue to get more students involved in the coming years and to help nursing students grow professionally during their time in school as well as in their career paths post-graduation.
STUDENT NEWS

NURSES CHRISTIAN FELLOWSHIP
By Miranda Stanaford '16

NCF has had a great year so far!
Our leadership team has grown a lot. We had two new members join our team and added some great new positions. We instituted a prayer board this year to put downstairs in the nursing hallway. There's a part to ask for prayer requests as well as a side to put those prayer requests when they were answered. It's been so great to see how God answers prayers, as well as being able to lift each other up in prayer.

We also added the position of a marketer. She made posters for all of our events, and they are awesome!

Our year started off great with our annual picnic down at the Breeches. We had about 50 people come, and most of them were first-year students. Our weekly Bible studies have been focusing on how we are broken people who need God in our life. The studies have been small in attendance but have been perfect for what our members need. God has been good to us this year.

We ended the fall semester with a Christmas party at Mrs. Linstedt's house. We had about 20 people come, and it was a blast. We decorated cookies, had a white elephant exchange and participated in an ugly Christmas sweater contest. Mrs. L made an amazing brunch. We had a great time enjoying each other's company while celebrating the birth of our Savior and the end of another exhausting semester.

The spring semester has been going really well. We have kept up with our Bible study on Wednesdays. We've been talking about love and how to share Christ's love with our patients. Before spring break, we took about 15 people bowling. We had a lot of fun laughing, getting to know each other better and getting off campus! We're going to have two more events for the spring semester. We plan to get together with the Student Nurses Association and have a joint party with them. And, like always we will have our end-of-the-year picnic.

It has been a really great year for encouragement and fellowship. We've seen God work through each of our members a lot. This has been my second and final year leading the club, since I'll be graduating in May. It's been a really great journey with NCF and I'm sad for my time to come to an end. NCF has made my nursing experience at Messiah so much better! I hope that I did the same for those I have ministered to through this club.

MY THAILAND EXPERIENCE
By Miranda Stanaford '16

This January term, I spent my senior practicum in Chiang Mai, Thailand, and it was awesome! After flying for 24 hours, my very sore body and I arrived in the beautiful city of Chiang Mai greeted by our amazing Thai hosts. We stayed in a nursing school and were paired with first-year nursing students. We called them our buddies. They took us all around Chiang Mai and shared their beautiful culture with us. We went on some really great adventures, including riding an elephant! It was so cool! The elephant actually picked me up with its trunk.

We learned a lot about nursing in Thailand. We visited a community hospital and a private hospital. We also spent a week in a government hospital. The hospital was a huge, open facility. It even had a market inside. Because it was government funded, every patient could get all the treatment they needed for 30 baht, which is less than one American dollar. They don't have a lot of resources to waste, so they reuse everything. It is something they are really proud of. They essentially have no medical waste. It definitely made me more aware of how much we take for granted with our medical supplies. If we mess something up, we can just open a new pack and start again. I definitely feel motivated to be more careful with our supplies.

We were split into three groups and each put on a unit in the hospital. I spent My Thailand Experience, continued on next page

Messiah and Baromarajchonanee College of Nursing students share a meal.
my week on the neuro ICU. It was very different from an ICU in the U.S. Most of the patients were hemorrhage patients or motorcycle accident victims. There were hardly any doctors around and no respiratory therapists. The nurses did it all. They cared for the ventilators, gave all the medications and everything else in between. The nurses were inspiring. They cared so much for their patients. What they were paid in one week is less than what nurses in America would make in a day. Even though nursing was very different in Thailand, we all have a heart for caring for people. That makes me proud to call myself a nurse (in just a few short months)!

Halfway through our trip, we were able to travel up to the mountainside of Chiang Rai and learn about what it is like to be in a village. We spent one day at a place called Doi Tung. Thirty years ago, Doi Tung did not exist. It was an opium-infested village that had a lot of corruption. The royal family decided that they would teach the people of the village how to sustain themselves with their natural resources. Now it is a beautiful, thriving community. The Thai people take really great care of their country, and it was really inspiring.

I loved every minute of my experience in Thailand. I learned so much about nursing and sustainability—and ate a lot of really great food! I wouldn’t trade my experience for the world. I really hope that I get to go back some day soon.
When I registered for the 2016 Zambia J-term trip, despite all attempts to just let the experience happen, I expected certain things. I expected to experience poor, dirty people who needed my help. I expected to be shocked by their culture. I expected to be loving on people who desperately required comfort. I had the “savior” complex where I expected to enter their world and save them from all the horrible things that must be in it. How little I knew, and how much would change in 21 days.

In exact contrast to my expectations, the Zambian people surprised me at every turn. While I did see some dirty people, children especially, they were dirty because they were wearing their play clothes and running on the dirt field with huge smiles on their faces. When I saw things in their culture that shocked me, I sought to understand the meaning behind their actions and how that fit into their life. When I thought that I would be loving on these people, they were the ones who showed me a greater amount of love than I could have imagined. And when I expected to enter their world and save them, they entered mine and saved me. They showed me the purest, most joyful love and worship of our Creator. They showed me resilience and hope in the face of major catastrophe.

And they showed a selfless heart and genuine concern for those around them that I had never before experienced.

In nursing, we tend to be caring people. We want to help our patients, and we desire their best outcomes. But in a highly individualistic and selfish society such as the U.S. culture, we rarely see so pure of an example of how to love others with God’s love. It took me seven flights, 7,672 miles and several days on a plane to find it. While I expected to come home from Zambia with a greater understanding of cultural humility and nursing skills, I also returned with an awareness of what it looks like to be a loving Christian nurse.

“When I thought that I would be loving on these people, they were the ones who showed me a greater amount of love than I could have imagined. And when I expected to enter their world and save them, they entered mine and saved me.”

— KRISTEN MADORE ’16
SOPHOMORE PERSPECTIVE ON COACHING

By Emily Hepler ’18

Nursing school is hard. Multiple people told me this throughout my freshman year at Messiah. As I entered my first semester of clinicals this spring, that truth became evident on my very first day of classes. I could feel the tension building in my shoulders as I encountered the “syllabus shock,” and my back was aching by the end of the day. The demands of training to become a nurse thoroughly overwhelmed me, and I just needed to know that it would be possible to make it through. The senior-sophomore coaching experience became that source of encouragement and peace for me, and has helped me strive toward balancing nursing school with other areas of my life.

When I first met Rachel Kidwell, my senior coach, I was nervous. What if she didn’t like me? What if we couldn’t relate? But my fears quickly disappeared as we began talking about nursing classes and setting goals. She helped me know what to expect this semester and future semesters, answering the many questions tumbling around in my mind. Hearing about her experiences, I began to feel more at ease about the upcoming semester. I can say that through the several meetings we have had, Rachel has become a wonderful source of insight and encouragement.

A key part of the coaching experience is setting long-term and short-term goals for myself. Rachel helped me think through what I really want to accomplish in the upcoming weeks, months and semesters. Given the demands of nursing school, I decided I needed to learn how to maintain a balance between class work and self-care. With that long-term goal in mind, I have been able to set immediate goals relating to my physical, spiritual and relational well-being. Rachel helped me establish goals that were specific, measurable and doable. Knowing that I’m going to report back to her at the end of the week has challenged me to really think about my overall wellness throughout the week and make time for self-care.

Not only has Rachel helped me focus on maintaining balance in my life, she has always been there to listen to me and encourage me. Our conversations go beyond classes and goals to struggles I’m having and how I’m doing overall. She never rush-es our meetings and always has a listening ear for whatever I need to talk about. I know that I can call on her at any time for help with homework or just to talk. Rachel is not the only senior who does this; I have heard many other sophomores rave about the senior-sophomore coaching experience. To me, she is not the only senior who does this; I have heard many other sophomores rave about the senior-sophomore coaching experience. She has become that source of encouragement and peace for me, and has helped me strive toward balancing nursing school with other areas of my life.

“The senior-sophomore coaching experience became that source of encouragement and peace for me, and has helped me strive toward balancing nursing school with other areas of my life.”

— EMILY HEPLER ’18

COACHING FROM A SENIOR’S PERSPECTIVE

By Rachel Kidwell ’16

After class at the beginning of the semester, I walked to the front of the room and picked up an index card. Written on it were interesting facts, hobbies and goals. There at the top was the name of a sophomore nursing student, “my sophomore” for the rest of the year. At first, I didn’t really know how to approach this whole coaching concept, which is a requirement for Leadership clinical. The way I remembered it, my senior coach gave me advice and helped me get through my sophomore experiences. To me, she seemed like an expert, and she always knew exactly what to say. With my personality, I wasn’t sure if I was prepared to do that, which made me uncertain. How was I supposed to give someone else advice when I’m not always sure of things myself? I was excited to meet my sophomore but a little nervous about coaching her.

A few days later, the sophomore and senior nursing students gathered in Jordan atrium to get to know each other. We played a few games, and it was nice to meet my sophomore in a relaxed group setting. By talking to the sophomores, I realized that many of them were nervous about starting clinical courses, as I had been, and they wanted to hear about the seniors’ experiences. They weren’t looking for fail-proof advice or the perfect way to get through nursing school. Rather, they wanted to hear how we made it through and be encouraged that they can reach their goals, too. They needed people who had already been through sophomore year to listen to what they were going through, help them set realistic goals and act as accountability partners. Coaching isn’t about giving advice and telling someone...
Senior’s perspective, continued from page 7

how to be successful in nursing school. It involves active listening and using previously gained knowledge and experience to encourage others along the way.

My sophomore student and I have continued to meet up weekly this semester. Sometimes we talk about classes, and other times we just hang out and take a break from all the stress related to school. Coaching is actually very laid back, and it comes much more naturally than I originally thought it would. Helping another student establish goals and encouraging her to work toward completing them has increased my confidence in leading. In turn, we are developing a bond as fellow nurses that will hopefully last long after graduation. The senior-sophomore coaching experience has made a positive impact on my time in nursing school, both as a sophomore and a senior student. I hope many more Messiah nursing students will continue to enjoy this wonderful tradition in the years to come.

SIGMA THETA TAU INTERNATIONAL INDUCTION CEREMONY

The Lambda Kappa chapter of Sigma Theta Tau International welcomed 23 new members this fall at the annual induction ceremony on November 14, 2015. Undergraduate and graduate students and their families enjoyed a wonderful evening celebrating nursing and the students’ accomplishment.

Kay Huber, a retired Messiah College nursing faculty member, presented the story of her career during her keynote address. As she explained how nursing had changed through the years, her love of nursing and commitment to care were demonstrated. She talked in length of her current venture into development of the Beacon Clinic along with Ruth Stoll, also a retired Messiah nursing faculty member. Through this clinic, which opened in 2015, Huber uses her nurse practitioner skills to help persons in need of free health care in Harrisburg.

Following the address, the ritual of induction was explained by Louann Zinsmeister, chapter president. Tara Jankouskas, faculty counselor, introduced each inductee who received a pin, a certificate and honor cord. The inductees also signed their names in the Lambda Kappa Chapter book. A wonderful dinner and fellowship ended the evening.

NURSING OFFICE RENOVATIONS

Over the summer of 2015, a transformation took place on the first floor of Kline. The nursing office temporarily moved to Kline 108 conference room for a total renovation of the existing nursing office. The main office area was gutted and rebuilt to create two work areas with a partial divider. A new area was built for the faculty mail bins with storage underneath. The chairperson’s office became two separate offices through the installation of a wall down the center. The entire nursing office received new paint, carpet and furniture, as well.

These renovations allow the undergraduate and graduate nursing programs to share the nursing office space for improved communication and visibility. Beth Aumen, undergraduate administrative assistant, and Ashley Ringquist, graduate administrative assistant and clinical coordinator, can be found in the main office area. Nancy Woods, chairperson of the Department of Nursing, and Louann Zinsmeister, director of Graduate Nursing Programs, have redesigned offices within the nursing office. Everyone is enjoying the improved office space.
LIQUIDCOMPASS JOB SEARCH RESOURCE

We are excited to announce that Messiah College Department of Nursing has partnered with Liquid-Compass to provide a powerful new job search resource to our undergraduate and graduate nursing students and our alumni. It is a website that can be accessed at liquidcompass.com/messiah. This link is also on the undergraduate Department of Nursing website under Careers and Outcomes.

When you land at the site, click “Start Here” (no log-in required). Then simply click a city under the job category that best fits your search. The job categories are as follows:

1. Jobs for current undergrad students — tech and nursing support jobs
2. Jobs for new grad RNs — jobs looking for a new grad BSN or require less than one year of experience
3. Jobs for graduate students — MSN and higher (i.e. APRN jobs, NP, CRNA, nurse midwife and many more)

The job list will load in a new browser tab. The first page shows a summary of all job openings in the city and the employers we are tracking. Scroll down to see the list of jobs.

LiquidCompass tracks the nurse hiring activity of all major employers and updates these hiring sheets daily.

You may contact LiquidCompass directly at support@liquidcompass.com or 800-201-8030 with any questions or contact Beth Aumen in the Department of Nursing office at 717-691-6029.

WELCOME, MEGAN GROSS!

Megan Gross joined Messiah College’s nursing program in August 2015 as an assistant professor nursing. She teaches in psychiatric-mental health nursing, senior practicum and community health nursing. Gross received a Bachelor of Science in Nursing from Robert Morris University and a Master’s in Public Health from West Chester University. She is currently completing her doctoral studies in nursing with a focus on nursing education at Indiana University of Pennsylvania. Her research interests include vulnerable populations, health promotion and education, and maternal-child health issues. She comes to Messiah from Pinnacle Health’s Nurse-Family Partnership Program, where she served as a community/public health nurse for low-income first-time mothers for the past two and half years. Previously, she worked at Lancaster General Hospital for several years as an RN in a medical-surgical intensive care unit, and she also served as a research assistant on two grant-funded maternal health research projects. Gross was born and raised in Mount Joy, Pennsylvania. She now lives in Elizabeth-town with her husband Hunter, and their cavalier King Charles spaniel, Bella. In her spare time, she enjoys the outdoors, traveling, spending time with family and friends, and cooking.

ADJUNCT NURSING FACULTY

FALL 2015
Ashley Arnold, BSN, RN, CCRN — NURS 311
Jaime Gahr, MSN, RNC — NURS 310
Emily Griffith, MSN, RN — NURS 311
Jennifer Hughes, MSN, RN, CCRN — NURS 411
Nicole Meekins, MSN, RN, CEN — NURS 411
Mary Lou Mortimer, DNP, RNC-NIC — NURS 405
Danielle Oakes, MSN, CRNP — NURS 311
Joan Ras, BSN, RN — NURS 410
Melody Seitz, MS, RNC-OB — NURS 310

SPRING 2016
Ashley Arnold, BSN, RN, CCRN — NURS 211
Maureen Asper, MS, RN, ACNS-BC — NURS 412
Kelly Boesch, MSN, CRNP — NURS 412
Amanda Cresswell, MSN, RN, CMSRN — NURS 413
Sarah Curtis, MSN, CRNP — NURS 211
Katie Deitrick, BSN, RN — NURS 211
Nancy Frank, BSN, RN, CMSRN — NURS 211, NURS 303
Emily Griffith, MSN, RN — NURS 210, NURS 211
Jennifer Hughes, MSN, RN, CCRN — NURS 313
Chris Johnson, BSN, RN, CRNP — NURS 413
Leslyn Keil, MSN, RN, CPN — NURS 313
Joanne Konick-McMahan, MSN, RN, PCCN — NURS 413
Lindsey Kornbau, MSN, RN, CCRN — NURS 211
Nicole Meekins, MSN, RN, CCRN — NURS 411
Carol Stein, BSN, RN — NURS 210
Alicia Urich, MSN, RN, CMSRN — NURS 413
Sarah Wagoner, BSN, RN — NURS 312
FACULTY NEWS

PRESENTATIONS:
• Nancy Woods was a keynote speaker at the Holy Spirit Hospital Nursing Research Conference presenting “Is the doctor-nurse in?” and presented “Out of the Darkness: Assisting survivors of intimate partner violence during pregnancy, birth and postpartum” at Holy Spirit Hospital.
• Megan Gross is presenting at the Eastern Nursing Research Conference on “Nurse Educators Leading Collaboration to Engage Community Partners: A Case Study.”

TRAINING/CERTIFICATIONS:
• Debbie Loop was certified as a Certified Healthcare Simulation Educator from the Society for Simulation in Healthcare Organization. There are now more than 500 individuals who have successfully completed the certification since it launched in June 2012. This is exciting to see how many individuals have stepped forward and achieved this distinction—a testimony to the dedication of all! CSHEs come from Australia, Canada, Chile, Dubai, England, Grenada, Ireland, Lebanon, the Netherlands, Norway, Qatar, Singapore, Turkey and the United States.

OTHER:
• Megan Gross was awarded the J. Bernard Schmidt Scholarship in January from the Dixon Center to support Ph.D. studies.
• Nancy Woods was appointed as co-chair of the ExamSoft National Advisory Board.
• Louann Zinsmeister serves as president of the Lambda Kappa chapter of Sigma Theta Tau International.
• Tara Jankouskas serves as faculty counselor of the Lambda Kappa chapter of Sigma Theta Tau International.
• Sarah Jones successfully defended her dissertation “A Comparison of Hypertension Management Perceptions, Knowledge, and Stage of Change Among Hospital Employees” and earned her Ph.D. in administrative and leadership studies, nonprofit and public sectors from Indiana University of Pennsylvania.

RETIRED MESSIAH FACULTY AND STAFF

THOUGHTS ON RETIREMENT
By Arlene Miller, Ph.D., RN

When I retired from teaching nursing in 2000, I was already involved with looking after my mother. When she fell and went to nursing care, I traveled daily to spend the day with her. In 2011, I moved to a cottage at Messiah Village so I could be closer. My mother died at age 99 in 2012. After taking some time to restart my own life, I began finding plenty of things to do. My trip to Turkey in 2013 was a highlight. Riding along with the Messiah College Concert Choir trip to Italy in 2014 was great fun. I have family in Ohio and travel there frequently. My sister and I traveled in the southwest national parks in 2013.

These days, I volunteer in nursing at Messiah Village several evenings a week during meal times. I also screen blood pressures at a local soup kitchen once a month. Singing with choral groups renews my spirit. I serve on the Ethics Committee at Messiah Village. A book club keeps me reading. I also teach classes in the Pathways Institute, a senior lifelong learning program. I have indulged my love of history this way. Retirement has given me time to explore new areas of learning. Oh, and I do like Google, because there is no end to what a person can learn—and how much time she can waste. Living close the Messiah College provides many opportunities for cultural experiences. I am blessed.

I look back on my years of teaching nursing at Messiah College with gratitude. Having students with Christian values and attitudes of service was a joy. Knowing that local health care facilities preferred hiring Messiah grads was rewarding. Teaching colleagues were my friends. Even today, I keep in touch with some of them. I am always glad to hear the news about Messiah nursing.
BEACON CLINIC

By Kay Huber, DEd, MPA, MSN, RN, CRNP and Ruth Stoll, D.N.Sc, RN

Ruth Stoll and Kay Huber are retired faculty members from the Department of Nursing. Stoll was one of three nurses who originally met, as an outgrowth of the Parish Nurse Ministry at St. Paul Episcopal Church, to envision the clinic. Their goal was to promote quality health and well-being through a free, faith-based primary healthcare clinic for the uninsured and underserved adults 18 years and older living in the Greater Harrisburg/Dauphin County area. A search for handicapped-accessible space ensued, and Stoll also began meeting with Huber to discuss the formation of the clinic. The space identified as most useable, after searching for more than a year, was the education building at St. Paul’s. A major renovation of the space in half the building resulted in the four rooms that now make up the Beacon Clinic for Health and Hope.

Huber, a certified registered nurse practitioner, has been the sole provider seeing patients since the clinic opened in March 2015. The original hours of operation, 3-7 p.m. every Tuesday and Thursday have been expanded to include the hours of 10 a.m. to 2 p.m. on Thursdays. The clinic has been the place many uninsured persons come for their health care, either as walk-ins or scheduled visits. Others come who now consider the clinic their primary place for continuing health care, whether or not they have insurance. Many of the patients who now live in the Harrisburg area are from countries such as Cameroon, Egypt, Pakistan, Nepal and India. The diversity in the clinic population has been truly amazing!

The clinic exists because of donations, grants, gifts from churches that support the mission and at least one yearly fundraising event. The largest ongoing cost incurred by the clinic is for prescription medications, and donations are welcome for that expense. There are several nurses who generously donate their time and expertise, and the clinic has hired a medical assistant who is present each of the evenings. Some of the volunteer health care personnel are graduates from Messiah College’s nursing program, and others have heard about the clinic through their churches or friends. The clinic has a faithful volunteer who has been there almost every evening to serve as the registration person in the waiting room. Stoll has been president of the clinic’s board, and she has become the chief grant writer and fundraiser for the clinic. Huber has continued to see all the patients who come through the doors. These two former faculty members have yet to completely retire!

RETIRED MESSIAH FACULTY AND STAFF

RETIREMENT IS A BLESSING!

By Terry Middlekauff, administrative assistant in the Department of Nursing (1994-2011)

Retirement…what will it be like?
When I was younger and thought about retirement, I would ask myself, “What will I do all day long?” Now, I just laugh at that thought because when people would say, “I’m busier now than when I worked,” I now know firsthand they weren’t kidding!

I feel so blessed to have been able to retire early to help take care of my parents. They are now in a long-term care facility, and I visit them several times a week. It’s also wonderful to have time available to help other family members with various needs. The one thing I learned from working in the Department of Nursing at Messiah was the importance of helping to care for others—physically, spiritually and emotionally.

Some of my other activities involve attending sporting events for my granddaughter and great-grandchildren, helping with various service projects at my home church, participating in Bible studies, meeting old friends for breakfast or lunch and taking various courses with the Pathways Institute for Lifelong Learning through Messiah Lifeways. (FYI: I often have classes with many other Messiah College retirees!)

I would have to say my favorite volunteer activity is working each week in the food pantry at New Hope Ministries. I help keep the pantry shelves stocked and also interact with the many guests who might need assistance with food shopping or bagging their groceries. I’ve also helped with New Hope’s Christmas Blessing program and assembling power packs for local school districts.

So don’t let the word ‘retirement’ scare you…it’s really a blessing from God.
MY RETIREMENT NOTES
By Carolyn L. Kreamer, Ph.D., R.N., CNE

My retirement has surely been a great transition in my life with many blessings and challenges. I have uncovered ways to challenge myself physically, intellectually and spiritually that would not have been possible in my life as a busy chairperson of a department of nursing. Time is very different now with fewer constant demands upon my day, so I seek to enrich my days with a variety of activities. I have re-established my daily morning walking routine clocking about 50-55 minutes of brisk walking each day around my neighborhood; I’m hoping to work up to 60 minutes this summer. I have always loved walking in the fresh air—regardless of weather—and find the little reminders of nature soothing and up lifting. Seasonal change is beautiful whether it is spring with blossoming trees and bulbs; summer with vivid blooming flowers and fragrances; fall with vivid colors; or winter with its silence and scurrying squirrels and birds. I feel healthier with my exercise routine, and I am healthier!

“The dynamics of health care quality and safety and health care administration and finance are dizzying but so very interesting.”
— DR. CAROLYN L. KREAMER

Because I have chosen to maintain my nursing license, I am obligated to continue my ongoing education to meet state regulatory requirements. I find this really enjoyable, because I am still “in touch” with issues relevant to my profession. I read many things online and most recently read a very interesting critique of progress made on the Institute of Medicine’s recommendations in the report “The Future of Nursing: Leading Change, Advancing Health.” It has been five years since this landmark publication—I remember its launch very well—and it seems some progress has been made. But, there is still much to do to realize its bold vision for nursing. Additionally, I read other nursing literature and some clinical publications, too. I need to stay sharp in clinical topics and issues in health care, because I continue to serve on the Board of Directors of PinnacleHealth Hospitals and HealthCare Systems, and I chair the Quality and Safety Committee for the board. The dynamics of health care quality and safety and health care administration and finance are dizzying but so very interesting. Also, I serve the Pennsylvania State Nurses Association as a beta tester for continuing education manuscripts that authors submit for publication in The Pennsylvania Nurse. It’s a lot like reading student papers and correcting them!

A very gratifying opportunity I now have is to serve my church and the community through volunteering. I’ve been able to engage in activities that help support its mission and work with my Christian brothers and sisters through local outreach missions. We spend time at Mission Central in Mechanicsburg preparing birthing kits, hygiene kits, layette kits and school kits that are sent around the world. Also, we collaborate with New Hope Ministries to assemble Power Pack weekend lunches for children in our local schools who lack food security. It’s shocking and sad to learn of how many children need this support, but it is wonderful to be able to help. Also, periodically we go to Ronald McDonald House in Hershey to cook dinner for the children and families who are staying at the facility. My work in the kitchen is shown in the photograph and my “communing” with Ronald himself. Cooking tip: Wear wraparound sunglasses to keep from crying when chopping onions!

So, I am not “rusticating” in my retirement years. I’m always available for lunch with friends and enjoy life every day. Blessings to all.

RETIRED MESSIAH FACULTY AND STAFF

RETIREMENT REFLECTION
By Martha Solomon, MSN, RN

I want to start by saying hello to all the graduates I taught while I was teaching at Messiah College from fall 1983 to spring 2013 (full time 1983 to January 2009 and adjunct 2010 to 2013). It is hard to believe that I have been fully retired from teaching and clinical practice for three years. Yes, I am still upright and still playing racquetball!

Nancy Frank asked me to reflect on my time in the Department of Nursing and to give an update on what I have been doing since I retired in 2013. Messiah College was my one and only teaching job, and I truly enjoyed teaching despite the demands of the job. My true love was having students in clinical as I never saw myself as a dynamic lecturer. It really reinforced my decision to teach when students made the connections between theory and clinical practice and then were able to apply those connections when caring for the kids in the pediatric clinical setting. I also have fond memories of many activities with the students, such as NSA (convention, picnics, service projects, meetings), playing racquetball, the cross-cultural trip to Dublin, Ireland, fun times in clinical (collecting urine specimens, hanging TPN), research projects, listening to students when asked and getting to know students on a personal level. I hope I was able to have a positive impact on many students’ educational process and growth as a professional nurse. I also appreciate all the support I received from my colleagues and the many friendships I made and have kept over the years.

It is hard to identify all the things I have been doing since retiring, but I always seem to be busy. As I noted before, I

Retirement reflection, continued on next page
am still playing racquetball two times a week; however, my joints are mounting a campaign to quit. I have also done some nursing – my mom before she passed away, my husband Ron during and after his cardiac surgery, and close friends and family members. Ron and I have taken several trips, and we plan to continue to travel. Getting together with friends and former faculty has been a lot of fun. One big change was moving to a new home in December 2014; packing after 24 years in the same house had its challenges, but it was worth it. My biggest joy and activity has been our granddaughter, Sadie, 3 (see photo). She is such fun, and she keeps Ron and I quite busy. My next goal is to look into doing some volunteer work.

I hope this update finds all of you well and happy. Best wishes for a great and blessed life to all of you.

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THE NURSING DEPARTMENT 30 YEARS AGO
By Eileen Gardner, patient simulation lab coordinator

This past fall, the Nursing Department celebrated its 30-year anniversary. What was the Department of Nursing like 30 years ago? In 1985, Messiah graduated the first nursing class with 22 students. The program was also fully approved by the Pennsylvania Board of Nurse Examiners.

There was only one nursing laboratory room, which housed the desk of the Learning Laboratory coordinator, as well as the one bed with one low-fidelity simulator. There were cabinets lining the entire one wall, which housed all the filmstrips, videos and slides. Televisions, video machines, filmstrips and slide projectors filled the counter tops in the room.

Technology was basically non-existent, and, of course, there was no simulation. Courses were team-taught. At the end of the physical assessment course, students were required to complete a full physical assessment on a partner in order to pass the course, with their only aid being whatever notes they could put on a small index card.

There were 10 full-time faculty, which included Sandra Goodling, Karen Gonzol, Kay Huber, Jan Towers, Ruth Stoll, Arlene Miller, Janet Hunter Shields, Martha O’Donnell Solomon, Elaine Hagenbuch and Donna Havens. The department also had six part-time faculty, one person who took care of word processing, one administrative assistant (Faithe Rinehart) and one part-time Learning Laboratory coordinator (Eileen Gardner). Elaine Hagenbuch was the chairperson of the department and was responsible for getting the program started.
In celebration of 30 years of nursing at Messiah College, the Department of Nursing hosted a nursing reunion at Homecoming. The event began with a brief program led by Nancy Woods, current chairperson. Sandra Jamison, chairperson from 1992-1999, read a blessing and led the invocation. Woods presented a PowerPoint detailing pictures and events from 1985, when the nursing program began at Messiah. Emeriti faculty, which includes Sandra Jamison, Carolyn Kreamer and Martha Solomon, were recognized. Kreamer, chairperson from 1999-2014, sent some of her memories, which were read. Hanna Lazio '16 discussed the current nursing program and students. The program concluded with a musical slide show created by Louann Zinsmeister highlighting each year of the nursing program and showing pictures of current faculty and staff from 1985 and 2015. It's amazing how many changes have occurred over the years!

During the whole afternoon, Kline 108 conference room was set up with class pictures, old yearbooks, nursing student uniforms, Sigma Theta Tau and graduate program information, and refreshments. Prizes were given to the alumni who had traveled the farthest, alumni with the most nursing licenses, the cohort most represented and a basket raffle drawing. Many of the current faculty met with alumni and their families to reconnect. The nursing office and high-fidelity simulation labs were open for tours, as well.

New pediatric and maternity simulators were demonstrated to an eager crowd of observers. Lucinda, the maternity high fidelity simulator, gave birth multiple times throughout the afternoon. A Name the Simulation contest was held for the infant and child high fidelity simulators. Congratulations to winner Lindsay Koach for entering the infant’s name: Kim Flipps! The child simulator has been named Jamie, as submitted by an anonymous entry.

The Department of Nursing wants to thank each of the alumni and their families who were able to attend this Homecoming reunion and celebrate 30 years of nursing at Messiah College. We enjoyed seeing all of you and hearing what you are doing now.

Lambda Kappa Chapter celebrates 25 years!

This fall, the Lambda Kappa Chapter celebrated 25 years as a charter of Sigma Theta Tau International. Current members gathered at Messiah Lifeways for a lovely dinner and time of reflection on the past 25 years. Sandra Goodling brought a photo album that she created using pictures of the initial induction ceremony in 1990. Several members shared their memories of the initial program and development of the charter application. Louann Zinsmeister, chapter president, presented the Sigma Theta Tau plaque received at the biennial convention. Attendees received Sigma Theta Tau bookmarks to remember the occasion. The Lambda Kappa Chapter appreciates all of the planning and coordination by Marge Samsel that resulted in a wonderful celebration.
“Many, LORD my God, are the wonders you have done, the things you planned for us. None can compare with you; were I to speak and tell of your deeds, they would be too many to declare.” Psalm 40:5, NIV

This scripture verse seems fitting as we complete the third year of graduate nursing programs at Messiah College. This past year has indeed been a time of growth with many exciting developments! Messiah College now offers two excellent graduate nursing programs, both which address current needs in graduate nursing education.

On June 25, 2015, the Pennsylvania State Board of Nursing fully approved our new Doctor of Nursing Practice-Family Nursing Practitioner (DNP-FNP) program. This approval is necessary for a nurse practitioner program to provide nursing education that allows graduates to take the nurse practitioner licensure exam upon completion of the program. Also noteworthy is that the DNP-FNP program is the first doctoral degree to be offered by Messiah College. The DNP-FNP program is designed for post-baccalaureate nurses who want to become family nurse practitioners. Our first DNP-FNP students will begin the program in late summer 2016. To facilitate development and implementation of this new program, Dr. Kelly Hudock has been named coordinator of the program and began her position in August 2015. Dr. Hudock comes to Messiah College with many years of experience as both a family nurse practitioner and as a nurse educator. We are blessed to have her as a member of our graduate nursing faculty.

The MSN program continues to provide flexible, quality online graduate nursing education for nurses who want to become nurse educators. As many of you know, nurse educators are in short supply across the country, and this problem will continue to increase as “baby boomer” nurse faculty members begin to retire. The MSN program can be completed in as short a period of time as two years.

We also offer a RN-MSN option for associate degree nurses (ADN) and diploma nurses. This option provides an accelerated path to a MSN for ADN and diploma nurses who want to specialize in the nurse educator role. The RN-MSN option is especially attractive to ADN or diploma nurses who have a non-nursing baccalaureate degree and would prefer to move directly to a master’s degree rather than earn a second baccalaureate degree.

In addition, an important milestone for the Department of Nursing is the graduation of our first cohort of MSN students in May 2016. Members of cohort one include Suzanne Beichner, Kate Bilger, Jane Bordner, Nancy Frank, Heather Laudenslager, Sarah Wagoner, and Cynthia Wallis. (See photo.) One of our cohort one members, Tanya O’Brien, completed the program completely online, living more than 1,000 miles away from campus.

We wish to congratulate our first MSN graduates for their demonstrated excellence in completing their graduate nursing studies and wish them much success in their future careers as nurse educators. “You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.” Isaiah 55:12 NIV

For more information about our graduate nursing programs, contact the Graduate Nursing Office at gradnursing@messiah.edu or 717-691-6054.

FOLLOW US ON FACEBOOK!
MESSIAH COLLEGE DEPARTMENT OF NURSING
**WELCOME, KELLY HUDOCK!**

**My name is Kelly Hudock, and I am the Coordinator for the DNP-FNP program.** I have been a family nurse practitioner for the last 15 years. I received my BSN and MSN as a family nurse practitioner from DeSales University and my DNP from Rush University. I have worked in a variety of clinical settings: private practice, subacute/long term care, retail healthcare and hospice. I have been teaching FNP students for the last five years. My specialty is online education for NP students. I have been at Messiah College since May 2015 and I feel like family. I also work one day a week for a physician group, Rosenfield Van Wirt PC. I work with two physicians, five PAs and two NPs. Our practice is based in the nursing home and personal care homes. I have two daughters. One is a biomedical engineer working at Johnson & Johnson, and the other is a junior at Alvernia University. In my spare time, I like to read and garden. I also have two crazy dogs and a diva cat.

The DNP program is designed for RNs with a BSN who would like to be a Family Nurse Practitioner. The program is primarily online with the option for synchronous meetings on campus for those who are close and two intensive meetings on campus at the end of year one and year two. The program is four years for a full-time student. The majority of clinical time is spent working with preceptors and patients. We are currently accepting applications for the 2016 cohort.

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**PRESENTING AT SIGMA THETA TAU INTERNATIONAL BIENNIAL CONVENTION**

*By Erin Anderson ’19, BSN, RNC-OB*

**My name is Erin Anderson,** and I am currently proudly enrolled in the MSN nurse educator program here at Messiah. I am a 2006 BSN graduate of Thomas Jefferson University in Philadelphia and live here in central Pennsylvania. I have been fortunate during the last 10 years to have had the support to grow as a nurse and enjoy many opportunities to discover what I want to be “when I grow up.” My journey toward nursing education began with hospital unit education, precepting and participation on the unit practice council.

Around 2011, I had the chance to participate as a clinical nurse for Messiah’s own Research Roundtable. I discovered my passion and love for research, which is a large part of education. The skills I cultivated and refined at Roundtable further propelled me to pursue education and research. So, when I was presented with a research project idea by a fellow nurse, I jumped at the chance. With the help of our Clinical Nurse Specialist Deb Schafer, we were able to obtain a nursing research fellowship at Pinnacle Health. We then had to begin the research process and obtain institutional review board approval. Our project, “Are Our Babies Cold?,” was a retrospective exploratory study to determine if maternal and neonatal temperatures in the postoperative period appropriate when the babies were placed on their mother’s chest within 15 minutes of delivery in the operating room and the recovery room. And so, my yearlong labor of love began with data collection. I was fortunate to be involved in all aspects of data acquisition, including creating our data collection tool. When all data was obtained, it was analyzed and ready for dissemination.

We had the opportunity for our project to be selected for a podium presentation at the 2015 Sigma Theta Tau International (STTI) biennial convention. The STTI Convention was an amazing experience. It was very exciting to experience the research process from question to presentation. Of course, there were many nerves about presenting my research. Would it be well received or accepted? Would others respond positively? Was it meaningful?

Through presenting and gaining feedback from attendees, I was able to see the true impact of the research and the positive outcomes that may be facilitated in other organizations. As a staff nurse before this process, I knew that I could have an impact on my patients, but I was unsure of how wide-reaching of an impact I could really make. I didn't realize that I could make a lasting impact on my profession, and it is still an incredible concept. Presenting at STTI has allowed me to see that being “just a nurse” can have a meaningful impact on our patients we see daily and our body of knowledge as nurses and professionals.

Rhonda Maneval, DEd, RN; Deb Schafer, MSN, RNC-OB; and Erin Anderson, BSN, RNC-OB presented at the Sigma Theta Tau International biennial convention.
TO ALL THOSE CURRENT MESSIAH STUDENTS, I am sure some of you just cringed a little at the title alone. One thing I remember from being an undergraduate at Messiah College is that the “call” is a buzzword—a word that is discussed over and over again until you feel as though it has no meaning or impact on you or the world around you. As an undergraduate, I remember being frustrated with the overuse of the terms “calling” and “vocation.” Therefore, although I may never have thought it would, the word “calling” has come to mean more to me than I ever thought it would. “Calling,” according to dictionary.com, can refer to a vocation or profession. “Vocation,” also according to dictionary.com, refers to an occupation, profession or a strong inclination to pursue a certain job.

“If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be?”
— 1 CORINTHIANS 12:17–19, NRSV

As an undergraduate nursing student at Messiah College, I remember thinking, especially when the topic of furthering my education came up, that there was no way I would do that and definitely no way that I would go back to school anytime soon. I also remember thinking, I just spent four challenging years as an undergraduate student, and I did not have any desire to put myself through that again. God certainly had other plans. I graduated with my Bachelor of Science in Nursing from Messiah College in 2011. Now it is 2016, and I am one year away from completing my Master of Science in Nursing. The road to this decision was not a decision I made lightly. I searched for information regarding various master’s degrees that are offered, looking to find the one that I thought would be best suited for me. I also found that there were job offerings that I would qualify for if I had my master’s degree instead of just my bachelor’s degree. I also knew that there are some master’s degree options that I knew I would not want to obtain. After more searching, I came to realize some other things about myself. I recognized that I was at a good place and time in my life to work on getting my master’s degree. I also realized that I enjoy showing people how to complete tasks and how doing such makes me happy. Additionally, I remembered that as an undergraduate I enjoyed helping other students understand concepts and information. The thought of being a clinical instructor had also crossed my mind when I was an undergraduate. After recognizing all of these things, God led me to seek out MSN programs in education. God also led me to Messiah’s master’s in nursing, nurse educator track program. He prompted me to see professors from my undergraduate education at Messiah, which ultimately led me to where I am now.

I have been blessed to have such wonderful people in my life, including current and previous faculty to encourage me, answer my questions and support me along the way. God has guided my footsteps and blessed me with these individuals. Although I would not change where I am now, the journey has not been easy. There have been times where I think to myself, am I crazy for working full time and going to school full time? There are times when I feel like I don’t know how things will get done, but God’s timing is perfect. The work gets done somehow, and a word of encouragement comes from out of nowhere, making it all worth it.

My words to those who are thinking about furthering their education: Don’t be afraid to ask questions. Distance learning is hard but worth it. Find what makes you passionate. Just as I have recognized that God has called me to a degree in nursing education, I also know that this is not the calling for all who are reading this article. As Scripture indicates and reminds us, God has created us individually and intentionally (Psalms 139) and He has made each part of the body to serve an individual purpose. In 1 Corinthians 12: 17-19 scripture talks about how each part of the body cannot serve the same function or vital aspects would be missing. As I said before, find what makes you passionate. For some, that will be serving overseas on the mission field. For others, that means finding a graduate program that is offered online. Some people will look to find a graduate program where they can go sit in a physical classroom. For others still, it means remaining in their specialty area or obtaining an advanced degree in something else like becoming a nurse practitioner or nurse anesthetist. This is the beauty of nursing and the beauty of the body of Christ. We are fearfully and wonderfully made (Psalm 139:14). Finally, all I can say is follow your heart and seek the call that God has placed on your life. You can never go wrong if you follow and seek God’s calling for your life.

WANTED: Nurse practitioners, physician assistants, physicians and hospital-based nurse educators to serve as clinical preceptors AND online adjunct faculty with DNP or Ph.D. degree in nursing preferred for graduate programs in nursing.

FOR MORE INFORMATION, PLEASE CONTACT: Ashley Ringquist, administrative assistant and clinical coordinator for graduate programs in nursing 717-691-6054 aringquist@messiah.edu

“I praise you, for I am fearfully and wonderfully made.
Wonderful are your works; that I know very well.”
— PSALM 139:14, NRSV
by Leah Pardoe ’17, BSN, RN

It all started in fifth grade when a 10-year-old girl was asked to write about what she wanted to do when she grew up. Surrounded by classmates who wrote about how they wanted to be firefighters, doctors, teachers and trash collectors, a young timid girl stood and read, “When I grow up, I want to go to Messiah College, be a nurse and help deliver babies.” I remember the amazement in my teacher’s eyes as she said to me, “Wow, that’s pretty detailed. You seem very sure of that.” “I am,” I replied. Fast-forward to the day that I received my high school diploma. As I walked down the line past my teachers, shaking hands, I came upon my fifth-grade teacher who remembered my unique response to her assignment. “What are you going to do now that you are grown up?” she asked. With a big grin on my face, I replied, “I’m going to Messiah College, and I am going to be a nurse who helps deliver babies.”

Needless to say, I was drawn to Messiah College and called to be a nurse at an early age. I like to think that it was a “God thing” and all a part of His plan for me. I have nothing but positive things to say about my experience at Messiah College. Nursing school was one of the hardest things that I have ever done, but the program was exceptional at preparing me for a successful nursing career. The nursing program at Messiah taught me that nursing is so much more than what I do for a living. It’s my calling, my ministry and Christ working through me. My career thus far has been a wild and exciting ride. I was so excited for my OB clinical rotation as I knew, for what seemed like forever, that this was what I wanted to do. During my OB clinical experience at Holy Spirit Hospital in the Birthplace, I quickly fell in love with the hospital and the unit. I applied for an externship there the summer before my senior year of nursing school and was so excited to be accepted. Upon graduation from nursing school, I landed my dream job and was hired on to the unit as a graduate nurse. During the next several years on the unit as a bedside nurse, I lost count of the women who I coached through labor and delivery; witnessed hundreds of babies take their first breath; encouraged so many new families by helping them realize they can do this whole new parenting thing; cried and prayed with families whose dreams and hopes for their unborn child came crashing down for reasons we on earth will never know; served as a circulating nurse in the operating room during cesarean sections; and worked as a PACU nurse following surgery. It was truly amazing how I grew as a nurse and how quickly my career advanced. I soon was selected to be one of the unit charge nurses as well as a preceptor for new staff and student nurse externs. I pursued and accomplished my certification in inpatient obstetrics; sit on my hospital’s evidence-based practice and education councils; am the nurse representative for the obstetric process improvement team; and review and revise my unit’s policies to ensure that we are following all

GRADUATE PROGRAMS IN NURSING

my past educators made me stand out on the unit and quickly became what I hoped to instill in my students and orientees. It is for that reason I chose to pursue a career in nursing education. Two years ago, I made the decision to return to school to pursue a master’s degree in nursing education. It was an easy decision to return to Messiah as I had such a great experience there for my undergraduate degree.

So what am I up to now? I am currently finishing my MSN degree at Messiah. Just like my undergraduate experience, it has been an awesome experience. I am loving every moment as an educator and have been overwhelmed by how rewarding it is to help develop nursing students as well as the nurses on my unit. I am still at Holy Spirit Hospital but in a new role as a clinical nurse educator for the Birthplace, NICU and pediatric unit. I am also working with nursing students as an adjunct faculty member for Messiah and HACC.

“...and I should never stop learning and bettering myself. Those values that were instilled in me by my past educators made me stand out on the unit and quickly became what I hoped to instill in my students and orientees.”

— LEAH PARDOE, BSN, RN ’17

Finally, I am still working part time as a nurse in the Birthplace as I cannot see myself ever completely leaving the bedside. All this to say, nursing has been a wild ride yet a great ride. So much of my success in this career is due to the amazing nursing program that I was blessed to be a part of. Messiah’s nursing program prepared me to be a stand-out nurse on my unit, take on leadership roles, continue to grow my career and, most importantly, be successful. Almost 20 years later, it’s amazing how incredibly blessed I’ve been. I went to Messiah, I am a nurse and I help deliver babies. What an incredible calling and journey it has been.
NURSING STUDENT GRADUATES

Summa Cum Laude Graduates
(grade point average of 3.90 or above)

Juliana Spencer Frederick
Stacie Lynn Martin
Kelby Anne Myer
Jillian Rae Sisson
Chelsey Rose Watson
Sally Anne Wenger

Magna Cum Laude Graduates
(grade point average of 3.60 to 3.89)

Claire Carbonetto
Rebekah Marie Dincher
Melissa Joann Dukelow
Faith Michelle Eisenberg
Alyssa Nicole Heath
Rachel Ann Hoover
Ashley Elizabeth Locke
Danah Michelle Moser
Dana L. Newswanger
Hannah Ruth Nichols
Elizabeth Louise Seigendall
Brittany Danielle Weaver

Cum Laude Graduates
(grade point average of 3.30 to 3.59)

Arianna VanPatten Bailey
Taylor Lynn Deares
Kimberly Rose Desrosiers
Christina Grace Duncan
Cooper Lawrence Grimm
Storm Briana Hajek
Valerie BreAnne Heisey
Lindsay Beth Koach
Aubrey Nicole Krueger
Megan E. Mayhew
Shannon Kristen Mellon
Rachel A. Petro-Roy
Sarah Noel Pratt
Sallie Jane Rosenberger
Elizabeth Mary Smullen
Keterly Steyer
Rachel Marie Vogt

MESSIAH COLLEGE NURSING CLASS OF 2015

AWARD WINNERS

PSNA District 15 Leadership Award
Kelby Myer

Harry and Nancy Preis Endowed Scholarship
Claire Carbonetto

Christy Stark Smith Award
Megan Mayhew

Academic Excellence in Nursing Award
Jillian Sisson

Excellence in Nursing Award
Chelsey Watson
SUPPORT NURSING THROUGH SCHOLARSHIPS

YES! I want to support nursing education at Messiah College through an endowed scholarship. Please direct my gift to:

☐ The Nursing Education Endowed Scholarship, given to nursing students who demonstrate financial need
☐ The Janelle Joy Nisly Memorial Scholarship, for students in nursing or pre-med who are affiliated with either the Mennonite Church, Church of the Brethren or Brethren in Christ Church
☐ Christy Stark Smith Memorial Scholarship Fund, given to a nursing student who has demonstrated excellence in nursing care of the child-bearing family

My tax-exempt donation is enclosed for: _______________

Name ___________________________________________
Address ___________________________________________
City ___________________________________________
State _______ Zip _______________ Phone (__________) ________________________________________

Please make check payable to: MESSIAH COLLEGE.

Please print this form and return it to the Messiah College Office of Development, One College Avenue, Suite 3013, Mechanicsburg, PA 17055.

TO GIVE ONLINE: Visit messiah.edu/give2messiah and select Named Endowments under Scholarships & Endowments.

Gifts to the nursing department July 1, 2014, through June 30, 2015

Chatlos Nursing Scholarship Awards
The Chatlos Foundation Inc.

Dr. Homer C. Hetrick Memorial Scholarship
L.B. Smith Estate Foundation, Inc.

Margaret O. McCormick Endowed Scholarship
McCormick Family Foundation

Janelle Joy Nisly Memorial Scholarship
Vera Mae Nisly
Wanda E. Thuma-McDermond ’75

Nursing Department Restricted Fund
Winifred L. Kaebnick

Nursing Education Scholarship
– In Memory of Peggy S. Walters
Deborah E. (Helsel) Herr ’88
Ruth I. Stoll

Christy Stark Smith Memorial Scholarship
Carolyn L. Kreamer
Wanda E. Thuma-McDermond ’75

Marilyn L. Smith Endowed Nursing Scholarship
Marilyn L. (Byer) Smith ’51

Donald & Dorothy Stabler Nursing Scholarship Endowment
Leah E. Compton ’13
Cammie E. (Wilcox) Dodds ’12
The Stabler Foundation
Jade A. (Craun) Vallejo ’12

Wellness Center Project
Mechanicsburg Area Foundation

Franklin H. & Ruth L. Wells Endowed Scholarships for Nursing Students
Wanda E. Thuma-McDermond ’75

EDITOR: Nancy Frank — Please send comments and ideas for future editions to njfrank@messiah.edu.
“And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”
Micah 6:8 (NIV)

To act, to love, and to walk...
Micah prophesied from 750 to 686 BC, a time of change in the politics of Israel and Judah during the reigns of Jotham, Ahaz and Hezekiah, kings of Judah. I have always found Micah 6:8 to speak clearly to our vocation as nurses and nurse educators. It addresses our relationship with God and with our neighbor. As nurse educators, our “neighbors” are our students as well as our fellow educators and staff. And in nursing education, change is a part of life: changes in local health system requirements, NCLEX-RN® licensure exams, state board regulations, national accrediting body regulations and so on! A critical aspect of nursing education is to prepare the beginning RN and the beginning advanced practice nurse for this ever-evolving complexity in patient/client care, with increasing comorbidities, rapidly increasing treatment modalities, increasing health care costs, and continued concerns about access to care. Messiah College’s nursing programs have a reputation for stellar quality and rigor, developing high quality professionals in beginning and advanced nursing practice roles to serve the most vulnerable, with compassion, cultural humility, caring leadership and reconciliation from a Christian worldview. Just as our nursing care must be evidence-based, nurse educators have a responsibility to base our educational practice on the best scientific evidence, combined with our practice expertise, and our client’s values and preferences. How is this accomplished? How do we do what the Lord requires of us?

Evidence-based nursing consists of the best scientific evidence, our practice expertise, and our client’s values and preferences to achieve the best outcomes. Nurse educators not only incorporate evidence-based nursing across a program of study; they also implement the elements of evidence-based nursing into their teaching strategies (National Council of State Boards of Nursing – ncsbn.org/668.htm).

Best scientific evidence
Nurse educators continually identify the best evidence for nursing curricula at both the undergraduate and graduate levels. This is accomplished through a variety of ways. Faculty keep abreast of the latest research through membership in professional organizations and reading the current literature on nursing education. Attendance at national educational conferences bring top nurse educators and researchers together to provide the latest and best scientific knowledge for educational practice. Your nursing leadership team in the department regularly attend the American Association of Colleges of Nursing (AACN) national meetings/conferences as well as the National Organization of Nurse Practitioner Faculty (NONPF) for access to best practice recommendations. Evidence for practice also is derived from data on our own population of students as well as benchmarking with other nursing programs. The combination of these sources of scientific evidence informs faculty, committee and department decisions about a host of issues from admission and progression criteria to teaching-learning strategies across courses. The evidence fully supports the use of a variety of effective pedagogies to develop critical thinking, such as simulation across the curriculum, as well as innovative classroom strategies in both undergraduate and graduate programs, including the “flipped” classroom, unfolding case studies, discussion forums, and writing across the curriculum.

Practice expertise
Messiah College’s Department of Nursing is blessed to have outstanding nursing faculty with extensive years of nursing practice both in the clinical setting as well as in academia. Among our full-time nursing faculty, 50% have a doctoral degree (Ph.D. or DNP) and another 33% are in
the process of obtaining their terminal degree. Sixty percent also continue in clinical practice and several faculty maintain clinical certification, indicating expertise in clinical specialty areas. Additionally, four nursing faculty are credentialed as Certified Nurse Educators (CNE). This certification demonstrates “to students, peers, and the academic and health care communities that the highest standards of excellence are being met” (nln.org/professional-development-programs/Certification-for-Nurse-Educators). Faculty are engaged in nursing research and they disseminate their findings through publications in nationally recognized journals and presentations at various local, regional and national professional conferences. Faculty also attend numerous conferences related to professional practice and nursing education. The Department of Nursing also provides access to all nursing faculty—full time, clinical adjuncts and preceptors—to free access to faculty development courses and webinars through NurseTim, Inc. This dedication to continued professional development incorporates extensive academic practice expertise in the evidence-based practice approach to nursing education.

Client’s values and preferences
Evidence-based nursing practice in academia would not be complete without our students’ values and preferences. At Messiah College, our Christian values are integrated within all nursing courses within the context of a strong foundation of liberal arts and sciences. Students’ voices are valued and their ideas and suggestions are an important part of department decisions. Undergraduate and graduate nursing students are actively engaged as representatives on multiple Department of Nursing committees: curriculum, e-Portfolio, evaluation, policy and bylaws, and the graduate nursing committee. Additionally, all students evaluate nursing courses to provide their assessment of courses and faculty. These evaluations are reviewed every semester and the faculty highly values feedback from the students. This feedback is monitored and impacts decisions for course revisions and continued faculty development.

For the NCLEX-RN® licensure exam, our 2017 undergraduate nursing class achieved a first-time pass rate of 94.4 percent!

100% of 2017 graduates were employed in a variety of hospitals and facilities across the United States within 4 to 6 months of graduation.

Teamwork
Although not specifically identified as part of the evidence-based practice triad, exceptional teamwork is critical in achieving evidence-based nursing education. Our administrative assistants bring critical skills in managing the complex and multifaceted aspects of two major programs in nursing education at Messiah College. Our clinical liaison/clinical placement coordinators work collaboratively with multiple outside health care systems to facilitate student placement for clinical experiences across the undergraduate curriculum. Faculty, staff and students form an integral team bring the best evidence to educational practice.

This commitment to evidence-based practice in nursing education provides exceptional outcomes for our graduates. Our 2017 undergraduate graduating class was focused and dedicated in their preparation for the NCLEX-RN® licensure exam. I am very pleased to report that they achieved a first-time pass rate of 94.4%! Equally as exciting, 100% are employed in a variety of hospitals and facilities across the United States within 4 to 6 months of graduation. And several have already enrolled in graduate nursing education programs. Congratulations to our 2017 cohort!

Our graduate programs in nursing continue to grow and we will launch a new MSN in Nursing Administration this August! Stay tuned for an upcoming dual degree MSN/MBA as well.

Just as the prophet Micah spoke God’s word during a time of change, we have some upcoming changes in the Department of Nursing as well. At the end of the academic year, we have several retirements and we will be welcoming new faculty and staff as part of the new 2018-2019 academic year. Eileen Gardner, BSN, MSN, Patient Simulation Laboratory Coordinator will retire after 33 years at Messiah College. Her contributions enhanced the complex learning environment inherent in nursing simulation education preparing our next generation of nurses for the complex arena of health care. Pam Linstedt, MSN, RN, CNE, Associate Professor, will also retire after 22 years at Messiah College. Pam laid the foundation for our undergraduate students in the introductory nursing courses and the first medical surgical nursing course, preparing them for more complex nursing courses across the curriculum and for future nursing practice. Lastly, I will be retiring after 10 years at Messiah College, to spend additional time with my husband as he lives with multiple myeloma. I will truly miss everyone here! Each of you have touched my life is countless ways!

It is such a blessing to be part of the Messiah College Department of Nursing. We have incredible students and outstanding faculty, administrative assistants and staff. Being here allows each of us to act justly, to love mercy and to walk humbly with our God as we prepare the next generation of RNs and advanced practice RNs.
BETSIDE CLINICAL PRACTICE AS A NURSE EDUCATOR

By Tara Jankouskas, Ph.D., RNC

I work per diem at Penn State Children’s Hospital in the Acute Care and Intermediate Care units. After advancing to a nurse educator role, I have continued my clinical practice as a bedside nurse for four reasons. First, I truly enjoy providing direct care; it’s part of my identity since graduating as a new nurse 30-plus years ago. Second, I believe that maintaining my clinical competence broadens potential professional opportunities and strengthens my resume. Third, since my clinical practice occurs on the same units on which I supervise Messiah College nursing students, I have a strong relationship with the unit staff members. These relationships help promote a positive environment for the student clinical experience. Fourth, for undergraduate teaching, my theoretical knowledge helps ensure that my clinical practice remains current. Completion of required competencies and clinical hours for bedside nursing is a challenge when also serving as a nurse educator; however, I have found the two roles complimentary and extremely fulfilling.

Welcome, Lisa Brubaker!

My name is Lisa Brubaker, and I am the clinical liaison and placement coordinator for the undergraduate Department of Nursing. I began working with Messiah in September of 2016 with the developing Doctor of Physical Therapy Program and made the transition to my current position in August of 2017. During my undergraduate and some post-graduate courses, I gained knowledge of nursing and medical terminology. I am truly blessed to be able to work with the nursing department, students and area clinical sites to ensure that students have successful and meaningful clinical experiences.

I am married and have five wonderful children—two girls and three boys. God continues to teach me lessons through them every day, as they are each uniquely gifted. I am humbled and grateful to be their mom. Their schedules keep me quite busy, but I love every minute of it—football, rugby, basketball, gymnastics, dance, piano… I love to watch them play!

We also love our church—being involved there over the past 16 years has grown my faith, deepened my walk with God, and helped develop lifelong friendships. In my free time, I enjoy playing softball for a team I’ve been with for 24 years. I also like to stay active by exercising, playing pickup basketball games, hiking, boating and swimming.

I am so thankful to work with such an amazing team of nurses and educators—all truly devoted to providing quality nursing education to students—holding to standards of excellence and caring for and encouraging their students to become the best nurses in the region.

Adjunct Nursing Faculty

Graduate, 2017-2018

Marsena Howard, DNP, CRNP, CNM—NURS 505, NURS 622, NURS 702
Rebecca Harris, Ph.D.—NURS 503
Jeffrey Kreitman, PharmD—NURS 504
Holly Langmuir, MD, MPH, MS—NURS 621
Sheri Matter, Ph.D., MHS, MBA, RN, NEA-BC—NURS 500, NURS 620
Danielle Oakes, DNP, CRNP, FNP-BC—NURS 704

Undergraduate, Fall 2017

Lauren Bredin, BSN, RN, CCRN—NURS 411
Katie Deitrick, MSN, RN—NURS 311
Nicole Gautsch, MSN, RN, CEN—NURS 411
Emily Griffith, MSN, RN—NURS 310
Enid Kreiner, MSN, RNC-MNN/OB C-EFM—NURS 310
Laura Lebo, BSN, RN—NURS 310
Savannah Lynch, MSN, RN—NURS 410
Sarah Mauldin, MSN, RN—NURS 410
Mary Lou Mortimer, DNP, RNC-NIC—NURS 405
Carol Stein, MSN, RN—NURS 311
Talisha Sneeringer, MSN, RN—NURS 311

Undergraduate, Spring 2018

Maureen Asper, MS, RN, ACNS-BC—NURS 412
Kelly Boesch, MSN, CRNP—NURS 313
Lauren Bredin, BSN, RN, CCRN—NURS 312
Sarah Curtis, MSN, CRNP—NURS 211
Katie Deitrick, MSN, RN—NURS 211
Keterly Franken, BSN, RN—NURS 311
Emily Griffith, MSN, RN—NURS 210, 211
Sarah Curtis, MSN, CRNP—NURS 310
Lauren Bredin, BSN, RN, CCRN—NURS 411
Katie Deitrick, MSN, RN—NURS 311
Pam Harris-Haman, DNP, CRNP, FNP-BC—NURS 313
Shelley Heinbaugh, MSN, RN, CEN—NURS 211
Jennifer Hughes, MSN, RN, CCRN—NURS 313
Leslyn Keel, MSN, RN, CPN—NURS 313
Joanne Konick-McMahan, MSN, RN, PCCN—NURS 413
Sarah Mauldin, MSN, RN—NURS 312
Leah Pardoe, MSN, RN—NURS 413
Jenny Rex, MSN, RN—NURS 313
Melody Setz, PhD, RNC-OB—NURS 412
Talisha Sneeringer, MSN, RN—NURS 211
Carol Stein, MSN, RN—NURS 210, 211
Alicia Urich, MSN, RN, CMSRN—NURS 413
Many of our full-time nursing faculty continue to provide direct patient care through local health care agencies. Current clinical practice connects faculty with the surrounding community. Wanda Thuma-McDermond manages the Wellness Centers in Dillsburg, Steelton and Mechanicsburg all year, including during the summer months when students are unavailable. Wanda enjoys engaging in the community and demonstrating the scholarship of application. Megan Gross works as a community health nurse in the service pool for Lancaster General Health: Penn Medicine. Additionally, Wanda and Megan regularly serve in the community with students as clinical faculty.

Current clinical practice helps faculty remain clinically competent. Kristen Slabaugh works as a family nurse practitioner at UPMC Pinnacle FastCare and Express walk-in clinics. Current practice allows her to maintain national certification through the American Association of Nurse Practitioners, which requires a minimum number of clinical practice hours with each renewal. Additionally, Kristen enjoys working at the “bedside” and how direct patient care helps her to stay up to date on treatment guidelines, medications and therapies.

Faculty find that clinical practice enhances their ability to teach. Jeff Stroup works for UPMC Pinnacle as a nurse in the float pool. He provides direct patient care in the Emergency, Intensive Care, and Medical-Surgical units, which connects with his classroom and clinical teaching responsibilities. Nancy Frank finds that her clinical practice at UPMC West Shore provides real life stories to illustrate material in pathophysiology and pharmacology. Tara Jankouskas works for Penn State Children’s Hospital in addition to teaching pediatric nursing courses. In her article, she has expressed the many benefits of current clinical practice that all faculty providing direct patient care discover.

FACULTY NEWS

• Nancy Woods published two articles:

• Sarah Jones presented “Got HTN? Your Employee Wellness Program Should Know You Well!” as a poster at Wellspan Collaborative EBP and Nursing Research Day conference.

• Kristen Slabaugh presented “Initiation of Standardized Depression Screening in College Health: A Quality Improvement Project” as a poster at the Geisinger Holy Spirit and UPMC Pinnacle research conferences.

• Nancy Woods presented “Effect of a Scheduled Nursing Intervention on Thirst and Dry Mouth in the ICU” as a poster at the Geisinger Holy Spirit research conference. She also presented “A Step-by-Step Guide to Disseminating Research and EBP Findings,” a 4-hour workshop for nurses at UPMC Pinnacle.

• Nancy Frank presented “Servant Leadership in a Baccalaureate Nursing Program: A Case Study” as a poster at the Sigma Theta Tau/NLN Nursing Education Research Conference.

• Debbie Loop presented “Using Simulation to Develop Clinical Judgement” at Boromarajonani College of Nursing, Chiang Mai, Thailand.

• Megan Gross presented “Nurse Educators Leading Collaboration to Engage Community Partners: A Case Study” as a poster at the Association of Community Health Nurse Educators 2017 Annual Institute.

• Kristen Slabaugh completed her Doctor of Nursing Practice, Family Nurse Practitioner with a Nursing Education subspecialty from University of South Alabama in August 2017.

• Sarah Jones achieved term tenure and was promoted to associate professor.

• Wanda Thuma-McDermond became certified as a Basic Life Support instructor and provides hands on demonstrations at the Dauphin County Housing Authority.

• Nancy Woods serves as the clinical research consultant for UPMC Pinnacle and Wellspan Health.
STUDENT NURSES ASSOCIATION
By Autumn Nelson ’18, vice president

The Messiah College Student Nurses Association (SNA) is affiliated with the national organization which includes about 60,000 nursing students from across the country. SNA is a pre-professional organization that is committed to both education as well as the nursing profession. Each semester, SNA invites different speakers that pertain to the field of nursing to come speak and share career advice and experiences with members. SNA is also passionate about being involved in community activities, fundraisers, campus wellness events as well as attendance at the National Student Nurses’ Association conference each year.

During the 2017-2018 school year, SNA has been busy hosting and participating in several events. At the beginning of the fall semester, a welcome party was held to welcome new and old members back to campus and prepare for what SNA has planned for the upcoming year. After the welcome party, our first fundraiser, a car wash, was held. Throughout the first semester, a variety of speakers came to share with members. Speakers from the Messiah College Career and Professional Development Center spoke about resumes and cover letters for those looking to apply to jobs and summer externships. Nursing representatives from Hershey Medical Center as well as flight nursing have also come to share their professional journey and answer any questions members may have.

In addition to nursing professionals, upperclassmen were also invited to come speak in regards to study abroad experiences and professional opportunities including previous externship and work opportunities. This allowed underclassmen students to be notified of what is to come, as well as the different opportunities not only in the nursing department’s scope, but also actual career development and experience.

SNA members participated in a hypertension wellness seminar, where members offered free blood pressure screenings to all who attended the seminar. Members were able to hold a bone marrow drive on campus, in which students could register to become bone marrow donors, by swabbing their mouths and filling out a brief form. This allowed members to educate and get fellow students involved and active in health care related topics.

For the remainder of the spring semester SNA is looking forward to hearing from a nurse anesthetist from UPMC Pinnacle, as well as several Messiah alumni who are coming to share their experience in the working world. A group of SNA members will also be attending the National Student Nursing (NSNA) convention in Nashville, Tennessee in April. This convention allows members to explore further career opportunities with hospitals and universities from across the country. Members will be able to attend different seminars on different topics in nursing such as pharmacology and hot nursing topics, as well as NCLEX prep sessions. To conclude, SNA will host a farewell party with both faculty and students.

SNA will continue to pursue nursing students in the nursing program to encourage involvement in future semesters and to continue to develop professional and prepared nurses post-graduation.

This year, SNA events included guest speakers, wellness seminars, a bone marrow donor drive and the National Student Nurses Association conference.
SIGMA THETA TAU INDUCTION

The Lambda Kappa chapter of Sigma Theta Tau International welcomed 17 new undergraduate and graduate students to membership on November 11, 2017. The induction ceremony was held in Hostetter Chapel and included Lambda Kappa members, Messiah College nursing faculty, students and families.

Debbie Loop, simulation educator for the Department of Nursing, gave the keynote address on “Transforming Nursing Education through Simulation.” Debbie shared changes in simulation technology through the years, including future advancement. Since the National Council of State Boards of Nursing study indicated that up to 50% of clinical hours can be replaced with simulation without affecting student outcomes, simulation is a growing part of nursing education. Debbie explained current simulation theories, organizations and scenario development. It was amazing to learn about the many simulation options available within nursing.

Following this educational presentation, Cathy Druckenmiller, president, led the ritual of induction. Wanda Thuma-McDermond, faculty counselor, introduced each inductee as they stepped forward to receive their pin, honor cord and certificate, and sign the chapter membership book. Dinner and fellowship followed the ceremony.

NURSES CHRISTIAN FELLOWSHIP

By Carrie St Onge ’18, president

This has been a wonderful year of growth for Nurses Christian Fellowship (NCF) as we learn and cultivate faith in each other while providing support to our nursing classmates and friends. We meet weekly on Wednesdays in K108 to discuss our “highs” and “lows” of the week, to study the Bible and discuss the material together, and to pray for shared prayer requests. This time is meant to be destressing and usually encompasses coloring pages and chocolate. This year, we have utilized RightNow Media as a resource for video devotionals for our weekly meetings. During the fall semester, we watched J.D. Greear’s “The Book of Ephesians” series, which encouraged us to live out the gospel while learning more about Jesus’ story. We are currently studying Francis Chan’s “The Book of James,” which is encouraging us to build true faith that produces action and fruit. These have produced dynamic conversations each week and are enjoyed by those attending!

NCF began this year with our annual Kickoff Picnic and outreach in September, which was widely attended. We had a game night in October, with board games and snacks. In November, we had our annual Destress Fest and celebrated the busy midterms week with snacks, prizes, crafts and music. Our annual Christmas party at Professor Linstedt’s home finished off the semester with an annual Christmas sweater contest, white elephant gift exchange and a delicious brunch. This February, we had a wonderful craft event where we made stamped stationary and enjoyed conversation together.

We are currently studying Francis Chan’s ‘The Book of James,’ which is encouraging us to build true faith that produces action and fruit.”

– Carrie St. Onge ’18
We are excited to announce that Messiah College Department of Nursing has partnered with LiquidCompass to provide a powerful new job search resource to our undergraduate and graduate nursing students and our alumni. It is a website that can be accessed at liquidcompass.com/messiah. This link is also on the undergraduate Department of Nursing website under Careers and Outcomes.

When you land at the site, click “Start Here” (no log-in required). Then simply click a city under the job category that best fits your search. The job categories are as follows:

1. Jobs for current undergrad students – tech and nursing support jobs
2. Jobs for new grad RNs – jobs looking for a new grad BSN or require less than one year of experience
3. Jobs for graduate students – MSN and higher (i.e. APRN jobs, NP, CRNA, nurse midwife and many more)

The job list will load in a new browser tab. The first page shows a summary of all job openings in the city and the employers we are tracking. Scroll down to see the list of jobs.

LiquidCompass tracks the nurse hiring activity of all major employers and updates these hiring sheets daily.

You may contact LiquidCompass directly at support@liquidcompass.com or 800-201-8030 with any questions or contact Beth Aumen in the Department of Nursing at 717-691-6029.
A STUDENT’S PERSPECTIVE ON NURSING LEADERSHIP
By Emily Hess ’18

I USED TO THINK OF NURSE MANAGERS AS ADMINISTRATORS
distanced from the “real-world” of patient care both functionally and
geographically, writing memos in well-lit offices and clad in stylish, uncomfortable
shoes. Although my clinical experiences, nursing externship and senior practicum
had given me some interaction with nurse leaders, I still lacked an understanding
of the part managers play in nursing care. However, as I have shadowed nurse
managers through my leadership clinical, I have gained a better understanding of the
critical role nurse leaders play in the health care process.

A key nursing function is that of patient advocate, working on behalf of patients to provide safe, effective and individualized care. Nurse managers also serve as advocates for their staff, working with the administration and interdisciplinary care team to provide nurses with the time and resources to implement quality care. One manager I shadowed worked for four years to instate a rounding pharmacist on the floor for stat med orders. Another is working to improve nurse-patient ratios by reducing ED patient boarding through a hospital-wide rounding protocol. The managers I shadowed didn’t wear heels or stay behind their desks. They were constantly on the floor, checking up on their staff, responding to concerns and lending a helping hand. Even those with an alphabet-soup of acronyms behind their name weren’t too proud to hang a secondary, transport a patient to CVIR, or escort a lost family member to the cafeteria. They weren’t just managers in the formal sense, but were effective leaders—those who empower, inspire and motivate their staff.

We talk about Magnet a lot in nursing—from analyzing tenets of nursing research to choosing which hospitals to apply to upon graduation. A key component of the Magnet model is transformational leadership, and although I worked at a hospital this summer as it went through the re-certification process, I didn’t really understand what transformational leadership was until I spent time with managers who embody this style. These leaders are committed to the growth of the unit and its members, and inspire staff to pursue a common goal of excellence. They work toward staff betterment, satisfaction and quality outcomes. They partner with and serve their staff.

Through my leadership shadow experiences, I have gained a richer understanding of the functions of nurse managers. I know the kind of manager I seek to work under as I consider employment after graduating this May. I know the kind of manager—a manager who cares for, with and about her staff—that I may someday seek to be.

“I have gained a better understanding of the critical role nurse leaders play in the health care process.”

– Emily Hess ’18

A NURSE MANAGER’S PERSPECTIVE ON LEADERSHIP
By Erica Leber-Burnham, nurse manager at UPMC Pinnacle West Shore ICU

I HAD THE PRIVILEGE OF WORKING WITH MESSIAH STUDENTS
during their leadership course shadow experience. I appreciate the
student’s energy and passion for their new-found career. The students are so excited
to change the world and make a difference. Their excitement excites me because
every nurse makes a difference to patients, families and their team. To be a nurse is
a complex, hard job. Nursing is about caring for patients and doing what is best for
the patient. For most of us, this is the easy, expected part. But what you sometimes
don’t realize until you’re in the thick of your shift is that nursing can be hard.
You will cry and feel empathy for your patients and their situation. During these
times, I encourage you not to run from this, but embrace it and use your passions
to comfort your patients and their family. This is demanding for nurses, so it’s equally
important that you take care of yourself, too. It is imperative after stressful situations
to debrief with a friend, coworker or someone that you feel comfortable talking to. Find out what is important to you and make time for it. Over the years I have seen many amazing nurses get overwhelmed and burned out as a result of not finding time for what is important to them.

Being a leader can mean many things. To me, being a leader means taking care of your team as if they are your “patient.” In order to truly care for your team, you need to connect with them and find out what are their priorities in life. A good leader knows their team and can readily know what they need. A leader looks out for their best interest. When you take care of your team they are happier, and they do a better job. In the nursing profession, this results in providing excellent care to our patients.

A leader needs to be fair to every employee and strong to deal with difficult situations. In my role, it is imperative to be empathetic and understand what patients, family and staff are experiencing. A nurse leader needs to be compassionate, inventive and resilient. Health care is ever changing, and as a leader, you feel these changes and the impact they have on staff. This can pull you in many different directions every day. You need to stay grounded and remember what is important. Some days this can be harder than others. Another important job of being a leader is being a mentor your staff. As a leader, it is essential to develop your staff. I enjoy helping them reach their goals and highest potential. A leader is an important part of the team, but it is only one part. Our team has many members and it takes everyone to make the unit excel.
WITNESSING GROWTH IN EVIDENCE-BASED PRACTICE SKILLS
By Beth Transue, MLS, MET, librarian, liaison to the School of Science, Engineering and Health

As a librarian educator who works with the Nursing department, I am always pleased to see the marked growth in the information literacy skills of finding, selecting, appraising and finally applying quality evidence to nursing practice.

In NURS 203, when I first meet with nursing students to introduce them to library resources, they often have only basic information literacy skills. While students may know how to find books in a library, they do not yet know about nursing databases such as CINAHL, nor how to search them effectively for best evidence. I meet with nursing students again in a junior-level course to facilitate advanced searching skills in nursing and medical literature databases.

I am always thrilled to witness students’ progress by the time I see them a final time in Research Roundtable sections. Students can form PICOT questions, determine resources to search, create search strategies, and evaluate evidence that has immediate implications for real-world practice.

Whenever I feel despair about lack of information literacy skills in undergraduate students, I think about the growth in skills that a structured approach can bring. I think about the ways that graduates bring passion, insight and evidence-based critical thinking to their field. Information literacy may not be the first skill one thinks of needing as a nurse, but in a discipline marked by evidence-based practice, the ability to find, select, appraise and apply that evidence is invaluable.

PARTICIPATING IN RESEARCH ROUNDTABLE
By Sierra Berringer ’18

From September through December 2017, nursing students from Messiah College paired with nurses from Geisinger Holy Spirit to collaborate on literature review based research. My group consisted of Messiah College nursing students Melissa Class, Janelle Kramer, Emily Doron and myself. We partnered with Kristin Mariani and Ann Bower, both registered nurses from Geisinger Holy Spirit. Our group members had one major thing in common, and that was our interest in areas of nursing which expect high mortality rates. These areas included oncology, emergency, critical care, and heart and vascular. Nurses who work in areas such as these face death on a regular basis. We found a common interest in researching what is being done for nurses who experience critical incidents to help reduce nurse burnout.

This interest formed our PICO: among registered nurses in the hospital setting following critical incidents, what are the effects of debriefing after critical incidents? We performed an intensive literature review, which lead to the consistent finding that debriefing protocols should be in place for nurses in the hospital setting following critical incidents.

Having the opportunity to work with registered nurses from a local hospital added such a powerful element to our project. As students, we were able to receive fresh perspective from nurses who have actually experienced the effects of not having a debriefing protocol in place throughout their careers. It was an honor to have participated in this research, and we all look forward to displaying our research at the Science Symposium this spring!

“Having the opportunity to work with registered nurses from a local hospital added such a powerful element to our project.”

– Sierra Berringer ’18
PRESENTING AT THE NATIONAL STUDENT NURSES ASSOCIATION CONFERENCE
By Lauren Orehowsky, BSN, RN '17

Public speaking has never really been my passion. Throughout my collegiate years, I became more comfortable speaking in front of groups, in part due to my communications/public speaking required course during my first year at Messiah. As president of Messiah’s SNA (Student Nurses’ Association), I was obligated to step out of my comfort zone and participate in more speaking opportunities, and as a result, became more comfortable with it.

During the few weeks leading up to the April 2017 National Student Nurses Association (NSNA) convention in Dallas, Texas, we received emails from NSNA to keep registered students informed regarding what to expect during the upcoming convention. One of these emails contained a blurb about International Experiences in Nursing, and said something about applying to speak at a session called “Global Initiatives in Nursing.” Just three months prior, I had had an incredible, life-changing experience during my J-term Senior Nursing Practicum in Zambia, Africa. As a result, I thought it would be wonderful to share about my time there, and I promptly filled out the application.

Sure enough, I was told by the Director West of NSNA that my experiences sounded “amazing” and was selected to present! Suddenly, I was scrambling to prepare a presentation, and considered digging through my old notes from freshman year communications class for some public speaking pointers! I looked through photographs from the trip to put together a power point, read my “Africa journal” that I kept every day while I was there, and actually found much joy in reflecting on my journey again. Preparing my thoughts and refreshing myself on the time I spent in Zambia were quite meaningful to me!

Then Wednesday morning arrived, and I woke up thinking about the “Global Initiatives in Nursing” session later in the afternoon, and felt excited! Surprisingly, I did not feel nervous throughout the day, and when it was time to speak, God gave me peace, strength and fairly eloquent words (or so I hope). I enjoyed speaking about my experiences, and it seemed that the approximately 150 attendees were interested in hearing about them, which was inspiring to me. A few of the students asked questions about the culture, nurse autonomy in other parts of the world, and about nurse: patient ratios, and I enjoyed their inquisitions and participation. The session allowed for the collaboration of nursing students and faculty from all over the U.S., facilitated an atmosphere of passion regarding global health, and gave the Macha Mission Hospital in Zambia recognition and exposure. All in all, I found it to be a positive and encouraging experience.

2017 SIGMA THETA TAU BIENNIAL CONVENTION
By Kristin Shaub, BSN, RN; MSN cohort ’19

This year, I had the honor of representing the Sigma Theta Tau Lambda Kappa Chapter as a delegate and attendee at the 2017 Sigma Theta Tau International Honor Society of Nursing Biennial Convention in Indianapolis, Indiana. Yes, the official title of the convention is long, but I felt obligated to include it as Sigma Theta Tau has officially been renamed “Sigma,” and now features an updated logo that reads “Sigma: Global Nursing Excellence.” Although the rebranding of Sigma caused some controversy, I believe that the logo accurately depicts the overall mission of the organization and the purpose of the Biennial Convention itself as the convention had so much to offer, it was almost overwhelming! There were sessions and symposiums, poster presentations and exhibits on topics pertaining to clinical nurses, nurse educators, nurse administrators and nurse researchers. The convention also featured a career center, which helped nurses receive guidance on career advancement, and a marketplace where attendees could purchase books, Sigma merchandise, and more.

However, the most exciting events at the Biennial Convention took place within the House of Delegates meetings. During these meetings, delegates voted for or against proposed changes to the organization and also elected new Sigma officials into office. As Lambda Kappa’s delegate, my primary role was to vote in a way that would best serve Sigma and, by extension, the Lambda Kappa Chapter. That being said, I originally thought that deciding how to vote would be the most intimidating part of being a delegate. But, for me, the most stressful part was finding my seat! In fact, the House of Delegates Meetings continued on next page
were held in such a big ballroom, that the Biennial Convention Program contained a map to help people find their seats.

Despite the mishaps I encountered while trying to find my seat, I took my delegate responsibilities very seriously and made sure to learn about the candidates and the proposed changes to the organization prior to attending the meetings. During my preparation, I noticed that the Biennial Convention Program contained a list of intended learning outcomes for the convention. In the past, I may not have recognized the significance of these learning outcomes, but as a student currently enrolled in Messiah’s MSN Nurse Educator program, I knew that these learning outcomes indicated standards necessary for the organization to be successful in promoting global nursing excellence. So, just as nurse educators use learning outcomes to motivate their students to learn, the purpose of clearly listing the learning outcomes of the convention was to motivate Sigma members meet the standards of achievement to advance the nursing profession on a global level.

The goals of Sigma and the goals of nurse educators demonstrate an interesting connection. All nurses are teachers. Nurses teach patients, nurses teach families, nurses even teach doctors, but most importantly, nurses teach future nurses. Therefore, to truly advance the nursing profession on a global level, we must all strive to be nurse educators.

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**NURSING IN ACTION ON CAPITOL HILL DAY**

*By Emily Hepler ’18*

**Before I chose nursing as a major, my mind was set on politics. I now fully believe nursing was the right choice, but I enjoyed combining both of these passions at Student Nursing Association of Pennsylvania’s Capitol Hill Step by Step event.**

Nursing students from several area schools gathered nearby the State Capitol Building in Harrisburg on March 27 to learn about the legislative process and the role that nurses can take to influence it. We were inspired by nurses who spoke to us about the significant experience they have had in the political realm and encouraged us with practical ways to get involved. I think it was especially helpful to hear one nurse say that she was terrified of public speaking and never expected to step foot in the political world, but—years later—she is very grateful for the influence she’s been able to have on a local, national, and international level. Referring to the original white uniforms of nurses, another speaker shared a story of the “sea of white” that converged on the Capitol several decades ago, illustrating the clout that nurses can have when they unite together.

As students, we participated in the day by researching bills relevant to nursing that are currently being debated in the state government and made our views known to legislators. Especially as novice nurses, one of the most important things we can do is keep aware of political issues related to nursing and communicate with our lawmakers. Each nursing school was assigned one bill to present to the assembly of students and faculty during the day. I had the opportunity to present H.B. 2073, an amendment to the Pharmacy Act requiring retail community pharmacies to provide a method for disposal of all medications.

“Just imagine what our ‘sea of scrubs’ could accomplish someday!” – Emily Hepler ’18

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**SIMULATION UPDATES**

**This year, nursing students have had the opportunity** to work with several upgraded high fidelity patient simulators, Athena and Apollo. Athena is a female simulator designed for acute and critical care scenarios. Her highly advanced airway can be intubated and respond to mechanical ventilation. Apollo has enhanced options for bleeding and gastric, nasal, oral and ophthalmic secretions. Each of these simulators is equipped with SymEyes, which allow the eyes to change based on the scenario. The eyes change colors, become jaundiced, hemorrhage, have cataracts, and demonstrate pupillary changes. In addition, these simulators can be operated in the room as well as the control room, allowing for additional flexibility. The variety of skin tones available provided an opportunity to diversify our patient simulators as well. Faculty and students have appreciated the newly updated simulators with their expanded capabilities.
MEDICAL MISSION TRIP TO HAITI
By Shelby Stouffer ’19

Over Christmas break, I embarked on my first mission trip and first trip to Haiti through an organization called Hearts United with Haiti. We stayed in the upper level of a house in Carrefour with limited electricity and no hot water, but we had amazing cooks and translators that were like family. My 10 days in Haiti consisted of touring two different hospitals, helping to run a clinic, first aid education to a local business and also to a local orphanage, spending time at the orphanage playing with the kids, taking locals’ blood pressures, and experiencing a totally different culture. I know that was a lot in one sentence, so let me break that down for you.

In Haiti, there are two kinds of hospitals: public and private. The public hospitals are free to the community and the private hospitals cost around $15 to see a doctor. FREE...yeah you read that right! There are free hospitals in Haiti, but let me explain. The public, free hospitals provide limited care and after the initial visit with a doctor, a person could go weeks in the hospital without ever seeing the doctor. The initial visit with the doctor is free and the stay is free, but if someone needs any type of procedure or treatment, he or she must pay. Unlike the U.S., where most rooms are private, these patients are placed in wards with around 10 patients per room. The hospital does not provide meals for the patients, which means that the family has to bring food. Also, there are no bathrooms, so they must go outside. By now, I bet your jaw is almost to the ground, but let me continue enlightening you. The private hospital that we toured was similar to hospitals here in the U.S., so that is uplifting to know that there is access to better medical care. The private hospitals do cost money, which means that most Haitians cannot afford them and only few have that luxury. It was eye-opening to realize how much I take our health care system in the U.S. for granted.

Along with having a new outlook on our health care system, I was able to help at a clinic and teach first aid to a local pallet business and the nannies of the orphanage. There is a lack of basic health care education so it was encouraging to be able to provide them with the knowledge to properly treat cuts and scrapes. Along with teaching at the orphanage, we were able to spend the day playing with the kids and giving them personal attention that they do not always receive. In addition, our group walked through the mountains offering blood pressure checks to anyone who desired. That also gave us the opportunity to get a glimpse into their lives and talk to them through our translators.

Overall, my eyes were opened to a whole new culture that I was blinded to before. I was able to practice some basic nursing skills in a different country. I gained a new outlook on life and a new love for the people of Haiti.

PLANES, LIONS, WATERFALLS AND CLINICAL!
By Teri Witter BSN, RN ’97; MSN cohort ’18

“I never knew of a morning in Africa when I woke up that I was not happy” (Hemingway, date unknown).

For just about three weeks, each day I was able to resonate with Hemingway. This past January, I had the privilege to join Dr. Wanda Thuma-McDermond and eight senior nursing students in Zambia, Africa. The course was the Senior Practicum. The class offered the opportunity for nursing students to experience clinical in the United States, Thailand or Zambia. While the class was designed for undergraduate students, I had the privilege, as a nurse, and as a nurse educator graduate student, to co-lead the experience for the students.

What an awesome opportunity this was! As a current graduate student in the MSN Nurse Educator Program, this was a great experience to help lead. This experience combined all of my passions in one experience: my love for college students, my love for nursing, and my love for the opportunity to be Jesus’ hands and feet all over the world. While observing and

continued on next page
working at Macha Hospital, I had the chance to see health care in a developing country. There are some similarities and yet there are many differences. We were exposed to the limitations of being in a developing country and experienced firsthand some cultural differences. It was very humbling to watch the Zambian way of life as it meshed with health care. Many nurses we met in Zambia were excellent and had hearts to serve and care well for their patients.

Not only were we able to experience the health care setting, we also had the privilege of going on a safari and seeing the amazing Victoria Falls! Seeing the animals and the breath-taking falls led all of us to a new sense of awe for the Lord! It was amazing to hear how God met each one of us in different ways in Zambia...in the hospital seeing a smile on a little face, running through the bush holding hands with children, hiking to see sunsets, being overwhelmed by lions and elephants, and clearly hearing God answer prayers! For me, this trip was a confirmation of my pursuit in nursing education. As a nurse educator, I will have the opportunity to invest into college students while using my nursing skills. I look forward to the adventures that God has for me. I am thankful for the opportunities that are offered to Messiah nursing students through courses such as Senior Practicum.

THAILAND CULTURAL EXCHANGE

By Samantha Dench, BSN, RN ’17

In January 2017, I shared my days and nights with a people whose customs, cuisine, climate and culture were unfamiliar to me. Sometimes, uncomfortably so. One of my most distinct memories from a month in Chiang Mai, Thailand was made in the first and last ten minutes in their country.

Imagine this: Our first hello was sweaty and jet-lagged. After spending almost a whole day in the air, I and five other Messiah students, along with our faculty leader, were greeted by students and professors that were longing to make us feel welcome. They adorned our necks with fragrant flower-necklaces, spoke sweet Thai greetings over our group, and carried our luggage so we didn’t have to bear the load.

Our goodbye was the same, but melancholy. I remember the bus ride to the airport. I remember my young and sweet Thai guide speaking in broken English, “I will come see you someday.” I smiled sadly, wondering if she would ever be afforded the opportunity to do so. I remember standing on a platform at the bottom of an escalator inside departures. I was moving up, slowly, and all the waving hands and smiling faces that greeted me weeks ago, grew smaller. Some of the kindest people I had ever met, I knew I would likely never see again.

In a few months’ time, I was transitioned back to America long enough to forget how Thailand’s scorching sun made my freckles grow darker and sometimes even made me wish for cold, how the food was either the best or worst part of my day, and how it felt to hear the sweet voices of those friends so far away.

Messiah College students and faculty welcome the students and faculty from Thailand to the United States.

“Thankfully, a reunion was about to ensue. Come spring, Thai students and teachers came excitedly to the place we call home: Messiah College.”

– Samantha Dench ’17

Thankfully, a reunion was about to ensue. This time, I was the one welcoming the tourists. Come spring, Thai students and teachers came excitedly to the place we call home, Messiah College. For most, it was the first time, and for many, it was also the last time. It is not a small honor to be selected as a student to come to America. Those who made the arduous 18+ hour journey endured a far more trying interview process in the preceding months before the “trip of a lifetime.”

To summarize my experience with these people—many of whom I feel I can call family—is a difficult task. Instead of providing an itinerary of our time together, I feel it’s more valuable to share some lessons I learned from their first visit with us here in America.

1. They were grateful for everything, and complained about nothing: This was not just polite behavior; this was a different way of living. A simple meal in my humble college apartment followed by an experimental Pinterest-fail dessert?
Their faces said it was the best meal they ever had. Why? Gratitude.

2. **They had fears:** What were they most nervous about? The cold, early spring temperatures, and violence. Most of what they have learned about America has come from media coverage. They asked me if they would be safe here.

3. **They were astounded by the portions provided to them when we went out to eat.** They recognized how much we waste. I can say from experience, they don’t waste nearly as much as we do.

4. **They fell victim to tourist traps.** Not so different from us! They wanted to see NYC and LA, but we told them those places aren’t nearly as exciting as Mechanicsburg. :)

5. **They love grand gestures and never show up empty handed.** At their goodbye party, I departed with bags full of thoughtfully prepared gifts. None were as valuable to me as their unconditional friendship.

No matter how many years pass, I am confident that if I travel back to my home across the sea, I will be greeted just as my memories describe. And if I should first have the pleasure of welcoming them back to our home, I will try with all my might to make them feel the same care they’ve always extended to me.
FROM THE DIRECTOR OF GRADUATE PROGRAMS IN NURSING
By Louann Zinsmeister, PhD, RN, CNE

“Commit your works to the LORD
And your plans will be established.”
Proverbs 16:3

We continue to celebrate the success of the graduate nursing program at Messiah College. In 2017, we marked the second year of graduates from the MSN program. This year is the second year of the DNP-FNP program, and we recently added a MSN – Nursing Administration track option to begin in fall 2018. We are grateful to God that our graduate nursing programs continue to experience growth and success.

Specific celebrations for this year include several special happenings. In August 2018, eight students from the MSN-Nurse Educator program will graduate. These graduates include Christine Dinges, Sharon Kessler, Christina Morgan, Linda Rhine, Serena Shirey, Jason Stover, Kate Taylor and Teri Witter. In November 2017, Abby Schmuck, a MSN-Nurse Educator student was awarded a scholarship from the Nightingale Awards of Pennsylvania. Abby was chosen to receive this award from a pool of many qualified applicants. We extend congratulations to Abby and her outstanding representation of Messiah College. Graduates of our MSN-Nurse Educator program are helping to fulfill the need for qualified nurse educators in both academia and clinical practice settings across a variety of geographical areas.

The Doctor of Nursing Practice – Family Nurse Practitioner program (DNP-FNP) is now in its second year. We were pleased to name Dr. Kristen Slabaugh as coordinator of the program in August 2017. Last fall, the first group of DNP-FNP students began their first FNP clinical-practicum experiences in a variety of primary care sites. The DNP-FNP program is delivered online and uses state-of-the-art technology to allow innovative methods for accomplishment of class and clinical practicum experiences. Therefore, students enrolled in this program can live outside the immediate Messiah College geographical area. Our DNP-FNP graduates will help fulfill Messiah College’s mission of service to others as doctorally prepared FNP, primary care providers.

If reading about our graduate nursing programs has sparked your interest in pursuing a MSN or DNP-FNP at Messiah College, here is specific information about both programs.

The MSN and DNP-FNP programs provide flexible, quality online graduate nursing education for nurses who want to become nurse educators or family nurse practitioners. The need and demand for qualified nurse educators and primary care nurse practitioners continues to increase. In addition, the new MSN-Nursing Administration track offers graduate nursing education for nurses who want to pursue a career path of leadership and service to others in an area of nursing administration.

The MSN-Nurse Educator and new Nursing Administration programs can be completed in two or three years for post-baccalaureate nurses. The post baccalaureate DNP-FNP program can be completed in four years. Upon completion of the DNP-FNP program, graduates are eligible to take the nurse practitioner licensure exam and become certified registered nurse practitioners (CRNP). All programs are delivered in an online format and provide an outstanding, quality education for nurses wanting to pursue graduate nursing education. Other initiatives happening within graduate nursing at Messiah College include interprofessional collaboration education with Messiah College’s graduate allied health programs in occupational therapy, physical therapy, athletic training and dietetics. Needless to say, exciting times are on the horizon for Messiah College’s graduate nursing programs. If you, your colleagues, or friends are looking for quality, faith-based, excellent graduate nursing education, please do not hesitate to contact us for more information about our graduate nursing programs and how graduate nursing at Messiah College can help you attain your professional and personal goals.

For additional information about our graduate nursing programs, contact the Graduate Nursing Office at gradnursing@messiah.edu or 717-691-6054.

“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”
– Proverbs 3:5-6
NEVER SAY NEVER!
By Kristen Slabaugh ’05, DNP, CRNP, FNP-DNP coordinator

I WAS THE UNDERGRADUATE NURSING STUDENT who insisted that I would never return to school. After graduating with a BSN from Messiah College in 2005, I landed my “dream job” on the Women’s Health Unit at Hershey Medical Center. I absolutely loved caring for new moms and babies! But after a few years, I started to wonder if there was more. More to my career, more to learn, farther to grow.

Never #1: At the suggestion of a coworker, I applied for an MSN/FNP program and was accepted. I thought to myself, “if it is God’s will, it will happen. I will just start the first class and see how it goes.” A few courses later, I found myself starting clinical experiences and falling in love with family practice. About two years in, it started to get scary. “Will I like it? Am I capable? Why would I change my job if I love what I’m doing?” But by that point, it was too late to turn back and I plowed through. I graduated from Penn State University with an MSN/FNP in 2010.

Never #2: I knew I loved the college age population and was looking for a nurse practitioner position at Messiah’s student health center when I stumbled across a faculty position for maternity/pediatric nursing. I had always wanted to teach and these were certainly my prime specialty areas. But I was sure I would never be “good enough” for that. After a lot of praying, I kept hearing the phrase “it’s always a ‘no’ if you don’t try.” I was hired as a full-time faculty member in 2011.

Never #3: By this point in my personal life, I was married and had a new baby. The last thing I wanted was a SECOND job. However, I needed a way to maintain my NP competencies and licensure. I was offered a position as a CRNP float through the family care offices at a hospital-based clinic and eventually switched to working at the system’s walk-in clinic.

Never #4: I knew when I was hired at Messiah that I would need to obtain a terminal degree, NOT my idea of a fun time. However, I liked the idea of having it behind me and knew this was the next thing God was calling me to do, even if I hated it. I found a program that combined all my passions and goals: DNP in family practice (terminal degree with a focus on clinical practice) and a subspeciality/post-master’s certificate in nursing education. Four years, 47 credits, a total loss house fire, and two more babies later, I graduated from the University of South Alabama in 2017. God and I had a “deal.” I promised Him that I would work hard to obtain the degree if He promised to sustain me (of course He did!), but that I would get to enjoy a few years of rest, relaxation and a “normal” family life for several years afterwards. Clearly, I have not learned my lesson.

Never #5: A few months before graduation and nine months pregnant with my third baby, I was approached about taking on a new role at Messiah as coordinator of the DNP/FNP program. My graduation date was set for July 28 and the position would start August 1, the same day I return from maternity leave. No pressure, right!? I laughingly answered “no!” Every day for two weeks I was asked and every day I gave the same answer. I finally decided that I had had enough of being asked. One evening, I sat down with my husband and requested his help to compile a list of the reasons why I would not consider this position. The most important, in my mind, was the “deal” I had made with God— that I would have a year “off from crazy life” to enjoy my family and my work. The next day, I firmly stated my position with Dr. Woods as I rattled off all the reasons why I would not consider the position. There have not been too many times in life where I audibly heard God’s voice but this was one of them. “You know you are not supposed to be saying ‘no.’” And I responded back, “I am choosing to be deliberately disobedient. There is no way that I can do this and I’m ready for my year of ‘normal’ that I have earned.” Long story short, I accepted the position several weeks later while snuggling my newborn boy, returned from maternity leave August 1, 2017, and hit the ground running. I have absolutely loved working with the graduate students and faculty and I know this is what I’m supposed to be doing. All those years of stress from graduate school plus full-time work plus per diem work plus a family and young kids have become the basis for my mission field: to convince graduate students that it is possible with hard work and dedication. I love walking with them through times that feel impossible. They are always hearing me say, “you only have to do today.” Focus on what needs done today and don’t look all the way down the road. That’s too overwhelming. You know you can accomplish today and probably even tomorrow. Keep doing today and eventually you will pick up your head and realize that you made it to the end!” I NEVER pictured myself doing all this and I NEVER imagined loving it as much as I am! I was sure that I would NEVER be capable. Never say never or, if you’re like me, you’ve pretty much written your future.
It was important to have a balance between my family life and career. I focused on doing well in my positions and learning all that I could. I continued to enjoy roles as a preceptor, charge nurse and head nurse. I had continued to prepare for a position as a nurse educator through experience. Thirty years and experience was not enough, I would need to go back to school to learn the skills of an educator.

In my most recent position, I became acutely aware of the need for nurse educators in the clinical setting with the rapid changes in health care. I felt the nudge to pursue a MSN. However, I worried that I was too late in my timing. I started to fill out an application to Messiah College to see what the process would be but did not click the “submit” button. I was afraid and was plagued by a lack of confidence.

I prayed for guidance on what to do next. I received an email within a day or two from Ashley Ringquist, encouraging me to finish the application process; I took it as a sign. Here I am, a MSN student in nursing education, and almost done!

My prayers were answered with the encouragement of my family, colleagues, peers and Messiah College professors and staff. I am constantly reminded of the need to trust God for His timing and to yield to His purpose for my life. Acknowledging my fears and surrendering them to Jesus, allows for Him to work. I am comforted and inspired by the verse, “The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights.” (Habakkuk 3:19)

**“The transition from student to RN was not easy, but once you get the hang of it, nursing becomes second nature.”** – Katerly Franken ’15, MSN ’19
REWARDS OF CONTINUING EDUCATION
By Rena Zody, BSN, RN ’95; DNP Cohort ’20

“Clearly, God had other plans for me.” – Rena Zody ’95, DNP ’20

Over 20 years ago, I was an undergraduate nursing student at Messiah College who, to be honest, was not overly excited about her career path. I was, however, thrilled when I finally graduated and was fully convinced that I was done with school forever! After graduation, I began to practice the art of nursing full-time and discovered how much I loved caring for people, physically and emotionally, in some of their most vulnerable moments. Having worked in many different nursing settings over the past two decades, I have continued to find that the challenges and rewards of nursing seem to fit well with my unique God-given identity. However, no one was more surprised than I when I began to contemplate continuing my education several years ago. Thus, when I discovered that Messiah College was offering graduate nursing programs, I jumped in with both feet. The past two years in the DNP-FNP (Doctor of Nursing Practice: Family Nurse Practitioner) program have been a thrilling and challenging ride.

The DNP-FNP program offers me the opportunity to earn a cumulative degree while preparing me well to provide quality care as a nurse practitioner. The rigorous courses and extensive clinical practice hours require commitment and hard work but I have enjoyed the classes, the knowledge of the professors, and the unique perspectives offered by fellow classmates. I also have the privilege of representing the DNP student group on the Graduate Nursing Committee. It has been eye-opening and humbling to see the behind-the-scenes discussions by faculty and educators concerning curriculum and program design. Their thoughtful processes ensure that the program remains competitive, comprehensive, consistent with the values upon which Messiah College was founded, and more than adequate in meeting state/national standards. I can attest to the fact that nursing leadership cares about the quality of their programs but, still more, cares about both the well-being and success of the students in their programs.

I am almost halfway through the DNP-FNP program and although it has been a significant challenge in balancing school, work and family, I am very grateful for the opportunity. I feel confident that my education and experiences are preparing me for the future as provider opportunities continue to change and grow – caring for individuals with knowledge, wisdom and grace as God continues to direct my path. Nursing is indeed an art and Messiah College provides excellent instruction in design.

FOLLOWING GOD’S PLAN
By Anna Gale, BSN, RN ’12; DNP Cohort ’20

“As students and nurses, we are curious about everything. The strange and often unpleasant aspects of life fascinate us; and from the first day of nursing school, we are taught to be life-long learners. I think God gives us a spirit of curiosity to explore the intimate workings of His creation and grow closer to Him through our discoveries. As a nurse, I am fascinated by the resilience and complexity of the human body. It is this curiosity that allowed me to ask questions, explore and be curious. During my undergraduate experience, I learned how to research, and rate my faith into caring for patients and practice to inform my nursing care. Most importantly, I learned how to incorporate my faith into caring for patients and families. It is amazing to see how far I have come in my career and my education. I continue to grow and gain confidence as I take on this new challenge.

Family Nurse Practitioner) program have been a thrilling and challenging ride.

The DNP-FNP program offers me the opportunity to earn a cumulative degree while preparing me well to provide quality care as a nurse practitioner. The rigorous courses and extensive clinical practice hours require commitment and hard work but I have enjoyed the classes, the knowledge of the professors, and the unique perspectives offered by fellow classmates. I also have the privilege of representing the DNP student group on the Graduate Nursing Committee. It has been eye-opening and humbling to see the behind-the-scenes discussions by faculty and educators concerning curriculum and program design. Their thoughtful processes ensure that the program remains competitive, comprehensive, consistent with the values upon which Messiah College was founded, and more than adequate in meeting state/national standards. I can attest to the fact that nursing leadership cares about the quality of their programs but, still more, cares about both the well-being and success of the students in their programs.

I am almost halfway through the DNP-FNP program and although it has been a significant challenge in balancing school, work and family, I am very grateful for the opportunity. I feel confident that my education and experiences are preparing me for the future as provider opportunities continue to change and grow – caring for individuals with knowledge, wisdom and grace as God continues to direct my path. Nursing is indeed an art and Messiah College provides excellent instruction in design.

As a Messiah alum, I am thankful that my undergraduate education prepared me for my current education. The faculty at Messiah College created an environment that allowed me to ask questions, explore and be curious. During my undergraduate experience, I learned how to research, think critically and use evidence-based practice to inform my nursing care. Most importantly, I learned how to incorporate my faith into caring for patients and families. It is amazing to see how far I have come in my career and my education. I continue to grow and gain confidence as I take on this new challenge.

“Clearly, God had other plans for me.” – Anna Gale ’12, DNP ’20
programs that I had reviewed. Another the program as compared to the graduate breadth of clinical experience included be better prepared due to the depth and actually a positive quality, as I felt I would evaluation, the length of the program was consider whether I was ready to make another Since it is a DNP program, I had to conknew that the program would not be easy me. At that point, I had been researching graduate level programs for over a year and considered relocating and/or chang ing jobs in order to better prepare myself for graduate school. However, none of the other programs (or jobs I was offered) seemed to be the right fit. I enjoyed where I was in my career at the time, however, I no longer felt challenged. I knew that if I was going to continue my education, now was the time to make that decision. Then, as fate would have it, I saw an advertisement for Messiah’s DNP-FNP program. I knew that Messiah had a strong nursing department, since I had completed my bachelor’s in nursing (BSN) at Messiah. After researching the DNP-FNP curriculum, it further confirmed that this was the graduate program I had been searching for.

Although I was excited about the DNP-FNP program, starting graduate school was not a decision I took lightly. I knew that the program would not be easy and that I would have to invest a lot of time and effort in order to be successful. Since it is a DNP program, I had to consider whether I was ready to make another four-year educational commitment. In my evaluation, the length of the program was actually a positive quality, as I felt I would be better prepared due to the depth and breadth of clinical experience included in the program as compared to the graduate programs that I had reviewed. Another concern that I had was the financial bur den that I would incur and whether or not I would be able to maintain my current financial responsibilities. However, for a doctoral degree program, the cost was actually significantly lower than many of the other programs that I had reviewed. I also questioned whether I had the ability to complete a DNP-FNP program. Despite the unknowns, I knew that this was the right decision for my career and I felt at peace with my decision.

“That feeling of support has been even more evident as a graduate student.” – Lacey Ehrenfeuchter, DNP ’20

The first year was rough getting back into the student mindset. Wait, am I expected to write in APA format? I have not used that in years! Luckily, Dr. Zinsmeister was there to get me back on track. One of the many appealing aspects of the DNP-FNP program was that I already knew some of the faculty from my undergraduate experience at Messiah. Additionally, I knew the culture of the Messiah nursing department. Even when I was struggling as an undergraduate student, I always felt supported by faculty. That feeling of support has been even more evident as a graduate student. Last semester was the most demanding semester of the program thus far and I remember telling Dr. Slabaugh that I felt like I was drowning. No mat ter how hard I worked, I felt like I was just barely keeping up with the demands. Although the requirements remained the same for the remainder of the semester, Dr. Slabaugh was a constant source of encouragement and she frequently checked in on us to see how we were doing throughout the semester. From talking with other nurse practitioners, I do not get the impression that other programs provide the same quality of support that Messiah’s nursing department provides.

Although I am only halfway through the DNP-FNP program, I can already see myself progressing towards the DNP-FNP role. Similarly, to the first clinical experience as a BSN student, my first practicum experience in the DNP-FNP program was quite nerve wracking and humbling. Even though I have many years of nursing experience, functioning independently as a provider is a completely different way of thinking and level of responsibility. I remember driving home from my first clinical day last semester, holding back tears, as I questioned if I had the skills and knowledge to make it through the DNP program. However, as Dr. Howard reminded me at my mid-semester site visit, I had to show myself some grace and realize that I was not expected to know everything. By the end of last semester, I was amazed at how much I had grown as a clinician and how much I had learned in just one practicum. Additionally, I felt a huge sense of accomplishment that I had made it through the semester and was one step closer towards becoming a nurse practitioner. Now that I am in my second practicum, I can now easily perform a targeted exam, diagnose, and recommend treatment options for the majority of the patients who present. Although I still have a lot to learn, I am confident that by the time I graduate I will be well prepared to sit for the nurse practitioner licensure exam and subsequently become a successful nurse practitioner.

WANTED

Nurse practitioners, physician assistants, physicians, and hospital-based nurse educators to serve as clinical preceptors AND online adjunct faculty with DNP or Ph.D. degree in nursing preferred for the graduate program in nursing.

FOR MORE INFORMATION, PLEASE CONTACT:
Ashley Ringquist, administrative assistant and clinical coordinator for graduate program in nursing
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WHO TAKES CARE OF THE NURSE?
By Terri Wentzell, BSN, RN ’97

Nursing is a wonderful profession, no doubt. It provides great satisfaction for the “care taker” type to nurture, heal and restore those who are sick or wounded. As nurses, we give, and give, and give some more. This sounds so noble, yet ultimately it can take a toll if we are not careful.

Nursing is a physically, mentally and emotionally draining job. We work long hours under very stressful circumstances, and usually leave very little time to actually care for ourselves. Are we eating properly? Getting enough rest? Do we get any meaningful exercise other than just running from one patient’s room to the next? Or lifting heavy patients over and over that can lead to serious back injuries? If we don’t stop and take a look at ourselves, we very well may find ourselves in bed as the patient rather than the nurse at the bedside.

This was my motivation in creating Nurse Gone Strong. I have been a nurse for over 20 years, and I am also a personal trainer and wellness coach. I see what it is like, and I know how easy it is to forget about our own health when we are constantly caring for others, many times putting others needs above our own basic needs. Time to wake up! Nurses need to realize their worth, and realize that it’s up to them to make sure they stay healthy and well. Why not be strong? Why not eat nourishing food to give our bodies the proper fuel it needs to function at its best? Why not make sure we are getting regular exercise to feel better and move better in everyday life? Why not do more to prevent all the horrible diseases that we see people suffering with every day at work?

I created nursegonestrong.com and wrote my book “Nurse Gone Strong” to share my encouragement and motivation to nurses everywhere to stand up for their own health and well-being. We deserve that! Please join the community of nurses everywhere who are now making their own health a priority.

“We may very well find ourselves in bed as the patient rather than the nurse at the bedside.”
– Terri Wentzell ’97

TRANSITIONS
By Nancy Frank MSN, RN, CNE ’16

“I CAN DO ALL THINGS, WHICH HE HAS CALLED ME TO DO THROUGH HIM WHO STRENGTHENS AND EMPOWERS ME TO FULFILL HIS PURPOSE.” PHIL. 4:13 (AMPLIFIED VERSION)

Transitions challenge us, but I find it tremendously helpful to know that I am not alone during times of change. About a year ago, I began the process of transitioning to a full-time faculty position at Messiah College. It has been a year full of new things and many questions. However, through all of the changes, I have been sustained by relying on the knowledge that God has called me to this role and He will provide the strength I need. In addition to my personal faith, external sources of strength have been evident throughout this adjustment process.

My education at Messiah College has provided the necessary foundation for my current role. I have been well prepared. Whether I am teaching, practicing clinically, analyzing an exam, participating in a committee, or writing a doctoral paper, my thorough preparation is evident. Throughout my master’s degree, I was stretched by the course assignments. My professors had high standards and created a top quality program. Now, I see how those challenges encouraged my growth as an educator, nurse and person. It is because my education was rigorous that I am able to transition successfully to a faculty position.

More importantly, the people at Messiah College have supported my transition. I cannot say enough wonderful things about the faculty, staff and students in the department of nursing and the college as a whole. All of the faculty and staff have provided mentorship, each of them teaching me something unique about my new role. I know that when I have questions, the faculty and staff will answer them patiently. Additionally, they have encouraged me when I experience feelings of being overwhelmed. I believe they are truly agents of Christ in that way. The students, as well, are amazing. Even as I learn, they demonstrate patience and respect. They inspire my continued growth as a nurse educator and I am so thankful for the privilege of teaching them.

Of course, I would be remiss if I forgot to mention my family. I appreciate their tolerance of all of the changes. Their support allows me to follow God’s call. Therefore, through all of the changes and continued transitions in life, I see God moving. He guided me to a nursing education program that helped me to develop strong roots. Additionally, he uses people to encourage and guide me during the transition process. I am blessed to be part of the Messiah College community. I cannot think of any other place I’d rather be.
SCRIBS FOR ZAMBIA
By Jen Ranck, BSN, RN ’14; MSN Cohort ’20

“What should we do with all of our old scrubs” when we change over to the color-coordinated scrubs?” asked one of my co-workers. “I definitely don’t want to throw them away. Where could we donate them?” asked another co-worker. It was then that I wondered if it was possible to send them to Zambia with Messiah’s J-term trip. Without giving it too much thought about how this would work logistically, I emailed Dr. Wanda Thuma-McDermond to see if those in Zambia could benefit from the extra scrubs. She responded immediately and I could not wait to start collecting!

A large collection box was placed in our breakroom and signs were posted throughout the hospital to advertise the collection. Every time I came into work, there were more and more bags of scrubs waiting for me in the break room. There were so many, my coworkers had to help carry them to my car each time I worked! We couldn’t believe the response of employees throughout the hospital. After three weeks, we collected a total of 244 tops, 168 pants and 10 jackets. We were amazed by the amount of scrubs donated!

Through my education at Messiah College, I learned to embrace the opportunities that could help others. I saw an opportunity to help those in Zambia in a small, but meaningful way. God’s hand was clearly in this collection from the moment He brought the thought into my head. I was unsure how all of the details would play out, but I knew the scrubs were meant to be in Zambia. Everything fell into place. From collection bins to advertising throughout the hospital, it all went very smoothly. I was amazed by the gratuity that the Fox Chase Cancer Center employees provided. Throughout this experience, I was reminded of the power of the Lord’s work. Through my classes and experiences while at Messiah, I learned that things fall into place and God takes care of the details. A perfect illustration of this was through the scrub donation.

Jen displaying the piles of scrubs collected for donation to Macha Mission Hospital, Zambia.

“Through my education at Messiah College, I learned to embrace the opportunities that could help others.”
– Jen Ranck ’14, MSN ’20

Giving to Nursing between July 1, 2016 and June 30, 2017

Chatlos Nursing Scholarship Awards
The Chatlos Foundation

Lynda Gochnauer ’92 Nursing Endowment
Richard E. Truett, Jr.

Dr. Homer C. Hetrick Memorial Scholarship
L.B. Smith Estate Foundation, Inc.

Margaret O. McCormick Endowed Scholarship
McCormick Family Foundation

Janelle Joy Nisly Memorial Scholarship
Paul W. Nisly
Wanda E. Thuma-McDermond ’75

Christy Stark Smith Memorial Scholarship
Carolyn L. Kreamer
Wanda E. Thuma-McDermond ’75

Marilyn L. Smith Endowed Nursing Scholarship
Marilyn L. (Byer) Smith ’51

Donald and Dorothy Stabler Nursing Scholarship Endowment
The Stabler Foundation
Leah E. Compton ’13
Cammie E. (Wilcox) Dodds ’12
Jade A. (Craun) Vallejo ‘12
Jennifer L. (Smith) Wenger ‘13
Tiffany E. Wolfe ’16

Franklin H. and Ruth L. Wells Endowed Scholarships for Nursing Students
Wanda E. Thuma-McDermond ’75
CONGRATULATIONS TO THE UNDERGRADUATE CLASS OF 2017!

Front row (l to r): Talisha Sneeringer, Jaime Kupillas, Christina Johnson, Ashley Bertossi, Katherine Deitrick and Karen Troppman

Second row (l to r): Ellen Bechard, Melissa Percherke, Rachel Bennicoff, Mackenzie Belyea, Brielle Frye, Jon Kroon, Melissa Binner, Marissa Weaver, Lauren Orehowsky, Elizabeth Beam, Michaela Miller, Shannon Leary.

Third row (l to r): Ellen Bechard, Melissa Percherke, Rachel Bennicoff, Mackenzie Belyea, Brielle Frye, Jon Kroon, Melissa Binner, Marissa Weaver, Lauren Orehowsky, Elizabeth Beam, Michaela Miller, Shannon Leary.

Back row (l to r): Victoria Lenox, Joanna Benner, Amy Walker, Eileen Barker, Steve Outland, Hannah Eldridge, Nicole Wagner, Kristen Douglas, Olga Mozol, Courtney Slinkerd

CONGRATULATIONS TO THE GRADUATE COHORT OF 2017!

Front row (l to r): Alison Burton, Olivia Kimmel, Victoria Bee, Sarah Dolan

Second row (l to r): Julia Simpson, Rebecca Nichols, Darby Gallo, Samantha Dench, Megan Sullivan, Darby Catalano, Christina Albrecht, Rebecca Kriner, KateLynne Pappas.

Back row (l to r): Karen Cruse, Brittany Petry, Leah Pardoe, Jeannette Woodley, Ellis (Choi) LaFrance

Talisha Sneeringer MSN ’17 was a featured speaker at the School of Graduate Studies commencement.
CONGRATULATIONS TO THE NIGHTINGALE AWARDS OF PENNSYLVANIA WINNER

Congratulations to Abigail Schmuck, MSN student, who won a Nightingale Awards of Pennsylvania scholarship. Nightingale Awards of Pennsylvania is a nonprofit organization dedicated to advancing the nursing profession in Pennsylvania. This scholarship is awarded to students pursuing a basic or advanced nursing degree in the state of Pennsylvania. Selection criteria include professional leadership, academic achievement, leadership potential, community service and personal commitment. Abigail and Dr. Louann Zinsmeister attended an Awards Gala in November 2017 to celebrate nursing and the contributions of scholarship winners.

CONGRATULATIONS TO THE GRADUATE NURSING PREIS SCHOLARSHIP RECIPIENTS

Congratulations to Serena Shirey and Nick Montgomery who are the 2017-2018 recipients of the Harry and Nancy Preis Graduate Nursing Scholarship. This scholarship is awarded to financially benefit two graduate nursing students who consistently demonstrate academic excellence in their specialty area of advanced nursing. Recipients are chosen by the graduate nursing committee and are honored at the Graduate Nursing Celebration Dinner in August.

The Harry and Nancy Preis Graduate Nursing Scholarship is made possible through the generosity of Harry and Nancy Preis who recognize the increasing demand and need for highly skilled professional nurses.

Magna Cum Laude (grade point average of 3.60 to 3.89)
Christina Ann Albrecht
Ellen Nicole Bechard
Hannah Joy Eldridge
Shannon Elizabeth Leary
KateLynne Brianna Pappas
Marisa Joy Weaver

Cum Laude (grade point average of 3.30 to 3.59)
Eileen Claire Barker
Victoria Marland Bee
Mackenzie Alexis Belyea
Joanna Brynnae Benner
Melissa Jane Biener
Allison E. Burton
Darby Jane Catalano
Samantha Alexis Dench
Kristen Leann Douglas
Darby Anne Gallo
Olivia Dorothy Kimmel
Rebecca Ann Kriner
Jonathan Richard Kroon
Victoria Marie Lenox
Michaela Marie Miller
Olga Mozol
Rebecca Ann Nichols
Lauren Elyse Orehowsky
Stephen Henry Outland
Melissa Ann Percherke
Julia Grace Simpson
Courtney Monika Slinkerd
Amy Christine Walker

College Honors Program (grade point average of 3.30 to 3.59)
Christina Ann Albrecht
Shannon Elizabeth Leary
YES! I want to support nursing education at Messiah College through an endowed scholarship. Please direct my gift to:

☐ The Nursing Education Endowed Scholarship, given to nursing students who demonstrate financial need

☐ The Janelle Joy Nisly Memorial Scholarship, for students in nursing or pre-med who are affiliated with either the Mennonite Church, Church of the Brethren or Brethren in Christ Church

☐ Christy Stark Smith Memorial Scholarship Fund, given to a nursing student who has demonstrated excellence in nursing care of the child-bearing family

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TO GIVE ONLINE: Visit messiah.edu/give2messiah and select Named Endowments under Scholarships & Endowments.
“And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.” Colossians 3:17

This scripture has been my guiding verse throughout my journey of Christian faith. But this fall, as I transitioned into my new role as the Chair of the Department of Nursing at Messiah College, this verse has been my daily prayer. My fervent desire is that I will honor God in all that I do in life, and this past year, that meant following the call to join the Community of Educators at Messiah College. It’s not all that easy to change jobs after you reach a certain age! But I had a peace that was guiding my heart, and so without hesitation, I arrived on campus on August 1, 2018 to begin this new chapter in my life. I was quickly immersed in the onboarding process of meeting my new colleagues and finding my way around campus. From the moment I arrived, I have felt warmly welcomed by the Messiah community.

There is truly something special here at Messiah College. It’s almost palpable! As a qualitative researcher, I tend to see big picture “themes” in my experiences, and my transition to the role of Chair is no exception. Here are the themes that I have noted in my first six months as Chair that describe Messiah Nursing: a spirit of caring hospitality, a commitment to academic excellence, a focus on evidence-based practice, an appreciation for global perspective, and a spirit of innovation and improvement. As any good qualitative researcher knows, we must back up our assertions with data. Here’s the evidence!

A spirit of caring hospitality: First, there is a palpable spirit of caring hospitality at Messiah College, beautifully modeled by our college president, Dr. Kim Phipps. This caring is lived out through action as evidenced by the way our student nurses and faculty rally in prayerful support of one another. For example, this fall, right before mid-term exams, senior nursing students wrote words of encouragement and scripture all over the blackboard in the classroom where the juniors would be taking their exam. Later, during finals week in December, students wrote words of affirmation on cards that were placed in the student lounge to uplift and support each other. Recently, sophomore students were “matched” to senior students in a mentoring program to offer support as the sophomore nursing students transition into their first clinical courses. It is truly wonderful to behold this caring spirit in these future nurses!

A commitment to academic excellence: Secondly, there is a commitment to produce excellence in academic quality and rigor. I see this excellence lived out daily by the faculty and staff across the undergraduate and graduate levels, as they pour out their talent and time in service to our students. I also see excellence in the performance of our most recent 2018 baccalaureate
graduates who made us so proud with their 97.4% first time NCLEX pass rate! Congratulations to the Class of 2018! Kudos are also due to Dr. Megan Gross who finished her PhD in 2018 and was named a Jonas Scholar by the National League for Nursing. Dr. Gross will present her dissertation findings at the 2019 Eastern Nursing Research Society conference in April 2019 in Providence, Rhode Island. Dr. Kristen Slabaugh, Coordinator of the BS to DNP/FNP program published results of her DNP project, titled “Initiation of Standardized Depression Screening in College Health: A Quality Improvement Project” in the Journal of Doctoral Nursing Practice.

A focus on evidence-based practice: Thirdly, Messiah nursing students are participating in evidence-based practice projects with nurses from both Geisinger Holy Spirit and UPMC Pinnacle Hospitals as part of their senior level Nursing Research course. This partnership between our students and area Magnet-designated hospitals has been a win-win as our students learn the knowledge and skill of evidence appraisal and begin to appreciate the value of improving patient outcomes with the best evidence to guide their practice. The intentional focus on evidence-based practice is preparing our graduates with the knowledge and skills to engage in the important work of delivering nursing care that is safe, efficient and effective. Additionally, the opportunity to work with practicing nurses to answer a clinical question and synthesize the evidence culminates in a poster and podium presentation at the annual Nursing Research and Evidence-based Practice conferences for both Geisinger Holy Spirit (Fall conference) and UPMC Pinnacle (Spring conference).

An appreciation for global perspective: Our students are gaining global perspective and honing their clinical judgment and critical thinking in real life as they engage in study abroad either in the fall of sophomore year or during Senior Practicum. There is a rich appreciation for cultural diversity and a new found realization of the limitations of healthcare resources among the students who studied abroad in Thailand and Zambia. They saw first-hand the challenges that face nurses in the small African villages and under-served communities in Thailand.

A spirit of innovation and improvement: I am excited about the innovative teaching strategies and interprofessional opportunities that we are infusing across our curriculum. For example, senior nursing students will participate in an interprofessional ethics case study simulation as part of their senior seminar In April. They will also join students from the health-related graduate degree programs at Messiah College to participate in an interprofessional simulation at our Winding Hill location. Also in April, students from the Community Health course will lead the annual college-wide Disaster Drill, engaging the participation of multiple disciplines across campus. We continue to strive for continual improvement of our program and to that end, we hope to introduce the ELNEC modules across our junior and senior level courses in Fall semester 2019. This state of the art curriculum will prepare our students with competencies in the delivery of nursing care for patients at end of life or those receiving palliative care. In another continuous quality improvement project, we have been evaluating and improving how we measure the outcomes of the summative simulation that our students do at the end of every clinical course. We were pleased to welcome Dr. Melody Seitz as the new Simulation Coordinator and Rachel Lippert, Sim Lab Coordinator. Both are doing an excellent job keeping our simulation center running smoothly and efficiently.
In closing, it is a privilege for me to follow in the footsteps of former department chair and longtime friend and colleague, Dr. Nancy Woods who retired last summer. Under the astute leadership of the past chairs of nursing, including the most recent leadership of Dr. Woods and Dr. Carolyn Kreamer, as well as the leadership of Dr. Louann Zinsmeister and Dr. Kristen Slabaugh in the Graduate programs, the Messiah College Department of Nursing has become known for its academic excellence, pursuit of evidence-based practice, and commitment to service. These qualities are what drew me to Messiah. At our first department meeting of the 2018-2019 academic year, I challenged the faculty and staff to join me in this prayer from Colossians chapter 3, and to also do as Paul admonishes us: “Put on then as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness and patience (Col. 3:12; ESV).” I want Messiah Nursing to be known for nursing excellence, but above all, my desire is that we are a nursing program that honors the Lord in all we do. My commitment is to honor the legacy of excellence that I inherited and to do my best to honor the Lord in word and in deed, giving thanks to the Lord for leading me to Messiah College.

Blessings, Kim Fenstermacher, PhD, CRNP

Faculty News

Congratulations to Megan Gross, PhD, MPH, RN who successfully defended her dissertation on “The Impact of Text Messages on Anxiety and Health-Promoting Behaviors Among Baccalaureate Nursing Students: A Mixed-Methods Approach” in the summer of 2018!

- Marti Derr completed a certification course as a Trauma Professional through the Arizona Trauma Institute
• Megan Gross was appointed as a National League of Nursing Jonas Scholar.

A Time of Change

L: Debbie Loop, Pam Linstedt, Dr. Nancy Woods, & Eileen Gardner (L-R) transitioned into new roles at the end of the 2017-2018 academic year. R: Current faculty and staff celebrated the upcoming retirements of several faculty and staff members.

At the end of the 2017-2018 academic year, the Department of Nursing said goodbye to four faculty and staff members. A retirement celebration for Dr. Nancy Woods, Pam Linstedt, and Eileen Gardner commemorated their service over the years. The event brought faculty, staff, and family members together to relive memories and bless them as they moved into this new phase of life. Additionally, it was a time to gather with previous faculty and staff and current adjunct faculty. Following dinner and time of fellowship, Dr. Louann Zinsmeister led a time of sharing favorite memories. Each retiree received a basket of retirement goodies including flip-flops, a book, and gift cards.

The following week, the department thanked Debbie Loop for years of service as she prepared to transition to a new simulation educator position with Penn State University, Behrend. Memories and food were shared and the department presented her with a Messiah College throw.

Even though we no longer see these valued faculty and staff members daily, we are fortunate to remain in touch and occasionally see them on campus. Dr. Nancy Woods and Pam Linstedt continue to teach as adjunct faculty. Eileen Gardner will complete her Master’s in Counseling from Messiah College this May and Debbie Loop is completing her Doctorate of Nursing Practice project on campus. We continue to be grateful for their many years of service to nursing students and Messiah College.

Welcome, Mel Seitz!

My name is Melody Seitz and I am an Assistant Professor and the Simulation Educator for the Department of Nursing. I received a set of Cherry Ames books when I was in junior high school (now called middle school). The books were about an eighteen year-old girl who went to nursing school and her career after graduation. While reading those books, I fell in love with nursing and knew I wanted to be a nurse. While in high school, I started as a volunteer, called candy stripers back then, at York Hospital. I wanted to be able to do more so I completed the required training to be a nursing assistant and began working as such, first in a long-term care facility and then, at York Hospital. After high school graduation, I became a Licensed Practical Nurse and two years after completing that program, I returned to school to obtain a bachelor’s degree in nursing. Over the course of my career, I have worked in every area of nursing except for the emergency department. Through
those experiences, I discovered my love for maternal newborn health. I loved caring for women during one of the most vulnerable times of their life – childbirth. I also discovered I had a passion for teaching. I frequently was a preceptor for new employees and always volunteered to work with nursing students. This gave me an opportunity to share my knowledge. My passion for teaching led me to return to school for a master’s degree with a focus on nursing education.

After receiving my master’s degree, I transitioned from the bedside to the nursing education department at Greater Baltimore Medical Center (GBMC) and there discovered a third passion—simulation. In the education department, I was responsible for the learning needs and competencies of nurses working in the maternal newborn departments. A co-worker from the nursing education department and I would take a CPR mannequin to the one of the maternal newborn departments. Upon arrival to the unit, we would select an empty room, place the CPR mannequin in the bed and pull the emergency call bell. When nurses came running in the room, we would tell them the patient (AKA CPR mannequin) was blue and not breathing followed by “show us what you are going to do to help them.” And so my love for simulation began. That was twelve years ago.

While working full-time in the nursing education department at GBMC, I began working as an OB clinical instructor for Johns Hopkins School of Nursing and two years after that, I began working for Messiah College as a clinical instructor for Nursing Care of the Childbearing Family, Foundations of Nursing Practice, and Community Health Nursing. In the midst of working two jobs (one full-time and one part-time), I knew I wanted to work in academia full-time but also knew that was highly unlikely since I did not have a doctoral degree. Keep in mind, I started my nursing career as a nursing assistant then became an LPN, then obtained a bachelor’s degree and followed by a master’s degree. Returning to school was not on my to-do list and the thought of defending a dissertation, well let me just say my response to that thought was “I’m not doing that!”

I vacillated between applying and not applying to a doctoral program for years. After a lot of praying and numerous conversations with God, my husband, children, and several friends, I applied to and was accepted into the University of Texas at Tyler’s Nursing Ph.D. program. Imagine my surprise when I was informed the school generously allowed up to five years to complete the program. I did not want to spend the next 5 years in school! So with support from God, my husband, children, and friends, I successfully completed the PhD program in 3 ½ years. As the end of my PhD program drew near, I began looking for a full-time position in academia. Sadly, Messiah College did not have any full-time positions that could use my expertise, so I accepted one at Notre Dame of Maryland University (NDMU) in Baltimore, just a few miles down the street from GBMC. I spent two years there teaching OB & undergraduate and graduate nursing research. Toward the end my second year at NDMU, I received a phone call about an open simulation educator position at Messiah College. I applied, interviewed and was offered the position and the rest, as they say, is history. I feel blessed to be back at Messiah and look forward to spending time preparing students to be the next generation of nurses.

On a more personal note, I am happily married to the love of my life. He is my best friend and my biggest cheerleader. Without him, I would be lost. He is a retired from the U.S. Air Force Reserves after 23 years in aircraft maintenance. He owns his own machine shop and enjoys
working in the Research and Development Division of NAVSEA as a machinist. We love to travel and spend time outdoors. We also love to scuba dive. I spent several years as a volunteer at the Baltimore Aquarium as a dive team and search and rescue team member. Both were awesome experiences. We have two beautiful children, Eric, who is 31 and a machinist, and Nicole, who is 27 and attending York College in pursuit of an accounting degree. They too are scuba divers and together, we have enjoyed several dive trips. My daughter and I prefer diving in warm water which means trips to the Caribbean whereas my husband and son really do not care. They will dive in any water temperature. In addition to our two children, we also have one grandson, Clyde, who is 2. His job is to play. He loves animals and figuring out how stuff works. One day I hope to share my love for the underwater world with him. Until then, I will just have to show him our pictures.

Welcome, Rachel Lippert!

Hello! My name is Rachel Lippert and I am the new Patient Simulation Laboratory Coordinator in the Department of Nursing. I began working in this position in August of 2018. I hold two undergraduate degrees from Messiah College, graduating in December of 2000 with a BA in Sports Medicine/Pre-Med and minors in Biology and Chemistry, and then graduating in May of 2016 with my BSN. In 2016, I began working full-time as a RN in the Birthplace at Geisinger Holy Spirit Hospital where I still work on a PRN basis in addition to my role at Messiah. My two roles are excellent complements, each one benefiting my ability in the other. I feel extremely blessed to be in my current position.

I am married to Jeremy Lippert, another Messiah alumnus, and we have three children: Grace, Joy, and Benjamin. I love being a mother and one of my greatest joys is spending time with and supporting my children as they grow, learn, and develop into the people God has uniquely created them to be. We currently attend Mechanicsburg Brethren in Christ Church. My hobbies include exercise (preferably with a friend), DIY projects, and plotting to build a tiny home in my backyard.

On any given day at work, I can be found making simulated body fluids in the nursing labs, researching and purchasing equipment for skill education and simulation, managing a very large and diverse equipment and supply inventory, preparing for and running simulations for our nursing students, or teaching various nursing skills. I firmly believe in the value of simulation in preparation for professional nursing practice. Simulation serves as a safe teaching and training ground. Our facilities, resources, and educators facilitate a large variety of simulated clinical experiences that greatly enhance the quality of nursing education at Messiah College.

I am so grateful to work with such a skilled and caring team of nursing faculty and staff, as well as with such compassionate and inspiring nursing students. I am both humbled and excited to support them as we continue to develop nurses that will be the hands and feet of Jesus to a world in need.
Welcome, Carol Stein!

by Carol Stein, MSN, RN ‘16

I attended St. Joseph Hospital School of Nursing and Millersville University where I received my ADN and BSN respectively. In 2016, I received my MSN in nurse education from Messiah College. My nursing background is in ICU/open heart. I met my husband Kirk, in Virginia, where I was working as a traveling nurse. We are married 18 years and have a larger than life 13-year-old son, Andy. We are members of West Shore E-Free Church in Mechanicsburg, PA. My interests include reading, critical thinking/clinical reasoning, working in my flowerbeds, and going on weekend getaways with my family.

I was asked to write and reflect on my first year as a full-time Nursing faculty member at Messiah. Before I can do that, I need to remove this fire hose of information I have been attempting to drink from, from my mouth. While I have dreamed of teaching for many, many years, I still find it hard to believe I am here. My dream came true! In graduate school, I observed nurse educators during their classroom lectures, preparations and simulations, and some of the work that goes on behind the scenes. I was amazed at all the meetings, detailed work, communication, coordination, committees, and discussions that take place to not only maintain, but also advance the nursing program. When I was an adjunct instructor, I was privy to a few of these meetings and discussions, but did not fully understand the commitment it took to be a part of this incredible group of educators. Now with my first year of teaching almost complete, I truly understand. Things are not always as they appear on the surface.

I would be remiss if I did not mention the students. Not just students, but nursing students (no offense to “students”). As students coming into the nursing program, there is that look of eagerness and excitement. Then within a few weeks, the reality of what nursing education looks and feels like hits home, and their faces of eagerness turns serious, doubtful for some. But this is where I come in, que the Superman theme, and begin to walk with them on this journey. I have the privilege to be by their side when they “get it”, and realize they can do this! I am blessed to be a part of their celebration. It may be brief, but it is monumental in their continuation as nursing students. This is a reminder to me of my journey and dreams. To reflect on the richness of the blessings from our Father, to God be the Glory!

Messiah College’s nursing program is ranked the highest in the midstate and #11 in Pennsylvania according to RegisteredNurse.org’s third annual survey.

See More!

Adjunct Nursing Faculty

Graduate, 2018-2019
• Jeff Davis, MBA – NURS 640
• Colleen Fantaski, Ph.D., CRNP – NURS 704, 709, and 710
• Rebecca Harris, Ph.D. – NURS 503, NURS 630
• Marsena Howard, DNP, CRNP, CNM – NURS 622, NURS 705, 706, 707, and 708
• Jeffrey Kreitman, PharmD – NURS 504
• Holly Langmuir, MD, MPH, MS – NURS 621, 624, 721, and 722
• Aislynn Moyer, DNP, RN – NURS 631
• Danielle Oakes, DNP, CRNP, FNP-BC – NURS 505, 702, and 704
• Bethany Scott, DNP, APRN, FNP-C – NURS 505, 706, and 708
• Nancy Woods, Ph.D., MPH, RN – NURS 501

Undergraduate Fall 2018:

• Lauren Bredin, MSN, RN, CCRN – NURS 411
• Sarah Crown, BSN, RN – NURS 410
• Emily Griffith, MSN, RN – NURS 310
• Shelley Heinbaugh, MSN, RN, CEN – NURS 411
• Sarah Mauldin, MSN, RN – NURS 410
• Mary Lou Mortimer, DNP, RNC-NIC – NURS 405
• Karen Richard, MSN, RN-C, CNM, IBCLC, CBE – NURS 310
• Talisha Sneeringer, MSN, RN – NURS 311
• Teri Witter, MSN, RN – NURS 311
• Emily Zimmerman, BSN, RN – NURS 410

Undergraduate Spring 2019:

• Maureen Asper, MS, RN, ACNS-BC – NURS 412
• Kelly Boesch, MSN, CRNP – NURS 313
• Sarah Curtis, MSN, CRNP – NURS 211
• Keterly Franken, BSN, RN – NURS 412, NURS 495
• Juliana Frederick, BSN, RN – NURS 211
• Emily Griffith, MSN, RN – NURS 210, NURS 211
• Pamela Harris-Haman, DNP, CRNP, NNP-BC – NURS 313
• Shelley Heinbaugh, MSN, RN, CEN – NURS 211
• Jennifer Hughes, MSN, RN, CCRN – NURS 313
• Joanne Konick-McMahan, MSN, RN. PCCN – NURS 413
• Pam Linstedt, MSN, RN, CNE – NURS 210, NURS 211
• Sarah Mauldin, MSN, RN – NURS 413
• Leah Pardoe, MSN, RN – NURS 413
• Jennifer Ranck, BSN, RN – NURS 210
• Jenny Rex, MSN, RN – NURS 313
• Abby Schmuck, BSN, RN – NURS 312
• Serena Shirey, MSN, RN – NURS 312
• Valerie Steinweg, BSN, RN – NURS 210
• Alicia Urich, MSN, RN, CMSRN – NURS 413
• Teri Witter, MSN, RN – NURS 211
Meet Super Tory

Super Tory allows students to practice newborn care on a realistic manikin.

This past fall, Super Tory joined the manikins in our simulation labs. Super Tory, produced by Gaumard, is one of the most advanced newborn simulators currently available. Tory cries, opens and closes eyes and mouth, moves arms and legs, and has skin color changes. In addition, students can auscultate normal and abnormal heart and lung sounds, assess capillary refill, and palpate pulse at a variety of locations including the umbilical cord. Tory has become a valuable teaching tool in NURS 310, Nursing Care of the Childbearing Family, where students learned to assess a normal newborn and take newborn vital signs. This spring, Tory helped students learn to care for an ill newborn in NURS 313, Nursing Care of Infants, Children, and Adolescents. Additionally this fall, Tory will be included in simulation for NURS 411, Nursing Care of the Critically Ill. Tory can be programmed for a variety of scenarios including seizures and resuscitation, allowing students to learn and practice procedures they would not have the opportunity to perform on an actual newborn. It is amazing how realistic this baby actually looks, feels, and acts!

Join Us in the Nurses Lounge
We are pleased to announce that Messiah College Department of Nursing has joined the Nurses Lounge, an online professional network for nurses. At Nurses Lounge, you can search for the latest nursing news, events, employment, and continuing education opportunities. This free site provides a great way for students, nurses, and faculty to stay in contact with what is happening in the profession and connect with alumni.

Join Us Today!

**Sigma Nursing Honor Society Induction**

Front (L-R): Erin Anderson, Brooke Crowley, Elizabeth Muchmore, Maggie Carbaugh, Maria Herrada, Rebecca Barrows, Tabitha Adel, Shelby Stouffer. Back (L-R): Gabrielle Bornman, Valerie Steinweg, Eric Faught, Shelby Landes, Sierra Kirsch, Kierra Smith. Not pictured: Megan Cornman, Andrea Ferguson, Anna Gale, Imogen Olson, Lydia Peavy, Rosa Sanchez, Blake Stock, Tracy Young.

On November 10, 2018, the Lambda Kappa Chapter of Sigma Nursing Honor Society welcomed 14 undergraduate and eight graduate nursing students into membership. The induction ceremony was held in the Hollinger Lounge in Jordan Atrium. Juliana Frederick, Vice President, welcomed inductees, members, and guests by explaining the Sigma call to action of connect, collaborate, and catalyst. Each inductee received a ribbon, certificate, and honor cord before signing his or her name in the chapter book. Keynote speaker, Dr. Tara Jankouskas, gave an enlightening address on the importance of teamwork in crisis response. She explained her dissertation research study to determine whether crisis resource management training affected interprofessional performance of cardiopulmonary resuscitation. Although no difference in
response time or error rate existed between groups who received only basic life support training as compared to groups who received basic life support and crisis resource management training, the groups receiving crisis resource management training had statistically significant improved teamwork. This teamwork correlated with reduced number of errors and decreased response time. Following the ceremony, a delicious dinner was enjoyed by all.

**Student Nurses Association**

The Student Nurses Association hosted a bone marrow drive in November. Check out Fox 43’s coverage of the event!

**Nurse’s Christian Fellowship**

By Jackie Comly ’20, President
Students enjoying the NCF Christmas party at Dr. Thuma-McDermond’s house.

Nurses Christian Fellowship (NCF) seeks to equip, empower, and encourage nursing students to pursue Christ in this season of life and in our career as nurses. We seek to create an environment where community is found, where faith is taken to new levels, and where we can process our lives as nursing students. We meet each Wednesday in Kline and begin by sharing the highs and lows of our week. We then dive into scripture, discuss the material for the week, and pray for the needs in our lives and the lives of those in our community. This year, we used RightNow Media as a resource for our devotionals. During the fall semester, we learned from Louie Giglio and his sermons on Colossians. Our sessions focused on seeing a complete picture of Jesus and allowed us to contemplate how it applies in the context of nursing. In the spring semester, we listened to Francis Chan and his teachings on Mark and were reminded of the freeing message of the gospel.

As nursing students, we often struggle with finding our identity in our academics and can feel shame when we do not live up to the expectations we place on ourselves. This message can turn our perspectives from our accomplishments to the ultimate saving work of Jesus.

We began our year with the NCF kick off picnic. We had more attendees than expected, but somehow there was enough pizza to go around. It felt like a “five loaves of bread and two fishes” kind of scenario, but God not only provided food but lots of fun as well. We held a new event this year, which was started by two of our sophomore attendees. They suggested we have an outreach specifically for freshman to feel welcome. This event went very well and we are looking to continue to do a freshman mixer. We held a destress fest in November which is dedicated to finding relaxation amidst the stress of school. It was full of snacks, prizes, crafts, and music. We held our annual Christmas party at our advisor, Wanda Thuma-McDermond’s house. It was a success! We had retired professor Pam Linstedt bring her infamous casseroles for breakfast. We went around, shared some of our favorite Christmas memories, and then held a
white elephant gift exchange. It was a time full of cheer and friendship and was a sweet way to end the semester. This semester, we are planning a service trip to Inspirations Memory Care in Maryland. These assisted living facilities seek to provide purpose, joy, and laughter for residents with Alzheimer’s disease. We are so excited to partner with them and to be able to serve the residents and staff there! The Lord continues to bless NCF and add to our numbers and our depth of conversation. We are so thankful for all He has done and look forward to all He will continue to do among the nursing students at Messiah College!

Nursing from a Christian Perspective

By Dr. Sarah Jones (with assistance from Brittany McCullough ’21)

In NURS 203: Historic and Conceptual Basis for Nursing, sophomores learn the role of the Christian Nurse: to see everyone as made in the image of God, considering the person, their culture, and their environment when addressing needs of individuals. Recently, nursing sophomores, Olivia Jimenez and Brittany McCullough, applied what they were learning to address an important issue for first year nursing majors. Read how they handled this in a nursing process sort of way.

Assessment – (subjective) When talking with first year nursing majors, sophomores, Olivia Jimenez and Brittany McCullough, discovered some students felt disconnected from the major given that they were taking classes with other students in non-nursing courses. Brittany and Olivia recalled feeling isolated from the major themselves as first year students. They recalled
that a strong nursing friend group helped them stay encouraged through demanding science
courses. They believed some students who did not have this support changed their interest
toward other majors that seemed easier or more attractive to a first-year student. Objective
assessment: The first year plan of study includes rigorous courses: chemistry and two semesters
of anatomy and physiology. These are offered for all science majors. The first “nursing” course
is in fall of sophomore year: NURS 203 Historical and Conceptual Basis for Nursing.

![Image](image1.png)

Students enjoying the opportunity to connect with each other.

**Diagnosis** – First year nursing students at risk for changing major or not succeeding as a nursing
major R/T feeling unsupported by other nursing majors and or being in non-nursing courses

**Plan** – Provide social support to first year nursing students to prevent feelings of isolation from
the major and students in the major.

**Implementation** – Brittany and Olivia assessed attitudes of first year students and fellow
sophomores confirming their concerns. They met with Dr. Sarah Jones about their concerns and
possible actions including planning an event inviting first year students to meet upper class
nursing majors as a bridge of support during the first year of non-nursing courses. They worked
with Dr. Wanda Thuma-McDermond to obtain date availability, NCF for funding food, and Beth
Aumen for email access to first year nursing majors. They enlisted help of fellow sophomore and
junior level nursing majors. Then, they reached out via email to first year students inviting them
to fun and fellowship. On November 14, 2018, Olivia and Brittany held a fellowship event titled
“Sophomore-Freshman hang out” for first year nursing majors in Kline 19. First year and upper
level nursing majors met for fun, food, and fellowship.
Evaluation – All students had a good time. First year nursing majors in attendance appreciated the effort to reach out to them and welcomed similar opportunities to gather. Olivia and Brittany hope to continue the connection between first and second year nursing majors in the future. Hopefully, first year nursing students will engage in Nurses Christian Fellowship and Student Nurses Association to feel a part of the major while waiting to be in actual nursing courses. Hats off to these two ladies who saw a need, felt ‘called to care’ for their peers, and took action to help improve outcomes for first years.

Mini Golf Nursing Style

By Dr. Megan Gross

The nursing mini golf hole included components representing a variety of nursing courses and equipment.

The Murray Library held its third annual mini golf through the stacks event on Friday, March 29. Various departments and teams designed mini golf holes to articulate their specific program or job function. Megan Gross designed the nursing department’s hole. Her creation was nominated as the students’ favorite hole in course B.

The nursing mini golf hole had a lantern and Florence Nightingale book, various syringe stacks, nursing textbooks, blood pressure cuffs, contamination box, diabetic foot, heart module, and so much more! Participants were able to jam out to “staying alive” during the hole and were able to enjoy a piece of chocolate that was held in a bedpan!
Identity is defined as a distinguishing character or personality of an individual. It is a powerful concept with which many adolescents and young adults struggle. Each person at some point in life has to come to terms with his or her own identity. The amount of hard work, dedication, and time that is invested in the pursuit to becoming a registered nurse leads to the title, “nursing student,” becoming a defining part of who we are during our college years. It is easy to allow our passion and goals, which we spend the majority of our energy and time accomplishing, overcome every aspect of who we are. One of my favorite verses is Colossians 2:9-10, which says, “For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness, who is the head of all rule and authority.” Throughout nursing school, I have struggled with the question, “Should I allow my accomplishments and failures define who I am?” At the end of today, regardless of what has happened, I can rest in the fact that I have already been made full in who God says I am and what Christ has done for me. We all know nursing school is not an easy journey and for many it is more of a sacrifice than it is for others. So how can we restructure our mindset to live out the years of our education feeling full in our identity despite the anxiety provoking simulations, exams, and clinical on top of every other area that encompasses our lives?

I remember sitting in Kline 14 ready (not so ready) to take my first real nursing final...pathophysiology. For years, I have struggled with test anxiety, feeling no confidence in my nursing knowledge despite how much I had prepared. In my chair I could feel the panic begin to take over, until I looked up and saw the words, “You are not your exam grade,” written on the
The chalkboard at the front of the room. It was an immediate reminder that I was child of God designed with intentional purpose regardless of what results I would receive a few hours later. Although it was such a small gesture, it was exactly what I needed in a time of vulnerability. That day I decided I would continue the same support and encouragement that had such an impact on me. I started writing words of encouragement and scripture verses on the chalkboards before exams and recruited other students to assist me. So, to answer the question how can we live feeling full in our identity despite nursing school anxiety? Unconditional Support. We need students, leaders, and professors that consistently encourage one another in a way to instill the confidence needed to allow each student to demonstrate competence to their fullest.

What happens when you have been supported, encouraged, and worked hard, yet, unfortunately, have come face to face with what seems like the most traumatic outcome one could face academically? Failure of class. Nursing curriculum is designed in a way that if one fails a course he or she is not permitted to graduate with their cohort. Embarrassment, financial worry, identity crisis, and anxiety are a few of the issues that immediately flood a student faced with this obstacle. As someone who came terrifyingly close to this reality as well as having a few of my closest friends actually experience it, I am aware of the impact failure has on a person’s motivation, self-esteem, and most importantly identity. It did not feel right to me to not provide some kind of follow up support. This year I have been privileged to have friends who have experienced a five-year nursing education willingly write letters of encouragement to students battling these issues. A common theme of these letters centered on the idea that the journey to your calling comes in all different forms and timelines. Not one person’s experience with nursing school with be exactly like another. Exam scores, failures, or accomplishments does not define your identity. 2 Timothy 1:7 says “For the Spirit of God has not given us a spirit of fear but of power and of love and of a sound mind.” Nursing school is hard but we have an amazing opportunity to create an atmosphere that crushes anxiety, encourages and supports, as well as redefines our definition of identity.

**Chalkboard quotes: The aid to my anxiety**

**By Sarina Gonzalez ‘20**

I am one of those people who have major test anxiety. I can study for hours, be knowledgeable on every topic that is on the exam, and still not feel ready. I would open the exam and the fear of failing would overwhelm me. We have so much riding on these exams because we must have an average of a 75% minimum to move on within the nursing program. My anxiety was put at ease when I came in to the testing room and looked at the chalkboards.

The chalkboards were always covered in supportive quotes every day I had an exam. I loved to read them as I inhaled my essential oils to calm down. The quotes reminded me of how I had studied, was prepared, and that I could do it. The quotes also gave me hope knowing that the seniors wrote them because they had been in my shoes, passed, and are about to graduate. The program is hard, but manageable. The chalkboards even reminded me to breathe some days. I would like to thank all the seniors who encouraged me as a sophomore and now as a junior. One good deed can help many in unmeasurable ways.
A Special Pinning and Worship Night

By Katie Haught ‘19

Top Left: Dr. Nancy Woods pins Emily Ransil with the melanoma awareness ribbon. Top Right: Emily Ransil pinned the melanoma awareness ribbon on nursing faculty and students present including senior, Hayley Karper (pictured). Bottom: Emily with some of the nursing students involved in the special night.

What an honor it was to host an event for our fellow nursing student, Emily Ransil. Emily is probably the most positive person I have ever met. She is compassionate, intelligent, and full of life. Hearing about her diagnosis, I knew right away that I wanted to serve her and make Emily know that she was nothing but loved, appreciated and supported during this tragedy.

Thinking of an event to hold for Emily was challenging to come up with because there will never be an event grand enough to celebrate Emily for all she is! Nursing school is often very challenging and exhausting but Emily always encouraged me to keep going and always reminded me of the amazing opportunity we will have to serve others in our calling as a nurse. We all dream of the day when we walk across that stage and receive our pin and diploma to finally say that all the tears and hard work paid off. I knew that Emily deserved a ceremony to show her that God is not done with her calling yet and neither were we!

A group of fellow students and I agreed to hold a pinning ceremony and worship service for Emily. With the help of nursing faculty, we were able to host a beautiful event that truly could not have gone any better, in my opinion. We purchased 300 melanoma awareness pins and Emily pinned each nursing student, faculty and family member that attended the event. These pins are meant to symbolize Emily and her strength for beating this cancer as well as to wear as part of a movement as we move as a class into becoming the best health care providers that we can possibly be with the compassion that Emily portrays on a daily basis.

We ended the night in a time of worship with a nursing student led band. We felt that there was no better way to end the event than to lift Emily up to the Ultimate Healer in prayer, worship and love.

Editor’s note: Emily Ransil, a nursing student, was diagnosed with stage 4 melanoma this past fall. Senior nursing students, including Katie Haught, organized a pinning ceremony and worship service in her honor held on Nov. 9, 2018.

Follow Her Blog

A Student’s View of the Curriculum Committee

By Elizabeth Muchmore ‘19
I have been a member of the Curriculum Committee of the Nursing Department of Messiah for 3 semesters now. While I have served on the committee, we have discussed NCLEX statistics including pass rates and individual content areas in which Messiah students have excelled and struggled. We modified the Leadership in Nursing course to increase the didactic portion so the content could be adequately taught. We investigated ways to expose students to electronic health records, including how to chart on them during Simulation experiences. In addition, we have worked on changing the Nutrition for Health Professionals course to better meet the needs of the nursing students and teach the content they need to know. The creation of a course plan that incorporated a Spanish minor also fell under our responsibility. This was important because it is a common minor to pursue and the scheduling of various classes is difficult with a nursing class load. We have also continuously reviewed the curriculum via our NCLEX results determining how it can better serve the students to equip them to pass the NCLEX and their future jobs.

Being on a committee and working with others to find the best solution does take specialized skills. I have bettered my ability to express myself and to listen well to others on the committee. It has helped me see the value of working with a team because more solutions are generated than I could have thought of on my own. I feel more comfortable voicing my opinion now because I have concrete evidence that I can give valuable input. I would consider participating in nursing governance because I see quality improvement is always important. Enhancing nursing practice begins with the students. By building a strong academic foundation, we enhance the whole profession. Evaluation and critique are the clearest ways to progress and I will be continuing this as I enter the nursing profession.

**Working in Kline Basement**

**By Rebecca Barrows ‘19**

I work among the simulators in the nursing labs at Messiah. Sometimes, it can be a little creepy seeing the dummies in hospital beds at night. However, for the past two years, I have loved my job as a nursing lab work-study student. I started this job fall semester of my junior year. My typical work week consists of one evening per week for six hours with every other Saturday/Sunday shift for a couple hours. During my shifts, I organize lab materials, set up skill labs for various nursing courses, and assist students.

During the fall of my senior year, I volunteered to teach a supplemental instruction group for junior nursing students taking the maternity nursing course. At Messiah College, the maternity course is known for being difficult, so I wanted to use my teaching abilities to assist the junior
nursing students. The group tutoring sessions occurred about once a week during my lab hours. I loved this experience. Getting to tutor and mentor junior nursing students was a great blessing in my life. It solidified my desire to teach nursing students in the future.

**A Semester Down Under**

**By Sarah Reed ‘21**

This past fall I traveled down under to study abroad in Australia. I was a part of the Australia Studies Program and studied at Christian Heritage College. In classes, I learned about the Aboriginal culture and their values about ancestry and country. We traveled to Stradbroke Island and learned to throw boomerangs and spears, make sand art, and completely embrace ourselves in the indigenous culture. I also learned about how Australia came to be and how it has modernized over time. It was very interesting to compare healthcare systems, government structures, and immigration laws in Australia to the ones in America. The program also took us to Parliament, the Outback, and St. Helena Island to tie in with our studies.

While there, I stayed with a host family. Before leaving, I filled out a questionnaire so I could be paired with a family that was good for me. I was placed with a South African family and their daughter was a last semester paramedic student. We quickly bonded and became very close before she left to go on practicum for six weeks. Staying with my family were also Japanese and Chinese host students. They were both in high school and learning English. I loved being a part of a family, instead of just staying in a dorm, because I was tied into a church and was able to go to birthdays, events, fundraisers, beach trips, a rugby game, and got to meet a lot of Aussies. The family dynamic was a very loving and welcoming family and it made my transition to a new culture a lot easier.

L: Sarah holding a koala named Tango at the Lone Pine Koala Sanctuary, Queensland, Australia. R: Learning about the Aboriginal culture, including throwing a boomerang, on Stradbroke Island.

I also did some community service while I was there. I was paired with the Balmoral Community Center with one of the other ASC students. Every Monday morning, we would volunteer and serve food, play games, and sing songs with the elderly people that came. I loved getting to know them and hear all their stories and advice. It was a nice way to take my focus off school and meet people I never thought I would meet in Australia.

I also grew a lot in my faith while abroad. My family and friends were a huge impact on me there. I was on the worship team there and went to many events at mega churches such as Hillsong Church and Citipointe. In the States, I was used to a small, Baptist church, so I loved going to different churches and denominations. While at a service, the church announced that they were having a baptism in two weeks. I leaned over to my friend and said “I’ve never been baptized.” She encouraged me to think and pray about it and eventually I came to the conclusion that I wanted to take the next step in my relationship with Christ. As I was baptized, I had a lot of support from my host family and friends both from Australia and the States. It is a memory I will cherish forever.
I also was able to travel to a lot of cool places down under. I traveled to the North Island during my spring break with a few of my ASC classmates. It was beautiful and I got to see a lot of wildlife, Hobbiton, and the Waitomo Glowworm Caves. I went to Cairns and the Great Barrier Reef and scuba dived/snorkeled in the reef, crossing off the top thing on my bucket list. It was my first time diving, but I saw a shark, fish, and a lot of colorful coral. I extended my stay for three weeks and went to Sydney, Melbourne, and the South Island of New Zealand. I traveled by myself for all of it which challenged me, but I enjoyed being independent and spending time alone.

Senior nursing students with faculty advisors, Dr. Mel Seitz and Greg Loop in front of Wat Rong Khun (White Temple) in Chiang Mai, Thailand.
Read more about the trip.

Life Changing Experience at the Big Blue House of Hope

By Aubrey Fulmer ‘10
Aubrey holding an orphan during her time serving on the medical team for Show Hope.

On a hill in a “small town” of 7 million people in Luoyang, China, sits a big blue house of hope. This house is filled with beautifully precious children, children waiting for a place to call home and people to call Mom and Dad. I had the deepest privilege of working with these kids every day for a year. I worked with an organization called Show Hope, which is a nonprofit organization based out of Franklin, TN started by Steven Curtis Chapman and his family. Their mission is to care for orphans by engaging the church and reducing barriers to adoption. They provide grants to families to aid in the adoption costs, deliver medical care to orphans with medical needs in China and offer pre and post-adoption support and education. I was honored to be a part of the medical team caring for the orphans in China.

When I graduated from nursing school at Messiah in 2010, I had studied abroad in my sophomore year of school and got the bug to continue traveling. When the opportunity came to move to China, I could not resist. Upon my first few weeks there, my life was in total upheaval. When they tell you to be flexible in the medical field and in moving across the world, they really mean it. Many days I was thinking there was no way I would make it as a nurse in a country where I cannot even communicate with the nannies caring for the children. I am sure my preparation at Messiah College was some of what helped me to continue stepping forward. I had a solid nursing education and learned all of it with the Lord as the foundation. Each day held new challenges and I learned a new and complete dependence on the Lord. I also learned a lot about the orphan crisis. Not just what the numbers were but the promise and hope seen in each little face.

No longer is the orphan a number or statistic. It is pudgy cheeks and little fingers, hundreds of little unique personalities, resilient children experiencing miracles and the Lord in each of their sweet faces. These very children gave me a deep look into the love of the Lord. They loved without ceasing, even with their traumatic backgrounds. Adoption is a beautiful reflection of the Lord’s love for us. When families would come to adopt a child in our care, they were immediately loved, held and cherished by their parents. The child had done nothing to earn that love, it was just freely and unconditionally given to them because they were their child. To be a part of something so closely woven into who the Lord is and His Word was a privilege. In this place, we saw joy, heartbreak and miracles. Children who had recently been on oxygen were crawling and running around, kids with feeding tubes began taking their first bites of food, precious ones that some might think would never walk started taking their first steps. Some children we held until they went home to be with the Lord, never again to experience the pain of being orphaned.

One precious little girl and her story will stick with me forever. She came to us with severe heart disease. Shortly after her admission, she went into heart failure. She needed surgery to live. So, we put her on a seven hour train ride with oxygen that would last for five hours and we prayed. She made it and returned to the big blue house of hope. Shortly after that, she went into heart failure again. This time, the hospital said there was nothing else they could do. So, we prayed for her little life and for a family. She and I spent much of our time together due to her declining health and well, because I loved that little girl. Any moment spent with her was never wasted. After a few months of praying, we discovered she was matched to a family! We celebrated and
praised the Lord! As we prayed for her family, we specifically prayed they would be able to take her home soon and that they would love the Lord, raising her up in a Christian home. The Lord heard and answered those prayers in a way that was immeasurably more than I could have ever thought to pray for. Because that is who He is. Now, that precious girl had the necessary heart surgery and she is now healthy and robust. The cherry on top, she lives about 35 minutes away from me with her family who loves the Lord deeply. Not only did the Lord specifically place her in this God-fearing family, but in one so near to me. I remain continually in awe. I get to see her often and see her as she is now walking and talking, thriving in the life she has been given. The Lord has written miracles into her life and will only continue to do the good work in which He has already begun.

Each child has an inherent, God-given right to be a part of a loving, caring family. As Christians, the Lord tells us that, “. . .true and pure religion is caring for the orphan and the widow. . .” (James 1: 27). We are not all called to adopt but we are each called to do something. After spending time with the children I only before saw as statistics, has changed my life. I urge you to take a deeper look into becoming a part of orphan care. It is absolutely worth it.

Take your first steps with Show Hope

Being the Hands and Feet of Christ in Haiti

By Sara Mueller ‘11

Hi there! My name is Sara Mueller. I graduated with my BSN from Messiah College in 2011. At our Pinning Ceremony, our class motto was “Being the Hands and Feet of Christ.” We were ready to take on post college life roaring to go and ready to be the hands and feet of Christ in our nursing career as well as life. After graduation, I got my dream job of being a Maternity/Labor and Delivery nurse at Hershey Medical Center where I currently still work. I enjoy being the hands and feet of Christ there to the new moms and babies I take care of as well as my co-workers and hospital staff.

In January of this year, I had the honor of being the hands and feet of Christ in Haiti! Whew! Talk about a culture and perspective change! I was serving with a young adult team from my church on a weeklong mission trip at an amazing organization called Mission of Hope. I have had the honor of serving in Haiti at Mission of Hope on 4 other trips as well and was pumped to go back for my 5th trip! My heart fell in love with the beautiful country and amazing people in Haiti on my very first trip there in 2013 and my heart will never be the same! God is really working in Haiti and Mission of Hope is seeking to bring life transformation to every man, woman, and child in Haiti. Mission of Hope is doing an AMAZING job and people’s lives and hearts are being changed! It is incredible to be a witness to life transformation.

L: Sara with Monise, the child she sponsors, and her family. R: Sara enjoyed spending time with the children in Haiti.

While we were in Haiti, we had the opportunity to serve in several different ways. Some of the days, we planted trees in people’s yards. We planted mango, almond, and cherry trees. Once the
trees start providing fruit they can use that fruit to eat but also to sell to make money. The families were so grateful that we came and provided tree for them! We also prayed for them and spent time getting to know them. It is so neat to simultaneously plant physical seeds of fruit but also to plant spiritual seeds of faith. Planting trees was one of my favorite things we did because often times the people helped us dig the dirt and worked right alongside of us. Also, we planted a tree for a man named Samuel. I recognized him and asked if Mission of Hope planted a tree in his yard before. He said yes and showed me a lemon tree. I told him “I remember you! I helped plant that lemon tree in 2017!” He smiled and it was such a neat moment of building relationships and reminded me of why we do what we do.

We also painted a house for an elderly couple who were getting married soon. It was neat to see how bright the house looked after some fresh paint! They were so grateful! One of the days we spent with the Haitian kitchen ladies that provide food for everyone at the base. We helped them make lunch and they taught us how to make plantains, and we taught them how to make pumpkin muffins, which they enjoyed. Then we had a dance party with them! It was a blast! We also gave them a spa day afterwards with massages and nail painting which they absolutely loved!

My favorite part of the trip was getting to see a little girl named Monise who I have been sponsoring since she was 3 years old! She is 7 now and as sweet as can be! This year I got to meet her mom and siblings and spend time with her at her house. It was one of the coolest moments of my life and it happened to be on my 30th birthday! What an amazing birthday present and awesome way to enter a new decade of life! I will never forget that day!

Everyone needs Jesus and to experience the hope that He brings. No matter who you might be surrounded by you can bring the hope of the Lord to their lives even without saying a word. A smile or a simple act of kindness is the same in any language and shows love. That love can change lives. We are called to be the hands and feet of Christ. I encourage you to continue to serve and love those around you like your family, classmates, professors, colleagues, random strangers, or friends across the world. Shine for Jesus and go change the world! The adventure ahead will be totally worth it!

Traveling Beyond My Comfort Zone

By Hanna Lazio ‘16
Travel nursing was a term I heard while at Messiah, but never understood until I heard from others already in the midst of it. Travel nursing involves the opportunity to work in hospitals throughout the country in need of additional staff for short periods of time, typically thirteen weeks at a time. Any Registered Nurse with at least two years’ experience can join the travel nurse community.

As a travel nurse, I have the ability to choose any location within the United States in which I would like to work and live. Travel agents from a private company then work to find RN positions within hospitals in that desired area and send the options for you to select. The company provides moving expenses plus a stipend for housing and living expenses. They can even find housing for you if that is your preference. Since I am passionate about exploring cities, meeting new people, and learning from the culture around me, travel nursing provides the perfect opportunity for me to do that. I am currently in transition from New York City to Washington, D.C. and I could not be more pleased with my recent experience. I made a “bucket list” of things to see and do while in NYC and was able to do it all. Since nurses have to work some weekends, we have random weekdays or weeknights off. This provides an opportunity to see some highly sought out locations at a time when they are less busy. Living an area for an extended period versus visiting for a weekend is a totally different experience. It allows you to immerse yourself, rather than feeling like an outside observer. I am currently working on my “See DC bucket list” and looking forward to exploring a new city! Being a travel nurse is an incredible way to see places you could not otherwise go, see how nursing care looks in a new environment, and grow in your ability to adapt and be flexible.

While travel nursing is an incredible opportunity, it is not always an easy road to travel (pun intended). Travel nursing is full of transitions, which often leaves me feeling scattered as I do my best to live in the present, yet part of my mind is on my next assignment. I do not have a sense of permanency or a continuous community. I have friends scattered throughout the country and make new friends wherever I go, but it is easy to miss people and feel stretched thin relationally when you are never stationary for a long period of time. These challenges have helped me grow. I have been forced to look inward and prioritize relationships, to give myself grace during transitions, and to rely heavily on God’s steady presence through so much change.

When we are stretched beyond our comfort zone with a positive outlook, the result is growth. I think having a growth mind-set is essential when it comes to travel nursing because it is full of unknowns. Fear of the unknown produces anxiety. However, walking with Christ means we have the freedom to step out with confidence. Knowing that our identity is rooted in Him, rather than our performance at work or how many people like us, is empowering. With that in mind plus the principles of nursing learned at Messiah and a good work ethic you can step into any environment and succeed!

If you are interested in travel nursing and the difficulties I discussed are not enough to steer you away, then I recommend going for it! The two websites below are great resources for further research. Nursing is an incredible journey with freedom to explore many options—no wrong nursing jobs, just learning opportunities. Enjoy the journey!

American Traveler
Lessons from Zambia

By Mint Kueakomoldej ‘14

Zambia after a storm. Photo credit: Ella Silvera ‘20

Zambia is experienced best in a thunderstorm. The boom reverberates the land, no signs of reticence, weakness, or censorship. Each roar travels from East to West, without man-made constructions to diminish its glory. Then, the sky is clear and kind, the sun warms the red, rich soil that gives life. Here, the people respect the land and the land nourishes its people. Here, the earth provides you with all you need, on her terms. Here, we deconstruct our beliefs that we are in control of the world.

Our January Term cross-cultural to Zambia is an example of things that cannot simply be taught within classroom walls. Sometimes, the hardest lesson for a nurse to learn is that we are not always in control. Although our advanced medicine will make us believe otherwise with robotic left ventricles and artificial lungs, we will not always get return of spontaneous circulation no matter how well the code went. It is hard when you know all the interventions that could be done for a stroke, a snakebite, or PCP pneumonia but are unable to do so because there are simply not enough resources. Zambia taught us that we do not always have the answer; that we do not always know best just because we are from the West. Here, she taught us cultural humility in its purest form.
In the three weeks practicum we spent in Zambia, we navigated a healthcare system unfamiliar to our own. We were also warmly welcomed by the Zambians, enjoyed multiple tea breaks, watched one of the most beautiful sunsets in our lives, and happily learned to lose our sense of time. Despite the language barrier and cultural differences, the students went above and beyond in caring for patients and seeking out learning experiences. Some days were jubilant, a few were difficult, some were both at the same time. As I witnessed how invested the students were in the Macha community and their patients’ well-being, I am reminded of how proud I am to be a Messiah nurse. Our training has not only taught us to think about our purpose in the world, it also taught us to be nurses who seek to listen, to understand our patients, and to make a difference, no matter how small, in our patients’ lives.

**Undergraduate Class of 2018**

*Summa Cum Laude*

- Emily Doron
- Emily Hepler
- Emily Hess
Magna Cum Laude

- Brielle Alderfer
- Emily Brubaker
- Melissa Class
- Carly Dove
- Alyssa Herr
- Victoria Jones
- Cullen Kanagy
- Janelle Kramer
- Hannah Munoz
- Hannah O’Donnell
- AnneMarie Swartz
- Christina Xenos

Cum Laude

- Sierra Berringer
- Elizabeth Brokenshire
- Hannah Card
- Aubrey Corriveau
- Mary Heffner
- Marissa Hoffman
- Sarah Klapper
- Olivia Madder
- Autumn Nelson
- Kaitlyn O’Neil
- Elizabeth Sawyer
- Carrie St. Onge
- Mary Stark
- Sara Yunez
- Emily Zellers

College Honors Program

- Emily Hepler
- Alyssa Herr
- Emily Hess
- Hannah Munoz
- AnneMarie Swartz

Undergraduate Nursing Awards
AnneMarie Swartz, Christy Stark Smith Endowment Award

Blake Stock, Joan M. Wagner Scholarship Award
Carrie St Onge, PSNA Award for Leadership

Emily Hepler, Faculty Award for Excellence in Nursing & Academic Excellence in Nursing Award
Melissa Class, Harry and Nancy Preis Endowed Scholarship Award

Giving to Nursing between July 1, 2017 – June 30, 2018

Marlin and Nancy Benedict Nursing Scholarship Endowment - Marlin E. ’76 & Nancy R. (Pidgeon) ’76 Benedict

Lynda Gochnauer Nursing Endowment - IBM Corporation

Dr. Homer C. Hetrick Memorial Scholarship - L.B. Smith Estate Foundation, Inc.

Margaret O. McCormick Endowed Scholarship - McCormick Family Foundation


PA State Nursing Association Award - PA State Nurses Association

Christy Stark Smith Memorial Scholarship Endowment - Wanda E. (Thuma) McDermond ’75

Marilyn L. Smith Endowed Nursing Scholarship - Marilyn L. (Byer) Smith ’51

Donald & Dorothy Stabler Nursing Scholarship Endowment - Cammie E. (Wilcox) Dodds ’12, Rebecca L. Fox ’13, The Stabler Foundation, Jade A. (Craun) Vallejo’12, Tiffany E. Wolfe ’16
Joan Wagner Endowed Nursing Scholarship - Shaun C. Cooney & Diana E. '07 Teller-Cooney, John C. & Suzanne E. Wagner

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