



# CHAIR'S CORNER

## Dr. Lynn Van Hofwegen, DNP, RN, APRN

### Hello Alumni and Friends of CSU East Bay Nursing,

We are pleased to bring to you this annual update on CSU East Bay Nursing. Our intent with this newsletter is to keep you informed of the work of nursing at CSU East Bay including student achievements, faculty scholarship, professional nursing initiatives in which we are engaged and developments within the program. We also want to do better at connecting and staying in touch with you. Together we can continue to work towards the health of our community and address matters of importance to the nursing profession. There is a lot happening at CSU East Bay Nursing and we want you to know!



CSU East Bay Nursing is on the move! July 29 the Department of Nursing and Health Science moved from its longtime home in N143 North Science to its new home on the fifth floor of the newly opened Student Faculty Building. We are pleased with this new space as it provides new faculty offices and department space, as well as a very nice view of campus and the East Bay hills. Located in the Student Faculty Building, the new office is in close proximity to many student and faculty services. Our Skills and Simulation Laboratory remains in the North Science building, a short walk from the new office. Come visit the new office space!

CSU East Bay Nursing is on the move with several initiatives in the Nursing Program that are presented in this newsletter. We are pleased to tell you that this past academic year we had successful accreditation site visits from the Commission of Collegiate Nursing Education (CCNE) and the California Board of Registered Nurses (BRN). Looking forward, we are working towards the start of our Master's in Nursing Program in Fall 2018 with concentrations in Nursing Education and Nursing Leadership and Administration. Also in 2018, the university will be converting from quarters to semesters and CSU East Bay Nursing is taking advantage of this to implement a revised curriculum. We are excited about the new curriculum which will continue to have strong clinical practice component with expanded integrated simulation experiences. The new curriculum will also incorporate community engagement in every term.

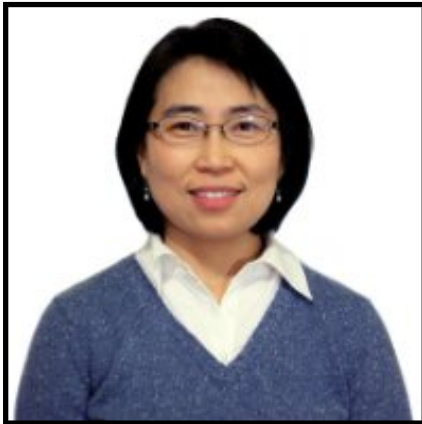
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Editor~Renuka Asirvatham

## HEART TO HEART FROM LEVEL 1 PROGRAM COORDINATOR MARIA H. CHO, PHD, RN, AOCNS, FNP



I have been working as a nursing faculty at CSUEB since 2012. My experience here has allowed me to work with a diverse set of nursing students which has shown me that it is critical to provide various types of teaching/learning experiences to

cultivate students' learning. My interest in diversity not only stems from the each student's unique ability to learn, but I also believe that it can be used to mold our students into culturally enhanced/sensitive nurses which is becoming more crucial in treating diverse populations such as the Bay area.

During the past 4 years, I have tried to develop and implement innovative teaching techniques in all teaching environments to optimize student learning. This motivation has driven me to continue to cultivate three areas of my interest through intramural and extra-

mural funding sources which includes: using standardized patients to provide nursing students with culturally enhanced diverse encounters through patient scenarios in the skills lab; addressing the rapid aging population and the lack of student knowledge and communication on dealing with dying patients through developing a new elective palliative course; and using my oncology specialty background to work on symptom experience of head and neck cancer patients with the NU XI at Large chapter, Sigma Theta Tau international.

### CHAIR'S CORNER CONTINUED.....

CSU East Bay Nursing continues to have wonderfully diverse students and this year we have begun a diversity initiative to support students and work to expand this further with full representation of our community in our nursing program. This year, we once again offered a series of global health nursing courses and students had opportunity to volunteer in global health outreach in Panama. You can read more about these exciting initiatives in this newsletter.

CSU East Bay Nursing faculty continues to be active in scholarship and research in many important areas of nursing practice and health. Faculty research and professional work includes veterans matters, ESL student support strategies, oncology symptom care, global health, student success, environmental health and others. We have included reports of some faculty work for your interest here.

We are also excited to welcome three new tenure track faculty this fall who are introduced further in this newsletter. Most important of all, CSU East Bay continues have wonderful students who bring so much to the program and graduates who are out in the community making a difference.

We hope you enjoy this update on CSU East Bay Nursing. We would love to hear back from you!

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**REACHING THE UNREACHABLE AND CARING FOR THE MOST VULNERABLE  
MEDICAL BRIGADE  
GLOBAL HEALTH VOLUNTEERING FOR CSUEB NURSING STUDENTS  
ROBERTA F. DURHAM RN, PHD, PROFESSOR**

California State University East Bay  
HAYWARD, CALIFORNIA

For 5 years CSUEB nursing students have volunteered and participated in a week long primary care clinic in the mountains of Panama. Each August over 600 patients were seen in a clinic set up by health professions' students and faculty from Samuel Merritt University and California State University, East Bay. Over 35 students participate in the inter-professional clinic that includes triage, primary care, physical therapy, occupational therapy, a pharmacy and health teaching. We partner with Hands for Americas in Panama and Hands for Global Health in the Bay Area, the Ministry of Health in Panama and leaders of the Ngobe Buglé tribe in the mountains of Panama to provide desperately needed primary care for families that otherwise do not have access to care.

The faculty team from Samuel Merritt University and California State University East Bay has been working together facilitating the trips for nearly a decade and now established a not for profit organization Hands for Global Health. They work to improve the health and welfare of indigenous peoples of Latin America, to empower health professions students from the Bay Area to take leadership roles in global health research and practice in Latin America, and to engage in public health interventions that reach the unreachable. They focus on providing primary care in under-resourced areas, basic health education, and public health interventions.



respiratory health for families. Currently women cook over open flame wood stove inside their homes without ventilation. Eco stoves improve safety and use less wood. This improves the family's respiratory health, safety and finances.



This year with funding from the Julia Burke Foundation 18 CSUEB nursing students are participating in the medical brigade.



An environmental health brigade is also conducted concurrently whereby eco stoves were built for families in the village to improve

## THE CIVILIAN PRISONER OF WAR STUDY BY DR. DANIEL DOOLAN RN, PHD

Dr. Daniel Doolan RN, PhD, joined the nursing faculty in fall 2014. That fall, he received California State University East Bay (CSUEB) Institutional Review Board approval to pursue a study, using Hermeneutic Phenomenology, exploring the lived experience of Allied Civilian Prisoners of War in the Philippines during World War II. He conducted most of his interviews in the winter of 2015 during a trip to Manila Philippines in which Prison Camp survivors visited the site of their internment on the 70<sup>th</sup> anniversary of the liberation.

Several chapters of Sigma Theta Tau, including CSUEB's Nu Xi Chapter, helped to fund this research. Dr. Monika Eckfield, Jacqueline Willetts, and Dr. Elizabeth Halifax (the first 2 of whom are CSUEB Nursing

Faculty) are members of the research team. This research has been presented this year to the Lambda Gamma (Sonoma County) Chapter of Sigma Theta Tau, the Nu Xi Chapter of Sigma Theta Tau, and is featured in a July podium presentation at the Sigma Theta Tau International Nursing Conference in South Africa. To date, it has yielded one publication, which is available for free online: Doolan, DM, Willetts, J, Eckfield, M, Halifax, E (2016). The supporting literature and methods of the civilian Prisoner of War study. *International Journal of Nursing & Clinical Practices*. 3:164. doi:

<http://dx.doi.org/10.15344/2394-4978/2016/164>

Dr. Doolan and his research team are looking forward to publishing additional results soon! When he is not teaching or working on his research, he and his colleague Dr. Renee Granados (CSUEB Nursing



Faculty) serve as faculty counselors for the Nu Xi Chapter of Sigma Theta Tau, which includes evaluating membership applications from CSUEB nursing alumni seeking community membership in the organization.

## COMING TO CSUEB ~FALL 18~ MASTER OF SCIENCE IN NURSING (MSN) DEGREE PROGRAM

The CSUEB will launch the Master of Science in Nursing (MSN) degree program starting Fall 2018. The program goal is to prepare nurses from our diverse, multicultural community to be effective leaders in nursing education or administration in a variety of clinical practice settings or academia.

The MSN offers an advanced

degree in with Nursing with specializations in Nursing Education and Nursing Leadership and Administration. Both specialty tracks consist of four semesters of study and include advanced theory courses offered as in-ground, hybrid/online courses at the CSUEB Hayward, Oakland, or Concord campuses. The last semester

of study consists of field practicums and a capstone project that aim to immerse graduate candidates in an advanced role related to their major of study.

Inquiries about the MSN program can be directed to the Department Chair Dr. Lynn Van Hofwegen.

## SEMESTER CONVERSION REPORT ~DR. LINDSAY MCCREA

Semester conversion, a multi-year effort to transition the campus from a quarter to a semester calendar, is underway at Cal State East Bay. In preparation for the change in Fall 2018, the Semester Conversion Steering Committee was formed in January 2015 drawing representatives from students, faculty, and administrative departments. From that committee a framework, student pledge and subcommittees were developed. A semester conversion website was launched to provide a vehicle to provide continuous updates as to the work of the various committees.

The Nursing Program at CSUEB, in direct response to changes in the nursing profession, the changing healthcare environment, and significant reports on nursing education, has devel-



oped transformative change in the curriculum we will deliver starting in fall 2018. The curriculum includes an increased emphasis on community-focused care, evidence based practice and culturally inclusive nursing care. A Community Engagement thread throughout the

curriculum will be introduced.

High impact educational practices will be integrated throughout the curriculum. All clinical courses have been transformed with the integration of simulation in each clinical course. And there will be an increase in the use of interactive teaching approaches such as case studies and on line learning.

The Nursing Program at CSUEB is committed to the transformative changes in our program described above with the goal to enhance the skill set of our BSN graduates.

## CCNE SITE VISITORS POSITIVE EVALUATION

The Commission on Collegiate Nursing Education (CCNE) site visitors came to our Campus in February for national accreditation review. After reviewing many documents and meeting with many different groups on campus, the visitors gave CSU East Bay Nursing a positive report with recommendation for 10 years of CCNE accreditation. Some program strengths noted include: 1) a well developed mission, core values, program learning objectives, 2) well developed curriculum, 3) high clinical hours, 4) supportive university environment, 5) engaged students 6) community members who spoke highly about our program, 7) strong faculty team and 8) great support staff on both campuses.

## CSUEB NURSING SPRING LECTURE FEATURED ~ANNE FOSSDURANT

Our Spring Lecture this year featured Anne Foss Durant ~Chief Nursing Officer @ Kaiser Permanente East Bay. Anne Foss Durant is an alumni of CSU East Bay Nursing and also received an MBA from CSUEB. She has an extensive background in nursing research and leadership. This year she was selected as the Distinguished Alumni for the College of Science for CSU East Bay.

Anne spoke on Concepts of Caring Science to our Nursing Students and Faculty. She spoke to faculty about the concepts of Caring Science which is based on Dr. Jean Watson's work. In particular, she reminded students and faculty to remember the reason for being a nurse and to capture the moments when you as a nurse have made a difference to others. Faculty and students alike were inspired to incorporate Caring Science into Nursing Practice.



## PROMOTING DIVERSITY IN NURSING AT CSUEB

### A REPORT BY DR. MONIKA ECKFIELD

Across all healthcare professions there is a drive to increase the racial, cultural and ethnic diversity of the healthcare workforce. Diversifying the health professions will help to reduce health disparities in American communities, and helps students from all ethnic backgrounds become better prepared to provide high quality healthcare and provide equitable access to healthcare services. Since 2014, the Department of Nursing and Health Sciences at CSUEB has supported a Diversity in Nursing Task Force made up of nursing faculty and staff, students and alumni, University administrators and community members. The mission of the Task Force is “to develop a comprehensive, sustainable plan to increase and retain the number of Underrepresented Minority (URM) students in the CSUEB Nursing programs in order to reflect the population that we serve (regional, statewide or nationwide)”. In May 2016, the Diversity in Nursing Task Force Report was presented to Dr. Leroy Morishita, President

of the CSUEB, Dr. Jason Singley, Dean of the College of Science, and other key administrators and stakeholders. Dean Singley heralded the report as a model for other University departments to follow. The report outlined four main areas for action:

- 1) more outreach about nursing and healthcare careers to K-12 students and non-traditional students;
- 2) enhanced pre-nursing preparation;
- 3) review and revision of the CSUEB Nursing Admissions Process; and

4) more robust retention and mentoring opportunities for underrepresented minority nursing students.

With a plan now in place, members of the Diversity in Nursing Task Force are building teams who will implement various components of the report. For the 2016-2017 academic year, Dr. Monika Eckfield and Adjunct Professor Conswella Byrd will coordinate the task force efforts and each of the four key areas will be lead by nursing faculty, alumni, students, and community member volunteers. There is much work to be done by this dynamic and collaborative team, and there is terrific support within the nursing department and the University to accomplish the task force’s goals.

The Diversity in Nursing Task Force always welcomes new ideas and enthusiastic participants, so if you have an idea to share or would like to participate in our efforts, please contact the CSUEB nursing office!



**Nurses are the heart of healthcare~ Donna Cardillo**

**Nurses are the hospitality of the hospital ~Carrie Latet**

**Nurses dispense comfort, compassion, and caring without even a prescription.~ Val S**

## INTRODUCING OUR NEW TENURE TRACK FACULTY ~ FALL 16

We are pleased to introduce to you the two newest members of the CSUEB Nursing Department....

**Claire Valderama Wallace**  
MS, MPH, RN, PHN



Claire Valderama-Wallace is excited to join the Nursing and Health Sciences Faculty at CSUEB after serving as a Community Health Nursing clinical instructor for the past four years and the theory course for the past two. After receiving a degree in physiology at UCLA, she earned her Master of Public Health at George Washington University prior to completing the Masters Entry Program in Nursing at UCSF. She has experience working with Asian/Pacific American survivors of domestic violence, harm reduction-based HIV prevention among marginalized communities, as well as experience in program planning and public health writing with the National Association of County and City Health Officials. She has also worked as a clinical nurse on a medical floor at Saint Agnes Medical Center in Fresno. Claire is cur-

rently a doctoral student at the Betty Irene Moore School of Nursing at UC Davis and will graduate in June 2018. She will be teaching Community Health Nursing theory and practicum during the students' final year in the program. Her research interests include the integration of social justice and health equity in Baccalaureate nursing education as well as exploring the perspectives and experiences of nursing students and community members as they collaborate in clinical placements. She also aims to engage in scholarship that supports the increasing diversity of the nursing workforce. She has learned a great deal from CSUEB students and faculty colleagues and looks forward to serving the CSUEB community at large in her new role.

**Jennifer Winters,**  
PhD, RN, GNP



Jennifer Winters earned her B.A. in Political Science at the University of California, Irvine, her ADN at Contra Costa College, her MSN/GNP at the University of California, San Francisco, and her PhD at Walden University. Jennifer has been practicing

nursing with a focus on gerontology for thirty years and has been teaching for eighteen years. Jennifer's research interests include the experience of nurses caring for older adults during acute hospitalization and high stakes testing.

**Sahar Nouredini,**  
PHN, PhD



Sahar Nouredini earned her BSN at California State University Sacramento and both her MSN/CNS in Community Health and International Nursing and PhD at the University of California, San Francisco.

Sahar has been a practicing nursing for 12 years and has been teaching for five years. She has practiced in multiple settings including as a bedside oncology nurse, home health nurse, public health nurse and school nurse. She has also been fortunate enough to volunteer abroad.

Sahar's research interests include occupational and environmental health disparities related to chemical exposure, environmental justice and school health.

## SELECTED RECENT FACULTY PRESENTATIONS, WORKSHOPS, CITATIONS...

**Doolan DM, Willetts J, Eckfield M,** Halifax E (2016) The Supporting Literature and Methods of the Civilian Prisoner of War Study. *Int J Nurs Clin Pract.* 3: 164. doi:<http://dx.doi.org/10.15344/2394-4978/2016/164>

**Doolan, DM** (April, 2015). "The Civilian POW Lived Experience". BACEPOW Reunion. Sacramento, CA.

**Doolan, DM** (March, 2016). "Surviving a World War II Prison Camp". Lambda Gamma Sigma Theta Tau Spring Meeting. Rohnert Park, CA

**Doolan, DM, Eckfield, M.** (July 2016). "The United States Civilian Prisoner of War Study." The Sigma Theta Tau International Nursing Research Congress. Cape Town, South Africa.

**Durham, R.** (in revision), De Rosa, M.; Gorman, S.; August, S.; & Interprofessional Global Health Clinical Education, Diversity and Equality in Health and Care

**Durham, R,** Levy, M., Kilgallen, P. (2015) Report of Findings on Quality Improvement Survey for Global Health Clinical in Panama. Report to Hands for Global Health and Hands for Americas, Oakland, California and Hands for Americas, Santiago, Panama.

**Durham R,** Gorman SL, DeRosa M, August S, (April 9, 2016) Global health clinic provides unique interprofessional education benefits. (platform) National Academies of Practice Meeting and Forum, Baltimore, MD

**Durham, R &** August, S. (2015) "Leadership in Nursing Through Global Health Volunteering." Invited Presentation. Sigma Theta Tau International, Nu Xi Chapter,, Holy Names University, Oakland, California.

**Durham, R. & Lynn Van Hofwegen** (in review) Hands for Global Health Community Needs Assessment in Bhata, Panama

**Durham, R (PI),** Community Health Needs Assessment Batata, Panama, (in Review) Sigma Theta Tau International.

**Durham, R (PI),** "Reaching the Unreachable: Global Health Medical Brigade" The Julia Burke Foundation Grant (\$28,000)

**Li, Denise** (2015) Pain management for nonverbal patients. Speaker. 2015 National Academy for Infusion Society Nurses, Dallas, Tx.

Wambuguh, O., **Eckfield, M.B., & Van Hofwegen, L.** (accepted for publication). Examining the importance of admissions criteria in predicting nursing program success. *International Journal of Nursing Education Scholarship.*

Darrow, S., Illmann, C., Gauvin, C., Osiecki, L., Egan, C.A., Greenberg, E., **Eckfield, M.B.,** Hirschtritt, M.E., Pauls, D.L., Batterson, J.R., Berlin, C.M., Malaty, I.A., Woods, D.W., Scharf, J.M., Mathews, C.M (2015). Web-based phenotyping for Tourette Syndrome: Reliability of common co-morbid diagnoses. *Psychiatric Research*, 228: 816-825.

**Eckfield, M.B.,** (2015). "Motivation, Insight, and the Willingness to Try Something Different". Keynote presentation at the 17th Annual International Conference on Hoarding and Cluttering. San Francisco, CA. November 6, 2015.

Stratton, S., Sepulveda, C., & **Eckfield, M.B.** (2015). "Skill Building: A new approach for addressing hoarding and cluttering behaviors with APS clients". Conference session at the 17th Annual International Conference on Hoarding and Cluttering. San Francisco, CA. November 6, 2015.