

Cal State University East Bay

NURSING



FALL 2017

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CHAIR'S CORNER

Dr. Lynn Van Hofwegen, DNP, RN, APRN

Hello Friends of CSU East Bay Nursing, Alumni, Students and Faculty,

We are pleased to bring you this annual update on CSU East Bay Nursing.

These are exciting times at CSU East Bay Nursing. The need for educating nurses for our diverse community continues to stand as an inspiring challenge and central goal of our CSUEB Nursing Program. The East Bay community where we are strategically located continues to be one of the most diverse communities in California, and CSUEB as a university is one of the most diverse universities in the US. We see the rich opportunities of the diverse community we serve and are delighted to be able to educate nurses in this context.



We have been privileged to have a strong student body of more than 350 pre-licensure BSN students and 100 post-licensure ADN/RN to BSN students. The NCLEX pass rate this year was strong at 92% for first time takers. Early employment of graduates has been increasing as the nursing job market has been showing an increasing need.

Big changes are ahead for CSU East Bay Nursing. In Fall 2018, CSU East Bay as a university will transition from Quarters to Semesters. The Nursing Program is taking this opportunity to transform our curriculum and continue to grow and improve. The new curriculum which we will implement in Fall 2018 maintains our focus of strong clinical education and practice hours, while incorporating increased simulation and a neighborhood community engagement strand throughout the curriculum! Mental health will move to earlier in the curriculum to provide a strong communication base for students and medical surgical clinical experiences will include longer experiences in one setting for more continuity. Community health will remain a final capstone course, building from the integrated community engagement courses. We are excited to implement this new curriculum.

We are also eagerly anticipating the launch of the CSU East Bay Master's Degree in Nursing program, in Fall 2018 with a concentration in Nursing Education and Leadership and Management. With the start of this new degree, CSUEB will have a pathway from pre-licensure BSN to MSN to DNP in collaboration with the CSU Northern California DNP Consortium or alternatively, ADN/RN to

Editor~Renuka Asirvatham

CHAIR'S CORNER CONTINUED...

BSN to MSN to DNP. MSN graduates will also be well prepared for PhD education.

This past year we had the opportunity to participate in a unique OR Immersion Experience pilot program with Kaiser. A small number of students spent two weeks this summer immersed in OR Nursing experience. Needless to say, the students were thrilled with the opportunity and encouraged toward a career in OR Nursing.

This year again our students participated in a volunteer op-

portunity in Global Health in Panama. While this program is not sponsored by the nursing program or university, we are pleased that our students can be engaged in this kind of service and learning opportunity.

The Nursing Faculty continue to be engaged in professional activity through research and writing, and clinical practice doing very interesting work in nursing education, social justice, veterans issues, global health, and many other areas. In this newsletter, we highlight some

of the faculty and their work and also alumni of our program.

We value our partnerships with you, as friends and alumni of CSUEB and want to maintain closer connection with you. Look for future events, speakers, social events and other opportunities to come.

Our nursing email is nursing@csueastbay.edu. Please stay in touch. Alumni, do keep us updated! We love to hear from you.

CLINICAL SIMULATION LAB AT CSUEB BY BARBARA MAERZ, RN, MSN

The clinical simulation lab student experience has been an integral part of the nursing program since 2008 at both the Concord and Hayward campuses. Over the past few years many alumni graduates have returned to CSUEB and volunteered their time by mentoring and sharing their clinical expertise with the nursing students.

The Pediatric simulation experience has incor-



Luke 2, being examined by CSUEB nursing students

porated live participants of infants and toddlers to support the student pediatric assessment skills pri-



CSUEB nursing student with animatronic robot 'Mary Sim'

or to their clinical experience. We are always looking for interested parents who would volunteer their children for this rewarding experience. The Clinical Simulation faculty are actively working on expanding simulation into each clinical area starting in the fall quarter of 2018. Clinical faculty will be trained in simulation and will participate in the simulation lab with their students as part of clinical hours for the course.

**REFLECTIONS ON...
GLOBAL HEALTH MEDICAL BRIGADE~PANAMA
BY ROBERTA F. DURHAM RN, PHD, CSUEB**

The faculty team from California State University East Bay and Samuel Merritt University have been working together facilitating the trips for nearly a decade to do global health medical work. The purpose of this program is to improve the health and welfare of indigenous peoples of Latin America, to empower health professions students from the United States to take leadership roles in global health research and practice in Latin America, and to engage in public health interventions that reach the unreachable. We focus on providing primary care in under-resourced areas, basic health education, and public health interventions.

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 Ngäbe Buglé tribe in the mountains of Panama to provide desperately needed primary care for families

that otherwise do not have access to care. The Julia Burke Foundation provided grant support for student scholarships, medications and supplies, and materials to build eco stoves during the August 2016 medical brigade.

The medical brigade provides health professions students with an opportunity to open a clinic to provide primary care to families in rural Panama. In



the last 6 years an increasing number of CSUEB nursing students have participated. Last year 10 students participated and this year 16 students and two faculty did participate. CSUEB faculty supervisors on the 2017 trip were Drs Durham and Li.

During the trip in August 2016, 722 patients were cared for in the clinic during a weeklong medical brigade. We provided primary care to families in rural Panama for the Ngäbe Buglé tribe in mountains of Panama.

An environmental health brigade was also conducted concurrently where we built 6 eco stoves for families in the village to improve respiratory health for families. Currently women cook over open

flame wood stoves inside their homes without ventilation. Eco stoves improve safety and use less wood. This improves the family's respiratory health, safety and finances.

Global health volunteer work provides hands on experiences for health professional students to provide care to vulnerable indigenous populations.

Research has demonstrated students that participate in global health volunteering become better providers and become lifelong volunteers locally and globally.

JESSEMAE MCCALL~PIONEER OF MODERN DAY NURSING

INTERVIEWED BY LINDSAY MCCREA, PHD, RN, FNP-BC, CWO CN

For his 2017 Hayward Pinning, graduate Christopher Campbell selected a special person to pin him, his grandmother, Jessemæ McCall. Starting a conversation before the ceremony, I had the opportunity to continue it this summer.

Jessemæ is truly remarkable for many reasons.

She is a nurse, having graduated from the Oklahoma Baptist Hospital School of Nursing in 1951. Her program had her completing three-month specialty rotations with affiliate institutions. Her first goal to become a pediatric nurse was short lived until she faced the challenges of working with parents and children who were facing death. Another rotation had her completing Labor & Delivery at the Tulsa Lying-In Hospital. All medical specialty lectures were given by a physician. Being a hospital based nursing school, after being capped, students worked 48 hours per week and were paid \$10 per month and received room and board. She married, "Mr. Wonderful", in

1952 and stayed married to him until his death in 2008, with him Jessemæ raised a family. Her husband was a civil engineer whose work found them moving around the country. Her qualifications as a Registered Nurse made it possible to pursue her nursing career with each new posting.

Following graduation from nursing school, Jessemæ took advantage of many opportunities, from working in an orthopedic unit at the VA in Muskogee Oklahoma, to working at a 110-bed community hospital taking positions in all areas from medical surgical to OR to a stint as a house supervisor. The early 1960s found Jessemæ working at St. Vincent's Hospital in Santa Fe New Mexico. This is where she became involved in teaching in a LVN program. Continuing her move west in 1965, she accepted a position as a Float Nurse at Grossmont District Hospital in La Mesa California which found her working more in ICU than other units. In 1972, with a move to Bishop California, Jessemæ found her-

self working in the OR. A further trek northward found her with a CCU Certification working for an on-call agency that sent her to Kaiser Richmond. A position came open for charge nurse in the OB/GYN outpatient clinic. Using her NAACOG Certification she took on this assignment. In 1982, she took a leave of absence from Kaiser to complete the University of Colorado Nurse Practitioner certificate program. She returned to Kaiser Richmond where she then worked and precepted. In 1983, she became the first certified OB/GYN NP at Kaiser Oakland. Thru the 1980s and up until her retirement in 2005, except for a brief stint working at the Dublin's Women's Prison in 1998, Jessemæ worked as a NP at Kaiser Walnut Creek, then Shadelands, and finally Vallejo. During our lively conversation, Jessemæ repeatedly shared pearls of wisdom that ring true for today's student nurse and graduate nurse. She said that she learned early on that doing a good job and working with a good team were the basis of a

JESSEMAE MCCALL~PIONEER OF MODERN DAY NURSING CONT...

good working relationship. "Document what you have assessed. Someone might disagree with your assessment, but what you assess is your assessment!" "Do not examine a patient until you have obtained a history." "You don't have to know it all, you have to keep learning. You don't just go to Nursing school and that's it—you need to read journals and keep updated." With regards to the topic of women's rights to choose, "The mother is responsible for her decision not me!" And I believe one piece of advice that Jessemae gave her grandson Christopher when he started nursing school at CSUEB: "It's not going to be easy. You can learn things from things that you might not like!"

Jessemae McCall is clearly one of the pioneers of modern day nursing who inspired me with her humor, intellect, and spirit! Hopefully this snippet of her life will inspire you.

LEARNING HOW TO MAKE A DIFFERENCE FOR OUR COMMUNITY REPORT BY CLAIRE VALDERAMA WALLACE, MPH, MSN, PHN, RN

We piloted an innovative assignment in Community Health Nursing theory course during the 2016-2017 academic entitled *Community Voices*.

The first part of the assignment entails students critically analyzing a news piece about any topic of their choosing and examining how the author(s) frame the topic, describe evidence and implications, and include or exclude particular voices and perspectives. Students go on to describe various collaborations and prevention

strategies to address the problem. Topics this past year included: opioid addiction, homelessness, vaccines, mass incarceration, the Affordable Care Act, women's health, Syrian refugees, sleep deprivation, intimate partner violence, breast cancer among Asian women, autism, HIV, cyber-bullying,

the North Dakota Access Pipeline, alcoholism, school lunches, the soda industry, Fruitvale lead poisoning, and Zika virus. Part two of the assign-

ment is the creative and original rendering of a component of the analysis students found most salient and wanted to share in a face-to-face or online gallery, depending on the format of the course.

Thoughtful and creative gallery pieces have included social marketing campaigns, poems, letters, comic strips, pho-

to essays, and music playlists. We look forward to this ongoing gallery to highlight students' application of course principles to a variety of topics as well as their expansive imaginings of the roles nurses have and the powerful relationship between art, advocacy, and health.



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

The CSUEB will launch a Master of Science in Nursing (MSN) program in Fall 2018. This new program seeks to prepare nurses from our diverse, multicultural community to advance practice as educators, consultants, and administrative leaders and to expand career mobility.

The MSN Program will offer two specializations: Nursing Education and Nursing Leadership and Administration, nurses will be able to step into leadership roles or executive positions that manage the operation of nursing settings and lead program innovation to impact health care quality and safety.

The 4-semester, part time program is primarily online that includes a 2-day master course immersion event on campus at the start of each year, where students will enjoy in-person course overview and connect with professors and class members. Interested students please contact Dr. Denise Li at denise.liu@csueastbay.edu or visit the CSUEB Continuing Education website. We will be accepting applications from 10/1/2017 to 05/15/2018 for Fall 2018 admission.

**After an Outstanding Year....
The Best is Yet to Come....**



Dr. Nouredini recently completed her first year as an assistant professor at CSUEB. She has spent much of the year teaching community health theory and clinical courses. Dr. Nouredini has collaborated with Professor Valde-rama Wallace and have tried to integrate a stronger emphasis on environmental and social justice in the existing curriculum. She was also selected to participate in the UC-CSU Knowledge Action Network on Climate Change, in which all

Dr. Nouredini has also focused on reaching out to other community agencies and academic departments to develop new community health opportunities for students.

participants presented and incorporated into existing curriculum. For this year will have opportunity to collaborate with engineering, computer science and biology students for the annual hack day events. In addition to her teaching responsibilities, Dr. Nouredini is now the new advisor for EBSNA and is very excited to see what the new EBSNA board will do in the coming year.

ANNUAL NURSING FACULTY RETREAT



CSU East Bay Nursing was pleased to welcome Dr. Cynthia Clark as a guest speaker at our annual Nursing Faculty Retreat in Santa Cruz Sept 6-8, 2017.

Dr. Clark lead the faculty in an interactive session on the theme of "Creating and Sustaining Healthy Academic Workplaces and Engaged Learning Environments."



Faculty Spotlight shines on Dr. Monika Eckfield

Over the past year, Dr. Eckfield joined colleagues from across CSUEB's College of Science as a Diversity and Social Justice Fellow. The goal of the faculty group was to develop strategies to create and maintain inclusive learning environments throughout the College of Science. Their efforts have resulted in a range of strategies aimed to help underrepresented students feel encouraged, motivated, and supported in their pursuit of science degrees. These strategies will be shared with faculty members throughout the College of Science, including those in the Department of Nursing and Health Sciences, over the coming year.

Dr. Eckfield has continued to co-chair the Diversity in Nursing Task Force with Nursing Program Admissions Coordinator, Ms. Lara

Dungan. With a dedicated team of nursing faculty and staff, and with the strong support of Department Chair, Dr. Van Hofwegen, the committee has worked to update the nursing program admissions process to ensure that students with a broad range of skills, personal attributes, life experiences and perspectives join the nursing workforce. Increasing diversity in the nursing workforce was also the theme of a Hayward nursing student's University Honors Project, supervised by Dr. Eckfield.

This Summer and Fall, Dr. Eckfield and members of her research team have the opportunity to present their Hoarding Disorder treatment study at the annual International Obsessive-Compulsive Disorder Foundation meeting, the Hartford Center of Geriatric Nursing Excellence Leadership Conference, and the annual meeting of the



American Psychiatric Nurses Association. Two Concord nursing students completed independent studies as research assistants to Dr. Eckfield. Over two quarters, they learned more about interdisciplinary research, qualitative research methodology, and the scholarly writing process. Dr. Eckfield looks forward to developing more opportunities for undergraduate nursing students to participate in nursing research.

Dr. Jennifer Winters~ One of our newest Nursing Pioneer Members **

Prof. Winters teaches Level 1 theory at the Hayward Campus and Level 2 Geriatrics Theory to both Hayward and Concord Students. When asked about her nursing career, Dr. Winters stated:

"While I am just now completing my first year at CSUEB, I have been teaching and practicing nursing with a focus on gerontology for almost 30 years. Gerontological nursing is one of the least popular areas of nursing in which young nurses want to specialize. Yet, older adults are one of the fastest growing segments of our population with a corresponding need for more nurses who know and understand the specialized care this population requires. I absolutely love working with students to develop the knowledge, skills, and empathy necessary to care for this very special population. I learned early in my career what a powerful profession nursing is and the positive impact that nurses can have on people's lives regardless of age. I am forever grateful for the opportunity to assist nursing students in realizing not only the potential of nursing but also their own potential as nurses and human beings."

Although our time together has just begun, Dr. Winters has touched and cultivated the minds of many Level 1 and 2 students.

Welcome to the Nursing Pioneer Family, Dr. Winters!

**** by Taylor Poole and the EBSNA - Hayward Board , May 11, 2017**



REPORT ON INTERNATIONAL COUNCIL OF NURSING CONGRESS DR. KIMBERLY KIM

Dr. Kim attended the International Council of Nursing (ICN) Congress held in Barcelona, Spain on May 27, 2017 – June 1, 2017. The main goals of the congress were: to improve the quality of health services; demonstrate the nursing contribution to the health of individuals, families and communities; and provide opportunities for an in-depth exchange of experience and expertise within and beyond the international nursing community. Featured speakers brought inspiration and the latest information on the nursing workforce and workplace, ethics/human rights, clinical care and patient safety. Concurrent sessions, symposia and posters addressed some of these issues and new developments in nursing education, pandemics/disasters, care systems and access, technology, regulation and the history of nursing. Dr. Kim participated in various research sessions and workforce projects and shared our new RN residency program held at our campus the past five years. Those who are interested in reading the outcomes of our RN residency program should visit: <http://www.sciedu.ca/journal/index.php/jnep/article/view/6459>.

Dr. Kim would like to share the universal ICN code of ethics. The ICN code of ethics for nurses declares that nurses hold four fundamental responsibilities: promotion of health, prevention of illness, restoration of health, and alleviation of suffering. The code states that an essential attribute of nursing embraces a respect for human rights, including cultural rights, the right to life and choice, to dignity and to be treated with respect. Nursing care is respectful of and unrestricted by considerations of age, color, creed, culture, disability or illness, gender, nationality, politics, race or social status. To support the profession, nurses must develop workplace systems that support common professional ethical values and behaviors and demonstrate awareness of ethical issues of other professions. The conference was an excellent venue for network meetings. Those who are interested in viewing part of the ICN Congress, please visit: <http://www.icnbarcelona2017.com/en/>.

In early January, Dr. Kim was invited to provide expert reviews on nursing research abstracts submitted for the 28th Sigma Theta Tau International (STTI) Nursing Research Congress in the categories of promoting clinical outcomes, nursing education, health promotion and disease prevention, and culturally diverse health practice. Again in June, Dr. Kim was invited to review nursing faculty research projects addressing mentoring, development of novice nursing faculty, cultivating future nursing curricula, patient safety, professional communication, and nursing education at the Nursing Education Research Conference, to be held in Washington D.C. in April 2018 (<http://www.nursingsociety.org/connect-engage/meetings-events/nursing-education-research-conference-2018>). This conference is sponsored by the National League for Nursing (NLN) and STTI. Overall, Dr. Kim was pleased to evaluate and provide the ratings for more than 30 nursing research topics based on criteria given by STTI this year. For students or graduates who are interested in conducting research or expanding their horizons into nursing research, please contact Dr. Kim or the department.

PERIOP IMMERSION OUTCOME by Jonalyn Wallace, DNP, RN-BC, CENP Academic Relations Director, Kaiser Permanente Northern California Regional Offices

Five CSUEB nursing students participated in an innovative two-week clinical immersion program last June at the Kaiser Permanente, Fremont Medical Center. The pilot program was developed in partnership with Kaiser Permanente, and was designed to give senior level nursing students an opportunity to experience the realities of clinical practice as an operating room nurse.

Structured as a clinical course, students prepared by completing pre-course reading and attending a mandatory half day orientation session. Jenny Mendenhall, KP nurse educator, co-developed the curriculum with CSUEB faculty, Denise Li. Students explored the roles and responsibilities of a broad range of peri-operative nursing functions including both intra-operative and post anesthesia care. Ms. Mendenhall and colleagues at Fremont Medical center provided 10 hours of didactic instruction, and supervised the students as they learned how to gown and glove, create and maintain a sterile field, identify surgical instru-

ments and sutures, and care for patients throughout their intra-operative experience. Students were introduced to Virtual Reality (VR) as a modality for learning and observed numerous surgeries during the two-week program. Program evaluation indicates that the program increased participant's confidence and competence, and that they feel better prepared to begin their upcoming preceptorships.



CSUEB nursing students learn about the operating room, during orientation, prior to a two week perioperative clinical immersive experience at Kaiser Fremont Hospital.

SELECTED FACULTY PROFESSIONAL WORK...

Valderama-Wallace, C. P. (2017). Critical discourse analysis of social justice in nursing's foundational documents. *Public Health Nursing*, 34(4): 363-369.

Alkon, A., **Nouredini, S.**, Swartz, A., Sutherland, A. M., Stephens, M., Davidson, N. A., & Rose, R. (2016). Integrated Pest Management Intervention in Child Care Centers Improves Knowledge, Pest Control, and Practices. *Journal Of Pediatric Healthcare*, 30(6), e27-e41. doi:10.1016/j.pedhc.2016.07.004.

Conducting an Environmental Assessment in the Classroom Setting. Presenter: **Sahar Nouredini**. June 2017. Knowledge Action Network.

Durham, R. & Chapman, L. (2017 in review) Maternal Newborn Nursing: Critical Components of Maternity Nursing. 3rd edition, Philadelphia, FA Davis.

Sigma Theta Tau International, NuXi Chapter, Philanthropy Award 2017 **Prof. Roberta Durham**.

Sigma Theta Tau International, NuXi Chapter, Global Health Medical Mission Fund funded 2017 Prof. Roberta Durham.

Durham, R. & Chapman, L. (in development) (2018) Maternal Newborn Nursing: Critical Components of Maternity Nursing. 3rd edition, Philadelphia, FA Davis.

"Global Health Medical Brigade" **Durham, R** (PI), (2017) The Julia Burke Foundation Grant (\$49,550).

Doolan, DM, Winters, J, Nouredini, S (2017). Answering research questions using an existing data set. *Medical Research Archives*. 5(9)1-14.

OCTOBER 2018
1st CSUEB NURSING PROGRAM ALUMNI REUNION
More Info to follow