

DEPARTMENT OF NURSING



AY 2019-2020

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Editor

CHAIR'S CORNER

Lindsay McCrea, PhD, RN, FNP-BC, CWOCN



We are pleased to bring to you this annual update on Cal State East Bay Nursing! Hope this finds you all doing well and engaged in what you love as we enter a new decade.

In the past year we have seen the successful launch of the semester curriculum. In the undergraduate program simulation is now linked with clinical rotations and the new Community Engagement tract has the BSN students out in neighborhoods in Alameda and Contra Costa Counties. In fall 2018 the online MSN program was launched with 13 students registered in the Nursing Education concentration. The Nursing Leadership concentration was launched in Fall 2019. We underwent the CCNE accreditation site visit for the MSN program in October and are waiting official word of what we believe was a successful visit. We will receive final notification from CCNE in May.

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. 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.

Cal State East Bay Nursing faculty continue to be active in scholarship and research in many important areas of nursing practice and health. Faculty research and professional work includes veterans matters, 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 a new tenure track pediatrics faculty this fall, Dr. Alicia Swartz, who is spotlighted in this newsletter.

This past year had a number of faculty retirements. Dr.'s Roberta Durham, Denise Liu, and Lynn Van Hofwegen entered the faculty early retirement program (FERP). They have reduced teaching assignments this academic year. Dr. Granados entered retirement. Lots of adjustments for the faculty and programs!

CHAIR'S CORNER CONTINUED.....

Finally, please consider giving to the Nursing Department Fund, BSN or MSN Student Scholarship Funds. As you may recall the financial hardship facing the student nurse is an ever-present stressor. [Give](#) now!

We hope you enjoy this update on Cal State East Bay Nursing. Keep us informed as you move on in your careers and education! We are always rooting for our Cal State East Bay Nursing Graduates!



GRANT AWARD BY SAHAR NOUREDINI, RN, PHD

The California State University East Bay, Department of Nursing has been awarded a grant from the Association of Bay Area Health Officials to develop and implement a training for public health nurses (PHNs) so that they are better prepared to address the medical and behavioral needs of the population that may utilize a disaster shelter. The recent wildfires in the Bay Area have prompted public health officials to develop robust response plans and have highlighted the need for additional training for staff who are required to respond to emergencies. PHNs, in particular, have to address very unique medical needs that they may frequently encounter when working in a shelter. As Zerlyn Ladua, RN, FNP, Public Health Systems Preparedness and Response Director for Alameda County Public Health Department noted, many individuals may arrive at shelters with little to no notice, and without medications or durable medical equipment, and frequently without caretakers. In addition, some shelter residents become injured or sick as a result of the incident while others may with pre-existing health conditions.

The training will consist of an online component and an eight hour skills lab/ simulation day. Several faculty members will be working on developing the training curriculum, including: Dr. Sahar Nouredini, Dr. Jennifer Winters, Dr. Maria Cho and Dorrie Mercado. The training will initially be available to PHNs and medical reserve corp volunteers working in the greater Bay Area, but the on-line modules will be open access. As part of the training, faculty at CSUEB will also be reaching out to train other faculty at CSUs throughout California so that they can develop training programs for other health departments.



DEPARTMENT OF NURSING HOLIDAY CELEBRATION!



'Tis the season to reflect and celebrate another successful year with friends and colleagues. This year's holiday celebration was filled with joy and laughter at the home of Dr. Lindsay McCrea. The guest took part in a white elephant gift exchange with some unusual surprises staying true to its theme. They also helped color holiday cards for the Black and Pink organization which supports the human rights of LGBTQIA communities, particularly those affected by the criminal legal system to ensure that LGBTQIA people who are incarcerated remember that they are loved. The day was a festive and wonderful event for all.



DEPARTMENT OF NURSING HOLIDAY CELEBRATION!



Pictured above L to R: Jennifer Hanna, Maria Cho, Adrienne Carlson, Lynn Van Hofwegen, Amy Parker-Rihm, Rona Romjue, Sahar Nouredini, Lindsay McCrea, Linda Gregory, Barbara Hockett, Claire Valderama-Wallace, Alicia Swartz, Daniel Doolan, Dorinda Mercado, Teresa Walker and Hudson the dog in the red sweater!



Maria Cho, Dorinda Mercado and Claire Valderama-Wallace



Linda Gregory and Rona Romjue



SIGMA THETA TAU INTERNATIONAL REPORT BY DANIEL M. DOOLAN, RN, PHD

The Cal State East Bay portion of the Nu Xi at Large Chapter of Sigma Theta Tau International has remained very active in recent years. This fall 2019 Cal State East Bay Inducted its first Masters Degree in Nursing student inductee along with other BSN students. A very special thanks to Board Faculty Counselor Dr. Claire Valderama-Wallace who, on just her 2nd year on the Sigma Board, orchestrated the induction ceremony with the support of Vice President Jennifer Winters and Faculty Counselor Daniel Doolan. Also awarded at the induction ceremony were 2 \$1000.00 scholarships. In November, the Nu Xi Chapter flew Dr. Daniel Doolan out to the Sigma Biennial Conference in Washington D.C. The Nu Xi Chapter has remained active inducting members, providing Continuing Education Presentations (free for members and students), and helping Cal State East Bay Nurse graduates find gainful employment in the nursing field via job boards and networking opportunities. A big thanks to past Presidents of Nu Xi, including Dr. Lindsay McCrea, for continued support of Sigma's Mission and the Nu Xi partnership with Cal State East Bay. The Nu Xi Chapter will soon be recruiting for a faculty counselor position for the Cal State East Bay campus. Interested individuals should contact Daniel Doolan and/or Jennifer Winters.

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

In an effort to prepare future nurses, we launched a new curriculum with semester conversion. Psych/Mental Health Nursing was moved to semester one and expanded with outpatient clinical experience. Simulation is now part of every clinical course. We also created a new course series entitled Community Engagement. All pre-licensure students now take a one-unit Community Engagement course during each of the first four semesters of the program. Students on the Hayward campus spend time getting to know Hayward, San Leandro, Oakland, and Fremont while Concord students learn about Concord, Richmond, Pittsburg, and Martinez. When students take Maternity and Pediatrics during semester three, for example, they spend ten hours in the field getting a glimpse of what it's like to be a pregnant person, child, and family in their respective cities. This provides an opportunity to zoom out and consider historical, environmental, economic, political, cultural, and social determinants of health. Students have visited water treatment facilities, senior centers, food banks, and engaging community members in interviews to learn directly from those who live, work, learn, play, and/or worship in these cities. During the coming year, there will be a particular focus on Census 2020 and the upcoming elections in all Community Engagement courses.



FIRST GEN RN

During fall 2019, we began a partnership with Dr. Laura Wagner from UCSF, who received a grant from the California Wellness Foundation to support the success of nursing students who are the first in their family to go to college. She invited Cal State East Bay and Hartnell College to be partners. The site principal investigator at Cal State East Bay is Dr. Claire Valderama-Wallace. Students on both the Hayward and Concord campuses gather monthly for a lunch meeting and discuss different aspects of nursing education and experiences as students. During the fall semester the topics were self-care, time management, and mentorship. Two students are serving as the project assistants: Carlos Ruiz on the Concord campus and Nicky Archila on the Hayward campus. They have been instrumental in the recruitment process and growth of this project.

Faculty Spotlight shines on Dr. Alicia Swartz



Alicia Swartz, PhD, MSN, PNP-BC

Dr. Alicia Swartz is excited to join the Nursing Faculty at CSUEB as pre-tenure assistant professor of pediatric nursing. In addition to her role as nursing faculty at CSUEB, she is a clinical researcher in family planning, and a practicing Pediatric Nurse Practitioner. Dr. Swartz received a bachelors degree in biochemistry from Mills College and combined Bachelors and Masters of Science in Nursing from Columbia University. She later earned a PhD in Nursing at the University of California San Francisco (UCSF). She has experience working in community health settings including general pediatric community clinics as well as school-based health centers. Her research, which is informed by the frameworks of social determinants of health and reproductive justice, is designed to be directly translated into clinical practice. She is an emerging scholar in adolescent family planning who is advancing the field of family planning research through translational research in pediatric nursing. She is a current recipient of the Society of Family Planning Changmakers in Family Planning Research Award from 2019 - 2021. Her current work is aimed at strengthening nursing provision of evidence-based family planning that is guided by a reproductive justice framework to (1) improve patient education and clinical management, (2) to improve health outcomes, and (3) to inform health policy.

Nursing Program Admissions Study and Diversity in Nursing Update

By Monika Eckfield

In Fall Semester, 2019, I was granted a research sabbatical to analyze the impact of adding personal essays and points for military service to our admission criteria for the pre-licensure BSN nursing program. The Department made these changes in response to a nationwide call for all nursing programs to develop more holistic assessments of candidates that considered those personal strengths and qualities that are not reflected in traditional, quantitative metrics such as GPA and TEAS scores. We had a set of data from the Fall 2018 entering class available to analyze and results from this study will inform policy and programming decisions in the coming years. One of the most exciting things I found was evidence that the essays help us predict who will do well in their first year of the nursing program. The essays give students an opportunity to highlight their preparation for a career in nursing, their experience, skills and interest in working with diverse populations, and their ability to reflect and grow from challenging experiences. In my analysis, those who were able to demonstrate these strengths and qualities in their essays were more likely to get "A" and "B" averages in their first year of the nursing program, and those who had less to say about these attributes in their essays were more likely to get "C" averages or to fail a nursing course in their first year. While I knew that over time the qualities assessed in the essays would help us cultivate nurses with the attributes needed in our California workforce, I did not expect those qualities to help them right from the start of their nursing education! Of course, it makes sense. Our nursing students work with clients from diverse backgrounds right from their first semester in mental health and psychiatric nursing, and need to learn and grow from challenging situations and constructive feedback. The results from this research reinforce that we are on the right track by implementing the personal essays and military points in our application process and we will continue to track our outcomes over time.

