

CAL STATE
EAST BAY Rising in the East

DEPARTMENT OF NURSING



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Message from the Chair



Dr. Lindsay McCrea
PhD, RN, FNP-BC, WOCN

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.

This past nine months has found us facing unprecedented challenges with the arrival of the COVID-19 pandemic. Like you, the Nursing programs has rolled with it. Faculty quickly moved into virtual simulation and non-direct patient care activities for their students starting in mid-March. We saw students graduating in spring from all of our programs: BSN and MSN. With the fall term we found many of our students returning to clinical rotations, with significant restrictions in some cases. Again, we have seen another cohort of students graduate from the BSN program this month. The Hayward Fall 2020 Class conducted a truly memorable Virtual Pinning Ceremony. We are bracing ourselves for more challenges in spring.

Due to the many restrictions with clinical placements, we made the difficult decision not to admit a fall and spring pre-licensure cohorts. Fall 2020 admits had already received their acceptance letter when this decision was made. Fortunately we were able to offer deferred admission to Fall 2021.

The Post-Licensure BSN Program is doing well. Dr. Sahar Nouredini is coordinator for the program. We have made accommodations this fall for applicants who found themselves having not completed their ADN and NCLEX due to COVID. With a part time only option and a delayed ADN degree and NCLEX completion, we were able to admit a slightly smaller cohort.

We are in the middle of the third year since we launched the online MSN program. We underwent the CCNE accreditation site visit for the MSN program in October 2019 and received a five year accreditation. and are waiting official word of what we believe was a successful visit. In May the first cohort of Nursing Education students graduated! This AY we anticipate both the Nursing Education and Leadership/Administration concentrations to graduate a cohort!

We are excited to welcome a new tenure track maternity faculty this fall, Dr. Susan Forsyth, who is spotlighted in this newsletter.

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. Once we are able to have functions with greater numbers, we look forward to welcoming you back for a celebratory Alumni event. We will keep you updated. Please keep us updated on your career and educational pursuits! We are always rooting for our Cal State East Bay Nursing Graduates!

The Faculty and Staff of the Department of Nursing join me in wishing you and your loved ones all a healthy, happy, and safe New Year!

A handwritten signature in cursive script that reads "Lindsay".

On the cover:
Photo of nursing students
volunteering at COVID-19
testing site



*"Expect the
impossible,
and then
solve it"*

CNSA Annual Convention Award Recipient

REPORT BY CLAIRE VALDERAMA WALLACE, PHD, MPH, RN



I've learned how bright and compassionate nursing students are and I want to represent underrepresented students, to raise up their voices."

- Tenzin Sharzur

Cal State East Bay Nursing congratulates 4th semester nursing student and Concord EBSNA Board member, Tenzin Sharzur. She recently attended the California Nursing Students Association (CNSA) Annual Convention in October and, based on her qualifications, campaign speech, and recommendations from faculty, was elected as the Board of Directors Secretary and Treasurer. "I've learned how bright and compassionate nursing students are and I want to represent underrepresented students, to raise up their voices." Tenzin also situated her desire to affect change within the current times of the COVID pandemic. "It's been a rough year and as a daughter of a frontline health worker, I want to be a listening ear and support system." Tenzin expressed gratitude to her cohort and faculty, as well as to CSUEB nursing alumnus Kyle Navarro, who served as CNSA President and who encouraged Tenzin to consider this leadership opportunity. Tenzin is interested in one day working in the ICU as well as pursuing a career in global health. Although disappointed that the medical mission to Panama, led by Dr. Durham, was canceled this year, Tenzin has learned about medical missions and how beneficial they are to underserved communities and she aims to participate in and plan such medical missions. She connects this to her desire to give back to the communities in India who welcomed her grandparents, who are Tibetan refugees and forced to leave Tibet. We congratulate Tenzin on this great accomplishment and feel that CNSA is fortunate to include leadership from our program. Thank you Tenzin for representing both Cal State East Bay Nursing and nursing students throughout the State of California.



Dismantling Racism

REPORT BY CLAIRE VALDERAMA WALLACE, PHD, MPH, RN

Faculty members of the CSUEB Department of Nursing have created a Dismantling Racism in Nursing Education (DRNE) Task Force. The mission of this group is to facilitate our department's intentional and active role in dismantling racism across our programs and committees, and for faculty to deconstruct and remove racism in and throughout nursing education. This task force will establish standards for how our department embodies, operationalizes, and advances diversity, equity, and inclusion to promote health equity. It is our hope that health equity be an integral part of who we are as Cal State East Bay Nursing students, alumni, and faculty. During our August faculty work day, we initiated a discussion of the history of racism in health care and provided space for individual reflection as we envision engaging in long-needed discussion and collective action. To lay important theoretical groundwork, Dr. Alicia Swartz is facilitating a number of Critical Race Theory workshops with faculty. We welcome student and alumni perspectives and contributions to these efforts.

First Gen RN

REPORT BY CLAIRE VALDERAMA WALLACE, PHD, MPH, RN

The partnership launched last year with Dr. Laura Wagner at UCSF continues, though in a virtual format due to the current conditions. Students who identify as first generation students resumed their monthly lunch-time gatherings to check-in with each other, consider strategies to continue to persevere, celebrate each other's victories, and discuss particular topics. The focus of October was self care. Students from both campuses will come together for the November and December gatherings.

Sigma Honors Society

REPORT BY DANIEL DOOLAN RN, PHD

On November 7th Cal State East Bay inducted dozens of students into the Nu Xi Chapter of Sigma Theta Tau International. This was a recognition of their outstanding academic achievements within the Cal State East Bay Nursing Programs. Inductees included prelicensure students near the end of their nursing program, RN to BSN students who are graduating or recently graduated, and some of Cal State East Bay's first Masters Degree in Nursing inductees. In the last decade, Cal State East Bay has inducted hundreds of former students into Sigma. During this time of COVID, it is more important than ever for early career nurses to have a strong connection to the profession of nursing. The Nu Xi Chapter provides members with access to Sigma's international resources, including the opportunity to collaborate with Sigma's membership, which includes over 135,000 nurses spread over more than 100 countries. At Cal State East Bay, we are proud of our decades-long engagement with Sigma through the Nu Xi at Large Chapter. The Nu Xi at Large Chapter of Sigma is also affiliated with Samuel Merritt University and Holy Names University nursing programs. Cal State East Bay remains well represented in the Nu Xi at Large Chapter's Executive Board; specifically, Jennifer Winters serves as Board Vice President, Susan Forsyth as a member of the Governance Committee, Barbara Maerz as a Faculty Counselor, and Daniel Doolan as Faculty Counselor and Governance Committee Chair.

CSUEB Nursing Students Assist with COVID Response

REPORT BY SAHAR NOUREDINI, PhD, RN, CNS

A group of approximately 45 semester 5 nursing students and alumni spent the summer staffing Hayward Fire Department's COVID-19 testing site. This site was responsible for conducting approximately thirty three percent of all covid screenings in Alameda County, screening roughly 500 county residents per day. Students participated in all aspects of the screening process including the pre-screening clients, performing the actual tests, communicating results by phone, and providing guidance on next steps. The semester 5 nursing students were supervised by faculty and recent alumni of our program, some of whom were offered permanent screening positions as a result of their contributions and commitment. We are so proud of our students and alumni for their roles in providing a vital regional service that is an essential part of COVID response. Many of our students immediately signed up when they were presented with this volunteer opportunity. This really speaks to their altruism and their commitment to give back to the community.

EBSNA Coming Together

REPORT BY KEVIN SIT, SEMESTER 3 NURSING STUDENT



The East Bay Student Nursing Association – Hayward (EBSNA) is working with the Concord's EBSNA to organize events to bring the two campuses together. So far this collaboration helped produce the Breakthrough to Nursing Conference held in October and a merchandise fundraiser. Both events were a big success. The Hayward EBSNA is now working on scholarship nominees, future fundraising ideas, and planning for the pinning ceremony for our soon to be graduates. Concord EBSNA plans to hold a tree planting on the Concord campus and is finalizing their merchandise to fundraise. They are also sending weekly/monthly surveys to gauge how well the students are doing and if they have any questions or concerns about the coming semester(s). The President of both campus associations are working to set up future events to bring the two cohorts together since it has never been done in the past. Therefore, the Concord's EBSNA will hold zoom gatherings to allow individuals to relax, alleviate stress through meditation, games and conversation with the Hayward campus organization welcome to attend.



Students at COVID testing site summer 2020. Photograph by Lori Bachand

Disaster Response Shelter Training for California Nurses

REPORT BY SAHAR NOUREDINI, PHD, RN, CNS

California State University East Bay Nursing Faculty (Dr. Maria Cho, Dr. Jennifer Winters and Dr. Sahar Nouredini) have developed an online disaster shelter training for nurses that is now open free of charge to all nurses in California. This project was funded through a grant through the Association of Bay Area Health Officials to develop a training for public health nurses who would be staffing shelters in the event of a disaster. Given the increased frequency of natural disasters and an extended fire season, this training is of increased relevance. Originally the training was planned to be a hybrid training, consisting of an online and in-person training that would be open to all Bay Area PHNs. However, due to COVID, the in-person training has been cancelled. The training is now open to all RNs and PHNS throughout California. To date nurses from over 25 counties have completed this training and this number continues to rise.

Though the training is geared towards PHNs, all CSUEB alumni are welcome to take the free online training. Those who complete the training will receive 5ceus. <https://anywherece.thinkific.com/courses/disaster-shelter-training-for-nurses>



Photo: Students with Dr. Maria Cho at COVID testing site

FACULTY SPOTLIGHT SHINES ON

DR. SUSAN FORSYTH



Susan Forsyth, PhD, RN

Dr. Susan Forsyth is thrilled to join the faculty at Cal State East Bay as a tenure-track assistant professor in maternity! A local, Dr. Forsyth grew up in the Kelly Hill area of Hayward, went to Fairview Elementary, Bret Harte Middle School and graduated from Hayward High. She spent the majority of her staff nurse career at Kaiser Hayward, working in labor and delivery. Dr. Forsyth has a B.A in history from Mills College in Oakland (1989), a BSN from the University of San Francisco (1993) and a MS (2010) and PhD (2016) in nursing from the University of California, San Francisco. Prior to coming to CSUEB, she taught for six years at Samuel Merritt University, teaching reproductive health, research and clinical internship. Dr. Forsyth is passionate about bringing health equity, social and environmental justice into the classroom, and creating learning spaces where success is the norm and students feel safe and heard. Her primary research focuses on tobacco control as a social justice issue. Worldwide, tobacco use is still the biggest cause of preventable death and is increasingly marketed marginalized people. Published widely, Dr. Forsyth has examined how and why tobacco imagery is inserted into popular video games and how adolescents and young adults interact with this type of imagery. Her work emphasizes policy solutions with the goal of eliminating tobacco use as a health threat. Dr. Forsyth is also a parent, committed to raising her 16-year-old daughter to be a good person, and caring for her five cats. In her free time, she enjoys reading, being outdoors, and traveling.

Donate to Nursing

Virtual 5th Annual Breakthrough to Nursing Conference 2020

REPORT BY EVELYN CORADO, EBSNA HAYWARD BTN DIRECTOR

The Breakthrough To Nursing (BTN) Project is to recruit young underrepresented students into the profession of nursing and equip future nurses with the foundational information they need to know to pursue a career in nursing. East Bay Student Nurses Association (EBSNA) traditionally holds our annual BTN conference in person each year; however, with the current circumstances of SARS-CoV2 pandemic, our annual BTN Conference took an online format over Zoom! This year's Breakthrough To Nursing (BTN) Director, Eve Corado, partnered with several schools throughout the Bay Area, including Cal State East Bay Nursing, San Francisco State University, University of California San Francisco, and finally, University of San Francisco, to host a virtual interactive conference where young aspiring nurses could receive vital information they need to know about the profession of nursing. This year's agenda covered presentations of: "What Is Nursing," by Dr. Sahar Nouredini, "The Future of Nursing," by Dr. Claire Valderrama, and finally, "Latinos In Nursing," by one of our very own Level III Pre Licensure students, Eliana Lopez. The purpose of this year's conference was to inform our aspiring nurses what the profession of nursing really is, versus how it is perceived. To give students the opportunity to identify healthcare disparities actively going on in their own communities through interactive online workshops, and begin brainstorming how they as future nurses can change those disparities. Finally, we ended our keynote speaker presentations, by having one of our very own Pre-Licensure students share a raw and inspiring story on how she defeated the challenges set before her as a First Generation college student with very little support. Additionally, the 4.5 hour packed conference held on a Saturday morning, 10/10/20 at 10:00-14:30, had a table drop in times with the different universities partnered in this conference, had fun and interactive ice-breakers, breathing exercises during break times, and a Nursing Student Panel with participants from all universities representing different undergraduate and upper-graduate specialty nursing programs.

We ended this year's unique online BTN conference with a fun and exciting online spin the wheel raffle that brought lots of laughs and joy to a very packed day. Over 100+ high school and college students from across the Bay Area registered and attended, with many of them being so grateful for the amount of information and inspiration they received that day. The conference was recorded online and sent out to additional students who were not able to attend that day. Thank you to our partnering Universities and hard-working EBSNA and Pre-Nursing Club (PNC) board members who worked tirelessly since August to make this conference happen! Go Nursing!



 TN Conference 2020

CSUEB Nursing Class of Fall 2020 Pinning Ceremony

REPORT BY CARMELA PAREDES, FALL 2020 NURSING GRADUATE

Pinning is the day that nursing students dream of to keep them motivated during stressful semesters filled with early mornings, late nights, and endless hours of care plans. The pinning ceremony is not only a day to celebrate the culmination of many years of hard work but also a symbolic welcoming into the nursing profession.

Nursing students of California State University, East Bay - Hayward campus were ready to start planning their pinning ceremony a year before it was scheduled! Unfortunately, it seemed the pandemic would be preventing them from celebrating together as a cohort, with their nursing faculty, and for many, with their loved ones.

The Fall 2020 Pinning Committee was determined, however, to make their cohort's pinning special, even if it meant going virtual. The committee, made up of cohort members Ronald Miranda, Scott Hays, Nia Chaplin, Vivian Flores, Vanessa Dario, and Carmela Paredes, began meeting in August 2020 to begin solidifying the framework for their ceremony. Class spirits were high and hopes were up for an in-person ceremony, but in November, students were informed that if they were to have a pinning ceremony, they would have to settle for a virtual one.

The committee got to work, contacting streamlinevents and working with Janel Stewart to coordinate a smooth Zoom event. In addition, faculty members were contacted and asked to speak. Dr. Lindsay McCrea, Nursing Department Chair, was asked to do the Welcoming, Dr. Maria Cho was informed of her selection for the Alumni Recognition Award, Dr. Claire Valderama-Wallace was asked to announce the names of the graduates during the Pinning, and Dr. Sahar Nouredini was asked to lead the Nursing Oath. The itinerary also included a class powerpoint presentation created by Nia Chaplin and Carmela Paredes, a class address by Scott Hays, messages of gratitude presented by Vanessa Dario and Vivian Flores, and a closing toast by Carmela Paredes.

Although it was not a traditional ceremony, the CSUEB Nursing Class of Fall 2020 was able to find a way to celebrate the remarkable achievement of completing nursing school with their cohort, their faculty, and their loved ones.



Congratulations! To the Fall 2020 Class