Greetings from the Dean

As we complete the 30th year of nursing education at Metropolitan State University, it is a fitting time to reflect on the accomplishments of our students, faculty and alumni. Our mission to provide health care to the underserved and neglected is evidenced in the work these groups do every day with some of the most vulnerable individuals in the community, in clinics and in hospitals.

Recognizing the changing demands of this nation's health care environment, the American Association of Colleges of Nursing (AACN) voted in 2004 to move the level of preparation for advanced practice nurses from the master's degree to the doctoral level by 2015. In response to the demand for a more highly educated nurse, Metropolitan State has worked to change our nurse practitioner areas of concentration and will begin admitting students in 2012 to a newly-designed doctorate of nursing practice degree (DNP). This move reflects the complex clinical skills and sophisticated knowledge of evidence necessary for advanced practice. DNP graduates will be prepared as leaders ready to affect evidenced-based change in the health care delivery system.

Additionally, we are thrilled to announce the much anticipated opening of our new dental clinic in Maplewood. This unique facility will provide a state of the art learning environment for our advanced dental therapy program. This program, which is the only one in the nation, prepares graduates to work with patients who would not ordinarily have access to dental care.

We are entering a very exciting time for our college as we build on the strength of our past and chart a new course for an even more vibrant future. We are committed to maintaining programs of the highest quality as we strive to follow our unique mission.

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We Have a New Look!

With the completion of the St. John's Hall Annex this past summer, First College moved their offices to the new building, opening up additional office space for the College of Nursing and Health Sciences (CNHS). Prior to the start of the academic year, three new offices were built; our reception area was reconfigured and 25 office moves took place. When you are on campus, stop by to see the changes.

Our simulation/learning lab has also undergone some upgrading. We were able to convert the attached classroom into lab space, with hospital beds for learning and practicing skills. A fresh coat of paint and a new storage system allows for flexibility with all levels of students.

Of Interest to Nurses

The American Holistic Nurses Association offers continuing education units to members and nonmembers, at reasonable cost:

http://www.ahna.org/Home/S
hopAHNA/ContinuingNursin
gEducation/tabid/2209/Defaul
t.aspx
Nursing students, faculty, and staff had the opportunity to learn from an expert on nursing theory, Dr. Helen Erickson, during her visit to campus on Oct. 4. Erickson is the primary author of the nursing theory, *Modeling and Role-Modeling*, which serves as the theoretical framework for the baccalaureate nursing programs and the ELMSN program. Her morning on campus was spent consulting with faculty on ways to operationalize holism in all levels of the nursing curriculum. During the afternoon she presented a paper “Spirituality, Is It the Art of Being?” for students, staff and faculty. Three nursing students, Sarah Schwochert, Joy Seymour and Bridget McMahon, presented client situations in Grand Rounds. Erickson discussed the application of Modeling and Role-Modeling theory to the client situations and answered audience questions.

This event was sponsored by the Nursing Student Organization and the Department of Nursing.

**Scholarship Recipients**

**Advanced Dental Therapist Scholarships**

Four Metropolitan State students were awarded Advanced Dental Therapist Scholarships for summer 2011. Each scholarship was $2,500.

Recipients were:
- Jennifer Berge, Dodge Center;
- Elizabeth Branca, Minneapolis;
- Tanu Dhoojar, Brooklyn Park; and
- Andrea Jordan, Saint Paul.

Congratulations to the recipients!

**Nursing Scholarships**

Because of the continuing generosity of several donors, the CNHS was able to award a total of $9,680 in scholarships this spring. Catherine Conzemius, Minneapolis, received the Iris Kiedrowski Endowed Scholarship; King Dickson, Brooklyn Center, and Kimberly Olsen, St. Francis, received Beverly N. Grossman Endowed Scholarships; Kathryn Erickson, Winona, and Cesar Ligogo, Saint Paul, received Roger and Nancy McCabe Endowed Scholarships in Nursing; Michael Hunter, Shakopee, Eyitayo Odekpe, Maple Grove, and Kristin Spencer, Plymouth, were awarded Oehlke Family scholarships. Hamabwe Kabwe received a Minnesota Nurses Association Foundation (MNAF) Baccalaureate Scholarship.

Congratulations to the recipients, and thank you to the donors!

**Introducing New Programs: BSN to DNP**

The Doctor of Nursing Practice program has been approved by Metropolitan State University and by Minnesota State Colleges and Universities (MnSCU). One final approval is expected from the Higher Learning Commission sometime in early 2012. In the meantime, work continues on refining the curriculum, course development and process implementation. Check the CNHS Web site for more information. Pending approval, we plan to review applicants this spring for admission to the first cohort in August 2012. Space is limited, so be sure to get your application in by the Jan. 17, 2012 deadline. This first group will be for BSN to DNP applicants and will result in preparation for the Advanced Practice role of Family Nurse Practitioner. We hope to open the program to a postmaster's cohort and a post-ELMNS cohort in the fall 2013. Associate Professor Brian K. Goodroad is the DNP program coordinator.
Faculty and Staff Achievements and Accolades

Ruth Aufderheide, VISTA volunteer, and Assistant Professors Joyce Bredesen, Cecelia Erickson and Ruth Staus received the Metropolitan State Civic Engagement Award for their work at the Love Grows Here Wellness Center, a partnership with the First Lutheran Church near Metropolitan State University.

Theresa O’Hanlon-Nichols, associate professor, earned National Certification for Wound and Ostomy care from WOCN in July.

Jody Orfield, assistant professor, was featured in a Sept. 24 article in the Minneapolis Star and Tribune, entitled, “Jody’s Journey.” The article chronicles her route to wellness, via six triathalons.

Ellen Schultz, professor, presented “The Labyrinth as a Path of Healing” poster at the American Holistic Nurses Association 31st Annual Conference, Louisville, Ky. She presented “The Labyrinth as a Healing Path,” at the Midwest Labyrinth Festival (Wisdom Ways Center for Spirituality) in Saint Paul; and copresented “Avoiding Burnout: Self-care Strategies for Faculty and Staff,” with Assistant Professor Ruth Staus and Professor Suzanne Narayan at the Metropolitan State University Fall Faculty Conference. She was also the copresenter of “Maintaining Peace through the Twists and Turns of Labyrinth” research at the 13th Annual Labyrinth Society Gathering in Taos, N.M. in October.


Lorene Wedeking, professor, participated in the International Week in Hungary, sponsored by the University of Pecs (Hungary) Faculty of Health Sciences. She was part of group of professors including representatives from Germany, England, Sweden, Finland and Turkey. She gave a presentation about Metropolitan State University, contrasting the features of an urban, teaching institution with that of a typical American research university. Another presentation concerned the Future of Nursing IOM Report. She also presented at the American Corner in Pecs, describing U.S. summer holidays. Professor Wedeking is now a Fulbright Advisor for Metropolitan State University (see article on page seven).

Lynda Zimmerman was selected to receive the Carol Ryan Excellence in Advising Award. Faculty and professional advisors are nominated by students for the award. Lynda has been an academic advisor at Metropolitan State University since September 1998, serving all but one year in the College of Nursing and Health Sciences. Lynda is an alumna of Metropolitan State State’s master of technical communication program and a long-term community faculty member for the Communication, Writing and Arts Department. “I am honored and thrilled to receive this esteemed advising award, and thank the students who value my service enough to nominate me! I wish you all academic success as you reach to attain your next educational goal. ‘Advising is Teaching!’”

Lynda also published an article in the Paso Fino Horse World magazine about her award-winning rookie year as an endurance rider (May 2011).

See “Living Our Mission” on page six for more faculty updates.
Yolanda Dawson, a recent graduate from our leadership/management MSN track, joins the College of Nursing and Health Sciences (CNHS) as assistant professor. She comes to the CNHS with an overall experience of 23 years in the medical field, 12 of those being in nursing. She has been an employee of Regions Hospital for her entire nursing career, and she continues to work there on a casual basis. She received her associate degree from Century Community College, and has future aspirations of earning a degree in Nursing Education. Other interests include camping, traveling and holistic studies such as meditation, Reiki and Feng Shui.

Carmen Franzmeier rejoins CNHS as Metro Alliance Project Lead. She previously worked for Minnesota State Colleges and Universities as project team for the Metro Alliance Coordinated Admissions Project. Before that, she worked at Minneapolis Community and Technical College where she served as admissions advisor for five years. She has a BA in human studies from Metropolitan State University and is currently working on a master's degree in human development at St. Mary's University in Minneapolis.

Jessica Ma is the new VISTA volunteer. During her year of service with Metropolitan State University, she will be working with the College of Nursing and Health Sciences’ new dental clinic for underserved patients. She hopes to enter dental school after serving with AmeriCorps. She graduated from the University of California, majoring in microbiology, immunology and molecular genetics. While in college, she served with various campus organizations including Mortar Board Senior Honor Society and Alpha Phi Omega. She also initiated the creation of Bruin Music Tutors and a Global Health, Education, and Economic Development organization. Jessica enjoys playing clarinet and staying active through hiking, rock climbing, Ultimate Frisbee and playing sports recreationally. She loves traveling and studied abroad for a summer in England.

Students and Alumni Update

Are you an alumna/alumnus of Metropolitan State University's College of Nursing and Health Sciences? Please tell us what you are doing. Send notes for future newsletters to debra.dornfeld@metrostate.edu with “newsletter contribution” in the subject line.


Sandy Schellinger, MSN, RN, CNP presented the following at the Allina 2011 Supportive Care Conference: “POLST: Provider Orders for Life Sustaining Treatment,” “Advance Care Planning for Complex Illness,” and “To Withhold or Withdraw?: Benefits and Burdens of Life-sustaining Treatments.”

Dental Hygiene Department

Metropolitan State University’s Department of Dental Hygiene graduated the nation's first advanced dental therapy practitioners in June 2011. These students brought primary oral health care to numerous underserved populations through educational clinical experiences at Normandale Community College’s Dental Clinic, Hennepin County Medical Center’s Dental Department, Children’s Dental Services, Community Dental Care and Apple Tree Dental. War veterans, medically compromised patients, outstate families, fragile elderly, out-of-state economically disadvantaged and dislocated workers benefited from the preventive and therapeutic services provided by the master of science in oral health care practitioner students.

Community Faculty

The community faculty in CNHS teaching for Fall 2011 semester are: Karon I. Bass, Melinda Bors, Kristen Ehresmann, Robin A. Melin, Brianna DePauw, Leah Dvorak, Susanna Bertelsen, Bonnie S. Rolstad and Kari L. Smith.
On Oct. 20, Metropolitan State proudly opened a new state-of-the-art dental clinic designed to support the education of advanced dental therapy students. The Maplewood, Minn. clinic is adjacent to Community Dental Care, across the street from St John's Hospital at 1670 Beam Avenue. The advanced dental therapy program at this new clinic serves those in need of oral health care services, as well as continuing clinical rotations at established sites.

Prospective patients may contact the clinic after Jan. 1, 2012, at 651-621-8840.

Christine Milbrath, health sciences program director, along with department faculty and staff, wrote a successful request for a highly competitive $25,000 grant from the Dental Trade Alliance Foundation.

Graduates (back row left to right): Eva Romero, Saint Paul; Allison Dooley, Lonsdale; Jodi Hager, New Ulm; and Kelly Meyer, Minneapolis. (Front row, left to right): Christy Fogarty, Farmington; Jamee Rosell, Richfield; and Heather Heathcote Luebben, Edina.

Pictured above, holding the ribbon: Colleen Brickle (left), Normandale's dean of health sciences, Ann Johnson (second from right), Delta Dental, and Jayne Cernohous (right) Metropolitan State University dental faculty.

Cutting the ribbon: Ann Lynch (left), former Minnesota State Senator; Michael Scandrett, David Morse (Delta Dental president); and Sue K. Hammersmith, Metropolitan State University president.
Self-care for the University Community

On Saturday, Sept. 24, faculty members Suzanne Narayan, Ellen Schultz and Ruth Staus presented a session entitled “Avoiding burnout: Self-care strategies for faculty and staff” at the Center for Teaching and Learning Fall Faculty Conference. Ellen discussed the issues of burnout, and participants were introduced to the concept of self-care, a major concept within Modeling and Role-Modeling theory. She led participants through different types of relaxation breathing and the use of the finger labyrinth. Ruth discussed research on healthy aging, and invited participants to consider adding dancing, learning languages and creating art to their self-care plans. Suzanne discussed the benefits of yoga, and led participants in a demonstration of Iyengar yoga. Participants received copies of the self-care plan form, a healthy aging plan and additional information regarding labyrinths and yoga resources.

Hope Within U Health Fair

The CNHS provided a number of health care services at the Hope Within U Health Fair this past spring. Joyce Bredesen, assistant professor, was there with EL-MSN students in the Public Health Nursing course, who displayed their posters on a wide array of health prevention and promotion topics. The students also checked participants’ blood pressures and engaged in health teaching regarding hypertension. Ellen Schultz, professor, talked with participants about the numerous health benefits of labyrinths and had both her finger labyrinths and a large canvas walking labyrinth available for participants. Ruth Staus, associate professor, provided advance practice nursing consultation and teaching to participants regarding the role of mental health issues and stress in the development of cardiovascular disease, and evidence-based complementary and alternative adjunctive treatments for hypertension. The Spring Forest Qi-Gong organization, a partner at Love Grows Here Wellness Center, participated in the fair as well. Marilyn Isaacson and her team from Spring Forest provided individual problem-focused Qi-Gong sessions as well as active group Qi-Gong.

Wellness Center Needs

Hygiene products and medical supplies are vital pieces of the Love Grows Here Wellness Center, a partnership of the CNHS and the First Lutheran Church near Metropolitan State University.

CNHS provides foot care, blood pressure checks, health teaching/screenings, and a nurse practitioner each week. We couldn’t do it without your help! For any household and clothing donations, contact Robin Hanson with Ministering Angels, another Love Grows Here Wellness Center partner at rrhanson@yahoo.com.

Wellness Center Wish List

Love Grows Here Wellness Center would welcome the donation of the following items:

- New white socks
- Travel size soaps, shampoos, lotions, toothbrushes, toothpaste, deodorant and hand sanitizer
- Cough drops, lip balm and Kleenex packs for the flu season
- Foot-care equipment (total about $30 each)
- Extra files, nail clippers, lotion and soaking solution such as Barbicide
- Disinfecting wipes
- Used or new towels
- Cleaning supplies including hand soap and small bottles of bleach
- Used clothing (especially men’s)
- Winter boots
- Household supplies
- Blood pressure cuffs and stethoscopes (XL and regular)
- Nonlatex gloves (SM, M, L)
- Over-the-counter meds including Tylenol, cold medication, antifungal cream, vitamin C tablets, fish oil, B complex vitamins, ibuprofen and Neosporin
- Gauze pads, Tegaderm, Telfa and tape
- Thermometers
- First-aid kits
- Condoms
- Tampons or liners

For all other donations or financial gifts, please contact Wellness Center director Allie Tunseth at 651-776-7210.
Fulbright Student Scholars

It’s never too early (or too late) to start thinking about working abroad. Students with bachelor’s degrees completed or in progress may apply for Fulbright grants for overseas research projects, or to teach English. Fulbright grants include round-trip airfare to the host country, funding for housing and limited health benefits. Most grantees plan their own programs; recent projects have included drug and alcohol abuse education research in India, using radio-based education to improve maternal-child health education in Nicaragua, studying the risk factors of preeclampsia in Brazil, and research on recovery from fistula repair surgery in Niger. http://us.fulbrightonline.org/home.html.

College of Nursing and Health Sciences Professor Lorene Wedeking, the Metropolitan State Fulbright advisor, can provide guidance and ideas. Contact her at lorene.wedeking@metrostate.edu.

Outstanding Student Awards

Spring 2011 Outstanding Graduate Student

Marlea Judd was named the CNHS Outstanding Graduate Student. Judd, Rochester, is a nurse anesthetist supervisor at the Mayo Clinic’s Anesthesiology Department, where she oversees 33 employees at two outpatient procedure centers. She has worked at the Mayo Clinic the past 28 years. Judd earned a doctor of nursing practice at Metropolitan State. She graduated with a master of nurse anesthesia in 2001 from the Mayo School of Health Sciences. Judd was commencement speaker last year for the school’s graduating anesthesiology students. A member of the American Association of Nurse Anesthetists, she received her baccalaureate in nursing in 1983 from Mount Marty College, Yankton, S.D. Her future plans include helping establish a doctor of nursing practice program for the Mayo Clinic’s anesthesia students. Judd is married with two sons.

Spring 2011 Outstanding BSN Student

Kenneth McRae was selected as Outstanding Student by CNHS faculty. McRae, Minneapolis, is a long-time advocate for the Twin Cities-area gay community. For the past 14 years, he has been an active member of the Imperial Court of Minnesota, a local nonprofit that assists the HIV/AIDS population through fund-raising events. He has served on the group’s board of directors as executive secretary and is a lifetime member of the Imperial Court’s council. McRae, a registered nurse, works at United Hospital, Saint Paul, in the telemetry unit. He previously was a patient care manager at an Oakdale hospice and a “float” nurse for 16 years at Twin Cities-area long-term care facilities. McRae received his associate’s degree in nursing from the St. Catherine University and a practical nursing diploma from Minneapolis Community and Technical College. He plans to pursue a master’s degree in nursing and eventually work as a geriatric nurse practitioner.
Where Health and Learning Meet
FALL SEMESTER 2011

College of Nursing and Health Sciences Newsletter

An equal opportunity educator

Compiled and edited by Debra Dornfeld
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Nursing Student Organization

The Nursing Student Organization has the following members: President C. Courtney Ballina; Vice President Kelly Atkins; Treasurer Abbe Mike; and faculty advisors Yolanda Dawson, Brian Goodroad and Ellen Schultz.

Fall Fest 2011: (back row, left to right: Brian Goodroad, associate professor; Ellen Schultz, professor; Kelly Atkins, RN to BSN student; and Jessi Krutsch, RN to BSN student; front row: Deepa Baral, MSN student, with Madeline, Kelly Atkins’ daughter.)