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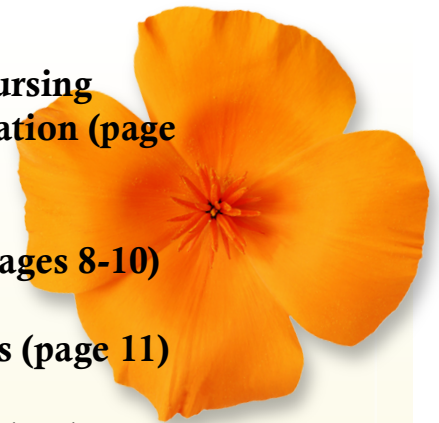


SIGMA THETA TAU INTERNATIONAL

HONOR SOCIETY OF NURSING Iota Sigma Chapter Newsletter

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Chapter Officers and Leaders

President:
Jennifer Cooper, MSN, RN

President Elect:
Nicole Ringo, MSN/ED, RN

Vice President:
Patricia Esslin, MSN, APRN-CNS, CNE

Secretary:
Lidia Pusnik, BSN, RN

Treasurer:
Lynda Reed, DNP, FNP-C

Governance Chair/Counselor:
Catherine Heinlein, EdD, RN, RD, CDE

Research Chair
Marilyn Klakovich, DNSc., RN, NEA-BC

Fund Raising Chair:
Kathleen Van Allen, MSN, RN, CPN

Immediate Past President:
Alison Riggs, MSN, RN, ONC

Membership Involvement Chair:
Lourdes Salandanan, PhD(c), MSN, RN-BC, FNP

Leadership Succession Chair:
Anita Boling, RN, MSN, PhD

Newsletter:
Erin Warner, BSN, RN

Student Leadership Interns:
Dana Meshkin
Michelle Systma

Vice President's Report

By: Patricia Esslin, MSN, APRN-CNS, CNE

This has been another busy and exciting year as we celebrated the 25th Anniversary of Iota Sigma Chapter. Organized activities sponsored by your Iota Sigma Chapter include a combined New Freshman Student Welcome and Student Information Evening (Feb. 10, 2014). Iota Sigma Chapter has also been involved with the annual School of Nursing Research Symposium with a research poster contest coming up on April 3rd, 2014. We had our sixth Fall Induction in December 2013 with a well-received morning event in which 68 inductees were present and recognized of the 136 inductees accepting their invitation to be inducted. Our annual Spring Induction Ceremony and Silent Auction will be held on the Azusa campus Saturday late-morning for an early luncheon event, April 26th, 2014. We will continue with two Inductions per academic year on the Azusa campus to meet our growing number of students. With geographical challenges and a decreasing attendance from San Diego site inductees and faculty, the Iota Sigma Board and San Diego site are excited to host San Diego's first induction on April 9, 2014.

The combined New Freshman Student Welcome and Information meeting was held February 10th, 2014. Members from the Board, faculty and community joined APU SON new students for refreshments. Iota Sigma Leadership Student Interns, Michelle Sytsma and Dana Meshkin, provided a well-received presentation on "How to Survive Nursing School." Since beginning these events several years ago, we are finding all students, even freshman, curious and more informed about STTI and our Chapter's purpose.

Our next chapter event will be our Alumni/Member Networking event on Monday, March 17th from 4-6 pm on East Campus in the President's Dining Room (PDR) to encourage Alumni to return and share their current endeavors while connecting with the Board and other interested individuals. The chapter continues to support SNAP activities.

Our year-long 25th Anniversary Celebration was a success. We hope you will be able to join in the upcoming variety of activities. Check your email/mail for the coming Induction flyer and be sure to RSVP. For convenience the Spring 2014 Azusa Induction flyer is attached.



Sigma Theta Tau International
Honor Society of Nursing

The Iota Sigma Chapter would like to invite
current members, faculty, community members and guests
to attend our Spring Induction Event, including our noted silent auction.
Please come and support your Iota Sigma Chapter at our Spring Induction.



When: Saturday, April 26, 2014
Where: Upper Turner Campus Center, East Campus
Time: 11 AM – 2:00 PM
Luncheon: 11:15 AM

RSVP Instructions: Tear off slip, make check payable to Iota Sigma
If you have any questions, please email:
Patricia Esslin, Vice President – Iota Sigma
pesslin@apu.edu

*****Tear off here*****

Name of attendee: _____ email: _____

____ Yes, I am planning on attending the Iota Sigma Azusa Spring Induction on April 26th, 2014

Cost: \$30 per person Amount paid \$ _____ Number of RSVPs _____

____ No, I am unable to attend, but would like to donate to the Iota Sigma chapter: _____

____ No, I am unable to attend, but would like to donate to the WCNH: _____

Please note: Seating may be limited

Deadline for RSVP: April 11, 2014

Make payment to: IOTA SIGMA Chapter.

Mail to: Patricia Esslin / Iota Sigma, c/o Azusa Pacific University, School of Nursing, PO Box 7000, Azusa, CA 91702



Odyssey Conference 2013

“Voices of Nurses: Past, Present, and Future”

By: Alison Riggs, MSN, RN, ONC

The 20th Annual Odyssey Research Conference was held in San Diego on October 31 and November 1, 2013 and was sponsored by 14 Southern California Chapters of Sigma Theta Tau International. The theme of the conference was “Voices of Nurses, Past, Present and Future.” It was held at the beautiful Handlery Hotel and over 300 nurses attended the two day conference.

Besides two keynote speakers and an endnote one there were breakout sessions for Research and Innovation topics with multiple speakers. Iota Sigma was well represented with presentations by Fely dela Cruz, Phyllis Esslinger, Elaine Goehner, Shirley Farr, Marilyn Klakovich, Trish Hanes and Lourdes Salandanan, Many interesting posters were displayed using Research and Innovation subjects and prizes were awarded to first, second and third place. The 3rd place prize for Innovative Poster was won by Iota Sigma member, Caroline Dupree.

Heather Young PhD, RN, FAAN, associate Vice Chancellor and Dean of Betty Irene Moore School of Nursing was the first keynote speaker on Thursday who talked about nursing in the present and implementation of the recommendations of the Institute of Medicine report “The Future of Nursing” as well as the Robert Wood Johnson and California Action Coalition strategies and activities. The second keynote speaker on Friday was Jim D’Alphonso RN, MSN, NEA-BC, DFNAP, Director of Operations Patient Care Services, Kaiser Permanente, Northern Ca., a thought leader who discussed ideas for nursing’s future and where we are going. The endnote speaker on Friday was Jane Georges PhD RN, Associate Professor at Hahn School of Nursing University of San Diego. Her focus is on caring and suffering and she gave a well received talk.

One of the highlights of the conference and which received positive feedback was the showing of the film, “If Florence Could See Us Now” which highlighted nurses from all areas of practice and education with a focus on caring and professionalism.

In addition to the programs there were 12 exhibitors and vendors participating and who added interest and information. They gave positive evaluations and comments of their experience.

Evaluations by the attendees were significantly positive and stated they felt this was a fine and worthwhile conference. An added plus was that there were 15 CEUs provided for completion of the two day conference. They can now look forward to this year’s Odyssey conference which will be held in Ontario at the Doubletree Hotel on November 13 and 14, 2014. Mark your calendars and we look forward to seeing you there.

My 42nd Biennial Convention Experience as President Elect

By: Nicole Ringo, MSN/ED, RN

I was extremely fortunate to attend the 42nd Biennial Convention in Indianapolis, Indiana with our President Jennifer Cooper. We were among over 2,000 nurses from around the world! During the Opening Plenary Keynote, I was amazed, proud, and inspired by such an incredible representation of our nursing profession. As a delegate, I represented our chapter's voice and acted on its behalf in the House of Delegates for items of Sigma Theta Tau business. I was able to support Jennifer Cooper as she accepted our Chapter Key Award, attend daily delegate and professional informational sessions, network with delegates and nursing professionals, perform voting responsibilities in the House of Delegates (officers, bylaws, amendments, and resolutions), and witness the installation of our new Sigma Theta Tau International President Hester C. Klopper, PhD, MBA, RN, RM, FANSA. Dr.



Klopper's "Call to Action" was not only strategic but passionate and inspiring! Dr. Klopper's speech (which can be viewed at www.nursingsociety.org) challenges chapters to "serve locally, transform regionally, and lead globally." One of my main responsibilities as your President Elect is to ensure that information is steadily gathered in support of the Chapter Key Award. My goal for our Chapter this next year is to help identify activities for members that will help accomplish Dr. Klopper's challenge as well as to meet the needs of the Chapter Key Award goals.

2014 School of Nursing Research Symposium

By: Marilyn Klakovich, DNSc., RN, NEA-BC
Chair of the Research Symposium Planning Committee

2014 School of Nursing Research Symposium

Iota Sigma has participated as a co-sponsor in the School of Nursing annual research symposium since its inception. Planning for the 10th annual symposium is well underway. The event will be Thursday, April 3, 2014 and all Iota Sigma members are invited to attend. Our theme is **“Applying Research to Practice in a Changing Health Care Environment.”** Featured speakers include:

Patricia McFarland, Chief Executive Officer of the Association of California Nurse Leaders whose presentation is titled: **“California Landscape for Nursing Practice: Implications for Academia and Research”** and **Vicki Conn, Associate Dean for Research and Director of the Meta-Analysis Research Center, Missouri University School of Nursing and editor of *Western Journal of Nursing Research*** whose presentation is titled **“Reducing Health Care Costs through Effective Chronic Illness Self-Management.”**



See the invitation with a link to our webpage and registration information on p. 7 of this newsletter. Also note that we have extended the registration deadline until 3/27/14.

Submitted by Marilyn Klakovich, Research Chair and Chair of the Research Symposium Planning Committee



**AZUSA PACIFIC UNIVERSITY SCHOOL OF NURSING AND THE
IOTA SIGMA CHAPTER OF THE HONOR SOCIETY OF NURSING,
SIGMA THETA TAU INTERNATIONAL,**

CORDIALLY INVITE YOU TO ATTEND THE

10TH ANNUAL SCHOOL OF NURSING RESEARCH SYMPOSIUM

**“APPLYING RESEARCH TO PRACTICE IN
A CHANGING HEALTH CARE ENVIRONMENT”**



**THURSDAY, APRIL 3, 2014
AT AZUSA PACIFIC UNIVERSITY FELIX EVENT CENTER**

FEATURING SPECIAL GUEST SPEAKERS

PATRICIA MCFARLAND:

“CALIFORNIA LANDSCAPE FOR NURSING PRACTICE: IMPLICATIONS FOR ACADEMIA AND RESEARCH”

VICKI CONN:

“REDUCING HEALTH CARE COSTS THROUGH EFFECTIVE CHRONIC ILLNESS SELF-MANAGEMENT”

[CLICK HERE TO VIEW THE RESEARCH SYMPOSIUM WEBSITE AND TO RSVP](#)

AN RSVP IS REQUIRED BY MARCH 17, 2014

FOR MORE INFORMATION, CONTACT MARILYN KLAKOVICH AT [MKLAKOVICH@APU.EDU](mailto:mklakovich@apu.edu)



**FOLLOW US ON TWITTER FOR INFORMATION AND UPDATES ABOUT
THE 2014 NURSING RESEARCH SYMPOSIUM, AND TO PARTICIPATE DURING
THE CONFERENCE. #APUSONSYM**

Members in the News

1/24/14

Article written by Alison Rigg's Iota Sigma Past President.

Riggs, A. (2014, January). Lillian Kinkela Keil: pioneer flight nurse. *Reflections on Nursing Leadership*, 40(1). The article can be found at [Reflections on Nursing Leadership 2014](#)

A paper written by Dr. Constance Brehm, Dr. Cheryl Westlake-Canary, and Professor Laurie Lang, MSN/ED, ACNS, RN, School of Nursing, was presented at a national conference.

Brehm, C., Westlake, C. & Lang, L. (2013, November). *Challenges in identifying and treating chronic illness in the homeless*. Podium presentation at the 141st annual meeting of the American Public Health Association, Boston, MA.

1/17/14

An article written by Professor Sharon Favazza Titus, MSN, RN, School of Nursing, has been published in a magazine.

Favazza Titus, S. (2013, November/December). Student experiences in transcultural nursing: Monsoon style. *Imprint: Magazine of the National Nurses' Association*, 60(5), 42-44.
The article can be found at [Imprint 2013 NovemberDecember](#).

10/4/13

The expertise of Dr. Gail Reiner, School of Nursing, was shared in a chapter that has been published in a print-on-demand book.

Reiner, G. (2013). The prayer of faith. In D. Eulert (Ed.), *Ritual and healing: Stories of ordinary and extraordinary transformations*. (pp. 28-35). San Diego, CA: Motivational Press, Inc.

11/22/13

A paper written by Dr. Janice Haley, School of Nursing, was presented at a regional conference.

Haley, J. (2013, October) *Adolescent faith development & integration into APN practice*. Poster presentation at the 18th Joint Southern California Chapters of Sigma Theta Tau International Nursing Odyssey 2013, San Diego, CA.

An article written by Dr. Janice Haley, School of Nursing, was published in a journal.

Haley, J. (2013, July). How do adolescents develop faith and how can nurses/nurse practitioners help? *Journal of Christian Nursing*. Advance online publication. doi: 10.1097/CNJ.0b013e318299a0a2
Abstract

Developmental theories can help nurses better understand how to support patients in their care.

Adolescence, a particularly tumultuous period for many, is an opportune time for nurses to support the development of identity and faith, especially for nurse practitioners (NPs) who may be in longer-term outpatient relationships. Nursing interventions are offered to assist in supporting adolescent faith development. From: www.journalofchristiannursing.com

11/22/13

A research article written by Dr. Felicitas Dela Cruz and Dr. Catherine Heinlein, both of the School of Nursing, and a colleague, was published in a journal.

dela Cruz, F.A., Lao, B.T., & **Heinlein, C.** (2013, November). Level of acculturation, food intake, dietary changes, and health status of first-generation Filipino Americans in Southern California. *Journal of the American Association of Nurse Practitioners*, 5(11), 619-630.

Abstract

Purpose: This exploratory descriptive study investigates the acculturation level, food intake, dietary changes and practices, health status perceptions, and diet-related health indicators—body mass index (BMI), waist and hip circumferences, and waist-to-hip ratio—of first generation Filipino Americans (FAs) in Southern California.

Data Sources: Healthy FA adults—20 women and 10 men—were interviewed. Acculturation level was obtained using *A Short Acculturation Scale for Filipino Americans*. A 24-hour dietary recall elicited their food intake. Survey questions revealed dietary changes and practices, health status perceptions, and socio-demographic characteristics. Height, weight, waist and hip circumferences were measured.

Conclusions: FAs consider themselves more Filipino than American, but their acculturation level reflects transitioning into biculturalism. FAs relinquish, maintain, and adapt elements of both Philippine and US cultures in food intake, dietary changes, and practices. Though FAs perceive their health status as very good to excellent, many exceed the cut-off points for BMI, waist circumference, and waist to hip ratio.

Implications for Practice: This study underscores the importance of nurse practitioners and other healthcare givers conducting cultural dietary assessment as a basis for culturally-appropriate dietary counseling. The inclusion of waist measurement to regularly monitor abdominal obesity—a predictor of cardiovascular disease and diabetes—is highly recommended.

A research article written by Dr. Gail E. Reiner, School of Nursing, San Diego Regional Center, and colleagues, was published online prior to the print publication in a journal.

Golomb B.A., Erickson, L.C., Scott-Van Zeeland, A.A., Kiperski, S., Haas, R.H., Wallace, D.C., Naviaux, R.K., Lincoln, A.J., **Reiner, G.E.**, Hamilton, G. (2013, October 18). Assessing bioenergetics compromise in Autism Spectrum Disorder with 31P magnetic resonance spectroscopy: Preliminary report. *Journal of Child Neurology*. Advance online publication. doi:10.1177/0883073813498466

Abstract

We sought to examine, via Phosphorus-31 magnetic resonance spectroscopy (31P-MRS) in a case-control design, whether bioenergetic deficits in autism spectrum disorders extend to the brain and muscle. Six cases with autism spectrum disorder with suspected mitochondrial dysfunction (age 6-18 years) and 6 age/sex-matched controls underwent 31P magnetic resonance spectroscopy. The outcomes of focus were muscle resting phosphocreatine and intracellular pH as well as postexercise phosphocreatine recovery time constant and frontal brain phosphocreatine. Intracellular muscle pH was lower in each autism spectrum disorder case than their matched control (6/6, $P = .03$; $P = .0048$, paired t test). Muscle phosphocreatine (5/6), brain phosphocreatine (3/4), and muscle phosphocreatine recovery time constant (3/3) trends were in the predicted direction (not all participants completed each). This study introduces 31P magnetic resonance spectroscopy as a noninvasive tool for assessment of mitochondrial function in autism spectrum disorder enabling bioenergetic assessment in brain and provides preliminary evidence suggesting that bioenergetic defects in cases with autism spectrum disorder are present in muscle and may extend to brain.

12-20-13

An article written by Professor Sharon K. Favazza Titus, School of Nursing, has been published online in advance of the hard copy publication of a journal issue.

Favazza Titus, S.K. (2013). Seeking and utilizing a *curandero* in the United States: A literature review. *Journal of Holistic Nursing*. Advance online publication. doi:10.1177/ 0898010113512560

Abstract

Purpose: The purpose of this systematic review was to address two key questions: “Why do Hispanics seek a *curandero*?” And “How do Hispanics utilize the *curandero*?” **Methods:** The literature was reviewed using two databases—PubMed and CINAHL—during the period January 2000 to September 2012—and reference lists for potentially relevant studies. The search terms used were Hispanics/Latinos, curandero, CAM use, and traditional healers/medicine. Terms were searched in the keywords, title, and abstract. **Findings:** Of the 30 articles reviewed, 9 reflected the two key questions. Hispanics seek curanderos because they are affordable and are Spanish literate. Less common reasons include immigration status, culturally appropriate, spiritual healing, acculturation, and dissatisfaction with Western medicine. Hispanics utilize curanderos for a range of illnesses, including folk illnesses and treatments that may be unfamiliar to health care practitioners. **Implications:** Utilization of a curandero among the U.S. Hispanics was the focus of only four nursing articles on the practice of curanderos, but these did not address nursing implications. Knowledge of Hispanic folk illnesses and treatments is important in providing culturally appropriate holistic care. Furthermore, patient disclosure about the use of curanderos and folk remedies given may be critical to Western medical providers and the treatments they give.

Awards and Scholarships

At the Spring 2013 Induction, the Research scholarship \$2000.00 was awarded in an effort assist students with costs of presenting at International Research Congress in Prague. See Research Committee Report.

Academic scholarships at Spring Induction 2013 were awarded to the following members: **Renata Costa, Flordelis "Lisa" Dela Cruz, Carolyn Herrera (Fernandez), Justine Katindoy, Andrea Sczesny**. Each award was \$1000.00, making for \$5,000.00 awarded in total.

In Fall 2013 our Phyllis Esslinger Endowment awardee was **Michelle Systema**.

		FEB '14						
		S	M	T	W	Th	F	S
8	Annual Business Meeting							1
10	Information Meeting & Freshman Welcome + Board Meeting	2	3	4	5	6	7	8
14	Presidents Day	9	10	11	12	13	14	15
		16	17	18	19	20	21	22
		23	24	25	26	27	28	

		MARCH '14						
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		30	31					

9 Daylight Savings Time begins
 10 Board Meeting
 10-14 Spring Break
 17 Alumni Networking Event

		APRIL '14						
		S	M	T	W	Th	F	S
				1	2	3	4	5
3	Research Symposium	6	7	8	9	10	11	12
9	San Diego Induction	13	14	15	16	17	18	19
14	Board Meeting	20	21	22	23	24	25	26
26	Spring Induction	27	28	29	30			

		MAY '14						
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		25	26	27	28	29	30	31

2 Pinning
 12 Board Meeting
 26 Memorial Day

		JUNE '14						
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		29	30					

Transition Meeting TBD

		JULY '14						
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		27	28	29	30			

4 Independence Day
 24-28 INRC, Hong Kong

		AUGUST '14						
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		31						

		September '14						
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		28	29	30				

1 Labor Day
 8 Board Meeting
 24-27 Leadership Connection Indianapolis, IN

		OCTOBER '14						
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13 Board Meeting

		NOVEMBER '14						
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		30						

10 Board Meeting
 13,14 Odyssey, Ontario
 27,28 Thanksgiving

		DECEMBER '14						
		S	M	T	W	Th	F	S
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		14	15	16	17	18	19	20
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		28	29	30	31			

8 Board Meeting
 12 Fall Induction

		JANUARY '15						
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		25	26	27	28	29	30	31

12 Board Meeting