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SIGMA THETA TAU INTERNATIONAL HONOR SOCIETY OF NURSING

Iota Sigma Chapter Newsletter

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Thank you to Iota Sigma from the Neighborhood Wellness Center and our Community



It is with deep gratitude that the Neighborhood Wellness Center (NWC) wants to express appreciation to Iota Sigma for the Community Service Grant awarded to support the Athletic Training Position, a vital aspect of our Azusa Walks and Let's Start at the Very Beginning (LSB) programs. These two programs have become the cornerstones of our service to the community of Azusa.

Founded in 1998, by Susan McKeever Smith, the NWC has sought to promote health, prevent disease, and to provide a learning environment for local residents and APU nursing students. Undergraduate baccalaureate, pre-licensure Entry-Level Masters, and RN to BSN Community Health Nursing students, as well as MSN, and DNP students have provided these services without cost to residents of Azusa, Glendora, West Covina, Duarte, and other surrounding communities.

The NWC has two programs that focus on obesity and disease prevention. *Azusa Walks* (AW) has been offered for six years and is open to community members who seek to improve their health and control their weight through physical activity and dietary changes. *Let's Start at the Very Beginning* (LSB) is a three year old program, which has the same goals but focuses on childbearing women and expands the health education offered to include their children. Both programs ask participants to commit to six weekly NWC visits in order to receive a 7-day memory pedometer, a t-shirt, and nutrition and physical education, materials, and support. We address their self-efficacy, provide coaching for difficult food situations, and teach them the process of setting SMART goals for themselves.

An option for all participants, but not a requirement, is to participate in our no-cost group walks that take place Monday through Thursday from 8:30 to 9:30 and/or our twice a week one-hour aerobics classes. Since 2010, these have been led by an athletic trainer whose time has been donated to us by the West Covina YMCA.

It was a long and generous offer. Unfortunately in December of 2013, due to financial constraints, the CEO reluctantly informed us that he could no longer afford to donate the trainer position. Effective January 1, 2014 the support ended. An amazing and generous gift by an APU employee was donated to support the position for spring 2013 semester. In seeking new possibilities to support this role, a Community Service Grant was sought as the trainer continues to be a key component to the success of the programs.

Currently we have 12 to 18 participants in the walks and 15 to 25 aerobics participants. Our visitors are told that they are free to come to the NWC for the rest of their life if they desire. Two visitors have been participating since the AW program began. Martha has lost 30 pounds, lowered her blood pressure without medication, and now runs the entire three mile course. This is quite an improvement from her early days of AW; she could barely walk up the hill to Sierra Madre. We have served over 500 people with these two programs alone. In the first two weeks of this fall semester, joining our ongoing committed participants, we have added five former and six new participants to our numbers. In addition to healthful and disease preventing physical activity, participants share with us that these groups offer new friendships, emotional support, weight loss, stress reduction, better sleep, and continued opportunities to learn about healthy eating, physical activity, and improve quality of life for themselves and their families.

Thank you Iota Sigma, for your part in supporting the health promoting, disease preventing programs of the NWC and improving the lives of our NWC community.



Report from Hong Kong

25th Annual STTI International Nursing Research Congress (INRC), Hong Kong, China

This year, I was privileged to attend the INRC in Hong Kong with a number of other Iota Sigma members who were there to present their work.



Iota Sigma had 6 members (indicated by bold with *) who presented at the Congress, representing the work of 3 other Iota Sigma members (indicated by bold) who were unable to attend.

Name	Podium Presentations	Poster Presentations
Patricia Frohock Hanes , PhD, MSN, MAEd, RN, CNE; Ivy Tuason, MSN, RN, FNP-BC; Dinah Hernandez, MSN(Ed), RN, Maria Elenita Callardo, MSN, RN, FNP; and Touran Azar, MSN, RN.		From Novice to Expert to Novice: Becoming an Academic Nurse Educator
Mildred Gonzales* , MSN, RN and Shyang-Yun Pamela K. Shiao* , PhD, RN, FAAN		Epigenetic Risk Factors in Women with Breast Cancer: A Family Case-Control Study (see below for a synopsis of this poster presentation.)
Guey-Shin Huang PhD; Kidest Babi, MSN, NP; and S. Pamela Shiao* , PhD, RN, FAAN		Meta-Analyses of Epigenetics Risk Factors for Prevention of Hypertension: Angiotensinogen Human Gene Variations Across Different Race-Ethnicity Groups.
Marilyn Klakovich* , DNSc, RN, NEA-BC	Student and Faculty Collaboration: Revising a Mentorship Model (see below for a synopsis of this presentation.)	
Charlene Niemi* , MSN, RN, Robin Covey , MSN, FNP-C, RN, Carolyn Hanohano, MSN, RN, Veletta Ogaz, MSN, FNP, RN, and Patricia Frohock Hanes , PhD, MSN, MAEd, RN, CNE		A Faith-Based Concept Analysis for Nursing Education
Erlinda Castro Palaganas* , PhD ; Ruel Dupan Caricativo, BA and Marian Caterial Sanchez, BA Erlinda Castro Palaganas* , PhD and Ruel Dupan Caricativo, BA	<i>Managing Migration of Human Resources for Health: The Philippine Perspective</i> <i>Health Services or Debt Servicing?: SAPs in the Philippines and the Healthcare Delivery System</i>	
Shyang-Yun Pamela K. Shiao* PhD, RN, FAAN, Po-Jui Yu, MSN, RN; Maria Suarez , MSN, RN; Nien-Tzu Chang, PhD, RN; Lisa Delacruz, MN, RN; Yen-Chiun Lin, PhD, RN; and Veronica Nunez, MSN, FNP	Symposium: Meta-Analyses of Human Genome Studies: Epigenetic Risk Factors and Population Health Issues in the World	
Jie Yu* , PhD, RN	The Significance of Walking Speed in Physical Function Among a Group of Community Dwelling Older Adults	

According to a daily blog posted by one of the attendees: “The more than 800 attendees of the 25th International Nursing Research Congress who gathered for the opening plenary at the **Hong Kong Convention and Exhibition Centre** were a microcosm of the more than 135,000 members of the Honor Society of Nursing, Sigma Theta Tau International (STTI) who positively impact health care worldwide.” It was an amazing experience to have opportunities to hear about research and evidence-based projects presented by researchers from 48 different countries and the opportunities to network were boundless! For a more detailed “Taste of Hong Kong” visit

http://www.reflectionsonnursingleadership.org/Pages/Vol40_3_STTI_TasteHK_24July.aspx

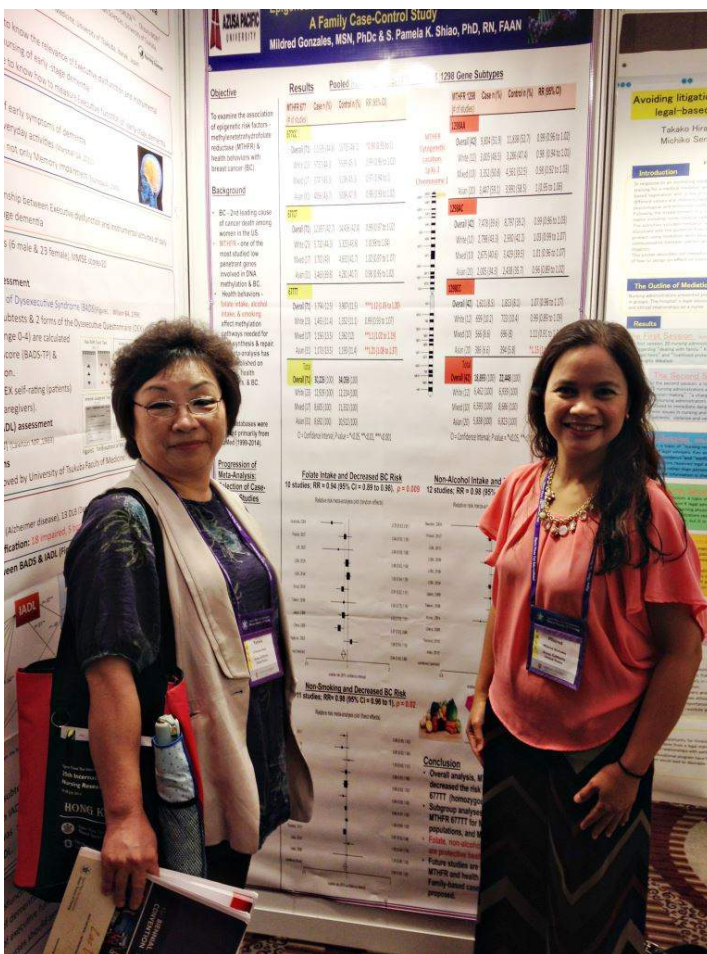
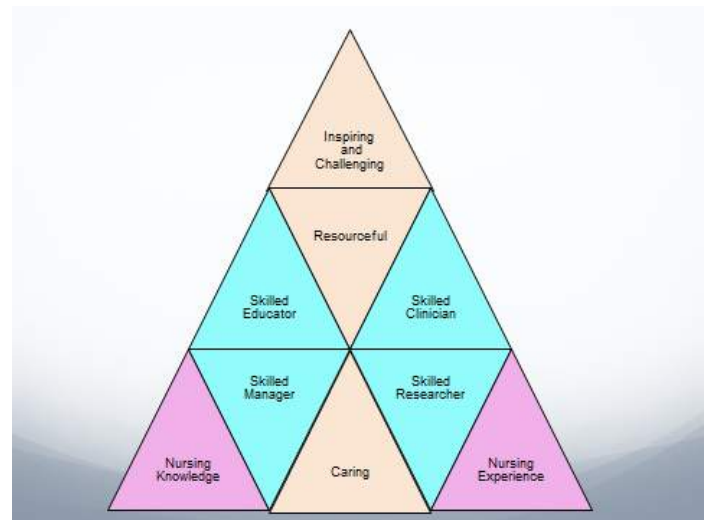
The Welcome Reception with its “welcome to Hong Kong presentation” was a time to meet others and reconnect with nurses I’ve met at previous INRCs. In addition to attending plenary sessions, multiple presentations, and poster sessions, I attended the International Induction where 19 international nurse leaders from 11 countries were inducted into STTI. All attendees of the 25th International Nursing Research Congress were invited to attend the ceremony and network with the new inductees.



My presentation focused on the collaborative process used to develop and revise a practicum mentoring model that I first presented at INRC, in Brisbane, Australia in 2012. By collaborative, I mean that students and faculty worked together to develop this model and then later revise it. Not only did this activity help students to select and work effectively with their mentors, it also gave them a beginning experience with theory development.

The revised model is a pyramid that includes two cornerstones as the foundation of the model: *nursing knowledge* and *nursing experience*, for without these two key elements, there is not a profession known as *nursing*. Interconnected between the two cornerstones, in the middle and a very important part of the foundation is *caring*. The core of the model is *Resourceful* with the apex being *Inspiring and challenging*. Professional ladder categories (*educator, clinician, researcher, manager*) support the base and the core of the model. To emphasize the importance of caring as the foundation of the model, a

student commented: “Indeed the mentor must care about the task at hand and the person they have taken under their wings. It is about a love for the profession and as members of the nursing profession we need to realize that if we do not support and mentor one another effectively the incompetence will be a reflection on the entire profession.” A comment from another student shows how the apex of the pyramid is the catalyst for the mentor/mentee relationship. “The mentor and mentee should both inspire and challenge each other throughout the project to lead to the best results.”



Left to Right: Shiao & Gonzales

Empowerment through mentoring develops self-efficacy and self-confidence, which inspires leadership growth within nursing students, peers, and the professional community. Through mentoring, we can grow and strengthen our professional community of nurse leaders. In the words of one of the students: “Personally, I know that I would not be where I am today without great mentors pushing me to not only meet them professionally, but surpass them in my own professional life. I can only honor them by doing exactly what they did - continue to pass on the passion and knowledge of nursing.” The constant thread is the caring nature not just of the relationship but of each contributor -- caring about nursing, patient care, learning, sharing, teaching, supporting. The growth is reciprocal in that both the mentor and mentee emerge from the project having gained something from the experience.

And here is a summary of the poster presentation by PhD student Mildred Gonzales and Dr. Pam Shiao, faculty.

The purpose of the presentation is to disseminate the current scientific evidence, including meta-analyses and a prospective family-based case-control study on genome health on epigenetic risk factors for breast cancer.

Identified epigenetic risk factors for breast cancer are: a) methylenetetrahydrofolate reductase (MTHFR), which is critical for methylation pathways for deoxyribonucleic acid (DNA) repair and normal cellular development; b) health behaviors specifically folate, alcohol intake, and smoking.

Preliminary meta-analyses results included 55 studies for a total of 22,077 breast cancer cases and 25,419 controls. Subgroups included 27 studies with Whites, 21 studies with Asians, and 7 studies with mixed Euramericans. From the selected studies with MTHFR gene counts, there were 12 studies with folate intake levels for 8,032 cases and 10,482 controls; 5 studies with alcohol consumption for 3,068 cases and 5,157 controls; and 5 studies with tobacco smoking status for 909 cases and 1233 controls. MTHFR C677T was associated with increased risk of breast cancer ($P < 0.005$). The results also suggested that low folate intake, heavy alcohol consumption, and tobacco smoking contributed to increased risks for breast cancer. The prospective dissertation study being conducted in southern California is in progress.

The results of this study can be translated into the development of personalized behavioral interventions for cancer prevention based on genome health. In addition, it has implications for the role of the nurses as advocates for their clients through knowledge interface from epigenetic advances to efficient personalized health promotion in the clinical and community settings.



Left to right: Niemi, Gonzales, Yu

A highlight of the 5-day congress was the 2014 International Nurse Researcher Hall of Fame Induction Ceremony, which honored 25 esteemed nurse researchers from Australia, Taiwan, the United Kingdom, and the United States. Following the ceremony, honorees participated in a lively conversation with President **Hester C. Klopper**, PhD, MBA, RN, RM, FANSA, of the Honor Society of Nursing, Sigma Theta Tau International (STTI).

http://www.nursinglibrary.org/vhl/pages/halloffame_current.html



And of course, I managed to fit in a little sightseeing and enjoyed the local food and cultures.

Consider attending the 26th International Research Congress in San Juan, Puerto Rico, July 23-27, 2015 to share in an amazing experience.

Note: To download the congress book for 2014, please click on http://congress.nursingsociety.org/documents/feede342.2014_congress_program.pdf

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

SAVE THE DATE!

THE 11TH ANNUAL SCHOOL OF NURSING RESEARCH SYMPOSIUM:

**THURSDAY, APRIL 9, 2015
8:30AM–3:30PM**

**AT AZUSA PACIFIC UNIVERSITY
FELIX EVENT CENTER**

SPECIAL KEYNOTE SPEAKERS:

WILFRED MCSHERRY, PhD, RGN, FRCN

Professor in Dignity of Care for Older People - Joint appointment between Staffordshire University and The Shrewsbury and Telford Hospital NHS Trust; Co-director of The Centre for Health and Social Care Research; School of Nursing and Midwifery, Faculty of Health Sciences, Staffordshire University

BETTY FERRELL, PhD, FAAN, FPCN

Director and Professor, Nursing Research and Education, Associate Director for Nursing Research, City of Hope; Research Scientist and Principal Investigator, End-of-Life Nursing Education Consortium

Members in the News

Connie Brehm and **Julie Pusztai** received a community grant from Kaiser Baldwin Park Medical Center and Iota Sigma Chapter for the Community Benefits Program for the Homeless Healthcare Outreach and the Neighborhood Wellness Center. These grants provide important support for families in our communities and allow our students to live out their Christian commitment to service.

Haley, J. (2014, October/December). Classroom to clinic: Incorporating adolescent spiritual/faith assessment into nurse practitioner education & practice. *Journal of Christian Nursing*, 31(4), 120-126.

Abstract

Although the discipline of nursing is well grounded in the conceptualization of the *person* as being composed of body-mind-spirit, there is little evidence that advanced practice nurses routinely address the spiritual aspect of health. This is especially true in relation to the adolescent population in the outpatient setting. This problematic issue may be related to the lack of a framework or simply a lack of education and incorporation into the didactic and clinical components of the APN courses. This article describes one method of integrating adolescent faith/spiritual assessment into a pediatric APN clinical course.

Sabrina Friedman, Ed.D., APU School of Nursing faculty, has received a \$1.2 million federal grant from the US DHHS Health Resources and Services Administration (HRSA), Bureau of Health Professions (BHP) and Substance Abuse and Mental Health Services Administration (SAMHSA) for their *Behavioral Health Workforce Education and Training for Professionals* proposal. This award is the result of a collaborative effort led by Dr. Friedman and included Bonita Huiskes, Ph.D., department chair, and James F. Adams, director of the Psychiatric Nurse Practitioner Programs, along with support of community partners.

The goal of the proposal is to address a significant need in our community, i.e., that of preparing providers, specifically nurse practitioners, to meet the mental health needs of children, adolescents and transitional-age youth. The grant will expand and enhance the APU School of Nursing mental health clinical placement opportunities. It will also serve to promote subsequent employment in mental health settings of the APU's School of Nursing Master of Science in Nursing (MSN) graduates in the Psychiatric Mental Health Nurse Practitioner program. Throughout the next three years, funds will support approximately 80 full-time students in their last year of field placement while enhancing their didactic learning experiences.

Aja Tulleners Lesh, Ph.D., dean of the School of Nursing, states, “The 2013 Community Needs Assessment, conducted by Citrus Valley Health Partners and Kaiser Permanente in the San Gabriel Valley, identified mental health as the #1 need and that 51.4% of the individuals needing help for mental, emotional, alcohol and drug issues did not receive treatment. The Affordable Care Act is providing reimbursement for mental health, but we need experienced and highly qualified practitioners to provide mental health services. This grant will significantly impact the School’s ability to educate psychiatric mental health nurse practitioners and place them in community agencies to meet the mental health needs of children, adolescents, and transitional age youth.” (Mark Stanton, Provost Azusa Pacific University)

Pfeiffer, J.B. & Van Dover, L. J. *Ancient roots, fresh blossoms: Integration of healing and environment*. Presented at Third International Conference of the British Association for the Study of Spirituality—Spirituality in a Challenging World—at Ashridge House, U.K., May 19-21, 2014

Background and Significance: As a concept central to care-giving professions, healing is worthy of exploration from its Biblical roots forward through historical periods of the church to the present time. The biblical definition of healing, demonstrated in Old and New Testament as applied to nursing’s meta-paradigm concept of environment has informed the current dissertation study of Strategies Nurses Use to Create a Healing Environment.

Purpose and Aims: This presentation will report on strategies nurses working in hospitalized units identified as central to creating a healing environment. The interface of these strategies with a historical synthesis word study will be discussed from a spiritual care perspective by two nurse researchers.

Method: The descriptive level findings of a Glaserian, grounded theory, criterion based study of experienced RN’s and their views of healing will be shared. Semi-Structured interviews were conducted in two southern California, USA, faith-based hospitals in 2013 among nurses who met the inclusion criteria (n=12). Constant comparative analysis and memo writing were used from the first interview to identify open codes and select categories of the emerging process these nurses employ. Data collection and analysis continued until data saturation occurred.

Analysis and Findings: Currently in progress. Early findings include enhancing well-being of their patients, care from the patients point of view, upholding the “best potential” possible for the particular patient, getting to know the patient’s immediate concerns, clustering care to maximize the patient’s ability to rest and recover, and employing organization or unit wide strategies to promote patient healing and recovery.

Pfeiffer, J.B. (2014). *Strategies Nurses Use to Create a Healing Environment and Facilitate Well-Being*. Presented at the LLUMC Research Day, Loma Linda, Ca. May 5th

<p>13 Board Meeting</p>	<table border="1"> <thead> <tr> <th colspan="7">OCTOBER '14</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> </tr> </tbody> </table>	OCTOBER '14							S	M	T	W	Th	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<table border="1"> <thead> <tr> <th colspan="7">NOVEMBER '14</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> </tr> <tr> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> </tr> <tr> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> </tr> <tr> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> </tr> <tr> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> </tr> <tr> <td>30</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <p>10 Board Meeting 13,14 Odyssey, Ontario 27,28 Thanksgiving</p>	NOVEMBER '14							S	M	T	W	Th	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						
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Sigma Theta Tau - Iota Sigma and Spin 360 Co-sponsored Event
December 4th 2014



WHAT IS IT?

Pedal to the Finish is a one to three hour indoor cycling event to educate people about how they can prevent cancer while raising funds for the American Cancer Society®.

HOW IT WORKS

Participants pay \$30.00 to ride. Each participant receives a one-year subscription to SELF or GQ magazine included with their registration fee.

GIVING BACK

Pedal to the Finish will contribute \$15.00 from each \$30.00 participant registration fee to the American Cancer Society for critical patient support programs and services as well as important research to help find cancer's causes and cures.

WHY PEDAL?

1/2 men and 1/3 women the U.S. will develop cancer during their lifetimes. The risk of developing cancers can be reduced by lifestyle changes such as staying away from tobacco, limiting time in the sun, increasing physical activity and eating healthy. With your help, Pedal to the Finish is working to educate people about how they can prevent cancer while raising funds for important patient support services and critical research.

Please click on this to find out how you can participate and donate to Pedal to the Finish:

<http://pedaltothefinish.com/eventpage.asp?branchid=138>