

SIGMA THETA TAU INTERNATIONAL:

IOTA SIGMA CHAPTER NEWSLETTER

FALL NEWSLETTER | NOVEMBER 2020 EDITION



In Photo (left to right): Adelina Riveros (intern), Karen Dahlia (Intern), Marilyn Klakovich, Lynda Reed, Jenny Chuang, Lydia Usry, Patricia Esslin, Debbie Clausen, Marie Podboy, Viann Ducan, Rose Liegler

NEWSLETTER EDITOR:

JENNY CHUANG | RN, BSN |

CO-VICE PRESIDENT OF SIGMA THETA TAU INTERNATIONAL IOTA SIGMA CHAPTER

SIGMA THETA TAU INTERNATIONAL: IOTA SIGMA CHAPTER

TABLE OF CONTENTS:

- President's Message: Patricia Esslin, PhD, APRN-CNS, CNE
- Member Highlights: Marilyn Klakovich, DNSc, RN
- Intern Spotlight: Karen Dahlia - Viann Duncan MSN, RN
- Baldwin Park Model Clinic - Lynda Reed, DNP, FNP-C
- Fall Induction Information/Link to View/Save the date:
Debbie Clausen, DNP, FNP
- Article for Alumni Newsletter
- Calendar

PRESIDENT'S MESSAGE

President's Message

Happy Fall to all! I hope all are doing well in these unprecedented times. I would like to say thank you to all of our Board members for their ongoing efforts and work to promote and benefit your Iota Sigma Chapter. The chapter is most certainly a team effort, not only with the board members, but also the chapter members. For example, our current Founders' Day Service Activity for 2020 has been going well with numerous members recording [Iota Sigma 2020 Founders' Day Projects](#). The aggregate service data (activities and hours) will be reported to Sigma International in our next chapter report. This is more about what we can do for others, and not about the chapter! Sigma Founders' Day is in recognition of the start of Sigma Theta Tau on October 5, 1922, in which six nurses at Indiana University began the organization. To honor those founding visionaries, Sigma has designated October 5th Founders' Day and asked that all Sigma members honor them by doing 100 minutes of service to commemorate almost 100 years of Sigma history. A popular activity has been our Elder Reach-Out. Check it out! Our service project is through November 15th. Through these individual and collective efforts of the month-long activity the chapter is supporting Sigma President, Dr. Ricciardi's ***Call to Action: Infusing JOY!!***

Join us for an Iota Sigma Brown Bag Lunch conversation with Christian Tedjasukmana, MFA, RN, BSN on the role nursing has in addressing climate change and its impacts on health through the utilization of activism, advocacy, education, and art.

CE event: **Healing through activism: A Nurse's call to action for a changing climate**

Free CE event: Azusa Pacific University School of Nursing approved by the California Board of Registered Nursing, Provider Number 02722, for 1 contact hour

Friday, November 20th @ Noon

Zoom Meeting ID: 848 5645 8220

Passcode: 6GnjN6

Hope to see you there!

Enjoy the rest of our Fall 2020 Newsletter, and stay connected with us iotasigma@apu.edu

Stay well and take good care,

~Patricia

Dr. Patricia Esslin PhD., APRN-CNS, CNE

President, Iota Sigma Chapter, SIGMA

MEMBER HIGHLIGHTS

A doctoral dissertation written *Dr. Nicole Ringo, School of Nursing, was published on a thesis and dissertation database. Nicole is a Past President of Iota Sigma.

Ringo, N. A. (2019). Exploring higher rates of breastfeeding among civilian military wives: A mixed methods study (ProQuest Number: 22619849) [Doctoral dissertation, University of Arizona]. ProQuest Dissertations and Thesis Global. Page 9 of 45

*Nicole is a past president of Iota Sigma.

Abstract: Background: As compared to the U.S. general postpartum population, civilian military wives (CMWs) encounter unique challenges that can impede their ability to breastfeed, including geographic replacement and physical and emotional challenges. Yet despite these challenges, CMWs demonstrate higher rates of breastfeeding initiation and duration in the U.S. postpartum population as a whole. Sample/Setting: The sample consisted of 28 CMWs whose ages ranged from 18-45. Methods: Concurrent mixed-methods design. Results: The results of the integrative analysis revealed factors within the military environment influence a sense of community, thus supporting their BSE. Additionally, supportive and pro-breastfeeding healthcare facilitators (especially lactation consultants) throughout the prenatal, intrapartum, and postpartum periods described by CMWs were associated with high levels of BSE among CMWs. Moreover, high levels of BSE related to breastfeeding skills and duration were associated with the accessibility of resources within the military environment, breastfeeding health and economic benefits, and setting of a breastfeeding goal. Conclusions: In the future, the integration of the prominent themes (and subthemes) into interventions that target lower BSE in other populations has the potential to improve breastfeeding initiation and duration among those populations.

A chapter written by Dr. Najood Azar, School of Nursing, and a colleague was published in a book.

Azar, N., & Haddad, L. G. (2020, April). Jordanian Americans. In J. Newman Giger & L.

Haddad (Eds.), *Transcultural nursing: Assessment and intervention*, 8th edition.

Mosby. <https://www.elsevier.com/books/transcultural-nursing/giger/978-0-323-69554-1>

INTERN SPOTLIGHT: KAREN DAHLIA

Interview with Iota Sigma Intern Karen Dahlia



It is my pleasure to introduce you to one of the Iota Sigma Interns who has worked with us since she became a member in March 2019. **Karen Dahlia** is graduating with her BSN from Azusa Pacific University this December and has some exciting news to share. But let me start at the beginning.

Karen decided in high school to be a nurse because of the women in her life. Her mother, who is from the Philippines, has been a CNA for years, and Karen grew up around her mother's friends, who were mostly nurses. She has seen that being a nurse gives a person the opportunity to develop and become a leader in her field. Karen has a passion for academia and leadership and hopes to one day combine the two by teaching new nurses in a clinical setting. Her other interests include the sciences - as her father is an electrical engineer - but it was the relationship with people that drew her to nursing.

Karen is full of energy and finds it hard to be patient with others at times. She always likes to return assignments early and seems much more content when she has something waiting for her to do. Since before the COVID-19 pandemic she has worked at PIH Whittier Hospital as an oncology CNA. Additionally, she makes COVID-19 masks for front line workers. For every mask Karen has sold, she makes a mask for the hospital workers. She has already sold over 1,000 masks and given away 2,000 this spring and summer. All this while going to school full time and working part-time!

Karen will graduate in December 2020 and applied for jobs all over the Northwest. One of her favorite accomplishments is being offered a job at all four of her top choice hospitals. She has decided on one and plans to move there as soon as she passes the NCLEX here in California. For Karen, the best part of being a nurse is her ability to care for patients in a holistic environment. She listens well and incorporates spirituality when she cares for patients; she credits APU with teaching her the value of her faith as she works and shares with each patient. Karen's greatest strength is her willingness to engage others - listening carefully to the wants and needs and affirm them.

Karen points to the many benefits of becoming a member of Sigma Theta Tau International. There are scholarships and, of course, continuing education offerings. She has used the professional nursing articles resources – a ‘no cost’ service to members – in her care plans for several important papers while in school. She spoke about her leadership opportunities as an Intern in Iota Sigma as well, and that was a significant bonus in her job interviews. She encourages any new member to consider being an Intern this coming year as a way to network with other nurses and reap some or all of the same benefits she has. It takes time, but it isn’t overwhelming. Karen was able to do the job well and is very much appreciated by board members at the chapter level.

BALDWIN PARK MODEL CLINIC

The Baldwin Park Model Clinic
A Place for APU Students to Make a Difference



In July 2018, HRSA notified many of the successful ANEW grant project directors that they would receive \$150,000 to spend on a project that satisfied the Health and Human Services goal for delivering mental health care to people seeking primary care. This was an answer to prayer. Dean Lesh and I had been trying to get funded for a project that brought the Center for Integrated Family Health Services (CIFHS), our Neighborhood Wellness Center (NWC), and a primary care provider together so that patients would have immediate and unfettered access to integrated mental and physical healthcare.

I took Dean Lesh to meet Dr. Jaime Vivas in Baldwin Park. Dr. Vivas is a family nurse practitioner (FNP) who has dedicated his life to providing care to the poor in this community. Every time I visited his clinic, I was inspired by the care he took with his Hispanic patients. Patient encounters were thorough and family-centered, aligning with the cultural preference for family decision making. My nurse practitioner students' evaluations commented again and again that this is the kind of practitioner that I want to be when I graduate. I also knew that Dr. Vivas was struggling to keep the practice open at this location because he was renting a much bigger space than he could occupy. We asked Dr. Vivas, would your patients benefit if we had mental health services here for them? He told us story after story of patients he had been caring for for years that suffered from depression, anxiety, and sometimes serious mental illness. He would make referrals, but they wouldn't go. Already overwhelmed with stress, taking the step to go to a mental illness clinic was too great a challenge.

By February 2019, we were open for business. We rented half of the office space and put three signs on the window: Baldwin Park Medical Center, The Center for Integrated Family Health Services, and the Neighborhood Wellness Center. When Dr. Vivas refers a patient, the mental health coordinator schedules an appointment with a counselor that the patient can be seen there or by telehealth. If patients don't have insurance, the care coordinator arranges for a mental health assessment and brief intervention to familiarize the patient with the process. The cost of this is covered with grant funds. Most of the time this bridges the clients into regular mental health care. CIFHS sees chemical dependency clients in the evenings for group meetings. Often these clients have neglected their physical health for years. Screening physical exams are required and often the patients will choose to see Dr. Vivas and to start getting regular medical attention. Hispanic families have been hit the hardest of any group in Los Angeles County and having the integrated care clinic has helped.

The NWC has eight APU students and a nursing faculty member at BPMC two days a week. They are doing family-centered education on diabetes, nutrition, hypertension, and foot exams. They are coordinating care and making referrals for clients to social service resources. Now they are making sure that patients are getting their flu shots and other needed resources to get through a tough season ahead. Hispanic families have been hit the hardest of any group in Los Angeles County and having the integrated care clinic has helped. The NWC is also doing outreach to the domestic violence shelter to do health screenings and coordinate health visits.

It is important to note that the NWC does not receive direct support from the ANEW grant except to provide for a part-time coordinator to collaborate with the managers of the other two entities and maintain the client records. The NWC is dependent upon grants and donations. Iota Sigma Chapter of Sigma Theta Tau International is one of the main contributors. This money is well spent. Our professional nursing students in the NWC and our FNP students with Dr. Vivas are making an extraordinary impact on the lives of so many members of our community.

-Dr. Lynda Reed, FNP-C
Project Director Advanced Nursing Education Workforce grant (HRSA 2017 & 2019)



Baldwin Park Neighborhood Wellness Center*

**ALL SERVICES ARE
FREE**

ALL AGES WELCOME

Tuesdays & Thursdays

9am-3pm

*14362 E. Ramona Blvd.
Baldwin Park
626-337-0676*

Bilingual Assistance Available



Healthcare Services

- Health Screening
- Health Education & Group Learning:
 - Stress Reduction
 - Walking/Mobility Program
 - Healthy Eating/Nutrition
 - Diabetes Prevention
 - Obesity Prevention
 - STDs
 - Alcohol/Drug Use
 - Smoking Cessation
 - Women's Issues
- Ask-a-Nurse:
 - Health Information
 - Heart Disease
 - Stroke
 - Diabetes
 - Cancer
 - COPD
 - Depression/Anxiety
 - Parenting
 - Pregnancy
 - Disease Prevention
 - Referrals
 - Medication Information
- Care Coordination and Health Navigation

*Supported by the Azusa Pacific University School of Nursing

FALL INDUCTION INFORMATION

Virtual Induction 12/5/2020

The Fall 2020 Iota Sigma Induction associated with Azusa Pacific University School of Nursing will be a virtual induction again as it was in the Spring of 2020. Our asynchronous Virtual Induction will be released on December 5th, 2020.

You will receive an updated link on December 5th for your convenient viewing

Patricia Hanes, PhD, MSN, MAED, MS-DPEM, RN, CNE, NEMAA, CSSGB, who is well known to Azusa Pacific University (APU), will provide a presentation on disaster nursing. Her doctoral research was on disaster nursing at APU.

The annual Phyllis Esslinger Scholarship Award will be given to one selected applicant.

We invite you to join your student virtually as we celebrate their success together. Inductees and members will receive a separate email with a specific link and content closer to event day.

Debbie Clausen, DNP, MSN, FNP
Co Vice-President Iota Chapter

ARTICLE FOR ALUMNI NEWSLETTER

School of Nursing Alumni – Calling all Sigma members!

When you were at APU, were you inducted into the Iota Sigma Chapter of Sigma Theta Tau International?

What is Sigma Theta Tau International Honor Society ?

Sigma Theta Tau International Honor Society of Nursing, is the nationally and internationally recognized honor society for nurses. The organization recognizes and promotes nursing scholarship, leadership and service.

Have you maintained your Sigma membership?

If you have not maintained your membership, you can reactivate at any time. Once inducted into the honor society, you are a lifelong member.

Information about Sigma membership can be found at

<https://www.sigmanursing.org/why-sigma/sigma-membership>

Would you like to affiliate with the APU Iota Sigma Chapter?

Did you know you can have dual membership in a chapter close to your home or work community as well as with the APU Iota Sigma Chapter? To transfer membership or request dual membership, contact Sigma Member Services for help.

What is Iota Sigma Chapter?

The Iota Sigma Chapter of Sigma Theta Tau International established its charter at Azusa Pacific University in 1988. It was preceded in 1980 by the Nursing Honor Society of Azusa Pacific College.

The APU Iota Sigma chapter invites new members to join every fall and spring semester. New members invited include undergraduate and graduate students who meet the academic qualifications for membership, and community nurse leaders who through their achievements in nursing, qualify to be members of Sigma.

The Iota Sigma Chapter engages in educational and networking activities virtually—so you can be a member located anywhere—and participate in chapter activities.

What are benefits of Sigma membership?

Recognition: Sigma membership is an instantly recognized credential in the nursing profession. It is also recognized by employers and other nurse leaders that you have demonstrated excellence in nursing.

Career resources: Online career support activities, advice, and job opportunities.

Continuing education opportunities: Sponsored by Iota Sigma Chapter

Networking Activities: Contact your Iota Sigma chapter to get connected

Leadership opportunities: Available through your local chapter.

Support for scholarship: Iota Sigma provides financial awards for members' scholarly projects and research.

Free journals and member publications: Journal of Nursing Scholarship.

Perhaps it is time for you to renew that Sigma membership, and be part of the Iota Sigma Chapter.

To learn more about the Iota Sigma Chapter, here are some resources:

Chapter: <https://iotasigma.sigmanursing.org> or email at: lotaSigma@apu.edu

Sigma Nursing Honor Society: <https://sigmanursing.org/>

The Circle: <https://thecircle.sigmanursing.org>

14	Board Meeting
15,16	Odyssey Conference (canceled)
31	Halloween

OCTOBER '20						
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

NOVEMBER '20						
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					

11 Board Meeting & Veterans' Day
 22-29 Thanksgiving Break
 26 Thanksgiving

5	Virtual Induction
9	Board Meeting
20-31	Winter Break
25	Christmas

DECEMBER '20						
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		

JANUARY '21						
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						

1 New Year's Day
 1-10 Winter Break
 13 Board Meeting

10	Board Meeting
19-21	Sigma Creating Healthy Work Environments (Virtual Conference)
28	Research Grant Deadline
TBD	Information Session

FEBRUARY '21						
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						

MARCH '21						
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			

8-14 Mid-semester Break
 10 Board Meeting

1-4	Easter Break
4	Easter
14	Board Meeting

APRIL '21						
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	

MAY '21						
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					

9 Mother's Day
 12 Board Meeting
 31 Memorial Day

TBD	Transition Meeting
-----	--------------------

JUNE '21						
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			

JULY '21						
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

4 Independence Day
 22-26 Sigma International Nursing Research Congress- Singapore

AUGUST '20						
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				

SEPTEMBER '21						
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		

6 Labor Day
TBD Board Meetin

2020-2021 IOTA SIGMA CALENDAR