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SIGMA THETA TAU INTERNATIONAL

HONOR SOCIETY OF NURSING Iota Sigma Chapter Newsletter

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Student Leadership Interns:
Marissa Cruz
Kezi Kohl

A Report From Dublin, Ireland

By Nicole Ringo, MSN/ED. RN

“LEADERS WHO MAKE A DIFFERENCE WORLDWIDE”
34TH ANNUAL INTERNATIONAL NURSING &
MIDWIFERY RESEARCH & EDUCATION CONFERENCE



RCSI



This past month, I was privileged to attend the RCSI 34th International Nursing & Midwifery Conference in Dublin, Ireland on behalf of Azusa Pacific University. Nursing leaders from countries all over the world came together to present nursing research, network, and discuss issues involving global health care problems. My trip started with meeting a group of nurses from various parts of the U.S., a physical therapist, and a nutritionist from Children’s Hospital in Denver.. Over the next couple days we toured the beautiful country of Ireland.



The night prior to the conference, I was very fortunate to attend a faculty dinner at RCSI. The dinner commenced with the Dean of the RCSI Nursing and Midwifery program awarding an Honorary Fellowship Award to the Princess Muna Al Hussein of Jordan for her great support of work in health care and the development of nursing programs in Jordan.

At the dinner, I was also able to network with the out-going Dean Edna Woolhead and discuss my involvement with Sigma Theta Tau International, Azusa Pacific University, and my research topic.

On another day, while waiting to meet friends on Grafton Street to attend Ash Wednesday Mass, I was interviewed by a Gaelic news crew. They wanted hear my opinion on breastfeeding in public. When they found out that I was from the U.S. and that I was here in Ireland to present a poster abstract at RCSI on breastfeeding, the news crew requested that I do a more in-depth interview.

The conference began with plenary speakers, then we moved into selected presentation rooms where I was fortunate to hear speakers from around the world present their research. Posters were displayed in the main conference area along with several vendors from various areas related to health care. I have include my research abstract below:



RESOLVING INEFFECTIVE POSTPARTUM NURSE BEHAVIORS TO SUPPORT BREASTFEEDING EXCLUSIVITY

Nicole A. Ringo, MSN/ED, RN

Nringo@apu.edu

Background: The World Health Organization and the American Academy of Pediatrics recommend that mothers exclusively breastfeed their babies for the first six months of life. Methodist Hospital's current rate of breastfeeding exclusivity at the time of discharge is 31%. Maternal confidence, support, and the delivery of inconsistent breastfeeding education have been suggested as barriers to lactation success. Evidence-based practice promotes strategies to enhance understanding, and consequently, bring about a shift in the acquisition of skills, confidence and behavior.

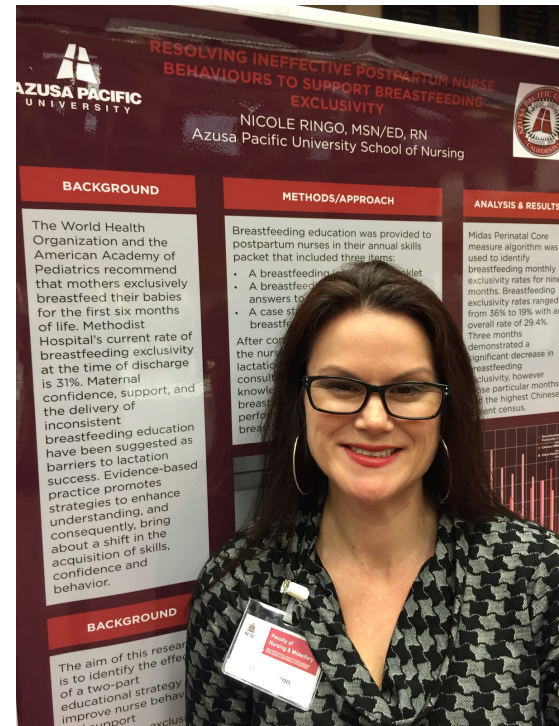
Aim: The aim of this research is to identify the effect of a two-part educational strategy to improve nurse behaviors and support breastfeeding exclusivity in order to increase the rate at discharge by 10%.

Methods: Breastfeeding education was provided to postpartum nurses in their annual skills packet that included three items: a breastfeeding information booklet, a breastfeeding script that provided answers to frequently asked questions, and case study module focused on breastfeeding problems. After completing the education portion, the nurses met individually with the

lactation consultant. The lactation consultant administered the breastfeeding knowledge pre-test, observed a breastfeeding patient teaching session performed by the nurse, and completed a breastfeeding education evaluation.

Analysis and Results: Midas Perinatal Core measure algorithm was used to identify breastfeeding monthly exclusivity rates for nine months. Breastfeeding exclusivity rates ranged from 36% to 19% with an overall rate of 29.4%. Three months demonstrated a significant decrease in breastfeeding exclusivity, however those particular months had the highest Chinese patient census.

Recommendations: Time must be considered as the individual nurse teaching observations ranged from 45 to 60 minutes and required a great deal of coordination on the part of the lactation consultant. Further research is needed to explore Chinese breastfeeding practices.



Leadership Connection: September, 2014 Indianapolis, IN By Marilyn Klakovich, DNSc., RN, NEA-BC

As a member of our Region 2 committee representing all chapters in Southern California, and with partial support from Iota Sigma, I was able to attend the STTI Leadership Connection. It was a wonderful experience since there were over 350 STTI members from Jamaica, UK, Canada, US, Taiwan, Pakistan, Australia, and India.

I was able to participate in the poster session with Region 2 Coordinator, Dorothy Dunn and other representatives from our Region 2 committee. The title of the poster was: **Guiding North America Region 2 Members into the 43rd Biennium**. Details about Leadership Connection presentations can be accessed by clicking on this link:

http://www.reflectionsonnursingleadership.org/Pages/Vol40_3_STTI-Leadership.aspx There are links for each day of the Leadership Connection here.

Our Region 2 activities can be found on our Region 2 site housed in The Circle. [Click here](#) to access the Fall newsletter for more information.



Region 2 Coordinator, Dorothy Dunn, and Region 2 Awards and Recognition Chair, Marilyn Klakovich

I attended many valuable sessions on board leadership, use of social media for recruitment and retention of members, and managing chapter finances. The most valuable tip I came away with was related to Leadership Succession. I learned that our chapter needs to be doing more leadership development. All board members should come to every event to identify potential leaders and then prepare and mentor them to run for committees and board positions. We need to continually introduce fresh new faces with ideas to preserve our chapter vitality.

If you are interested in learning more about any of our task forces, committees, board positions or other volunteer opportunities, please contact Anita Boling, our Leadership Succession Chair at anitaboling@gmail.com.

VILLAGE NETWORK AFRICA

By Anita Boling, RN, MSN, PhD

Communicable diseases such as cholera, malaria, typhoid, bilharzia, schistosomiasis and worms are rampant in East Africa. Lives of disease and poverty are changed through health education by volunteers of Village Network Africa (ViNA), a 501 3C non-profit. As the founder of ViNA, I currently work in Tanzania where we train local rural residents to become Community Health Club Leaders (CHC). The model used is adapted from Africa Ahead (africaahead.org). Health promotion/disease prevention is taught through a series of topics using a picture based system in an interactive format. Many of the rural people are illiterate, so the visual aides are invaluable for CHC leaders to use in the classes they facilitate. The trained leaders begin their own classes after their education, overseen by our partners on the ground, an RN and social worker from the Sisters of Notre Dame in Njiro.

The education is structured so that understanding of disease causation and transmission is addressed first. Most of the people never learned about germs. We demonstrate germ transmission by pretending to sneeze with flour on our hands to give a visual of how airborne germs spread. Then we shake hands with them to illustrate how germs are passed by hands. Much discussion ensues and misinformation corrected. For instance, when we assessed the understanding of the cause of malaria, we were told the soft corn and mangoes cause malaria. Thinking about this, I realized the peak malaria season was when corn was soft and mangoes were ripe (they have corn dry on the stalk, so it is very hard and chewy when cooked.)

Other topics are water sources, water safety, sanitation, and the endemic preventable diseases. The water topics educate about which water sources are safe and how to prevent water contamination once obtained. Sanitation education is mandatory; many have no latrines, so urination and defecation occurs in outside living areas. The sanitation ladder teaches how to improve the situation by going “up the ladder” from open defecation to cat sanitation (burying it) and on to the different types of latrines.

ViNA developed a sexual health module after being informed by a clinical director (less education than an RN) that the subject was missing from our program but was the most common reason for clinic visits! The sexual health module generated much discussion about STI's and female circumcision, a current practice of the Maasai tribe despite being outlawed nationally. The CHC students told us that female circumcision was necessary because otherwise women would stink, become prostitutes, not have enough room to deliver their babies, that the baby would be choked by the labia and the women would not be marriageable. The education may not have changed things overnight, but the discussion and number of questions indicated that beliefs were being challenged. A Maasai clinical director who translated for us was fabulous in debunking these beliefs in a culturally acceptable manner.

VILLAGE NETWORK AFRICA CONTINUED...

To understand the impact the education has had, we had some of the new trainers discuss how their lives were changed:

"I am Rispa Milayeki who was privileged to attend the VINA Health training in February. I learned the importance of personal hygiene as well as the cleanliness of the surroundings, also to boil and cover the drinking water and keep it in a clean vessel. I use a clean dipper to take the water from the container for drinking. I taught my husband and children to follow everything I learned in the class. Another important thing I learned and practice is washing the hands before and after handling food and defecation. My children used to often get Typhoid, diarrhea and vomiting and we had to spend a lot of money at the hospital. Ever since we started to practice the hygiene methods in my home, none of us got any of the above sicknesses. Added to that, making of the new toilet has enabled us to get rid of open defecation. Thanks a lot to VINA for your valuable contribution to make our life healthy and comfortable with your generous service. We remember each of you with love and gratitude. May God Bless you..."

I am Anna Obedi who was privileged to attend the health class in Zinduka. My family was always suffering from malaria. Ever since I attended the training my family and I began to clean up the surroundings and made sure to empty the containers used for water collection- especially in the rainy season. Since then we are free of malaria. We have saved some money from the hospital expenses. Mosquito breeding used to be so much of a problem during the rainy season and the whole family would suffer from malaria but now after this training we know ways of preventing this, the simplest one being to empty the containers with the stagnant water and to clear away the long grass.

There is so much more I would love to share with you but space will not allow! Please email me if you would like to ask a question or hear more about our work. Our website is www.vnafrica.org. My email is anita@vnafrica.org.

2015 School of Nursing Research Symposium

by Marilyn Klakovich, Chair of Research Symposium Planning Committee

Iota Sigma has participated as a co-sponsor in the School of Nursing annual research symposium since 2005. The 11th Annual School of Nursing Research Symposium: “Dignity through Life’s Transitions: Optimizing Spiritual Care” will be held on Thursday, April 9, 2015 at the Azusa Pacific University Felix Event Center. As chair of the planning committee, I am pleased that this year we have student representatives on our committee who are also Iota Sigma members. Since all of them have attended one or more previous events, I asked them to contribute to this article.

Featured Speakers by Gabriela Andrade, DNP Student

The 2015 featured speakers include **Wilfred McSherry** PhD, MPhil, BSc (Hons) PGCRM, PGCE (FE,) RGN, NT, FHA whose title is “Dignity and Spirituality: do they have a place within contemporary nursing.”

Dr. Wilfred is a professor of dignity of care for older adults, a joint appointment between the Faculty of Health, Staffordshire University and the Shrewsbury and Telford Hospital NHS Trust, and co-director of The Centre for Health and Social Care Research. For Dr. McSherry, nursing continues to involve a combination of practice, education, and research.

One of our own DNP graduates, **Bonnie Freeman** RN, DNP, ANP, ACHPN, will present “Compassionate Person Centered Care for the Dying.” She is a Supportive Care Nurse Practitioner at the City of Hope in Duarte, California. She developed an acronym organized teaching tool to assist nurses in providing evidence based care for the dying called the CARES Tool, has published multiple works focused on improving care of the dying, and was asked to participate at a IOM conference in Washington D.C. to explore how to improve care of the dying.

Libby Hoy BS, will present “Completing the Team: Engaging Patients & Families in Care.” In 2010, Libby founded Patient and Family Centered Care (PFCC) Partners to create a community of patients, families, providers and health care organizations committed to the shared learning of PFCC practice. Libby has served as an Advisor to Patient Centered Outcomes Research Institute (PCORI), Partnership for Patients, Institute of Medicine (IOM), National Quality Forum (NQF) and as Faculty for the Institute for Healthcare Improvement (IHI).

Our closing speaker for the day is **Betty Ferrell** PhD, MA, FAAN, FPCN who will present on “International Nursing Efforts in Palliative Care.” Dr. Ferrell is the director and professor in Nursing Research and Education, and associate director for Nursing Research, at City of Hope. Dr. Ferrell is the Research Scientist and Principal investigator for the End-of-Life Nursing Education Consortium (ELNEC).

Networking Opportunities by Taylor Newbury, Senior BSN Leadership Student

Each year APU’s Nursing Research Symposium offers countless opportunities for networking among nurses in the community, students, faculty, and alumni. Various outside agencies and hospitals come to inform the students and faculty about new opportunities and products that are available within the healthcare system. Students, faculty, and community members are invited to submit posters displaying their most recent achievements in research to facilitate discussion among attendees. A poster session, lunch, dessert and tea break allow students, faculty, and community member’s time to connect and discuss current issues, new research findings, and opportunities to become involved in different hospital programs and various other areas of healthcare. The Research Symposium is an important event for APU’s School of Nursing as it attracts Iota Sigma members, alumni, preceptors, and nurses from various institutions that can bring important insight and opportunities to the faculty and students in the School of Nursing.

Showcasing our Poster Presenters by Sandy Harden, ELM Student

This year continues the tradition of showcasing student, faculty, and community research in the poster session at the 11th Annual School of Nursing Research Symposium. The student posters will represent students from Azusa Pacific University’s BSN, RN to BSN Entry Level Masters Program (ELM), MSN, and PhD/DNP programs. The poster session provides a forum for presenters to dialogue about their research. Posters presented will encompass a wide range of topics based off current research, innovative clinical practice, and evidenced-based practice.

For students who attend, this poster session is a chance to learn about the latest research in their future career as a nurse. As they dialogue with poster presenters about their research they will have the opportunity to network with fellow students, nurses, and community members. They might even discover a new topic that will pique their interest in a field of study or research. For all in attendance, the research presented at the poster session can help shape nursing practice based off the latest research in the ever changing field of nursing.

For more information or to register, please visit our website:
<http://www.apu.edu/nursing/researchsymposium/>

On Being an Iota Sigma Student Intern By Marissa Cruz and Kezi Kohl

Contrary to popular belief, being a student intern isn't always composed of photocopying and performing monotonous tasks for "the man" that no one ever sees. As student interns for the Iota Sigma chapter of Sigma Theta Tau, we have learned not



only about the successful functioning of a committee, but also about the importance of investing in the future of nursing. Being interns for Iota Sigma has helped us to transition from the role of students into that of professional nurses by allowing us the opportunity to work alongside board members and contribute to decisions being made. We have been able to observe and be a part of the group collaboration and decision-making process as well as the organization of community and member events. Another helpful aspect of attending board meetings is that we are able to develop relationships and ask questions of those in all facets of the nursing profession.

We were also fortunate enough to attend the Nursing Odyssey conference this past November with other Sigma Theta Tau members. This was a fun and valuable learning experience where we were able to connect with other members of the society, learn from each of the speaker presentations, and help with the raffle at the end, all while enjoying some great food! We were able to meet with the interns of the San Diego campus to discuss our current tasks and roles as well as how we can work together in the future to strengthen the influence of the society on the community. We wanted to thank the members that sponsored us to attend this event for their investment in our learning and the future of nursing.

Fall 2014 Induction Report

Saturday, December 12, 2014 was a very stormy day here in Southern California, yet we were able to hold our Fall Induction breakfast without issues and had a relatively good turnout! 116 out of 140 accepted inductees participated in the special event along with 121 guests and 27 community members (board members/faculty, and three China scholars) for a grand total of 264 in attendance.

Spring 2015 Induction

Azusa Pacific University's Iota Sigma Chapter will hold our Spring 2015 Induction on Saturday, April 18th, 2015 from 11AM-2PM in Upper Turner Campus Center with a brunch/lunch. We hold the Induction in conjunction with our annual highly anticipated Silent Auction. The purpose of the Silent Auction is fundraising for scholarships.

Spring Induction Silent Auction

The Iota Sigma Chapter of The Honor Society of Nursing, Sigma Theta Tau International, based at Azusa Pacific University's School of Nursing, will hold the Spring Induction Ceremony and silent auction fundraiser for nursing scholarships on April 18, 2015. As a result of contributions from individuals, businesses and organizations, we have been able to award scholarships to promising students pursuing a degree in the field of nursing. In addition to these very important scholarships, which are presented at the Induction Ceremony, the Honor Society provides awards in the areas of nursing excellence, leadership, education, mentoring, research, and community service to nurses within our community.

To that end, we are soliciting donations for our silent auction to help us support the nursing profession and these future nursing leaders. We accept a variety of donations which may consist of but not be limited to; gift baskets, art, jewelry, home decor as well as gift certificates from a variety of venues such as restaurants, coffee houses, movie theaters, sporting events and travel excursions. Should you be willing to donate, please contact Kathy Van Allen, Fundraising Chair at [626-851-2741](tel:626-851-2741) or kvanallen@mail.cvhp.org by Monday, April 13 and provide a description of the item(s) and their value. You may either coordinate drop off of your donation prior to the event or bring that day. Following the event, you will be provided with a letter confirming your donation for tax purposes.

9 Board Meeting

FEB '15						
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MARCH '15						
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9 Board Meeting
 9-13 Mid-semester break
 16 Member Networking

5 Easter
 13 Board Meeting
 18 Spring Induction

APRIL '15						
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31						

11 Board Meeting
 25 Memorial Day

Transition Meeting TBD

JUNE '15						
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JULY '15						
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4 Independence Day
 23-27 INRC, San Juan, Puerto Rico

AUGUST '15

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SEPTEMBER '15

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7 Labor Day
 14 Board Meeting

12 Board Meeting
 15,16 Odyssey, Ontario

OCTOBER '15						
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NOVEMBER '15

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7-11 Biennial Convention
 Las Vegas

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11 Fall Induction
14 Board Meeting

		JANUARY '16						
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31								

11 Board Meeting

		FEBRUARY '16						
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8 Board Meeting
12 President's Day Holiday

		MARCH '16						
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14 Board Meeting

2015-2016 IOTA SIGMA CALENDAR