

Hartwick Nursing News

Summer 2011

MESSAGE FROM THE CHAIR



Jeanne-Marie Havener
Ph.D., APRN, CNS, FNP

A recent note from a very discouraged alumnus reminded me that healthcare technology is a major driver in the practice and education environment. While the changes heralded by advances in healthcare technology are greatly dissatisfying to some, others regard these changes as exciting. Regardless of how one feels about healthcare technology, it is here to stay. Furthermore, from instruction with high-tech, realistic patient simulators to the adoption of paperless, electronic health records, technology is transforming the way nursing is taught and practiced. As members of the inter-professional healthcare team, our graduates are increasingly challenged to stay abreast of a burgeoning wealth of information and new technologies while continuing to meet the needs of patients and their families for safe, holistic, and humanistic hands-on care—a herculean task that requires your support. While the faculty at Hartwick is doing what it can to help students meet those challenges, it is increasingly evident that today's nursing student needs more opportunities to practice.

Sadly, at the same time that we all know the nursing shortage is a crisis looming on the horizon of economic recovery, students are not getting the summer employment and internship opportunities they need to sharpen their skills and safely transition into practice. Likewise, our soon-to-be graduates are finding that the job market is tight. As Hartwick graduates, I urge all of you to use your social and professional networks to assist these very worthwhile future members of our professional community to find the employment and internship opportunities they need to continue their professional growth and development.

JANUARY TERM 2011



Rural Health Nursing By Nevin Perez '12 and Carly Ramos '12

Rural Health Nursing offered us an opportunity to learn about the healthcare system and beliefs of local communities in Otsego and Delaware counties. The course highlights the importance of recognizing, respecting, and incorporating individuals' values, beliefs, political views, and ethics into nursing care. In class, discussions focused on the culture of the healthcare system in rural communities in upstate New York and various topics such as poverty; globalization's effects on the rural communities; and the impact of rurality on the accessibility, availability, affordability, and acceptability of healthcare services.

Representatives of the New York Center for Agricultural Health spoke to us about some of the services they offer focusing on promotion and restoration of health, prevention of illness and injury, and protection from work-related and environmental hazards. Field trips to local farms and logging sites exposed us firsthand to the work-related health hazards encountered by those in the extractive industries. During the farm visit a few of us actually got to milk a cow! Our trip to the logging site was an adventure; we couldn't reach the site by car and had to walk quite a distance on a trail in the snow to the logging area. This adventure helped us to realize in a more per-

sonal way just how dangerous this type of work can be. One of the loggers told us that a tree had fallen on his nephew about a month ago at the logging site. The accident caused severe trauma to his nephew's shoulder, neck, and head. The logger drove his nephew down from the site in a construction vehicle, transferred him into a truck, and then drove him to the hospital, about 30 minutes away.

During the course we teamed up with a partner to complete assessments on a local farm family and community. Through this we learned firsthand about rural culture, beliefs, ideals, and values and how those affect health perceptions and practices. We discovered that farming is extremely challenging work and that the rewards of farming are largely intrinsic; that is, it is not about the money—farmers do what they do because it is in their blood and they love what they do.

One of the most important take-away lessons from this experience is that culture can be defined in many contexts. Just as a foreign country has its own culture, hospitals, schools, communities, and families have their own cultures as well.

Senior Independent Practicum

Chelsey Gill '11

This past January Term was one of the greatest, most important learning experiences on my career path. A four-week, 128-hour independent practicum was completed at a local hospital on the Intensive Care Unit. This experience helped me to more fully develop my nursing skills, build my confidence in patient care and patient-care decision-making, and realistically take on the complex role of the nurse.

During this experience, I provided holistic care to adult patients with multiple diagnoses and chronic conditions. In addition, I provided care to patients and families of all cultural and ethnic backgrounds. Therapeutic communication was key to identifying the patient's psychosocial needs and connecting with patients on a deeper, more humanistic level—creating that nurse-patient relationship that healthcare providers long for. During the course of this experience, I dealt with several ethical dilemmas, which only served to reinforce the need for a solid professional value system in nursing.

I was not alone during this experience. Under the guidance of a knowledgeable preceptor with several years of clinical experience in the ICU setting, I was able to safely and confidently deliver care. I looked to my preceptor as a resource whenever I was stuck or had questions about situations I was unfamiliar with. I was also in close contact with my faculty advisor to be sure I was on the right track in meeting the terms of my learning agreement. As a Nursing student, it was very reassuring to know that I had a support system.

Overall, this experience reassured me that nursing is the correct career path for me. I was able to make connections with experienced nurses, as well as the healthcare organization. This practicum allowed the institution to see the quality of patient care I was capable of delivering. As a result, I was offered a job opportunity post-graduation. I am so elated that the Hartwick College Nursing Program allows its students to engage in such an experience; it is the icing on the cake to a wonderful four-year education!



Sarah Briggs '12

Jamaica, West Indies

By Sarah Briggs '12 and Catherine O'Loughlin '12

A wealth of knowledge and life-changing experience was gained from participating in Hartwick's Transcultural Nursing January Term program. Through hands-on experiences, we learned the value of skill in intercultural communication and care-taking. Because Hartwick's Nursing program has been traveling to Jamaica for 14 years, we became very close to the professionals at the local health clinics, making new connections and forging lasting friendships. By far, this is the best J Term experience, and we only wish that everyone had the chance to experience it.

The culture of Jamaica is rich-blended from a variety of influences, traditions, and practices that shape today's healthcare system and family life. Conquered by the Spaniards and later the British, the native Taino people vanished and were replaced by black slaves imported from Africa.

The history of slavery—a cruel and harsh system of forced labor and cultural domination, abolished in the middle 1800s—has clearly left an indelible imprint on the culture, people, and places of St. Thomas'

Parish. We witnessed firsthand the impact that history has had on the current Jamaican family, society, politics, and economy. Through cultural-immersion activities, we gained a wealth of knowledge about Jamaican folk-care practices, religions (Rastafarianism), spiritual beliefs, music, art, film, theatre, and literature.

Through interactions with the healthcare system, public health nurses, community health aides, local leaders, families, and individuals, we learned how to adapt to a new culture and apply skills to promote health, reduce health risks, and address health problems in ways that our hosts would find culturally acceptable. The challenge of providing care in a very resource-constrained environment forced us to be creative and think "out of the box."

The experience has improved our understanding of the importance of culture—how it shapes the choices that you have and that you make. No doubt, this experience will have a lasting and positive impact on our future as nurses.



Anna Song Beeber '88 Receives Distinguished Nursing Alumna Award



Anna Song Beeber '88, Ph.D., RN has been named as this year's Distinguished Nursing Alumna. Dr. Beeber is an assistant professor at the University of North Carolina at Chapel Hill School of Nursing and research fellow at the Cecil G. Sheps Center for Health Services Research.

She received her bachelor's degree with a major in Nursing from Hartwick College in 1998, and an MSN (adult and geriatric nurse practitioner programs) and Ph.D. from the School of Nursing at the University of Pennsylvania. Her doctoral work focused on the process of enrollment in the Program of All-Inclusive Care for the Elderly (PACE) from the perspective of patients, families, and staff (funded by the John A. Hartford

Foundation Building Academic Geriatric Nursing Capacity Scholars Program and AHRQ) and completed a post-doctoral fellowship at the University of North Carolina at Chapel Hill School of Nursing, funded by the National Institutes of Nursing Research and the John A. Hartford Foundation.

Dr. Beeber is currently funded by the University of North Carolina at Chapel Hill Building Interdisciplinary Research Careers in Women's Health Institutional K12 Program (BIRCWH) to conduct various projects examining and improving the quality of care in the Program of All-Inclusive Care for the Elderly and residential care/assisted living.

Beeber was presented with this year's Distinguished Nursing Alumna Award during the 2011 Nursing Pinning Ceremony on May 27, when graduates also received their Hartwick pins. A photo gallery of images from this year's ceremony can be found on the Hartwick website at www.hartwick.edu/x38224.xml.

SENIOR THESIS - March 2011

Like the capstone on a well-built stone wall, senior thesis represents the capstone of four years of education at Hartwick. This year's seniors have shown the ability to form questions and search for the answers. This is an ability which will come into use many times during their careers. The list of titles showed the depth and variety of interests the seniors brought to their thesis class. For some, it is an area of interest and a question to be answered from their personal life, and for others, the beginning of a program of interest and inquiry that will see them into their career. But for each, it was a job well done. Congratulations on the completion of your senior thesis and its presentation. The list of titles will be posted on the Nursing webpage.



GUIDING EYES FOR THE BLIND PROGRAM is well-known on campus, and our Nursing students have for years volunteered to raise these dogs. Katie (above) is a 5-month-old female Golden Retriever who is an absolute joy and can brighten anyone's day. Sierra, a female black lab, passed her test in February and is in training for six months until she is placed with a blind person after graduation. Although it is hard to return the dogs to the program, the feeling of helping someone in such high need for these dogs makes it all worthwhile.

Boyer, Arnold Present at ENRS Conference; Students Donate to Jamaica

Penny Boyer, Ph.D., RN, CNE and **Anna Arnold '11, RN-BS** attended the Eastern Nursing Research Society Conference March 24-25 in Philadelphia. The ENRS' purpose is to promote and support nurses' research efforts in the Northeast. Arnold presented her poster depicting her senior thesis, "Improving the Health of Impoverished Children," during the poster session for master's and baccalaureate students. She was awarded third place for the best poster in the baccalaureate category.

Congratulations, Anna!

Nursing Students Without Borders donated money to send an anesthesia machine donated by Bassett Medical Center to Jamaica for use in Princess Margaret Hospital at Morant Bay, St. Thomas Parish. The area is the site of our Transcultural Nursing course. **Nanette Root '10** spearheaded the project. During her clinical experience at St. Margaret's a year ago, she noticed the lack of an up-to-date anesthesia machine. She was aware of an unused machine at Bassett, arranged for its release, and obtained donations for shipping. The machine arrived in January and is in use in the OR at Princess Margaret Hospital. Thank you, Nanette, for all your hard work.

ALUMNI NEWS

Sharon Zavadil '65 in retirement volunteers with Homeless Veterans projects and enjoys spending time with her grandchildren, sewing, and playing the piano.

Priscilla Crow '66 received an Academic Service Award in 2010; she is retired and will be involved in missionary work in Nigeria and Haiti.

Linda Thomson '72, who received the 2009 Distinguished Nursing Alumna Award, has been named a fellow of the American Medical Hypnosis Diplomat of Medical Hypnosis.

Linda Lanstrom '76 works in Adult Diabetics as an adult nurse practitioner in Clifton Springs Hospital.

Marilyn Diener '77 retired last July from the University of New Mexico and began work at a substance abuse and disorder clinic.

Gary Kogut '78 received an Academic Service Award in 2010 from Dominica College, where he is an adjunct professor of nursing.

Paula Fortuna '82 is attending graduate school to become a nurse practitioner.

Georgette (Gigi) Smith '85 teaches in the PNP program at the College of Nursing at the Medical Center at South Carolina; her practice is in the area of pediatric epilepsy.

Allie Krause '97 gave birth to a baby boy, Ryder Daniel, in April 2010.

Akosua Darkwah '08 enrolled in fall 2010 in the adult nursing practitioner program at Molloy College.

Nicole (Nik) Decker '08 has a daughter, Josephine, who was born in November 2010.

Fariha Quereshey '08, RN, staff nurse in the ICU at Bassett Medical Center, was accepted for graduate studies in the nurse practitioner program at SUNY IT for fall 2011.

Christina Bourgeois '09, BS, RN, clinical adjunct, has been named the clinical research nurse in the Cancer Institute at Bassett Medical Center; Christina is completing graduate studies at SUNY IT.

Dominica Roberts '09 received board certification in hospice and palliative nursing (CHPN) this year and was accepted into the master's of divinity program at Maitripa College in Oregon.

Patricia Otis '09, RN, BS, ICCE, a lab instructor in health assessment, was elected as the chair of Bassett Medical Center's nursing staff. Pat is attending graduate studies at Russell Sage College in Troy, NY.