The Beat Goes On...
in the Nursing Department

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GREETINGS FROM THE DEPARTMENT OF NURSING

What a joy and privilege to be a part of educating and developing competent, professional nurses who will:

→ Be imitators of Christ
→ Serve as leaders in providing holistic health care to a global community
→ Foster an attitude of lifelong learning
→ Be prepared for graduate education

2010 was a busy year for our nursing students and nursing faculty as we approached the nursing program’s five-year mark at George Fox University. Some of the highlights and changes of this past year included:

→ Admission of 38 new sophomore students in January 2010, who joined 70 juniors and seniors for a total of 108 nursing students. We also just admitted 43 new sophomore students who will begin in January 2011.
→ A stable full-time faculty, with the support of six excellent clinical faculty members and our faithful administrative assistant, Elaine Smith
→ Strong clinical partnerships with local hospitals, healthcare providers, and community health partners, which provide excellent learning and practice environments for our students
→ A professional Nursing Advisory Committee of nursing and community leaders who come together twice a year to help provide direction to our growing nursing program
→ Curriculum changes that have allowed nursing students to complete both their general education and nursing major requirements in a more timely and balanced pattern
→ A strong integration of clinical simulation learning into our nursing fundamentals, medical/surgical, and maternity practice courses
→ The introduction of a nursing cross-cultural study trip, which will be available to junior and senior nursing students. In May 2010, Marcella Gowan and Darcy Mize, two of our nursing faculty, accompanied 12 of our nursing students to Ethiopia where they served in two indigenous health care settings.
→ The institution of academic milestones within the nursing major and a new senior synthesis course that supports nursing students to be prepared for the NCLEX, the National Credential Licensure Exam. These additional educational issues helped our 2010 NCLEX First Take pass rate increase to **93.9 percent**.

→ Thirty-three graduating seniors in May 2010 (our program’s third graduating class of BSNs). Congratulations Class of 2010. Two more seniors will be graduating this December.
→ We received a report that **70 percent** of our 2010 nursing graduates are already employed and practicing as professional nurses. They join the 2008 and 2009 graduates, which have had an almost 100 percent employment rate. This is a very strong number considering the current economic and employment challenges. We have received feedback that employers are very satisfied with nursing graduates from George Fox University.

As a Christian, as a nurse, and as a leader, I find it is a professional and personal privilege to be involved in the education and mentoring of new nursing professionals. I am appreciative of the opportunity.

Thank you for your interest and partnership with the Department of Nursing.

Carla Hagen, PhD, MPH, RN
Director, Department of Nursing
STUDENTS VISIT ETHIOPIA

On May 5, 2010, at 5 a.m. nursing professors Darcy Mize and Marcella Gowan, along with 12 George Fox nursing students, boarded the first of several flights to Addis Ababa, Ethiopia. For Marcella this was the culmination of many months of hoping and planning. She was so excited when she was first hired at George Fox and was encouraged to think about taking students abroad. Little did Marcella realize the long-term planning involved in submitting a proposal and trying to make a budget 18 months in advance! But, now they know and hope to make this an annual event for nursing students.

As part of the Juniors Abroad program, Service and Learning in Community is designed for specific disciplines, so we developed a Nursing 399 course for this trip. This included 10 weeks of pre-departure theory classes and course work. Students learned about Ethiopian culture and history, about Islam and the Orthodox Church, as well as topical diseases and culture shock. Although a daily three-week itinerary was planned, it was with the understanding many things could and did change due to the nature of life in Africa.

This course was an opportunity for George Fox nursing students to experience medical mission work in Ethiopia in both rural and urban settings. They worked in collaboration with staff from SIM (Serving in Mission), a well-known, century-old,

“When I think back to the time we spent in Ethiopia, my memories are filled with beautiful smiling faces in the midst of hardship. Volunteering in the hospitals gave us all a glimpse of the vast disparities that exist in our global healthcare system. The realities of Ethiopia may be harsh, but a sense of community and kindness exists in this region that is unknown to me as an American. The strength that is so tangible in the midst of these people’s adversity is nothing short of remarkable.” — Amy Steinert (Class of 2011)

“Ethiopia was an opportunity to see glimpses of hope among the poorest of people. We were able to visit urban hospitals where life-changing surgeries were performed for free. We were able to see rural clinics providing care for the poorest of poor. It was a trip of a lifetime.” — Vanessa Moore (Class of 2010)
Nursing at George Fox University

faith-based mission organization. They heard from seasoned missionaries about how they integrate faith and learning in their lives and within the Ethiopian culture.

In addition, we visited orphanages, HIV/AIDS projects, the Fistula Hospital, a midwifery college, women at-risk programs, and the Cure Hospital, which specializes in cleft lip and palate repair.

Another week was spent “down country” in rural areas at Project Mercy and at the SIM rural Langano clinic. The Langano health program consists of curative health care and preventative health measures such as vaccinations, mother/child health, family planning and community health programs. A nutrition program for malnourished children under 5 is also part of this work. There is also a home for motherless infants who receive foster care until they are able to transition back to the care of their fathers.

Project Mercy, Inc., is a U.S.-based 501(c) 3 not-for-profit relief and development agency that promotes education, health care, and other holistic community development projects to create economically independent communities with high ethical and social values.

The Glenn C. Olsen Memorial Primary General Hospital is a state-of-the-art facility located in one of Project Mercy’s compounds. It has been open and in full operation since 2004. To date, the 54-bed hospital has provided care for well over 16,000 patients. Project Mercy believes the medical care and preventative education programs will significantly help reduce the health problems of this area while offering the desperately needed public health information to the community. Students were able to be a part of this work by observing and assisting the national staff and missionary nursing personnel.

The final part of the trip we visited the historical northern part of Ethiopia to the ancient cities of Gondar and Lalibela. This included a four-hour mule ride straight up a steep mountain! It was an awesome ending to an amazing adventure.

“I went to Ethiopia wanting to know what the profession of nursing looked like in a different part of the world. There were many differences, but one thing that really stood out to me was that whether you are in the U.S. and have a ton of resources or in Ethiopia where resources are few, nursing is a profession of caring.” – Amanda Shaw (Class of 2011)

“I fell in love with the Ethiopian people. My life will never be the same, and I genuinely took part of Ethiopia back home with me, and cannot wait to return. This experience opened my eyes to international nursing in third-world countries, and I look forward to serving others in third-world countries soon.” – Charles Robinson (Class of 2011)
2011 NURSING WORKSHOP

The fourth annual George Fox University Department of Nursing Workshop will be held Thursday, Feb. 17, 2011, at Friendsview’s auditorium. This year’s theme is “Caring: Transitioning from Pain Management to Comfort Promotion.”

The comfort theory of Katharine Kolcaba is the foundation for the current development of a holistic nursing approach to comfort promotion. Nursing experts will orient workshop participants to Kolcaba’s theory and offer practical ideas for implementing the concepts in nursing practice. Donell Campbell, MS, RN, from Providence Newberg Medical Center, and Jerrie Nelson, MS, RN, and Kathy Sims, PsyD, RN from George Fox University are collaborating in the sponsorship of the workshop.

Registration information is located on the nursing department’s website.

FACULTY HIGHLIGHT: KATHY SIMS

Kathy Sims began her teaching career at Good Samaritan Hospital Diploma School of Nursing 43 years ago, where she taught Fundamentals of Nursing. Within two years she was teaching maternity nursing. She taught there until 1984, when she then began teaching at Linfield-Good Samaritan School of Nursing. Linfield College began offering a baccalaureate in nursing program when the diploma program shut its doors. Kathy taught at Linfield until 2005, when she came to George Fox University to begin teaching in the then new baccalaureate program in nursing.

At the age of 17, Kathy began her college education. “It was probably working the practicums and extra nursing shifts that convinced me of my gift of mercy and compassion that I could use in nursing. I have never been sorry or disappointed in nursing as my career choice. It has allowed me to develop and use my gifts. And it has given so much to me,” Sims said.

When asked what it is about teaching that drives her to teach for decades Sims responded, “I truly enjoy helping others to reach their goals. I like sharing what makes a nurse and what the essence of nursing is. Nursing is not easy and the rewards must come from within oneself. I have often taken time to reflect about what I should be doing for the kingdom of God. I have consistently come away from those times confident that teaching nursing so others can nurse around the world is my work. I have had a career-long membership and involvement in my professional nursing organization. The need for well-educated, autonomous nurses who take up leadership roles in the profession is a need that can be met through solid baccalaureate nursing education.”

Sims came to George Fox University because it was a new program. “It provided an opportunity to create something lasting in the field of nursing. Lasting as a program that is Christ-centered and lasting as a contribution to nursing in Oregon,” she said. Coming from a well-established nursing program to a brand new one brought challenges and rewards. The challenges were no dedicated classrooms or clinical lab space. All classes were held at Friendsview Retirement Community. Being involved in curriculum development for many years Sims had a good grasp of outcomes and how to reach them in curriculum. Sims states that the rewards have been tremendous. “I have worked with good colleagues who have also acquired the vision of the nursing program to prepare students to become excellent nurses who have a spiritual centered approach to nursing.”

Over the years, Kathy has seen significant changes, especially the transition to the emphasis on baccalaureate education. “Within this education more emphasis has been made on understanding and application of nursing knowledge. Nursing does synthesize or adapt knowledge from other disciplines but how nursing does that is unique.”

Kathy grew up on a 20-acre farm in Damascus, Ore., and graduated from Gresham High School. She attended Portland State College for pre-nursing, the University of Oregon School of Nursing (now OHSU School of Nursing) to earn her BSN. She then earned her Masters in Nursing at Oregon Health Sciences Nursing before completing a Doctorate in Clinical Psychology at George Fox. Kathy and her husband, Allen, were married for nearly 46 years when Allen died from lung cancer. They have three daughters, seven grandchildren, and three “adopted” grandchildren in California, Japan and Guatemala. Where does Kathy see herself in the future? She plans to continue serving in God’s kingdom in some way, maybe continue using nursing skills, a lot of traveling, and “I would like to find a way to continue to invest my resources of knowledge, wisdom, time and finances in future nurses and nursing.”

Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?”

– Hebrews 13:5-6
STUDENTS ATTEND ANNUAL OREGON PUBLIC HEALTH ASSOCIATION MEETING

In October, the community/public health nursing students attended the annual Oregon Public Health Association (OPHA) meeting in Corvallis, Ore., at Oregon State University. The OPHA mission is to “protect and promote the health of all Oregonians, to educate and support public health workers, and to advocate for just and equitable health policies.” (oregonpublichealth.org). The OPHA is an affiliate of the American Public Health Association (APHA). These organizations promote laws, policies and programs that protect the health of families, communities and workplaces. The main focus is on prevention of disease and injury.

Public health nurses as well other disciplinary public health workers, educators, administrators and students attended the conference. The plenary speakers included state and national public health leaders, including Mel Kohn, MD, MPH, Oregon Public Health Director and State Health Officer; Bruce Goldberg, MD, director of Oregon Department of Human Services (DHHS); Carmen Nevarez, MD, MPH, president of the APHA; and Caroline Cochran, from the Office of Rural Health, United States DHHS.

Topics included updates on the past and present flu seasons and the effects of the new healthcare legislation on local and national public health. New legislation provides more monies for public health and disease prevention services than ever before. With more primary universal health care coverage for individuals, the county and state health departments will have more resources to focus on primary and secondary public health prevention and promotion services. This is a time of great opportunity and challenge for public health workers.

Breakout sessions allowed students to choose areas of interest and gain information and contacts related to their Public Health Nursing and Nursing Maternal Health projects. Public health workers presented real community assessments, plans and interventions on a variety of public health topics, including environmental, maternal, and children’s health, obesity, nutrition, food scarcity, and food deserts.

Spring semester students will attend the third annual Environmental Health Conference in February 2011, at Portland State University.

Both opportunities provide students a glimpse into the larger, real-life picture of health care and the collaborative role of nurses to influence the health status of populations, before individuals end up sick and in the hospital. Over half of all nurses work outside of the acute care setting, providing prevention and promotion of health, as well as maintaining the health and functioning of chronically ill persons in their communities.

TEACHING THROUGH SIMULATION

George Fox nursing students now experience simulated patient care in our Carolyn Engle Critical Care Room during Fundamentals, Medical Surgical Nursing, and Maternity Nursing courses. For each experience, a student is asked to prepare beforehand, as if caring for a real patient. Preparation usually includes reading assignments and a review of the electronic medical record, medication information, pathophysiology, and nursing diagnoses. At the start of care, a report is received from a staff nurse going off duty.

Then, for the next 15 to 30 minutes, our high-fidelity manikin becomes the “patient.” Any health event a nurse encounters in a hospital may happen in our care center. Post-simulation, the debriefing session, highlights what went well for the patient and what would be done differently if the student was able to start over. The advantage of simulated learning is that you are able to start over. With this form of experiential learning, students build confidence in order to deliver safe nursing care. Our patients in the Carolyn Engle Critical Care Room are receiving excellent care.
NURSING DEPARTMENT ADVISORY COMMITTEE

The Nursing Advisory Committee is a group of diverse nursing professionals who have volunteered to serve the Department of Nursing as consultants to our program in keeping up to date in local health care systems, clinical partnership, and employment needs in our community. The Nursing Advisory Committee meets once each semester to review the happenings within the Department of Nursing and to hear each of our advisory members. We really appreciate the time and service that these leaders share with us.

OUR MEMBERSHIP INCLUDES:

- **Annie Berger, BSN, RN** – Newberg School District Nurse, Newberg, Ore.
- **Sue Brody, MA, BSN, RN** – Assistant Nurse Administrator, Silverton Hospital, Silverton, Ore.
- **Donell Campbell, MS, RN** – Nurse Educator, Providence Newberg Medical Center, Newberg, Ore.
- **Sharron Caputo, RN** – Public Health Nurse, Yamhill County Public Health, McMinnville, Ore.
- **Julia Emblen, PhD, RN** – Retired Nurse Educator & Administrator, Dallas, Ore.
- **Debbie Glass, MS, RN** – Chief Nursing Officer, Providence Newberg Medical Center, Newberg, Ore.
- **Debbie Goodwin, RN** – Education Service Director, Salem Hospital, Salem, Ore.
- **Carla Hagen, PhD, MPH, RN** – Director of Nursing Department, George Fox University
- **Christine Huston** – Education Coordinator, Marquis Companies
- **Pat Lippy, BSN, RN** – Education Coordinator, Willamette Valley Medical Center, McMinnville, Ore.
- **Virginia Lundquist, MSN, RN** – Staff Development Director, Providence Willamette Falls Hospital, Oregon City, Ore.
- **Darcy Mize, MSN, RN** – Assistant Professor of Nursing, George Fox University
- **Elizabeth Peters, MBA, RN** – Clinical Manager, Willamette Valley Hospice, Salem, Ore.
- **Patti Sadowski, MN, RN** – Director of Professional Services, Children’s Nursing Specialties, Portland, Ore.
- **Creagh Schoen, FNP** – Health & Counseling Center, George Fox University
- **Kathy Sims, PsyD, MSN, RN** – Professor of Nursing, George Fox University
- **Sharon Stafford** – Education Director, Marquis Companies, Oregon
- **Kay Vetaly, RN** – Director of Nursing, Friendsview Retirement Community, Newberg, Ore.
- **Patti Warkentin, BSN, PCCN, RN** – Clinical Educator, Silverton Hospital, Silverton, Ore.
- **Eve Woodland, BSN, RN** – George Fox University Nursing Alumni – Salem Hospital, Salem, Ore.

NURSING AMBASSADORS

The Department of Nursing introduced a new student outreach in the form of bringing together a group of highly motivated junior and senior nursing students who:

- Promote a welcoming environment in the Department of Nursing to pre-nursing students and potential students
- Educate new and potential students about the Department of Nursing
- Provide informative departmental tours
- Participate in Friday’s at Fox, Bruin Preview, and Academic Scholarship Competition
- Visit high schools and health-focused college fairs

The Nursing Ambassadors for the 2010-2011 academic year are:

**Seniors:**
- Julie Herr
- Terah Pugh
- Rebekah Reitmeyer
- Amanda Shaw

**Juniors:**
- Jillian Bieber
- Crystal Enos
- Timothy Fouch
- Wendy Kuryluk
- Shaunna Neary

The Nursing Ambassadors have had a lot of fun, as well as improving our communication with both George Fox and potential students about our program. The Department of Nursing is truly appreciative!
OUR ALUMNI

Magdalene (Lundy) Baca (2008) – Tuality Hospital, Cath Lab & Cardio Endovascular Care Unit, Hillsboro, Ore.
Heidi Bail (2010) – Salem Hospital – Medical Telemetry Care Unit, Salem, Ore.
Emily (Tschiegg) Burkhart (2009) – Salem Hospital – ED, Salem, Ore.
Tory Cole (2010) – Yamhill County Adult Mental Health & Physician’s Medical Center, Salem, Ore.
Katie Fugate (2010) – Silverton Hospital, Silverton, Ore.
Reyes Gutierrez (2010) – Mountain View Hospital, Madras, Ore.
Jocelyn Harder (2008) – Salem Hospital, Salem, Ore.
Molly Johnston (2010) – OSHU – Bone Marrow Transplant Unit, Portland, Ore.
Krystal Kyniston (2008) – Memorial Hermann Southwest – ICU, Houston, Texas
Molly Larson (2010) – St. Clare Hospital, Kirkland, Wash.
Amanda Monk (2010) – Oregon State Hospital, Portland, Ore.
Marie Palm (2010) – Salem Hospital, Salem, Ore.
Jessie (Seraver) Pick (2010) – Salem Hospital, Salem, Ore.
Ahnna (Oberg) Proctor (2009) – Legacy Good Samaritan Hospital, Portland, Ore.
Shanna (Lesire) Rogness (2009) – Silverton Hospital, Silverton, Ore.
Kaylee Scholz (2010) – Salem Hospital, Salem, Ore.
Krystal Scott (2010) – Northwest Texas Hospital, Amarillo, Texas
Kate Spencer (2010) – Seattle Children’s Hospital – Surgical Unit, Seattle

Jeffrey Stoner (2010) – Seattle Children’s Hospital – Inpatient Psychiatric, Seattle
Hanna Thomas (2010) – Salem Hospital Neuro Trauma Care Unit, Salem, Ore.
Kristiina Thomas (2009) – Oregon State Hospital, Salem, Ore.
Katie Trihub (2008) – Good Samaritan Family Birth
Ciera Vaughn (2010) – Silverton Hospital, Silverton, Ore.
NEW ADJUNCT CLINICAL INSTRUCTORS

Krissy Harry BSN, RN
Krissy came to George Fox in August 2010 to work with public health nursing students in their practicums. She spent one year at Tuality Community Hospital in Hillsboro, Ore., in medical-surgical nursing. Krissy has also spent seven years working with medically fragile children in their homes, the last five years with Children’s Nursing Specialties of Portland, Ore. She earned a BA in biology from Lewis and Clark College in 1998 and a BS in nursing from OHSU in 2002. In her spare time she enjoys her 7-month-old son and has been a figure skating instructor for 14 years, currently at Sherwood Ice Arena.

Jessica Schlegel, FNP
Jessica came to George Fox University in 2007 as an adjunct clinical instructor in health assessment for the academic year. She has returned for the spring 2011 semester to teach health assessment again. Jessica earned her bachelor’s degree from Linfield College in 1997 and her FNP from Oregon Health & Science University in 2002. Jessica enjoys her three daughters when she is not teaching.

OUT AND ABOUT

FACULTY UPDATES:

Jodi Briggs, clinical adjunct, has begun her graduate studies in the Masters of Science of Nursing/Mental Health Practitioner Program at Washington State University.

Marcella Gowan is in her second year of doctorate studies in the Educational Foundation and Leadership program at George Fox University.

Marcella Gowan and Darcy Mize are completing their second year as HITS (Health Information Technology Scholars Program).

Esther King & Jerrie Nelson continue to provide representation to Student-Max – Clinical Placement Consortium for Oregon and southwest Washington.

Darcy Mize will begin her doctorate in nursing and health innovation at Arizona State University in January 2011.

Darcy Mize was awarded an Innovative Teaching Grant for her proposal “Transforming ‘Nursing Fundamentals’ in the Pre-licensure Nursing Program at George Fox University.”

Jerrie Nelson recently attended Race & Pedagogy, a diversity conference at University of Puget Sound as a part of her participation in a professional development opportunity in fostering intercultural competency with ourselves and our students here at George Fox University.

Jerrie Nelson & Carla Hagen recently attended the American Association of Colleges of Nursing Baccalaureate Education Conference in Orlando, Fla.

Devorah Overbay has started her first year of doctorate studies in the Educational Foundation and Leadership program at George Fox University. To read one of her most recent papers, go to this link.

BLOOD DRIVE

The October American Red Cross Blood Drive was held on campus. Twenty-two members of the nursing students’ LIFE Club organized the successful event. A total of 80 good units were collected, which resulted in 240 lives saved and there were 4 ½ donors for double red blood cells. Thank you LIFE Club for another great blood drive.
SCHOLARSHIPS AND AWARD RECIPIENTS

Nursing Department Award Recipients

**Director’s Award**
- Jodi Briggs – 2008
- Dana Sprunger – 2009
- Hanna Thomas – 2010

**Caring Award**
- Emily Christenson – 2008
- Alison Bennett – 2009
- Marcie Sternberg – 2010

**Honor Award**
- Lacey Brounstein – 2008
- Amy Landes – 2009
- Jessie Sarver – 2010
- Marie Palm
- Molly Johnston

**Golden Lamp Award**
- Hannah Bielenberg – 2008
- Kristiina Thomas – 2009
- Jessie Sarver – 2010

**Transcultural Nursing Award**
- Pinar Pakkan-Ince – 2008
- Amy Turner – 2009
- Lauren Silva
- Katie Fugate – 2010

**Clinical Excellence Award**
- Michael Shinneman – 2008
- Jodi Briggs
- Erica Matthews – 2009
- Torena Cole – 2010

**Outstanding Colleague Award**
- Michael Shinneman – 2008
- Amy Landes – 2009
- Jessie Sarver – 2010

**Outstanding Senior Student - GFU**
- Elysa Aho – 2008
- Kathryn Meyer
- Jodi Nakahara – 2009
- Eve Woodland
- Kate Spencer – 2010
- Ciera Vaughn

Scholarship Winners

**Jonelle Fodge** (2011) is the recipient of the Nursing Scholarship Program scholarship through USDHHS Health Resources and Services Administration. The scholarship pays tuition and all required fees for one school year and includes $1,931 to cover books, travel and “other reasonable costs,” plus $1,326 given as a stipend for every month. In return, the recipient agrees to work for two years after graduation at an underserved facility in the United States or a U.S. territory. The scholarship is directed toward students who want to work in such locations long term, but especially for those first two years. Qualifying facilities could be hospitals, rural health clinics, Indian or native Hawaiian health service centers, nursing homes, home health agencies, hospice programs, state or local public health departments, skilled nursing facilities, federally qualified health centers, or ambulatory surgical centers.

**Kayla Talbot** (2011) & **Jade Ice** (2013) were each a recipient of a $2,000 Willamette Valley Medical Center Volunteers undergraduate award. Healthcare Educational Awards are given to Yamhill County residents enrolled in a college curriculum for a career in healthcare.

Congratulations to our scholarship and award recipients.

Alumni Milestones

**Cassie (Lawrence) Benson** (2008) and her husband welcomed Jonah David on May 25
**Whitney (Kolb) Heu-Weller** (2008) and her husband welcomed Lucy Jane on Sept. 12
**Jessie Sarver** (2010) married Stephen Pick
**Katie Trihub** (2008) and her husband welcomed Lucy Elizabeth on April 8
**Kali Witherspoon** (2008) married Aaron McNelly

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