

This newsletter is for past, present and future nursing students, as well as preceptors and faculty. In these pages we celebrate the accomplishments of our nurses.



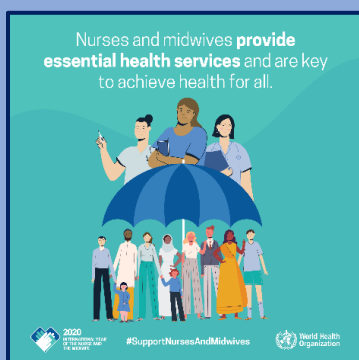
September, 2020

In This Issue:

Page 2 COVID-19 Response
 Page 3 Virtual Pinning Keynote
 Page 5 AACN Info
 Page 5 St. Francis Grad in History
 Page 6 Foot Care Clinic
 Page 7 Traveling Nurse
 Page 7 VSNA Convention
 Page 8 Pi Phi
 Page 8 N.U.R.S.E.S. program
 Page 10 Student Nurses Rescue
 Page 11 ROTC Symposium
 Page 12 Fitness Course for Aging
 Page 13 Retirement
 Page 13 Sikorski Distinguished
 Page 14 Lind Grant
 Page 14 Welcome New
 Page 15 3rd Generation Nurse
 Page 15 Day of Giving
 Page 16 ASL Club
 Page 17 ROTC Students
 Page 17 CCNE Evaluation
 Page 18 Bereavement
 Page 19 Faculty Scholarships
 Page 21 DNP Defenses

Contact Us

<https://www.viterbo.edu/school-nursing>



Message from the Dean



According to the World Health Organization, or WHO, "Nurses and midwives play a vital role in providing health services. These are the people who devote their lives to caring for mothers and children; giving lifesaving immunizations and health advice; looking after older people and generally meeting everyday essential health needs. They are often, the first and only point of care in their communities" (WHO, 2020). So, WHO has designated 2020, the bicentenary of the birth of the founder of modern nursing, Florence Nightingale, *The Year of the Nurse and the Midwife*.

This was how I concluded my speech at the inaugural December 2019 BSN pinning ceremony with little awareness of what 2020 would bring—an unprecedented pandemic and a call to deeply address societal injustices resulting from racism. The "Year of the Nurse and Midwife" called nurses to the front and center, where their ethical and moral obligation to care for the health of society in an equitable manner has been needed now more than ever. In the School of Nursing, faculty, staff, and students stood together as we reflected on the meaning and significance of professional nursing practice and prepared to ensure the provision of nursing care in new and heightened ways. We honored the nursing profession with eagerness to serve with reverent concern for the health and well-being of others and one another. We stepped up and stepped in, as we always do, to serve humanity. Mark Lazenby wrote in his book, *Toward a Better World: The Social Significance of Nursing*, "To choose to nurse others to health or a peaceful death. . . one respects humanity. And by respecting humanity, one makes the world a better place."

This newsletter is replete with the many ways in which faculty, staff, and students strive to make the world a better place and respect humanity. A pervasive theme in the stories that ensue is serving the common good, which is so consistent with the mission of Viterbo University in preparing students for faithful service and ethical leadership. I am enormously proud of our contributions and look forward to what more we can do in the coming year to serve, help, care, honor, and protect the health and healthcare needs of society.

Sincerely,
 Martha Scheckel PhD, RN,
 Dean, College of Nursing, Health, and Human Behavior

School of Nursing Responds to COVID-19

Given the unprecedented pandemic, there were many efforts by students, faculty, and staff to mitigate the impact of COVID-19. This information is by no means a complete description of all the efforts, but does highlight some of the amazing work done to respond to this crisis.

The School of Nursing immediately donated personal protective equipment from the Clinical Simulation Learning Center and laboratories to local health care facilities. Faculty and administration assessed where students left off educationally and what more they needed to do to ensure students met learning outcomes as we transitioned to remote learning. We created communications to keep clinical partners informed, and we evaluated resources for online products, deploying resources they determined would best meet students' learning needs. Some of the resources were readily available "in house," and some the university funded. For example, thanks to the creative efforts of Drs. Anderson and Merten, DNP defenses were quickly put online using existing technology, and there were purchases of virtual simulations for the BSN and DNP programs.

The American Association of Colleges of Nursing was instrumental in promptly disseminating COVID-19 preparedness information. For instance, their emphasis on furthering integrative infection control education across the curriculum resulted in the incorporation of the World Health Organization's infection prevention and control modules for undergraduate nursing students. The Administrators of Nursing Education of Wisconsin were also very active, providing rich online dialogue, support, resources, and advocacy for state-wide efforts to help one another in preserving and providing quality nursing education. The state of Wisconsin was also helpful as Governor Evers' Emergency Orders temporarily suspended Wisconsin Board of Nursing rules, which permitted greater use of simulation and allowed temporary licensure for newly graduated nurses.

In the face of these efforts, our alumni and students were the unsung heroes. Viterbo University featured two alumnae, Shaye Evers and Haley Swanson, in an article titled, "Many Viterbo Nurses at the Heart of the Coronavirus Battle," which described their experiences on the front lines (see [Coronavirus Battle](#)). Students partnered with faculty and staff in making the changes needed to their education, demonstrating courage, patience, and flexibility. Some students helped the La Crosse County Health Department, and one student, Matt Snitker, graduated from the DNP program early to begin working as a Family Nurse Practitioner at Crossing Rivers Health in Prairie du Chien, Wisconsin.

A story about Dr. Snitker in the April 17, 2020 issue of the La Crosse Tribune quoted him as saying, "This past summer, I did a clinical rotation at their facility and loved the people, organization and the experiences I had while there. . . I worked hard to complete my clinical rotations through the Mayo Clinic Residency Program so I could take my boards. Thankfully, I was able to take and pass my boards before the coronavirus crisis hit. The day after I took them, the testing facilities closed. Due to length of time it requires, graduating early allows me to get the required documents submitted so I can begin to build my practice and meet the needs of the community, especially during COVID-19 crisis we are currently experiencing."

The many vital efforts of alumni, students, faculty, and staff during the pandemic calls to mind a quote from Florence Nightingale:

"Let us never consider ourselves finished nurses . . . we must be learning all of our lives."

Keynote Speaker Virtual Pinning Ceremony



Although the nursing pinning ceremony and “Mark the Milestone” graduation celebrations in May 2020 occurred virtually, students, faculty, and staff were blessed to have Connie White Delaney, PhD, RN, FAAN, FACMI, FNAP, Dean & Professor University of Minnesota School of Nursing and Viterbo University Alumna 1975, as the keynote speaker for the pinning ceremony. She delivered a moving speech for the nursing graduates. (Speech Printed with Permission)

Candidates, families, friends, faculty and staff, and additional guests... greetings, gratitude, and congratulations – yes congratulations to all as we arrive together at this point in time, in this virtual space. Special congratulations to our Candidates, congratulations as you poise to recognize your accomplishments and the sacredness of this moment when you accept the Viterbo University School of Nursing Pin.

Though we can’t physically gather this afternoon we come together as a community of one to celebrate. The Viterbo University School of Nursing is founded on a liberal arts tradition and rooted in Franciscan values. With this foundation, nurses are educated to provide quality care within the core values:

- Contemplation, reflecting upon the presence of God in our lives and work
- Hospitality, welcoming everyone we encounter as an honored guest
- Integrity, striving for honesty in everything we say and do
- Stewardship, practicing responsible use of all resources in our trust
- Service, working for the common good in the spirit of humility and joy

I am a part of you; today I wear my University of Viterbo School of Nursing pin, which I received in May 1975, yes 45 years ago. Viterbo has made all the difference in my life. While no 2 days have been the same for 45 years and the opportunities to serve have been endless, the Franciscan values have been the guiding light.

Candidates of 2020, while you won’t be in person for your pinning, you will be walking through history. You are a special class that will forever be remembered – and not because you were the first to maneuver virtual and adaptive classes and this pinning ceremony being shifted to online.

You will forever be remembered because what you and your experiences, particularly of this Covid-19 time, will make you. These experiences will shape the way you pursue the profession. You will carry forward the imagination and innovation that you have lived in your final months of being students; these will remind you of what is possible. They will remind you of the resilience you have shown and is embedded deep within you. These experiences will empower you throughout your career and life.

You will also be remembered for graduating in the International Year of the Nurse and Midwife, and just days after the 200th anniversary of the birth of Florence Nightingale. It is amazing that the focus on infection control, data, sanitation, sun and the care, love and compassion for others that have been revealed in this pandemic, were all rooted in Nightingale’s experiences in the Crimean War more than 160 years ago. Like Nightingale, you will have a profound impact on the future of nursing...and candidates – you will begin making an impact immediately.

You:

Lead and collaborate in the care of individuals of all ages, families, groups, communities, and our planet
Embrace the sick and well in all health, living, community, and global settings.

Are the essential synergy across promoting health, preventing illness, and caring for ill, disabled and dying people.

Empower the people, families and communities to perform all activities contributing to health or recovery, or to dignified death, and performing these activities when others are unable.

Help individual, families, and communities gain full or partial independence as rapidly as possible.

- Give bold voice of advocacy.
- Promote safe environments.
- Use scholarship to support fact-based interventions.
- Participate in shaping health policy.
- Manage care of patients.
- Lead in health systems.
- Some of you will educate our next generations of nurses.
- Some of you will be our next deans.
- Look around. There has never been a greater need for nurses.
- Look around. Nursing, again rated the most trusted profession for the 18th year, is reaching a new level of appreciation for its impact and it's potential. You inherit this legacy, and I and we trust in your commitment and ability to preserve and enhance this legacy.

Consider the “spaces in between” where we, with you, invite an integrated wisdom that:

- Learns and integrates the knowledge of the mind to transform fear into informed choices;
- Learns and integrates the knowledge of the heart to bring compassion to all; and
- Learns the messages of planetary health to bring harmony among humans and our earth.

I resonate with the exquisiteness of dolphins – one of the most intelligent gifts of nature. I invite you to reflect on and allow the energy of the dolphin's characteristics to vitalize you always:

- Nourish and care for all the process of life, death and rebirth
- Balance your animal nature with your higher intelligence
- Trust your instincts and intuition
- Live peacefully with other species
- Use your gentle nature to look for the good in everyone
- Bring peace and harmony to your life, our lives and all those around us
- Be kind, playful, trusting
- Understand of the power of rhythm in one's own life, and in others
- Carry all messages with beauty and grace
- Move with the ebb and flow of life, and find your place within it
- Celebrate FREEDOM!



To honor you on your 2020 Pinning I share this poem by John O'Donohue, given to me by a dear friend, colleague, and artist, Anne Pryor:

“May you embrace the beauty in what you do and how you stand like a secret angel between the bleak despair of illness and the unquenchable light of spirit that can turn the darkest destiny towards dawn.

May you never doubt the gifts you bring rather learn from these frontiers' wisdom from your own heart.

May you come to inherit the blessings of your kindness and never be without care and love when winter enters your own life."

I close with boldly inviting you to fulfill the charge to transform to a better society. Use your educated spirit that integrates the liberal arts tradition and Franciscan values:

- Contemplation
- Hospitality
- Integrity
- Stewardship
- Service, yes for the common good

We celebrate you and extend our care, love, and confidence in you.

Pax et Bonum!



Current Issues in Nursing Education

According to the 2019 Annual Report from the American Association of Colleges of Nursing (AACN), the need for nurses with a Bachelor of Science in Nursing (BSN) degree remains strong, with 46% of employers requiring nurses to have a BSN and 88% of employers preferring nurses with a BSN. The report also indicates enrollments in Doctor of Nursing Practice (DNP) programs remain high with 4,698 students enrolled in DNP programs nationwide. Viterbo University continues to meet the demand for nurses prepared with a BSN or DNP. The School of Nursing proudly graduated its first cohort of 71 baccalaureate prepared nurses in December 2019, and there are 96 students in the DNP program. Along with these strong enrollments, School of Nursing faculty remain engaged and involved in cutting edge initiatives such as being one of five partners in the Mayo Clinic College of Health Sciences Nurse Practitioner Clinical Education Collaborative ([NPCEP](#)); Dean Scheckel's participation in the American Association of Colleges of Nursing's (AACN) Essentials Task Force ([AACN Essentials](#)); and Assistant Professor Kristin Roslansky's involvement in AACN's Diversity, Equity, and Inclusion Group ([DEIG](#)). These activities are among many that create an enriching and inclusive learning environment for nursing students.

St. Francis Nursing School Grad Rose to Big Challenge

A story follows about the 1918 pandemic, with a focus on one 1917 graduate of St. Francis School of Nursing, Amy Louise Bishop.

Also posted on August 5, 2020, on our Viterbo website, and written by Randy Erickson, Communications Director at Viterbo University. **See this link for the full article:**

[a link to the story](#)



Viterbo Receives Grant from Tomah Memorial Hospital Foundation to Provide Foot Care



For the second year in a row, the Tomah Memorial Hospital Foundation awarded the Viterbo foot care clinic program with a \$2,500 grant, which is put toward the purchase and replacement of equipment. “Tomah Memorial Hospital is very committed to the program, providing facilities, protective gear, and refreshments for both students and clients,” Director of the Graduate Nursing Program Dr. Mary Ellen Stolder said. One of the Viterbo graduate students who has worked at four of the foot clinics is Cecilia Merrigan. “I have found the experience to be rewarding in many ways,” said Merrigan, who works as an RN in an intensive care unit. “So often in health care, results can take some time to achieve or we do not even see them at all. It is gratifying on a personal level to see a client leave with improved health after only 30 minutes. What has been most rewarding, however, is knowing we are helping fill a current void in health care from an accessibility and affordability standpoint. Certainly, what we do at the clinic can be offered in an outpatient visit, but the people we see often do not have access to a provider that will do this type of care. Other people have access but do not have the funds to pay for these services,” she reflected. The foot care clinics have been so successful that many DNP projects have stemmed from the clinic that are aimed at detecting foot problems and improving foot health. In addition, DNP student Matthew Brasic was a recent recipient of a \$1,000 grant from Mayo Clinic Health System - Franciscan Healthcare to support foot clinic operations.

(Photo Right)

Viterbo University nurse practitioner student Lindsay Vitse provides care at the Viterbo foot care clinic held at the La Crosse Public Library in October 2019.

(Photo Left)

A Viterbo student provides free foot care at an event in December 2019 at Tomah Health.



Nursing Skills To The Test

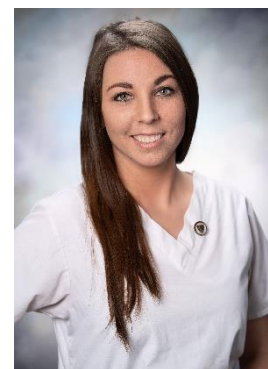
Last spring, when the COVID-19 pandemic was raging in New York City, Brenna Grotegut signed up for a 13-week stint as a traveling nurse to be assigned to Bellevue Hospital in Manhattan, a hospital that was considered “COVID ground zero” in New York City. Grotegut, who graduated with a bachelor’s degree in nursing from Viterbo University in May 2019, had to quit her job at Gundersen Health System in La Crosse to take the job, with no guarantee she would get her job back when she returned from New York.

Even with the uncertainty about her employment future and the warning that she would have patients dying of COVID-19 every 35 to 40 minutes, Grotegut went ahead with the New York deployment.

“It’s the right thing to do. I’m going to come back a better nurse than when I left,” she said, days before she was scheduled to leave for New York. “It’s going to be the worst thing I ever see, but the best thing I ever do. This is going to be a big adventure.”

At the last minute, however, with New York’s COVID-19 case counts on the decline, she was reassigned to a new hot spot: Detroit.

Grotegut has finished her work in Detroit and is back at Gundersen’s cardiopulmonary unit. She wrote an account of her time battling COVID-19 in Detroit and the soul searching she did in the aftermath of her work. Read the story here: <https://www.viterbo.edu/news/detroit-covid-19-duty-puts-brenna-grotegut-19-test>



Viterbo Student Nurses Association Attends Annual Convention

This past February, nursing professors Julie Meyers and Jennifer Schmaltz accompanied students from Viterbo Student Nurses Association (VSNA) to the Wisconsin Student Nurses Association annual convention. Viterbo student Alisha Bell was elected as legislative vice president to the WSNA board, which faculty member Julie Meyers described as “a huge undertaking because, in this role, Alisha will be the main planner for the annual convention.” The VSNA is part of the Wisconsin Student Nurses Association (WSNA), and a constituent member of the National Student Nurses Association (NSNA). The club has been in existence since the early 1970’s and has a total membership of 200 students.



Pi Phi Awarded Showcase of Regional Excellence

Thanks to the efforts of Associate Professor Dr. Megan Smith in documenting the ways in which the Pi Phi Chapter of the Sigma Theta Tau International Society of Nursing's addresses the society's Presidential Call-to-Action to Collaborate and Connect (see [Presidential Call to Action](#)), the Pi Phi Chapter received the Showcase of Regional Excellence (SRE) recognition in November of 2019. The recognition is designed to highlight the good work of the chapter in relation to the call for action. Sigma gives recognition at the regional level, which spans the course of the biennium. Chapters receiving this designation were recognized during regional meetings at Sigma's 45th Biennial Convention in November.



Nursing Cultural Diversity Symposium “What is Rural Health Nursing?”

As part of the Nurses for Underserved Rural Students Seeking Educational Success (NURSES) program, a cultural diversity symposium, “What is Rural Health Nursing?”, was held on November 26, 2019 in the Fine Arts Center Main Theatre with 500 students, faculty, and staff in attendance. The keynote speaker was Pam McGranahan, DNP, RN, Director of the Doctorate of Nursing (DNP) program and Associate Clinical Professor at the University of Wisconsin School of Nursing. Dr. McGranahan has advanced practice certifications in public health and psychiatric mental health nursing. Her professional nursing career has included emergency room nursing, public health, and nursing leadership. McGranahan's scholarly interests focus on racial disparities in health, patient education, and clinicians' understanding of the lifelong impacts of childhood trauma.

Nurses for Underserved Rural Students Seeking Educational Success (NURSES) Program

In 2017, Viterbo University was the recipient of a \$1.64 million grant from the US Department of Health and Human Services Nursing Workforce Diversity Program. The NURSES program is designed to address the rural nursing workforce shortage and improve rural health outcomes through an increase in the number and preparedness of nurses from and willing to serve rural and disadvantaged populations. The program has 25 students and expects to admit 12 additional students in the fall 2020. What follows is a testimonial from Haley Polin, Senior Viterbo Nursing Student, NURSES Program Participant, and NURSES Scholarship Recipient, about her experiences in the program.

As a NURSES program participant, what have you learned from rural nursing experiences?

I have learned through my rural clinical experiences how important these rural clinics, hospitals, and nursing homes are to rural communities. Those who do not have access to large healthcare facilities rely heavily on these rural facilities. Without these facilities, many people would not be able to access or afford healthcare services. We learn in school about health disparities and inequities in rural communities and Viterbo does a fabulous job teaching and providing examples that are common in this area. I have had the privilege to see it firsthand and am grateful for the experience so I can use it to practice nursing in the future.

Nurses working in rural facilities have many roles and responsibilities. Nurses that work in the rural facilities have to be able to work in the emergency room one shift, medical/surgical the next, and then report to obstetrics the following day. Rural nurses have to be able to handle a variety of situations. They have to be able to triage, assess, treat, care, and advocate for a variety of patients from various races, ethnicities, and cultures. Through my job shadow in the NURSES program, I saw how the nurses work together to treat patients when the doctor on call is 30 minutes away. I was able to see how they prioritize their time while still maintaining excellent patient care.

I was impressed by the clinic in La Farge, Wisconsin, that provides care to many Amish people. As nurses provided care, I noticed that there is no quota, there is no blocked time; the nurses are able to spend as much time as needed to really assess and know the patient in order to truly care for them. Patient-centered care is truly shown in rural clinics and hospitals.

At a clinic in Arcadia, Wisconsin, I learned about how care is provided to Latino individuals and families. The approach to working with family units and the care provided was extremely individualized to the patient's values and traditions.

How have your rural nursing experiences shaped your ideas and goals for your future as a nurse?

Visiting rural clinics was truly inspirational for me. Seeing a variety of patients with such diverse backgrounds has shown me how important it is to treat patients as people, not as another number. I learned that it is truly important for nurses get to know their patients, learn their background, respect their values and apply them to their care, and relay information to other members of the team. I also saw how important these clinics are to those in a rural community. I have heard patients say to their nurse or doctor that they did not realize their condition was that bad, or they wouldn't have gone elsewhere for care, as it was too far away. Lack of education, transportation, and finances are just three of the many disparities that are seen in rural communities.

Being from a small town myself and empathizing with these patients has allowed me to take those insights and apply them to my nursing career. Working in rural clinics is not an "easy" or "boring" career path, as some may think. It is inspiring to experience the gratefulness of patients who are able to get healthcare in their hometown.

I know the importance of rural clinics and hospitals and I will continue to advocate for and respond to those who need care that may not be able to access it. Viterbo has given me many opportunities to see it firsthand and I couldn't be more grateful for the experiences.

Peace and All Good



Pax et Bonum

‘We Just Acted’: Mayo Nurses Help Rescue Couple After Witnessing Car Accident

Nursing is a practice in and for society. When there is a need, nurses act whether or not they are in their employment setting. This past winter, three DNP students did just that—acted when they were outside of their employment setting to lend a helping hand. Their efforts were published in the January 23, 2020 issue of Mayo Clinic’s *In the Loop*. (Reprinted with permission)

Every Wednesday, Mayo Clinic nurses Kasi Reed, Emily Radcliffe, and Saralyn Squillace drive from Rochester to La Crosse, Wisconsin, to attend classes they’re taking for their doctorate degrees in nursing practice. And usually that drive is largely uneventful. But on one Wednesday in November, their trip back to Rochester was anything but.

The weather that day was typical of late fall in Minnesota and the roads, the nursing trio tells us, were a bit icy. "Cars were driving pretty slowly," Squillace says. Reed and Radcliffe were driving together while Squillace followed behind in her RAV4. Directly ahead of Reed and Radcliffe was a truck with out-of-state plates whose driver began losing control almost immediately after merging onto the freeway. "All of a sudden they just slid into the ditch and flipped onto their side," Reed says.



Following two cars behind, Squillace didn't see much of the accident – just the aftermath as she pulled off to the side of the road. Reed and Radcliffe were already out of their vehicle and running toward the truck. Squillace instinctively did the same. "At first it was hard to see inside the vehicle because the airbags had gone off, so we had to work our way through those before we could really see anything," Reed says. "The truck had rolled onto the driver's side so Saralyn actually climbed on top of the vehicle in order to get the door open so she could try to talk to them."

Identifying themselves as nurses, Reed, Radcliffe, and Squillace continued their injury assessment and rescue attempt. "When we could finally see someone inside the vehicle, it was a woman who was standing up because the truck was on its side," Radcliffe says. "We still could not see the driver because everything inside of the truck had fallen on him." The trio eventually made contact with the driver and determined neither he nor his passenger had serious injuries. Then Radcliffe tells us she "climbed on top of the vehicle to help Saralyn pull them out."

The man and woman, however, weren't the only passengers inside the vehicle. "They also had a large dog with them that was shaken from the accident," Reed says. "We tried to get the dog out, too, but it was so scared that we decided to wait for first responders to show up."

Squillace escorted the couple to her car so they could collect themselves and stay warm. When a State Trooper and firefighters arrived on scene, they got the truck back on four wheels and the dog safely reunited with its owners.

Reed, Radcliffe and Squillace's good Samaritanship, however, was not done. "They were actually on their way to Mayo Clinic for appointments, and since I was driving by myself I offered to give them a ride," Squillace says. "We were able to get them, their stuff, and their dog into my car, and I drove them to their hotel in Rochester."

A few days later, the couple took the trio out to dinner to thank them for everything they'd done. "It was nice to see them again and to see them doing so well," Squillace tells us. "We're just glad everything worked out as well as it did."

Thanks in part, to their training as nurses. "Our training definitely came into play, but I don't think we even thought about it at the time — we just acted," Reed says. "It helped that there were three of us together, and I think that was also reassuring to the couple because we told them, 'You had three Mayo Clinic nurses following you.'"

<https://intheLOOP.mayoclinic.org/2020/01/23/we-just-acted-mayo-nurses-help-rescue-couple-after-witnessing-car-accident/>

Reflection on U.S. Army Reserve Officers Training Command's Centers of Influence Symposium



In 2019, Eagle Reserve Officer Training Corps (ROTC) Battalion's Lieutenant Colonel Erik Archer nominated Dean Scheckel to attend the U.S. Army Reserve Officers Training Command's Centers of Influence Symposium (COI). Every year the Army gathers select university and community leaders from across the country at Fort Knox, Kentucky, to engage in various activities that allows them to experience the Army's unique approach to leadership development. What Scheckel learned at the COI deepened her understanding of ROTC and increased her appreciation for the cadets.

Picture left: Field Reaction Course

"I learned everything from the history of ROTC to the military science curriculum used to teach the cadets. I was especially impressed with the leadership characteristics the cadets learn, such as becoming critical and creative thinkers, possessing mental agility, being disciplined, leading by example, and being resilient and physically fit. The congruence of these characteristics with discipline of nursing is striking, and I thought all leaders should exemplify these characteristics," said Scheckel. She also reflected on her "terrifying" experience rappelling, but understood how the experience quickly built her confidence and fostered comradery among participants. This comradery carried through to the Field Leader Reaction Course where participants worked as a team with an identified leader in a challenging and complex obstacle course. One of the courses included crossing an imaginary river with only boards and barrels participants could use to create a bridge. "This experience reminded me how important it is to let the leader be a leader, use exceptional communication skills, and work together regardless of differing viewpoints," said Scheckel.



In Middle: Martha Scheckel, Dean

Students Lead Aging and Disability Resource Center's Brain and Body Fitness Classes

Gerontology is a popular minor at Viterbo University. The minor broadens students' understanding about the aging process, which is crucial given the number of people over the age of 65. According to the US Census Bureau, in 2015, there was an estimated 617 million people worldwide aged 65 and older, and by 2030, this population will grow to 1 billion, and then climb further to 1.6 billion by 2050. Given this growth, the health of the older adult population could not be more important, especially as a sub-set of this population develops chronic health conditions. One of these conditions is dementia.

This past academic year, BSN students Hillary Covington and Emma Lamke, who have minors in in Gerontology, received Dementia Friends Champion training in preparation to lead a Brain and Body Fitness course at the La Crosse Wellness Center. "The evidence-informed course offers older [patients] with early onset dementia an opportunity to engage in some light activity and social interaction," said Dr. Cameron Kiersch, Assistant Professor of Nursing and advisor for students minoring in Gerontology. Dr. Kiersch worked in partnership with Kelsey Flock, Dementia Care Specialist, from La Crosse County's Aging and Disability Resource Center, to supervise the students.

The October 27, 2019 issue of the La Crosse Tribune featured the course with Lamke, who stated, "I thought this course would be an excellent way to round out my minor and undergraduate career. I have always enjoyed working with senior citizens, and this has given me the opportunity to do this in a way that makes a positive and hopefully lasting impact in the community." Flock was also quoted in the article, stating, "It's exciting to see the participants thriving. Several caregivers told me they didn't think their person would come, but now they can't wait to go."



Nursing student Hillary Covington on the left and Nursing student Kathryn Lichtie on the right

Bobbi Hundt

Retirements

Administrative Assistant Bobbi Hundt retired this past April. Hundt started working at Viterbo University in January of 2004 as an Administrative Assistant for Nutrition and Dietetics and Graduate Nursing. She is one of the longest serving Administrative Assistants in the School of Nursing. During her time at Viterbo, she made many contributions to students, faculty, and staff. In 2009, along with Clinical Placement Coordinator, Brandy Cleveland, she received the Pax et Bonum Award in recognition of demonstrating the Franciscan values to the Viterbo University community. She was also nominated for the Outstanding Organization Advisor Award.

Hundt said that some of her favorite memories included the move to the new nursing building where dietetics acquired their own assessment lab and graduate nursing received an integrated lab and classroom space. She has most appreciated working with nursing faculty because of their caring spirit. She noted that she greatly valued all others for their friendship, stating she has always felt part of a family at Viterbo.



To honor Hundt's service, the graduate nursing faculty created "Bobbi's Backpack Award." This award will help fund a DNP student who initiates or sustains a project addressing food insecurity. The inspiration for this award was a Spring 2020 DNP proposal that would involve providing weekend food-filled backpacks to elementary school children living with food insecurity. Those interested in donating can do so through the Make a Gift feature on the Advancement website, [Make a Gift](#).

15 Years of Service

Sheryl Jacobson Named Sikorski Distinguished Professor of Nursing

Viterbo University was pleased to appoint Associate Professor Sheryl Jacobson as the Sikorski Distinguished Professor of Nursing. Jacobson has been a faculty member in the School of Nursing for twenty-one years. She is known for her faculty leadership; expertise in public health nursing; work with students at the Community Assessment, Resources, and Intervention through Nursing Guidance (CARING) clinic at the Salvation Army; and her passion for global studies. As this named professor, Jacobson plans to focus her efforts on enhancing study abroad/away experiences for both students and faculty. "Given the global nature of our society and the increasing diversity of the United States, it is essential that Viterbo University students develop their cultural competency skills. This is especially true with nursing students who are caring for patients whose cultural beliefs directly impact health care practices. Few experiences have as great an impact on students as study abroad/away. Students return changed persons, seeing their world in a different way, with enhanced global awareness," said Jacobson, who accepted the distinguished professorship this past fall.



Greg and Diane Lind Family Nursing Faculty Development Endowment Grant

The generous gift from the Lind family provides nursing faculty with funding to support scholarly research, curricular and instructional projects, professional continuing education, and program development. Grant recipients (2019-2020) include:

Haugh, R. National Nurse Educator Summit in Seattle, WA.

Howell, J. Certified Healthcare Simulation Educator (CHSE)

Jacobson, S. National League for Nursing, Certified Nurse Educator Certification Preparation, Washington, D.C.

Martis, R. Nurse Practitioner Certification Exam Review and Advance Practice Update, Bloomington, MN.

Kuhl, L. Nuts-n-Bolts for Nurse Educators: Next Gen Learning: From Critical Thinking to Clinical Judgement to NCLEX and Beyond. Nurse Tim, Inc., Minneapolis, MN.

Roslansky, K. Transcultural Nursing Society International, Richmond, VA.

Welcome!



School of Nursing Welcomes New Employees

Rebecca (Becky) Koehler: Assistant Professor, Undergraduate Nursing. She has experience at the Tomah VA as a Clinical Nurse Educator, Care Manager, Urgent Care Nurse and Deputy Director of Education and Training. She also has experience from Tomah Memorial Hospital as Medical/Surgical and Labor and Delivery Registered Nurse. She holds a Master of Science in Nursing from Walden University, and Associate's Degrees in Applied Science-Nursing and Applied Science-Paralegal from Western Technical College.



Barbara Clark: Administrative Assistant. She has experience as the Executive Assistant to the Superintendent for the La Crosse School District for 18 years and the Administrative Assistant to the Superintendent, Director of Finance and Director of Instructional Services for the School District of Onalaska for 12 years. She holds an Associate's Degree in Legal-Secretarial from Western Technical College.



Linda (Lin) Rauch: Assistant Professor, Undergraduate Nursing. She has experience in nursing classrooms as clinical instructor at Western Technical College and Aquinas College in Nashville. She also worked in critical care units, intensive care units, and as a charge nurse mentoring many new nurse graduates and clinical students. She holds a Master of Science in Nursing Education from Benedictine University in Lisle, IL; a Bachelor of Science degree in Nursing from University of Missouri-Columbia, MO; an Associate of Applied Science Degree in Registered Nursing from Walters State Community College, Morristown, TN; and a Bachelor of Science in Education from the University of Idaho.

Third Generation Nurse Among the First December BSN Graduating Class

Many graduates have adopted the practice of decorating graduation caps. Cap decoration has become so popular that there are best cap contests. Jennifer Thompson, who was among the 71 students in the inaugural December graduating class, shared the story behind her cap design. "I wanted to create a cap that represented some of the most important women that have inspired my nursing journey" said Thompson. Her cap featured her two grandmothers, mother, niece, and Florence Nightingale. Jennifer described that the largest image on the upper left is of her grandmother's nursing school picture. "I feel that nursing is my purpose and I wanted to represent her as she has health issues and cannot be in attendance [at the graduation]." The next picture (upper right) is of her other grandmother. Although she was not a nurse, she had a huge impact on her life. The third picture (middle right) is her mother's graduation picture from her completion of her MSN degree at Viterbo University. Thompson described her mother as a non-traditional student and said, "Her example of determination and compassion helped me persevere in nursing school under any obstacle." The lower middle picture is of her niece, who Thompson said has been her "hero and inspiration." Thompson said her niece spent several months in the Neonatal Intensive Care Unit at Children's Wisconsin where she coincidentally completed her final nursing clinical rotation. Lastly, she included Florence Nightingale on her cap because, "She was not only the founder of nursing, but she also advocated for all patients, regardless of socioeconomic status. She used her critical thinking to create handwashing during the Crimean War. There is a quote written of her by a soldier and surgeon, Lucien Baudens stating, "She embraced in her solicitude of the sick...." Nightingale was a trailblazer that continues to influence nursing today. Soon after graduation, Thompson accepted a position at Children's Hospital Colorado in Colorado Springs, Colorado.



We Hope That You Join Us!



October 8, 2020



Nursing Students Form Inaugural American Sign Language (ASL) Club

Nursing students, Josie McKenzie and Claire Doyle, formed the very first American Sign Language Club. The idea for the club came when Josie was watching a popular television show. In the show, the deaf character was in the emergency room and there was no one available to interpret her signing and she was almost given a medication to which she was allergic. As a nursing student, Josie knew the patient could have suffered life threatening complications if she had been given that drug. Josie thought that if others even had instruction about ASL, it may prevent something very real from happening as it did in this fictional scenario. Josie teamed up with her friend and fellow nursing student, Claire, to form the ASL Club.



Nursing student Claire Doyle (left) and Nursing student Josie McKenzie is standing (right)

Twenty-one Viterbo students attended the first meeting, and Viterbo employees and family members dealing with hearing loss also attended. "It is important to know the club was not formed to prepare others to sign in any official capacity, but to learn some basic skills together and obtain a little knowledge on the subject," said Robin Haugh, club advisor and Assistant Professor of Nursing. Josie and Claire's hope is to show Viterbo that there is an interest in and a potential need for some type of ASL instruction and incorporate it into studies.



ROTC Program



Nursing Students in ROTC Program

Viterbo University is a member of the Eagle Reserve Officer Training Corps (ROTC) Battalion, which consists of cadets from Viterbo University, UW-La Crosse, Winona State University, and Saint Mary's University. Viterbo nursing students in the battalion develop leadership skills to serve in Army active duty, National Guard, and National Reserve nursing positions following graduation. This past year, six cadets were named "Distinguished Military Graduates." Viterbo student Madison Janicek, who is among the top 20% of all cadets nationwide, was one of the six students to receive this award. from "This achievement will stay with her for the rest of her career and will be annotated at the very top of her "Officer Record Brief," which outlines an officer's assignments and accomplishments. One cadet earned the award last year, so to have six talented students earn a spot in the top 20% nationally is something we're proud to share," said Lieutenant Colonel Erik Archer, Professor, Military Science Department, University of Wisconsin-La Crosse. Archer further commented that, "We know that it is our collective effort as students, academic institutional culture and ROTC leadership instruction that makes successes like this possible."

School of Nursing to Host Commission on Collegiate Nursing Education (CCNE) Virtual Evaluation

Viterbo University School of Nursing views program evaluation as an integral, systematic, and continuous process which is necessary for continuous program assessment and improvement. We believe that successful program evaluation requires the involvement and cooperation of all program participants. Therefore, evaluation activities are central to both our baccalaureate and doctoral degree programs and to the roles of administrators, faculty, and students.

This program evaluation plan serves as a blue print to organize program evaluation in the Viterbo University School of Nursing. As such, it has been developed within the context of the School's mission and program goals and outcomes, which serve as primary criteria for assessment of program success, and the School's success. Although a major goal of evaluation is outcomes assessment, administrators and faculty fully appreciate the importance of examining program resources, and the manner in which programs are implemented, if our goal of continuous program assessment and improvement is to be fully realized. The plan specifies the program's purposes for evaluation, key audiences for whom evaluation data will be generated, key evaluation questions, and approaches to program assessment. The evaluation process is not complete until results are communicated to the communities of interest who need them for decision making.

The Master Plan for Evaluation of the Viterbo University Nursing Programs provides a systematic approach for assessing the SON programs' strengths and opportunities for continuous quality improvement. The outcome of the process guides decision making for continuous quality improvement within each of the SON's programs. The School of Nursing Academic Quality and Evaluation (NAQE) Committee provides oversight for the ongoing development and implementation of this systematic plan for evaluation.

Bereavement

The Loss of an Eminent Nursing Leader and DNP Alum

On January 16, 2020, the nursing community lost a remarkable nurse leader, Nancy Formella. Though she never practiced in La Crosse, she was raised here. She earned her Bachelor's degree at the University of Iowa in Iowa City, Iowa, and her Master's degree from Marquette University in Milwaukee, Wisconsin. Nancy began her career in Milwaukee as a Clinical Nurse Specialist and from there she advanced into her career as a nurse leader. Her leadership career began at Mayo Health Care System in Rochester, Minnesota; she then helped develop Mayo's Jacksonville, Florida campus. After which, she moved on to become a nurse consultant, helping to improve operations and systems of hospitals all over the United States. While performing in her consulting role at Dartmouth Hitchcock Medical Center in Lebanon, New Hampshire, she was recruited to become their Chief Nursing Officer, and then she became president of the medical center. Nancy was then recruited by the Beth Israel Deaconess Medical Center in Boston, Massachusetts, to become their Chief Operating Officer. In 2017, Nancy retired only to enter Viterbo's Doctor of Nursing Practice program and open her own private executive and leadership consulting business. On October 9, 2019, two graduate nursing faculty, Dr. Judy Anderson and Dr. Patricia Zander, had the honor of traveling to Boston to confer the Doctor of Nursing Practice degree upon Nancy. She had been diagnosed and aggressively treated for a brain tumor and was not expected to live very much longer. The ceremony for Nancy, while private, was conducted with all the traditional pomp and circumstance of a regular graduation ceremony – processional and recessional, speeches, hooding, and conferring of the degree. Nancy was not only a remarkable nurse leader, she was a very special person.



Featured Faculty Scholarship

Publications

Abendroth, M. (2019). Establishing predictive criterion validity of the Parkinson's Disease Caregiver Strain Risk Screen-10. *Journal of Nursing Measurement*, 27(3), E170-E182. doi: 10.1891/1061-3749.27.3.E170

Beuscher, T. L., Moe, H. L., **Stolder, M. E.**, Peloquin, L., & Nesbitt, B. (2019). Expanding a foot care education program for nurses: A quality improvement survey. *Journal of Wound Ostomy & Continence Nursing*, 46(5), 441-445. doi: 10.1097/WON.0000000000000579

Kiersch, C., & Potter, T. (2019). Making advance directives visual: Introducing young adults to advance care planning with video-recorded advance directives. *Creative Nursing*, 25(4), e44-e51.
<http://dx.doi.org/10.1891/1078-4535.25.4.e44>

Rinzel, M. T. (2019). Holistic nursing practice: A personal journey. *AHNA Beginnings*, 39(6), p. 26

Scheckel, M., Hedrick-Erickson, J., & Stieve, D. (2020). Learning what I need to know: Experiences of rural cardiac surgery patients. *Online Journal of Rural Nursing and Health Care*, 20(1)
<http://dx.doi.org/10.14574/ojrnhc.v20i1.605>

Doctoral and Masters Works

Busteed, K. (2020). *Experience of BSN students at a faith-Based university with courses related to caring*. (Unpublished doctoral dissertation). Capella University, Minneapolis, Minnesota.

Presentations

Abendroth, M. *Promoting well-being: Voices of caregivers of persons with Parkinson's Disease*. Caregiver Conference. Parkinson's Awareness Association of Central Indiana (PAACI), Indianapolis, IN, November 2019.

Busteed, K. *Experience of BSN students at a faith-based university with courses related to caring*. Scholar's Day, Viterbo University, La Crosse, WI, April 2020.

Busteed, K. *Interprofessional education simulation across universities and professions*. Sigma Theta Tau International Society of Nursing, 45th Biennial Convention, Washington, D.C., November 2019.

Dunnum, J., Scheckel, M., & Bubbers, T. *Selecting the collaborative improvement model as a best practice for revising a nursing curriculum*. Professional Nurse Educators Group, 46th Annual National Conference on Professional Nursing Education and Development, Cleveland, OH, October 2019.

Jacobson, S., Richardson, S., & Bennett, S. *Circling the wheel using active learning strategies*. Fifth Annual Celebration of Teaching and Learning, Viterbo University La Crosse, WI, January 2020.

Jacobson, S. *Training and pathways panel: Making an I.M.P.A.C.T.: An interprofessional model of patient care training*. 2019 Wisconsin Healthcare Workforce Summit Wisconsin Council on Medical Education and Workforce, Oshkosh, WI, September 2019.

Kiersch, K., & Kuhl, L. *Engaging young adults in conversations and contemplation about death, dying and grief*. Eighth Annual Celebration of Faculty Scholarship, Viterbo University La Crosse, WI, October 2019.

Kuhl, L. *Engaging young adults in conversations and contemplation about death, dying and grieving.* Wisconsin League of Nursing Fall Conference, Marion University, Fond du Lac, WI, October, 2019.

Kuhl L., & Abendroth, M. *When students say: "You have a really hard class" The journey of rigor and engagement.* Fifth Annual Celebration of Teaching and Learning, Viterbo University La Crosse, WI, January 2020.

Sandager, A. *Telemedicine: Saving lives through technology.* Scenic Rivers Area Health Education Centers, May 2020.

Smith, M. *Building interpersonal communication skills in the clinical setting with team-based rounding.* Fifth Annual Celebration of Teaching and Learning, Viterbo University La Crosse, WI, January 2020.

Book Reviews

Burke, M. Economics and healthcare policy. In Kearney-Nunnery, R. (Ed.). (2020). *Advancing your career: Concepts of professional nursing*, (7th ed.). Philadelphia, PA: F.A. Davis.

Jacobson, S. *Public health interventions: Applications for public health nursing practice* (2nd edition). Minnesota Department of Public Health.

Kuhl, L. *Application of content analysis in nursing science research.* Doody's Review Service, Oak Park, Illinois.

Kuhl, L. *Introduction to research and medical literature for health professionals* (4th ed). Doody's Review Service, Oak Park, Illinois.

Kuhl, L. *Using naturally occurring data in qualitative research: A practical guide.* Doody's Review Service, Oak Park, Illinois.

Kuhl, L., & Scheckel, M. *Nursing literature reviews: A reflection.* Doody's Review Service, Oak Park, Illinois.

Richardson, S. *Nursing deans on leading: Lessons for novice and aspiring deans and directors.* Doody's Review Service, Oak Park, Illinois.

Certifications

Jacobson, S. Certified Nurse Educator Certification (CNE), National League for Nursing

Schamberger, B. Certified Nurse Educator Certification (CNE), National League for Nursing

Awards

Jacobson, S. Sikorsky Distinguished Professor of Nursing

Schamberger, B. Top-Notch Teacher; Recognition Congratulations!

<https://www.news8000.com/top-notch-teacher-bobbi-schamberger/>



DNP Defenses

Lisa Wimmer/Sissy Yang

In school staff at a rural school in South East Minnesota, does implementing a nurse practitioner (NP) student-led education module on anaphylaxis recognition and administration of an EAI improve the knowledge, skills, and attitudes of school staff by 25% compared to baseline knowledge, skills, and attitudes when evaluated immediately following the educational module and three months post-intervention?

Abbey Beranek/Marty Unruh

In female basketball players ages 14 to 18, is a tailored hip strengthening and jump-training program related to improved hip strength and jumping mechanics over the course of the basketball season?

Chelsea Holst

In all patients seen at a Midwestern family medicine ambulatory care clinic, does the implementation of a communication aid improve patient experience and do patients find this useful compared with current practice when conducted until 100 post-intervention surveys have been collected?

Laura Bixby

For healthcare providers in south central Wisconsin who provide care for Latino adults (ages 18+) with type 2 diabetes, does conducting culturally sensitive self-assessments and education compared to no self-assessments and education increase provider readiness on culturally sensitive delivery of diabetes therapies to Latino patients as measured by a culturally self-assessment survey over a three month period?

Katie Munson/Sara Sorenson

Will a nurse-led educational seminar on advance care planning components improve understanding of ACPs among community-dwelling adults ≥ 65 years of age as evidenced by a 10% improvement on the post-test results compared to the pre-test results?

Heather Bartel/Cecilia Merrigan

In women 0-12 months postpartum with a perception of a traumatic birth process, does a facilitated peer support group improve women's mood scores by 15% [on the Patient Health Questionnaire (PHQ-4)] when compared to baseline mood scores during an eight-week timeframe?

Judy Rausch

In veterans being seen at a Midwest Veterans Administration (VA) hospital who suffer from chronic pain, will the implementation of an educational curriculum provided at shared medical appointments improve pain management outcomes measured via the Patient Reported Outcomes Measurement Information System (PROMIS®) tool and reduce opioid medication use by 20% after 10 weekly educational sessions compared to the current practice model?

Stephanie White/Lindsey Durham

Does an interactive nutrition and lifestyle education program provided to children ages 6-12 who are at or above the 85th percentile of weight demonstrate a reduction in basal metabolic index (BMI) and waist circumference at six months compared to pre-intervention?

Linda Sargent/Christina Miess

In nurses at a rural Midwestern hospital, does providing an educational intervention on incivility as compared to pre-educational responses increase nurses' awareness and self-efficacy when encountering incivility over a 3-month period?

Angie Steiber/Matt Snitker

What is the evidence to support the implementation of a high-risk screening using the American Heart Association Checklist and Mesi ankle-brachial index device in a community-based foot care clinic?

Naomi Ruiru

In patients ≥ 18 years diagnosed with ineffective pain management presenting to the ED, does dry needling as an adjunct therapy improve pain control following dry needling compared to reported pain levels prior to dry needling?

Kasi Reed/Emily Radcliffe

In adults \geq age 18 with musculoskeletal discomforts, does implementing the Proactive Injury Reduction program through a Midwestern occupational health clinic, compared to no intervention, reduce recordable injuries and/or worker's compensation claims by 10% over six months?

Saralynn Squillace

In patients ≥ 18 years old diagnosed with stroke on an inpatient rehabilitation unit and their families, does group education, compared to current practice improve stroke knowledge and reduce stroke related readmission?

Jennifer Kaus

Optimizing advanced practice provider practice through organizational model comparison

Stacey Woodman/Andrea Krogman

Will a nonviolent crisis intervention course in emergency department nurses at a Midwestern hospital increase nurse's competence and knowledge regarding de-escalating the verbally and physically violent patient compared to pre-intervention at three months?

Elizabeth West

In patients with type 2 diabetes, ages 45-64, with an A1c $\geq 8\%$ and history of depression, will adding a case manager to the treatment team, compared to those who opt out of case management upon phone call, increase the PAM by 2 points when evaluated at 6 months?

Jenna Cook/Emma Bounmixay

In medical ICU (MICU) nurses experiencing moral distress, does debriefing after cardiovascular and/or respiratory arrests compared with no debriefing reduce moral distress as measured with Corley's Revised Moral Distress Scale (MDS-R) over a period of six months?

Mindy Zenke

In a surgical setting, will current guidelines support development of a care process model to standardize and improve preoperative care?

Tess Green

Will outpatient infusion therapy nurses who care for adult patients with vascular access devices (VADs) have a 20% increase in knowledge based on results of an online pre- and post-assessment regarding site management of VADs surrounding implementation of a new class compiling information and resources available in the department versus the current education method?

Mathew Basic

In La Crosse county communities with Viterbo University-led foot care outreach clinics, is there an opportunity to collaborate with local healthcare institutions to develop a more robustly equipped Viterbo University led foot care outreach clinic?

Pao Vang

In Hmong adults, ages ≥ 18 years with type 2 diabetes attending a Hmong community center, does a nurse practitioner (NP) led diabetic education intervention on lifestyle changes compared to no diabetes education at baseline improve diabetic knowledge by 30% in a three-month period?

Kate Gebczyk/Amanda Gingrasso

In children three through five years of age, how does the introduction of an outpatient fluoride varnish program during well-child examinations influence rates of fluoride varnish application in six months compared to current practice?

