Personal Philosophy of Nursing

Nursing is the healing energy of caring, embodied in knowledge and skills. Each person is a unique combination of cognitive and physical energy blended together and permeated by spiritual energy. Spiritual energy provides each person with a creative, connecting purpose that is individual and intended for self-transcendence toward a collective whole. Health is the process of creating, connecting, and becoming (purpose) and can therefore exist in the presence and the absence of disease. The goal of nursing is to interact with others in a way that nurtures the process of becoming. This requires knowledge that is empirical, ethical, esthetic, personal, and spiritual. In every situation, no matter how hopeless the circumstances seem to be, nurses value the sacred potential in each person with a respect that seeks to transcend human weaknesses and connect with the strengths, the gifts, and the purpose of each person in order to nurture the process of health. Nursing is emancipatory, transformational, and steeped in the ethics of caring. In the process of creating individualized caring through such connecting interactions, we, too, are transformed.

Nursing is a true vocation ---not in the sense of an occupation or trade, but in the sense of a calling. Nursing is a way of looking at the world. It is a passion that doesn't check out when one's shift is over. True nursing care at the bedside goes beyond the technical skills that are necessary for the management of a health "variance". True nursing care at the bedside considers the family that supports a patient; the home environment in which this patient lives; the community resources available to help this patient; the local, state, and national politics that affect these resources; and the global community from which these resources are taken. There is no room in nursing for simply taking care of "the gallbladder in room 233".

Therefore, nursing education requires a curriculum that raises fundamental questions about the meaning of human experience. As educators we need to nurture the nursing student's ability to think critically and creatively. In an age when people are categorized to fit into cost-efficient managed care boxes according to their labeled conditions, nurses with critical thinking skills are essential. Thinking outside the box requires nursing excellence, resourcefulness, creativity and advocacy. We need to empower our students to see human needs manifested in diverse beliefs, values, resources, and conditions that impact the effectiveness of highly sophisticated technical skills advocated by the medical model and regulated for efficiency by the institutional model. We need to commission students to synthesize this sensitivity with medical protocols in order to humanize health care on an individual, community, national, and international level. Thus, nursing education requires a curriculum that encourages the student to participate actively in the creation of knowledge by engaging in research and grappling with human issues.

Curriculum Vitae*

I. Identifying information

Barbara L. Zust
702 N. 7th Street
St. Peter, MN 56082
507 934 4662

II. Education

1976: Bachelor of Art in Nursing, Gustavus Adolphus College, St. Peter, MN
1998: Masters of Science in Nursing Education, University of Minnesota.
2003: PhD in Nursing, University of Minnesota

III. Employment

1976-1978: St. Mary's Hospital, Rochester, MN: Staff nurse in adult hematology and pediatrics.
1978-1979: Children's Hospital; Denver, CO: Staff nurse on general pediatric unit.
1979-1980: Poudre Valley Hospital: Ft. Collins, CO: Staff nurse in pediatrics and labor and delivery.
1980-1984: Metropolitan Medical Center: Assist. Coordinator of Obstetrics and staff L&D (one year leave for internship in International Falls).
1982-1983: Falls Memorial Hospital, International Falls, MN; Staff/charge in ICU/CCU and med-surg.
1985-1986: Humana Aurora Hospital, Aurora, CO. Staff nurse in labor and delivery.
1986-1987: Gaylord Community Hospital: only RN in the hospital. Received extensive CCU training;
1987-1990: Sioux Valley Hospital; New Ulm, MN. Staff/charge in labor and delivery; postpartum, nursery.
1990-2000: Sibley County Public Health: WIC coordinator, MCH visiting nurse;
2000- 2001: New Ulm Medical Center, New Ulm, MN: ICU/CCU charge.
2000-present: Gustavus Adolphus College, St. Peter, MN. Associate professor of nursing.
2003-present: New Ulm Medical Center; casual, fill-in position in OB; Prenatal education instructor

IV. **Teaching**

1981: Prenatal classes at Metropolitan Medical Center
1998: Teaching practicum at Gustavus Adolphus College.
2000: Assistant Professor of Nursing, Gustavus Adolphus College. Tenure track.
2006: Associate Professor of Nursing, Gustavus Adolphus College.

* Curriculum Vitae is in the Standardized National League for Nursing Format as requested by the Minnesota Intercollegiate Consortium accreditation purposes.

V. **Scholarly Activity**

A. Publications and Creative Works

Zust. B. (2000) Effect of cognitive therapy on depression in rural, battered women. Archives of Psychiatric Nursing.14(2). 51-63.

Zust, B. & Moline, K. (2003) Identifying underserved ethnic populations within a community: the first step in eliminating health care disparities among racial and ethnic minorities. Journal of Transcultural Nursing,14(1). 66-74.

Evanson, T. & **Zust, B**. (2003) The meaning of participation in an international service experience among baccalaureate nursing students. International Journal of Nursing Education Scholarship, 1(1).

Zust, B. (2006) Death as a transformation of wholeness: An `aha' experience of health as expanding consciousness. Nursing Science Quarterly. (Accepted for publication, March, 2005)

Zust, B. (2003). Meaning of INSIGHT participation among women who have experienced intimate partner violence. Unpublished dissertation. University of Minnesota.

Evanson, T. & **Zust, B**. (2006). Bittersweet knowledge: The long-term impact of an international service experience. Journal of Nursing Education, 45(10) .

Zust, B. (2006) Meaning of INSIGHT participation among women who have experienced intimate partner violence. Issues in Mental Health Nursing, 27(7).

Zust. B. (Research proposal submitted to Hennepin County Correctional Facility, 7/2005). The effect of INSIGHT participation on recidivism among incarcerated women.

Zust, B. & Briggs, N. (2006) Labor induction practices in a rural, Midwestern hospital. Onlie Journal of Rural Nursing and Healthcare, 6(2).

Work in Progress

Zust, B. & Wittwer, C. Effect of equine therapy on self-esteem among youth at risk.

Duckett, L., **Zust, B**., & Evanson, T. Life Abuse Disclosure: Barriers and enhancements in the clinical setting.

Peden-McAlpine, C., **Zust, B**., Olsen, M., Missel, B. The integration of ways of knowing and the art and science forms of nursing

Student/ faculty writing in progress

Zust, B. & Elling, E. Prevalence of breast and cervical cancer screening among Somali women in rural Minnesota.

Piotter, L. & **Zust, B.** The perceived effect of oral contraceptives on depression in traditional college age women.

Lange, S., Siebel, J., & Zust, B. The meaning of feeling in providing nursing care.

Zust, B. & Noecker, C. The role of the clergy in situations of intimate partner violence.

Zust, B. & Seibert, K. Christian attitudes and beliefs about domestic abuse and divorce.

Lectures and Papers Delivered

Zust, B. (1997). Working with the Hispanic population in Sibley County. Oral presentation at Sibley County Public Health and Human Services. Gaylord, MN

Zust, B. & Moline, K. (1999). Minority health care and the role of public health nurses. Oral presentation at Sigma Theta Tau Chi Chapter at Large Research Day, College of St. Catherine, St. Paul, MN. (July)

Zust, B. (1999). Depression among high school students. Oral presentation at Sibley East High School for Wellness Day. Gaylord, MN (April).

Zust, B. (1999) Effect of INSIGHT on depression among rural, battered women. Poster presentation at the Great Plains Organization of Perinatal Care, Rochester, MN. (May).

Zust, B. (1999). Effect of cognitive therapy on depression among abused women. Guest speaker at Women's Health Care Issues class: University of Minnesota, Minneapolis, MN (May)

Zust, B. (2001). Effect of INSIGHT on depression among rural, battered women. Oral presentation at the National Conference on Health Care and Domestic Violence, San Francisco, CA. (September)

Evanson, T., **Zust, B.,** & Lia-Hoagberg, B. (2001). The role of public health nursing in domestic violence prevention and intervention. Oral presentation at the International Nursing Network Against Violence, Madison, WI. (September 28-30)

Zust, B. & Moline, K. (2001) The identification of ethnic communities as the first step in eliminating health care disparities. Oral presentation at the Minority Health Care Conference, Moorhead, MN. (October).

Duckett, L. Evanson, T. & **Zust, B**. (2001) Issues encountered by professional nurses on the "front lines' doing domestic violence screening. Oral presentation at the American Public Health Association's National Convention, Atlanta, GA. (October 21-24).

Zust, B. (2003). Nursing Non-Violence: Transforming Attitudes through Advocacy Training and Academics. Oral presentation at Violence and Women's Health Conference, Van Couver, BC. (April).

Zust, B. (2003) INSIGHT- a meaningful interaction with survivors of intimate partner violence? Presentation for Faculty Shop Talk, Gustavus Adolphus College, April 25.

Zust, B. (2003 & 2005). Domestic Violence in the United States. Guest speaker for Health Care in America: An international course for Norwegian nursing students: St. Olaf, College, Northfield, MN.

Zust, B. & Evanson, T. (2003). Reflecting on the call of nursing through a service learning experience. Oral presentation at the 37th Biennial Convention of Sigma Theta Tau International Honor Society of Nursing, Toronto, Ontario, Canada (November)

Zust, B. (2003, 2004). Women in violent relationships, Guest speaker in Women's Health Issues class, Gustavus Adolphus College, St. Peter, MN (Spring)

Zust, B. (2004). Women in violent relationships. Guest speaker in History of American Women class, Gustavus Adolphus College, St. Peter, MN (Spring).

Zust, B. (2004). Diagramming the meaning of INSIGHT participation among women who have experienced intimate partner violence. Poster presentation at 5th International Qualitative Methods Conference in Edmonton, Alberta, Canada. (January)

Zust, B. (2004). The meaning of INSIGHT participation among women who have experienced intimate partner violence. Oral presentation at the Midwest Nursing Research Symposium in St. Louis, Mo. (February).

Zust, B. & Evanson, T. (2004) Enhancing student nurses' perspectives of caring through an international service learning experience. Oral presentation at the International Human Caring Conference, Montreal, Quebec, Canada (June)
Zust, B. (2004). Listening to the Voices of Abused Women Describe an Intervention of Self Discovery. Oral presentation at the 13th Nursing Network on Violence Against Women International Conference, Boston, MA (October).
Zust, B. (2005) Utility of the INSIGHT program as an intervention for women with abusive intimate partners. Oral presentation at the 14th Annual Nursing Research Conference, Mayo Clinic; Rochester, MN (February)
Zust, B. (2005). Jumping paradigms: Transformed by unbroken wholeness.
Oral presentation at the Midwest Nursing Research Society: Theory Development Research, Cincinnati, Ohio (April).
Evanson, T. & **Zust, B.** (2005). The long-term impact of an international service experience. Oral presentation at the 2nd th Biennial International Nursing Research Convention, Winnipeg, Manitoba, Canada (October 13-14).
Zust, B. (2005) Listening to the Voices of Abused Women Describe an Intervention of Self Discovery. Presented at Faculty Shop Talk, Gustavus Adolphus College, November 18, 2005.
Zust, B. (2006). Writing as a means of raising advocacy. Presentation at the 14th Conference of the Nursing Network on Violence Against Women International. Portland, Oregon.
Zust, B. (2007) What are we doing for our incarcerated sisters? Presentation at the 15th Conference of the Nursing Network on Violence Against Women International. London, Ontario.

C. **Panel and Seminar Participation**

1999: Minnesota Student Nurse's Association round table leader.
2001: Gustavus Adolphus College panel discussion: Looking back over 40 years of nursing education at GAC.
2002: Participation in Newman Special Projects Seminar, Boston. MA
2002- present: Newman's Theory Tetra member, on-line participation.

D. **Mentorship**

March 2005: Master's Thesis Committee for Christine Kwasniewski, College of St. Catherine
Student research mentorship for presentation at the National Conference for Undergraduate Research (NCUR)
2002: Erin Elling: Prevalence of breast and cervical cancer screening among Somali women in rural Minnesota. Accepted for NCUR presentation.
2003: Lindsay Vanderlinde: Breastfeeding practices of higher income women. Published article in NCUR's journal, Proceedings. Accepted for NCUR presentation.
2003: Joel Walgenbach: Accessibility of the emergency medical system among rural Somali immigrants. Accepted for NCUR presentation.

2004: Nicole Briggs: An exploratory study of induction practices in a rural hospital. Accepted for NCUR presentation
2004: Lynnea Piotter: The perceived effect of oral contraceptives on depression in college age women. Accepted for NCUR presentation
2005: Suzie Lange and Joshua Siebel: The phenomenon of feeling in relationship to patient care. Submitted to NCUR, December 1, 2005.
2005: Hillary Hilligoss and Kristina Anderson: Themes Present in the Lives of Pregnant Teenagers: A Qualitative Study Based in the Rural Midwest. Submitted to NCUR, December 1, 2005.
2005: Courtney Noecker: Views of domestic violence among rural Christian church leaders. Accepted for NCUR, January, 2006.
2005: Katie Siebert: Christian attitudes and beliefs about domestic abuse and divorce. Accepted for NCUR, Jan. 2006..
2006: Heather Priessler & Jean Heise: Exploration of anxiety among first year baccalaureate nursng students. Accepted for NCUR presentation November, 2006.
2006: Erika Diniz: U.S Health care as perceived by international students. Accepted for NCUR presentation November, 2006.
2007: Lisa Johnson & Rachel Poppy: A comparison study of satisfaction between recipients of health care in the United States and recipients of health care in Sweden. Prepared for submission to NCUR.

VI. Professional Memberships

1996- present : Sigma Theta Tau International Honor Society of Nursing
Vice-President Chi-Chapter-at-Large, 2001-2002
President: Chi Chapter-at-Large: 2002-2004
Assistant editor of Chi Chapter-at-Large newsletter, 2004-2005
Secretary: Nursing Network on Violence Against Women International
Editor: Nursing Network on Violence Against Women International Newsletter.
1999- present: International Nursing Network Against Violence Against Women
2000: American Nurse's Association
2002 International Human Caring Association
2002; 2004 American Public Health Association
2004-2005; Midwest Nursing Research Association
2004- present: Minnesota Nurses Association
2005- present. Rural Nursing Organization
2007-present: Zeta Chapter Leadership Succession Committee

IV. **Awards and Honors, Recognition and Grants**

1997: Children's Collaborative Grant for INSIGHT groups in Sibley County
1999: Children's Collaborative Grant for INSIGHT groups in Sibley County
1999: Rosina Hansleck Scholarship from the University of Minnesota
2000: Rosina Hansleck Scholarship from the University of Minnesota
2001: IMLS National Leadership Grant ---Summer Workshop
2001: Vocation in the discipline: Summer Workshop through the Chaplaincy Office.
2002: Social Justice/Service Learning Bush Grant to Northern Ireland
2003: Sigma Theta Tau grant for international service learning project.

2004: Research, Scholarship and Creativity Grant: Equine therapy as an intervention to increase self-esteem in marginalized students.
2006: Social Justice/Service Learning Bush Grant to Namibia
2006: Nursing Network on Violence Against Women International Teacher of the Year Award
2007: Center for Vocational Reflection grant for summer workshop on Mentorship
2007: Faculty Development Bush funded grant for summer workshop on Engaging Students in Research.

VIII. College Activities

A. Departmental Committees and Duties

Student advisor
Faculty advisor for the Gustavus Student Nurse's Association

B. College Committees and Duties

2001-2003: IIAC- (information-technology committee)

2004: International Experiential Education Committee (secretary)

2006: Search Committee for the director of Internatioal Education at Gustavus

2001: Women's Studies: Obtained Moe Lecturer.
Explore Gustavus Days- Admissions Event
2002-present; Safe Zone faculty representative
2002-2004: Chat and Chew Diversity faculty representative
2/03: Small group facilitator for The Heart of Gustavus: A Community Conversation

2005: Dean of Student's Task Force on Greek Rush
2005: Chair of the 45th Gustavus Nursing Reunion
2005: Five College Vocation Project

2006: Nobel Conference Faculty Ambassador: Introduced Dr. Michael Osterholm.
Consortium Committees and Dates
Course coordinator, Level 1, NUR 310: 2002, 2003, 2004
Course coordinator, Level 1I, NUR 330: 2005
Course coordinator, Level 1, NUR 304: 2005,
Course coordinator, Level II, NUR 336: 2006, 2007

IV. **Community Activities and Services**

1978: Christian Medical Society Mission trip to Honduras
1991-1992: Hosted foreign exchange student from Norway
1994 - 1999: Winthrop Good Samaritan Care Center Advisory Board

1994- 2000: Sibley County Child Protection Team
1995-2000: Sibley-Nicollet-Brown County Sexual Assault Advisory Board
1996: Speaker at the National Triennial Convention of the Women of the ELCA. "The response of the church to stress." Wartburg College, Waverly , Iowa.
1998-2000: Prevention of Rural Violence Steering Committee
1998: Speaker at the National Marriage Encounter Conference: Surviving Stress
2002: Trinity Lutheran Church: Christian education staff.
2003: International service learning trip to Guatemala with nursing students over spring break
2004-present: Adult education committee at Trinity Lutheran Church/ St. Peter
2004: Chaperone of Summer Jr. High Work Trip/ Trinity Lutheran Church/ St. Peter
2004, 2005: Chaperone for a senior high youth retreat/ First Lutheran Church/ Morris, MN
2007, Chaperone for a senior high musical/ service tour to Juarez, Mexico.