



Summer 2016 Newsletter for Gustavus

NURSING ALUMNI

VOLUME 25, NUMBER 1

The baccalaureate degree in Nursing at Gustavus Adolphus College is accredited by the Commission on Collegiate Nursing Education (<http://www.aacn.nche.edu/ccne-accreditation>)

News From Barbara Zust...



Dear All,
WOW! What a year this has been! A week and a half after fall classes began in September, I picked up the CCNE evaluators to review our new program for accreditation. SO many

alumni, clinical partners, and Gustavus faculty and staff came to support us!

On their last evaluation day here on campus, I drove the evaluation team chairwoman through a torrential rain storm over to the Jackson Student Center to Skype with our Twin Cities clinical partners who were gathered in the Gustavus Room at the American Swedish Institute (ASI). I dropped her off as close to the door as possible, but she still had an inch of standing rain to walk through. I'm so glad she was determined to go ahead with the plan, as the alumni and clinical coordinators at the ASI were wonderful and had taken the time to be there for us. One of the agency coordinators later told me that she had been to many of these 'Community of Interest' support sessions for accreditation purposes, but she had never seen the amazing support we had! "Alumni", she said, "recent and from 50 years ago!! --were there to support Gustavus Nursing! Incredible!"

When the evaluators met with our students, the senior students decided on their own to be sure to sit by a junior student to support them, since they would have only been in the program for about 10 days. Amazing students! Amazing alumni! And, an amazing outcome: 100% compliance on all the standards and key elements. No deficiencies found!

THANK YOU ALL for all of your help!!!

I am going on sabbatical, beginning June 1, 2016. I'm looking forward to:

- Being a chaperone for my brother, Todd's youth group musical tour to Ketchikan, Alaska in June.
- Becoming a doula and taking the University of Minnesota's Doula Prison Project class.
- Presenting a workshop on the ladder of inference as a means of addressing lateral violence at the Global Network of Public Health Nurses conference in Billund, Denmark in September.
- Presenting a longitudinal study about the role of clergy and congregations in the lives of victims of domestic violence at the Nursing Network on Violence Against Women conference in Melbourne, Australia this October.
- I'm especially looking forward to spending more time with my grandson, Bear.

After this fall sabbatical, my brother (Todd) and I will be leading a group of Gustavus students



on a J-Term experience in Tanzania again. It's always so good to be there! Such welcoming people and incredible music.

Again, thank you all for all that you do for Gustavus Nursing! Take care!!

Barbara Zust, PhD, RN

P.S. You are all invited to join the alumni/student mentoring Facebook page. I believe there is over 263 alumni mentors on there, and students love it!

Link:

<https://www.facebook.com/groups/624999747648862/>

News from Heidi Meyer...



This spring was a monumental moment for Gustavus Nursing! We have officially had our first cohort complete the revised curriculum and graduate in May. A busy fall presented with the accreditation site visit from CCNE. With the official letter acknowledging the program's accreditation, we now anxiously await NCLEX results that will come trickling in over the next few months.

As I was on sabbatical last spring, this spring I taught the Clinical Pharmacology and Health Assessment II course for the first time. This course focuses on pharmacology, with additional emphasis on labs and diagnostics. It has been beneficial to teach this course in collaboration with the Medical-Surgical II course. We were able to structure the courses to complement each other and implemented joint simulations that brought together patient assessments, nursing care, and pharmacology

components. A high-fidelity mannequin was used for the simulations related to a GI bleed and chest pain. We were fortunate to bring in two wonderful role players to simulate a CVA scenario. These simulations are excellent teaching and learning environments for student learning and application of core concepts, and very much enjoyed by the students. We are hoping to integrate more and more simulation, both high-fidelity and role players. Please let us know if you would ever want to participate as a patient!

This spring I also taught the Transitions to Professional Practice, our capstone nursing course for the seniors. This course focused on professional nursing issues and roles, such as critical thinking, delegation, research, change, conflict resolution, political advocacy and empowerment, quality and safety, and more! In addition to content and activities related to professional practice, students also completed 120 hours of precepted clinical and leadership experiences. Our seniors were amazing in their clinical rotations and it has been wonderful to see the progression from their very first semester in the nursing program as novice nursing students to RN role ready. These graduating professionals truly are going to be change agents and advocates for safe patient care and I look forward to hearing about future employment and leadership opportunities they will become involved in, just as with all of our graduates!

I continue to plug away on my doctoral journey and have been taking one to two PhD courses each semester and over the summer months. Although it can be difficult (and very time consuming!), I have felt the coursework complement my teaching and learning activities. So much of what I am discovering in my PhD program is carried with me into the classroom, especially with the senior course. I am focusing on Emotional Intelligence and my eyes have been opened to lots of new possibilities and



opportunities in nursing education! When not busy with work or school, I continue to enjoy time with my family and my daughters' activities. Sometimes I wish there were a few more hours in a day!

Carry, on Gustie nurses! I love getting updates and hearing about where you are and continued plans for your futures! Stay in touch ~

Heidi

News From Jessica Stadick...



Happy greetings from the Gustavus Nursing Program! I am excited to be completing the second year in our new program. We have now taught all of the courses in the curriculum!

This year I taught two courses in the fall of the junior year, one course in the spring of the junior year, and one in the spring of the senior year. I taught the theory portions of the courses and had the honor of working with exceptional clinical faculty who led the clinical rotations for all of the junior students. The courses in the junior year have a medical surgical focus on the elderly and acutely ill adult patient. The students completed their rotations at St. Francis Regional Medical Center in Shakopee, Abbott Northwestern Hospital in Minneapolis, and Mayo Clinic Health Systems in Mankato.

This year in our new curriculum I taught Advanced Medical Surgical Nursing Across the Lifespan in the spring to the seniors for the first time. This course focused on advanced medical surgical variances of higher acuity, such as acute respiratory distress syndrome, cardiac arrest, respiratory arrest, cirrhosis, HIV/AIDS,

severe life threatening illnesses, and so forth. I wanted this course to be simulation based; the students participated in 11 simulations total and next year I hope to add more because the students highly value simulation as a teaching and learning method. Some of these simulations took place on campus and some at Health Partners Clinical Simulation Center located at Region's Hospital.

I had the pleasure of working with a group of students on independent research this spring. They traveled to North Carolina to present at NCUR; their project was titled *Student Attitudes and Perceptions of Interprofessional Healthcare Education at a Liberal Arts College* which aligns with my dissertation focus on interprofessional education.

I feel very fortunate to have been able to engage in various remarkable experiences my third year here at Gustavus and I look forward to the next academic year with great excitement!

Personally, I have completed my second year of course work in my PhD program at SDSU and I will continue into the summer and next year. I have been able to apply what I am learning already and look forward to another year of content to be able to apply to my position here at Gustavus.

I am eager to meet the incoming juniors and watch the seniors complete their final year as they strive to become professional nurses.

Thank you to those of you who have come back to guest lecture, to those of you who mentor our students, to those of you who continue to precept our students and to all of the ways you continue to give back to the college and program.

*Kindly,
Jessica*



News from Lynnea Myers...



Swedish Greetings!
Last August, I took leave from Gustavus and my husband and I moved to Stockholm, Sweden after I received a Marie Curie grant to study developmental neuroscience at Karolinska Institutet. We have lived in

Sweden for just about a year now and love the culture and history of this beautiful country, but obviously still miss our family, friends, and Gustavus back in Minnesota.

My research at Karolinska centers on early detection of neurodevelopmental disorders, particularly autism spectrum disorder and attention deficit hyperactivity disorder. I work with a team of international researchers at the Center for Neurodevelopmental Disorders and have been fortunate to meet so many talented health professionals through this experience.

I was excited to remain engaged with the nursing program back at Gustavus through the past academic year by helping teach the pediatric nursing course, along with the research course for our pre-nursing majors. I connected live with the students through Skype for these courses and I was able to bring in Swedish nurses and researchers as guest speakers. It was exciting to provide students with an international perspective to health care and research. We had some exciting conversations about both differences and similarities in nursing practice and research.

Additionally, I had the honor of hosting a Gustavus Nursing student for a January internship through the Wallenburg Foundation. Katie Kemp, a recent graduate of our program, joined me for the month at Karolinska and was

able to experience a research environment firsthand. It was fun to engage Katie in research and also explore some sites in Stockholm with her!

I am continuing my PhD in Nursing Science at Vanderbilt University also and working on my dissertation proposal right now to explore the communication process between parents and health care providers when a child is in the process of being diagnosed with ASD. I passed my written and oral qualifying exams in the fall of 2015 and advanced to candidacy at that time. I plan to conduct qualitative interviews with parents of young children with autism using Skype technology to complete my dissertation study.

As I reflect on the past year, I have developed a deeper appreciation for the values upon which Gustavus, as a Swedish Lutheran institution, was founded. I truly appreciate the welcoming spirit of the college, both near and far. When we were making the decision about whether to move to Sweden, I was connected to a wonderful and talented Gustavus alum, Amy Leval. Amy provided us with such great information about moving to Sweden, studying at Karolinska, and so much more. Amy has been a wonderful friend and mentor and someone both my husband David and I feel very fortunate to know - all thanks to our Gustavus connection.

I will be in Sweden for 3 more years and I welcome anyone wanting to learn more about the country, in particular Stockholm, to connect with me. Additionally, for any graduates interested in pursuing advanced education abroad, I would be happy to talk with you too!

Lynnea

Additional Note from Barb:

Lynnea was one of eight scholars chosen internationally to participate in this pan-European research project. It is truly an honor



for Gustavus to have Lynnea, as an alumnae selected for this international research opportunity.

Although 4,305 miles away, Lynnea has remained connected to Gustavus. After only being in Stockholm for a month, Lynnea created the January internship at Karolinska for Gustavus students. She also continued to mentor a Gustavus student at the CDC in January. If summer IEX courses are a possibility in the future at Gustavus, Lynnea already has a plan for a public health course working with Sweden's refugee population.

Lynnea recently wrote: *"I am excited also to think about possible courses I could develop when I return to Gustavus related to child development, clinical genetics, and research methods and design."*

The Nursing Department would like to extend a heartfelt thanks to Lynnea for her help with classes this year and to our alumni and emeriti who have supported us during this time in SO many ways!!!

News from Jessica Helget...



Greetings from the hill! This year has gone quickly, as they all seem to! What a great year we have had in the department. I have enjoyed working as Laboratory, Simulation and NCLEX Prep Advisor. Now being in

this position for a little over a year, I have started to work out all of the kinks and get comfortable wearing all of these hats!

Teaching students in both the lab and the nursing home has helped our students find comfort in caring for patients in many settings. I still work at Mayo Clinic Health System on a telemetry floor, so being able to provide our students with "real time" scenarios and helping them make crucial connections is what I truly enjoy.

Also, I have enjoyed working with the entire nursing faculty in incorporating simulation more frequently into our curriculum. This year, we used audio/video/recording of the simulations so students who couldn't participate in the simulation, were able to watch in a different room. We have used volunteers, drama students, and alumni as simulated patients, along with our low, mid, and high fidelity mannequins. We have received very positive feedback from the students and will continue to integrate simulations into all nursing classes.

Lastly, as the NCLEX prep coordinator, I have learned so many new things this year! The NCLEX prep curriculum we have recently started using (ATI) is new to the department, so becoming the "go-to person" in this area took some time and effort to master☺. I assist faculty on how to incorporate this prep into their classes, along with reading and teaching students how to read reports from their individual tests to better help students study for the NCLEX. By meeting with students individually to discuss these reports, I hope to put some of that tension and nervousness the NCLEX brings at ease!

I feel very fortunate to have been able to engage in many remarkable experiences here at Gustavus thus far and I look forward to the next academic year with great excitement!

Jessica



News from Academic Assistants 2015-2016

As Academic Assistants, we were honored to be chosen for this position and highly anticipated sharing our passion for nursing with the junior students. We were excited to welcome them into the program as they started their nursing journey! Not long ago, we were in their position eager to learn the various new skills and techniques that we would practice continuously. Hosting open laboratory hours not only allowed us to to teach nursing skills and interventions to fresh new faces, but it also helped us strengthen our own skills and previous knowledge.

Our primary role as Academic Assistants, in addition to being mentors, included hosting open lab sessions where students could come in to practice their skills and ask questions. During laboratory hours, it allowed us to collaborate with the junior class to offer feedback and advice regarding nursing classes, homework, and clinical experiences. We were responsible for lab set-up and take-down as well as monitoring supplies. We worked alongside Jessie Helget and Heidi Meyer helping to develop the junior students' nursing skills and concepts. Some of these nursing skills included catheter insertion, blood administration, nasogastric tube insertion, and central line dressing changes.

As our semester and time at Gustavus Adolphus College comes to an end, we couldn't be more thankful to have been apart of the nursing program for the past two years. The nursing professors consistently showed their dedication, commitment, and passion for nursing education. Thus, striving to meet the learning needs for each of their students. As we begin our new journey as registered nurses, we will forever carry the knowledge and skills gained throughout our Gustavus nursing school experience.

With gratitude, We sincerely thank everyone in this wonderful department!



Pictured above: Leigh Constable, Ali Anderson, Anna Ribbel, and Ashley Welp



MNRS Research Presentations

Senior students, Ellie Jenny, Abby Nistler, and Megan Gustafson were selected to present their research at the Midwest Nursing Research Society (MNRS) annual conference held at Milwaukee, Wisconsin.



Elizabeth Jenny: *“Exploration of Dental Assistants’ and Hygienists’ Perception of Exposure to and effect of Nitrous Oxide in the Workplace.”*

Abigail Nistler: *“Health Care Career Students’ Perception of Climate Change and its Impact on Human Health”*

Megan Gustafson: *“The Relationship Between Personality Types and Coping Mechanisms”*

Nursing Students Present Research at NCUR

The following nursing student research studies were accepted for presentation at the National Council of Undergraduate Research Conference held at the University of Asheville, Asheville, North Carolina in April and/or at Gustavus’ Creative Inquiry event held on campus in May.

Emily Albrecht, Anna Ribbel, Leigh Constable: *“Students’ Attitudes and Perceptions of Interprofessional Healthcare Education at a Small Liberal Arts College”*

Breanna Flicek & Jessica Timmerman: *“Domestic Violence and the Church’s Response”*

Megan Gustafson: *“The Relationship Between Personality Types and Coping Mechanisms”*

Jaclyn Housley and Anna Klatke: *“The Influence of Children on Counseling by Clergy for Victims of Domestic Violence”*

Abigail Nistler: *“Health Care Career Students’ Perceptions of Climate Change and its Impact on Human Health”*



Pictured: Leigh Constable, Megan Gustafson, Abby Nistler, Jaclyn Housley, Emily Albrecht, Breanna Flicek, Jessica Timmerman, and Anna Ribbel. Not pictured: Anna Klatke



NUR 202: Research and Ethics in the Health Care Sciences Connects St. Peter to Stockholm, Sweden



Students in NUR 202 this spring had the opportunity to connect with Gustie researchers in Stockholm Sweden, on a weekly basis, in addition to having an on-campus prof in the classroom. Lynnea Myers skypes in every week, sharing principles of research along with her own active research in the EU.

Junior nursing students at Gustavus work together on a qualitative research activity for NUR 202 with Barb Zust and Lynnea Myers.

NUR 205: Alaska Native/Native American Perspectives on Wellbeing



NUR 205 students, Emily Johnson and Jena Nutzman, massage the feet of dancers at the annual Mankato Wacipi (Pow Wow). This event is held every September in commemoration of the 38 Dakota that were hanged in Mankato, following the War of 1862. The event is one of peace and forgiveness for all people.



Senior Mock Interviews

To prepare for future employment as professional nurses, a Mock Interview activity was held during class for the senior nursing students. All students were interviewed for a mock med/surg RN position at Mattson Hall Hospital. Students brought their resumes and were able to practice their interview skills. In addition to practicing and refining their communication skills, the students received valuable feedback from the professionals who volunteered to complete the interviews.



Lauren Gornell '17: First (and only) Nursing Student to Join U of M Interprofessional Medical Team in Ilula, Tanzania

Reflection by Lauren Gornell



Traveling and experiencing cultures different from our own has an effect on us that cannot be replicated, as each experience is unique. I experienced this over a period of six weeks in January and February where I was able to immerse myself at the Ilula Hospital in a small, rural village in the mountains of Tanzania with various interprofessional healthcare workers, faculty, and students from all over Minnesota. I worked with medical students, medical residents, nurses, physicians, pharmacists, a healthcare administrative team, and infection prevention workers from both Minnesota and the Ilula Hospital.

As the first and only nursing student on this trip, I was a part of an incredible learning opportunity. Though some had more experience in Tanzania and working in the healthcare profession than others, we were all on the same trip to learn about ourselves and the differences in our cultures through our healthcare systems. We had the ability to expand our knowledge about interdisciplinary health care, while using our intercultural experiences to broaden our view of the world.

Our day to day life at Ilula Hospital consisted of going on labor and delivery and general rounds with a member from each discipline; seeing patients in the outpatient department; assisting with surgery and births; and assisting with various clinics, such as the CTC (HIV) clinic, mobile vaccination clinics, and a clinic that provided birth control and pregnancy care.

We also had the opportunity to present a topic of our choice at the two day Ilula Minnesota International Conference in Iringa. Over 25 hospital teams (consisting of the head matron, head physician, pharmacist, and healthcare administrator) from all over Tanzania came to listen and learn new techniques that could be implemented into their clinical settings. We each presented a different topic, such as hand hygiene, the chikungunya virus, and IV insertion and maintenance.

It has taken me a long time to be able to put this experience into words and even after long contemplation, there are still some aspects of the trip that are nearly impossible to convey the meaning they had for me. I am new to the healthcare world and was thoroughly unprepared for the sheer gravity of the helplessness I felt in many situations. Though we were surrounded by so much suffering and destitution while working in the hospital and traveling through the bush, the Tanzanian peoples never ceased to amaze me with their overwhelming hospitality and generosity.



Experiencing research and culture in Stockholm, Sweden

Kemp (photos courtesy of Bryden Giving '16, also a Wallenberg Foundation Intern in January 2016)



As a senior nursing student, Katie Kemp was looking for a unique January Interim experience to cap off her four years at Gustavus. Having previously traveled to Botswana and Tanzania while at Gustavus, Kemp decided to explore potential opportunities for her final January Interim abroad, but this time further north. The opportunity to learn more about and explore Sweden was appealing to Kemp and when Assistant Professor of Nursing, Lynnea Myers, took a leave of absence to participate in a unique research opportunity at the Karolinska Institute in Stockholm, Sweden, a connection was made!

“I had the pleasure of working with Katie in my Research and Ethics in Health Sciences course in Spring 2015 at Gustavus” said Myers. “When Katie contacted me shortly after I started my position at Karolinska, I was, of course, excited about the opportunity to help connect a Gustavus student to the world-class research environment at Karolinska.”

After being accepted as one of the four Wallenberg scholars to participate in a January internship in Sweden, Kemp arrived in the mostly dark month of January and hit the ground running in the research environment at Karolinska. Kemp worked with Myers to explore data that had been collected through a major national study called Roots of Autism Twin Study Sweden (RATSS). The overall study utilizes the classic twin design to examine genetic and environmental factors related to ASD and ADHD. During January, Kemp and Myers analyzed the data from clinical assessments of the twins in order to summarize the major findings that will help inform future projects Myers’ will be working on related to dysmorphology. Kemp was also able to conduct informational interviews with biostatisticians and nurses to learn more about research and health care in Sweden.

Kemp also had the opportunity to explore many of the major historical and cultural sites in Sweden. She even met up with some Gustavus alums: Amy Leval ‘97 and Sophia Iaquina ‘15.

“This internship taught me about the nuances of research in a major national study. It challenged me to work through cultural differences and intercultural communication. I explored career paths that I had never considered before, navigated the challenges of patient care in a different culture, and saw diversity within the workplace. It made me addicted to coffee because of the cultural norm of taking a fika break, and it taught me how to use public transportation, get lost on public transportation, and use it once again. At the end of my four-week stay, I can say Stockholm provided me with a home away from home. I now crave to return to the internationally diverse city that left me with increased confidence, and career guidance.” -----Katie Kemp ‘16



Senior nursing student Megan Gustafson '16 was chosen for the **2016 Mayo Innovative Scholar Award**. This is a very competitive award to receive. There were numerous applicants from across the campus in the sciences and in business that applied for this honor.
CONGRATULATIONS Megan!



Congratulations to junior nursing student, Kirstin Buck, '17 who was named a **Gerhard T. Alexis Scholar** for the academic year, 2015-2016. This prize is presented to junior students who have achieved the highest academic record. Kirstin will be honored on May 7, 2016 at the Honor's Day ceremony. *CONGRATULATIONS* Kirstin!



Senior nursing student Abby Nistler '16 was a recipient of this year's **Presidents' Student Leadership Award**, which recognizes an individual student or student organization that models a deep commitment to civic responsibility and leadership. Abby co-lead the effort for Gustavus to be named the first Fair Trade College in Minnesota, a goal that was accomplished in December 2015.

The Friday, March 4th addition of the Gustavian Weekly highlighted Abby as **Gustie of the Week**. The article described Abby's pursuit of a career that would satisfy her passion for helping others. It quoted several of her peers who praised her work ethic, commitment to the health of people as well as the environment, and most of all her leadership skills.



Gustavus Nursing Students attend Minnesota Student Nurses' Association (MSNA)

Saturday, February 20, 2016 nursing students from colleges and universities throughout the state of Minnesota gathered at the University of Saint Catherine for the Minnesota Student Nurses Association Annual Conference 2016. The conference: Healing Hands: A Comprehensive Look at Holistic Nursing Care, gave students the chance to explore nursing care opportunities, and listen to experienced nurses share about their expertise. The Minnesota Student Nurses Association election of officers for the 2016-2017 school year, resulted in the election of three Gustavus nursing juniors: Brooklyn Tate, President; Cassie Weber, Southern MN Regional Director; Cassie Severson, Director of Communications.

MSNA Association Executive Board for 2016-2017



Gustavus junior and senior nursing student attended the MSNA meeting at the University of St. Catherine



Cassandra Weber ('17), Brooklyn Tate ('17), Holly Penoyer, Leah Pace, Cassie Severson ('17) and Justine Bateman

Gusties Attend the National Student Nurses Association (NSNA) Annual Convention

The 2016 annual National Student Nurses' Association Convention was held in Orlando, Florida in March. There were over 3,000 attendees comprised of students, state board advisors, and nurse educators. Junior nursing students, Brooklyn Tate and Cassie Severson, serve on the Minnesota Student Nurses Association (MSNA) and had the opportunity to attend the national convention. Tate and Severson participated in the House of Delegates by voting on Resolutions brought to the floor by nursing peers. They learned about the background and procedure of the parliamentary procedure. Additionally, students attended breakout focus sessions that addressed specialized areas of nursing and provided guidance for student nurses' association state boards. The Annual NSNA convention was an opportunity for Tate and Severson to improve their leadership skills and network with individuals from all over the United States. Students had the opportunity to get professional pictures taken by the Johnson and Johnson Foundation.



2016 Pinning Ceremony



The Pinning Ceremony for the Nursing Class of 2016 was held on May 7, 2016. The ceremony was held in Alumni Hall in which a brief history of the Gustavus Adolphus Nursing pin was shared with the students and their guests. Each student received their pin as recognition of the work they have done here at Gustavus Adolphus College. This class marks the first class to graduate from Gustavus past-MINC.

Pinning Ceremony Keynote Speaker Receives the Excellence in Nursing Award



Friends and colleagues describe Diadra (DeeDee) Stenberg Else as being bright and committed throughout her learning and professional career, exhibiting exceptional care, terrific communication skills and thoughtful leadership.

DeeDee graduated from Gustavus Adolphus College in 1975 and began working as a Cardiac Care RN at Mercy Hospital in Moose Lake, Minn. In 1999, she began conducting research as an RN Abstractor at Mayo Clinic in Rochester, Minn. Today, DeeDee is an RN coordinator within the Division of Epidemiology at Mayo Clinic.

While working within the Department of Health Science Research, DeeDee has collected data which can contribute to the identification, prevention and treatment of venous thromboembolism. As a mentor to RN's in her unit, she displays a consistently positive approach to problem solving drawing from her faith and a genuine kindness towards others. DeeDee is an asset to the division as she thinks critically and is able to readily discern what is pertinent when abstracting data from the patients' medical record.

Last November, DeeDee underwent brain surgery to remove a benign brain tumor. Relentless, DeeDee persevered. She has returned to work on a detailed Heart Failure study out of Cardiovascular Medicine at Mayo Clinic.



Honors & Awards 2015 – 2016

Sigma Theta Tau International Honor Society of Nursing



Twelve members of the Class of 2016 were inducted into Sigma Theta Tau International Honor Society of Nursing (STTI), Chi-at-Large Chapter this past Fall. STTI is the second largest nursing organization. STTI was founded in 1922 by six nursing students from the University of Indiana. The honor society' name is derived from Greek words for Love , Courage, and Honor. Students who are inducted into STTI represent the top third of their class in academics, leadership, and service. The following students were inducted from the Class of 2016:

*Alexandra Anderson
Leigh Constable
Kate Day
Jessica Dettling
Breanna Flicek
Katelyn Graham*

*Megan Gustafson
Hermela Haileyesus
Emily Johnson
Katherine Kemp
Abigail Nistler
Jena Nutzman*

Nursing Department Academic Excellence Award



Each year we present an award to the nursing student with the highest grade point average. While all students who are admitted to the Gustavus nursing program are the cream of the crop, achieving this academic feat is a notable accomplishment. *The 2015 Academic Excellence Award was presented to: Breanna M. Flicek*

Faye M. Hershey Prize in Nursing

Established in 1992 by Barbara Knight Kaiser to honor the memory of her grandmother, Faye M. Hershey, a dedicated volunteer worker in nursing throughout her lifetime. This is an annual award made to juniors in nursing, who show promise as a prospective nurse and whose activities include volunteer work. *The 2015 Faye M. Hershey Prize was presented to: Kristine E. Rogers*





News from our Alumni

COL (R) Charlotte Jerney '64 : Speaker at "The Wall" on the National Mall in Washington, DC Memorial Day May 30, 2016



COL (R)Charlotte Olson Jerney '64 was invited to speak at the Vietnam Veterans Memorial Wall in Washington, D.C. on Memorial Day. Col. Charlotte Jerney is a 1964 nursing graduate of Gustavus Adolphus College.

"On Memorial Day, we remember and honor all those who have served and sacrificed for our country since the birth of our nation, and the ceremony at "The Wall" recognizes our Vietnam veterans in particular. The purpose of my message was to reflect upon the "unique contributions, the courage and sacrifice of our military personnel- in particular, those women who serve in the Armed Forces" and to also pay tribute to the thousands of American women that is represents".

Col. Jerney enlisted into the Army Student Nurse program during the summer of her senior year at Gustavus and was commissioned as a Second Lieutenant six months prior to graduating. Col. Jerney's first two entry years in the Army Nurse Corps included Medical Surgical nursing at the 44th Surgical Hospital, Mobile Army (MASH). This was the closest hospital to the Demilitarized Zone (DMZ) between South and North Korea and supported the 2nd Infantry Division.

Following her time in Korea, Col. Jerney was assigned to Walter Reed Army Medical Center , where she cared for VIPs such as Army generals, Supreme Court Justices, and the President of the United States. Later, she stationed at the 95th Evacuation (EVAC) hospital, Danang in the early 1970's and was awarded Bronze Star Medal for meritorious achievement in ground operations against hostile forces. Col. Jerney has served in numerous leadership roles throughout her Army career and continues to do so following her Army retirement.



Col. Jerney's Memorial Day speech is available on
You Tube: <https://www.youtube.com/watch?v=9h-eq-H40zA>



1960s

Charlotte Olson Jerney '64

Charlotte has been invited to represent the women at the Memorial Day ceremonies at "The Wall" on the Mall in D.C. this year. An Army nurse, Charlotte has experience serving in many places including Vietnam. She currently works for a temp agency. They send her into a hospital with leadership problems where she stays several months cleaning things up before moving on.

Jody Opheim Schwakopf '68

Most of the 1968 graduating class is now retired. Once a month, the class of 1968 gathers at the Richfield Houlihan's for lunch and laughter.

1970s

Marjorie Schaffer '71

After 31 years of teaching at Bethel University, Marjorie has now retired. She and her husband celebrated by traveling to Ecuador and the Galapagos Islands in June. She is continuing to work with colleagues on a qualitative research study of school nurses' stories of using public health interventions in their practice. She is also collaborating with public health nursing colleagues in the Henry Street Consortium of public health nurses and educators on a partnership engagement project to identify resources and tools for creating effective clinical learning opportunities for public health nursing students.

Joan Bertelsen '77

Joan has recently announced her retirement from the Rosemount, Apple Valley, and Eagan Public Schools. She has been involved in School Nursing for 26 years. A unique blend of Public Health Nursing and Pediatrics, it was a wonderful career opportunity. For the past 5 years she has held the position of Health

Services Coordinator for the School District. She is looking forward to spending time with family, relaxing at the cabin and traveling to see our children, friends and new sites in the USA and abroad.

1980s

Rebecca (Becky) Burnison '80

Rebecca has started her own business called Covenant Legal Nursing, LLC. The services they offer are writing life care plans, estimating medical cost projections, figuring out Medicare Set-Aside Arrangements and case management.

Susan Path '83

Susan, is presently instituting a Parish Nurse Program at St. Philip the Deacon Lutheran Church in Plymouth, MN.

Karen (Granquist) Gutierrez '85

Upon completing her MSN in Nursing Education, Karen worked approximately 20 years in various ICU settings as a staff RN and a 2 year stint as a clinical educator. She then went back to school to achieve a PhD in nursing. Karen's dissertation research focused on communication of prognostic information at end of life in ICU for patients at high risk for death. This is her 6th year teaching at Metropolitan State University as an assistant professor in the School of Nursing. She was recently elected as a member of the board of directors for Nursing Credentialing Corporation (AHNCC) and serve on its Advisory Committee and Role Delineation Study Committee. She also excises Doctoral Nursing Program students with development and implementation of a capstone practice change project and help students prepare manuscripts for publication. She is a member of the Minnesota Alliance for Nursing Education curriculum board and have been involved in developing the first concept based baccalaureate nursing curriculum in the state.



Ruthe Nelson-Lau '85

Ruthe has been doing Hospice care as a Nurse Practitioner for the past 18 months and is enjoying the change very much. She is also enjoying being a grandma! One of her grandsons has had some health issues, so having a nurse in the family has come in handy.

1990s

Sue (Goehl) Hemme '90

Sue first worked in the NICU at the U of MN Hospital, then changed to high-risk Labo and Delivery there at Fairview Southdale. A few years later she moved with her husband to Florida where she worked as an RN. Eventually she and her family moved back to the Twin Cities and Sue went to work in an OBGYN clinic as their triage RN. She was recruited out of the clinic to start an egg donor program and an infertility clinic where she worked for approximately 3 years. In 1997, Sue decided to go back to school for her NP degree. After graduating from NP school, she went back to an OBGYN clinic to create and run their fertility program and provide both general GYN and OB care. She left that clinic after 7 years to work from home as an infertility consultant. Once the OBGYN clinic's program down-sized, Sue spent a year building everything she needed to start her own solo fertility practice. As Sue has yet to officially start her own business, she has continued working at the Center for Reproductive Medicine as their lead NP for over 5 and 1/2 years.

2000s

Laura Berg Menden '00

Laura is a screening RN for School Districts #717 and 720 otherwise known as Jordan and Shakopee, Minnesota.

Joshua Siebell '06

Since graduating NP school last May, Josh has been working at Rush University Medical Center in Chicago in the Ambulatory Neurosurgery Clinic. He recently passed his Certified Neuroscience Registered Nurse exam and will be moving to San Francisco Bay Area in July to begin a new life and NP position. Joshua also got engaged this past year and is hoping to be married sometime in 2017.

Kristina (Anderson) Carlson '06

Kristina worked as a surgical nurse at Mayo Clinic Rochester for 7 years and completed her post-masters certificate for FNP in 2013. After moving back to southwest Minnesota, she currently works as a CNP at Mayo Clinic Health System in Springfield in Family Medicine. Her practice involves babies from 4 days old to patients who are +100 at the local nursing home. She said she quickly learned that as a new nurse practitioner are rarely an expert, but usually a facilitator of patients with complex medical issues. She commented that her Gustavus education built a strong foundation for practicing with intuition, being physically present, examining the patient holistically and being financially responsible. These principles, though they seem simple, help her work systematically through patient scenarios daily and stay grounded when it is easy to be overwhelmed.

Most recently, she is proud of her site for attaining goal for all of the Minnesota Health Care Quality Measures. This is a huge feat and shows quality care for immunizations, asthma management, diabetes management, cervical and colon cancer screening, hypertension and vascular care. Kristina is also involved in a quality improvement project to integrate the "surprise question" into daily team huddles: Nurses ask themselves "Would we be surprised if patient ___ passed away in the next 6 months?" Kristina sees this question as a way to help prepare the advance care planning conversations



with our patients so that end of life wishes are all known well.

2010s

Angelica (Matthes) Yackel '10

Angelica is working as a Family Nurse Practitioner in primary care with HealthEast Clinics in Vadnais Heights.

Emily (Zehrer) Wiechmann '10

Emily is working part-time at Mercy Hospital on the Family Care Unit. She loves taking care of the pediatric patients and spending time at home with two kids, Eli (3) and Molly (1).

Kelly O'Brien '10

Kelly has spent the last 4.5 years working in Neurosurgery at Park Nicollet. Last January, she was promoted to Specialty Manager of Neurology, Neurosurgery, Physical Medicine & Rehabilitation, and Chiropractic Care at Park Nicollet.

Cristian Raether '13

Cristian is currently working at a subacute inpatient floor at a rural Indian Health Service Hospital in Eagle Butte, SD. Cristian gets to see a variety of comorbidities as a nurse out on the Cheyenne River Indian Reservation. "Working in a rural hospital has made me appreciate the value and opinions of my coworkers as there is a little to work with in terms of resources."

Emily Hassenstab '13

Emily recently moved to Minneapolis from Nashville and is currently working at Children's Hospital in Minneapolis on their Pediatric ICU.

Sara Judd '13

Sara has recently become chemotherapy certified and is working at Methodist Hospital in St. Louis Park, MN on an Oncology/Urology/Inpatient Hospice unit. She really likes seeing Gustie Nurses coming to Methodist for Clinicals!

Sarah Strand '13

Sara just accepted a new position within Abbott Northwestern Hospital as an RN in the Cardiovascular ICU. She is very excited for the transition from the telemetry floor to her new position in critical care.

Ann Stevens '15

Ann is working at Mayo Clinic, Saint Mary's Hospital in Rochester, MN on a Thoracic Surgery Progressive Care Unit. She started working in November 2015 and loves her job so far.

Heidi Korin '15

Happily employed with Krista Brockberg and Chayla Nelson right by her side, Heidi is working at Methodist Hospital in St. Louis Park in the family birth center. She is still considering graduate school within the next few years to get her NNP degree. She would first like to gain experience in the NICU.



On a sad note...



We extend our sympathy to the family of Mary Ellen Tordson Kitundu, '65, who passed away on July 18, 2016 in Tanzania, following a heart attack.

Mary Ellen received the 1965 Distinguished Alumni Citation in Nursing for her work in establishing the first 500 bed Children's Hospital in Tanzania (Dar es Salaam) to decrease the extremely high mortality rates of children under the age of five, and the high maternal-neonatal death rates. She talked about developing a January pediatric nursing internship for Gustavus nursing students in Dar.

Mary Ellen also established a nursing school in Dodoma, Tanzania. In recent years, students in the J-Term "With one Voice in Tanzania" carried supplies for the Dodoma Nursing program to give to Mary Ellen. Some students carried 50 pounds of nursing journals in each of their suitcases.

Just days before her death, Gustavus Nursing sent her nursing school two manikins that were broken or missing a part or two, but were made whole by the Global Health Ministry "manikin doctor".

Mary Ellen often greeted the students on the With One Voice in Tanzania J-Term!



In this photo, the 2015 *With One Voice in Tanzania* students presented Mary Ellen with Gustavus' announcement of her '50 year Distinguished Alumni Award'. She joined the class on stage to sing "We are Walking in the Light of God" in Swahili at the medical conference she was attending in Iringal, Tanzania.

Mary Ellen Kitundu was an amazing woman who lived an inspired life!

If you would like to receive this newsletter electronically, please send your email address to Lisa Koppelman. If you are receiving this newsletter electronically and would like to receive a hard copy, please e-mail your request and current mailing address to Lisa Koppelman. If you would like to nominate someone for the Excellence Nursing Award, please send your nomination to Lisa Koppelman.

*Lisa can be reached at: lkoppelm@gustavus.edu
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GAC Nursing Mentors on Facebook

Hello GAC Students and Alumni!

Though there is no formal mentorship program for nursing students or grads; we do have a Facebook forum for students and alumni to connect, foster relationships, and engage in meaningful discussions to help all Gustie nurses pursue the art of Nursing in whatever role calls to them! It's meant to be a place for encouragement, advice and connection for all nurses - whether you are an undergrad student prepping for boards, a graduate level nurse looking for site placements, an inpatient floor nurse looking for a career change or a life-long peds nurse pursuing specialty certification.

You can find the group at the web address below and request membership from me once there (Ana Gronseth Bartz - Admin). Hope to chat soon! <https://www.facebook.com/groups/624999747648862/>

Ana Bartz DNP FNP-C