



Beta Xi Newsletter

Board Members

President

Kathy Riley-Lawless

krl@udel.edu

UD School of Nursing
Nemours/ A. I. Dupont
Hospital for Children

Past President

Cynthia Diefenbeck

Cynthia@udel.edu

Christiana Care Health System

Vice-President

Cathleen Rossi-McLaughlin

crossimc@nemours.org

Nemours/ A. I. duPont
Hospital for Children

Treasurer

Donna Mower-Wade

dmwapn@aol.com

Christiana Care Health System

Secretary

Judy Herrman

jherrman@udel.edu

UD School of Nursing

First Counselor

Kathy Schell

kaschell@udel.edu

UD School of Nursing
UD School of Nursing

President's Message

There was a time when August was my favorite month. It was a time to head to the beach to enjoy the last days of summer. School didn't start until September so we made the most of those last unstructured days. Life has sure changed for us.

The kids now start school before Labor Day making August the month to get ready. Our son plays football for the county and started practicing the beginning of the month. Our daughter in high school started sports the middle of the month with 5 or 6 day a week practices. Our older two are busy getting ready for college. I was so naïve. While I knew to start saving for college when they were young, no one ever warned me that I would need a separate fund for the dorm room.

One has taken over the dining room and the other the family room. I can't help but wonder how many mini-refrigerators and storage containers one family really needs. While we had to listen about how our parent's walked miles to school, my kids have been hearing how I, my parents and my stuff fit into our Volkswagen bug when I went off to school. Now we wonder if it will all fit in the minivan.

Given that we can only tolerate so much change, I am pleased to announce that I do not anticipate major changes in our chapter. Beta Xi has a history of strong leadership and outstanding accomplishments. As I begin my tenure as president, I do not see the need for change but am instead challenged to build upon the successes of former presidents including the outgoing president Cynthia Diefenbeck. She will be a hard act to follow. Cynthia was an energetic and creative president. Not only was she an "idea person" but she followed through starting new programs and events that will continue.

Members continue to accomplish great work that is being recognized on both the national and international level. If you have never attended a Sigma conference, I encourage you to attend the 39th Biennial Convention in Baltimore this November. Beta Xi will be well represented at this event. Numerous members have had abstracts accepted for presentation, Amy Johnson will be coordinating the research fund raising activities, and the chapter is proud to announce that many members will be award recipients.

I want to thank members who agreed to serve in leadership positions on the board, committees and task forces. I encourage all members to become involved. There are both long and short term projects that need volunteers. Help me continue the tradition of chapter excellence!



SAVE THE DATE:

October 2nd 5-9 pm
Membership Appreciation
Happy Hour

Beta Xi Members Earn International Awards

By: Kathleen Schell, DNSc, RN, Assistant Professor

Beta Xi was pleased to submit four nominations for Sigma Theta Tau International Awards this spring. Winners were announced in July and three of our nominees will be receiving their respective awards at the 39th Biennial Convention in Baltimore, Maryland on 3-7 November 2007.

Lauren Bieri, a labor and delivery nurse for Virtua Health in Voorhees, NJ, was awarded the Pillar of Service Award for new members of Sigma Theta Tau International. She was judged on her quantity and quality of volunteerism, its impact on the organization, and her dedication to ongoing volunteer service. Lauren was inducted into the Beta Xi chapter as an undergraduate in November 2005 and became involved immediately as the chapter's first leadership intern. One of her many accomplishments included development of the first data base for new inductee information and the first member e-mail database (for 800 active members) which resulted in an increase in membership involvement. While a senior student, she also managed the mentoring and the tutoring program for undergraduate nursing students. She has mentored two groups of new inductees, totaling nearly 150 students. In addition, Bieri was the first student to be elected to the Leadership Succession Committee, which she now chairs. She also is involved in community service with such organizations as Special Olympics and Kids into Healthcare and participated in Beta Xi's holiday outreach initiative annually. A unique aspect of Lauren's involvement is her ability to remain active, despite being a resident of New Jersey and approximately 50 miles away from Beta Xi's hub in Newark, DE. Her nominators affirm that "Lauren has created a paradigm shift in our chapter, redefining what a new member can contribute to STTI." She "is certain to be a great future leader in nursing, her community, and Sigma Theta Tau."

Linda Jones, Vice President of Emergency, Trauma & Aeromedical Services in the Christiana Care Health System, received one of the prestigious Founders Awards, the Marie Hippensteel Lingeman Award for Excellence in Nursing Practice. Over ten international and national leaders in nursing and trauma care wrote glowing letters supporting her nomination with attention to such criteria as breadth of knowledge, creativity, clinical expertise, innovation, mentorship and communication. Career highlights, e.g. achievement of prescriptive authority for advanced practice nurses in Delaware during her State Board of Nursing presidency, development of the first trauma clinical nurse specialist role at Christiana Care, participation in the expansion of trauma systems nationally and internationally, and groundbreaking work in integration of a passive patient tracking system in the Christiana Emergency Department, were used as examples of her many contributions to the profession. Her ability to communicate was evidenced by authorship of over 40 articles and 20 book chapters on a variety of trauma, medical-surgical and nursing management topics, editorial duties for the *Journal of Emergency Nursing*, *Nursing*, *Nursing Spectrum*, and the *American Journal of Nursing*, and completion of over 75 invited lectures and presentations in both nursing and physician circles over the past 20 years. Linda maintains numerous certifications, memberships and leadership positions in nursing and trauma organizations and has won many awards

during her involvement. Her current participation in a fellowship from the Wilderness Medical Society emphasizes her lifetime pursuit of knowledge and sense of adventure. She consistently displays passionate commitment to the highest standard of care in nursing practice, elevates the image of nursing and is truly an inspiration to those who work with her. Per the award nomination document, Linda "will continue to make her mark in the profession, particularly in trauma nursing. We have been privileged to be her colleague."

Amy Johnson, Associate Professor of Nursing at the University of Delaware, was nominated for the Elizabeth Russell Belford Award for Excellence in Education, a Founders Award recognizing superior nursing knowledge, an innovative and humanitarian approach to teaching, advancement of the science of nursing, and a positive impact on the practice and image of nursing. Amy is well known for her expertise in pediatric nursing and continues to practice in the Neonatal Intensive Care Unit of the Christiana Hospital. Amy's enthusiasm for pediatric nursing has inspired many students to seek this career specialty. She integrates real-life practice stories to promote understanding of concepts by undergraduate and graduate students and shares her front line perspectives of practice issues during coursework. Integration of innovative teaching strategies and humor promotes active learning. She is sensitive to cultural issues and has offered several international learning experiences to students. She is an advocate for the "underdog" and is known to meet with struggling students and new graduates to nurture self-confidence, promote self-analysis, and to develop a personal plan of study in order to be successful in exams, including the NCLEX. She also mentors students and colleagues to participate in research, publication, presentations, and the pursuit of higher education. Amy impacts the university community through committee involvement at the school, college and university levels. She has spearheaded efforts to re-organize the UD nursing graduate program by assisting in establishment of graduate cohorts at local medical centers and facilitating a partnership with a Pennsylvania university to offer a neonatal nurse practitioner program. She is the first nursing faculty to be elected President of the UD Faculty Senate. She has been active in numerous professional organizations and has held various leadership positions in STTI including Beta Xi President and Director of Region 12. Her nomination is a testament to her tireless efforts to improve education, nursing, and ultimately, healthcare.

The Christiana Care Health Systems and University of Delaware Blood Pressure Team will receive the STTI Research Dissemination Award for their "Better Blood Pressure for Better Patient Care" project. This award recognizes a systematic effort directed toward making the essentials of completed research available to nurses or to the public in an accessible and usable format. Increased use of the forearm for oscillometric blood pressures and a scarcity of research to support this practice prompted the Blood Pressure Team to conduct two descriptive studies comparing forearm and upper arm automated BPs, first in a convenience sample of 204 seated Emergency Department patients and then in 221 Medical-Surgical patients positioned supine and with the head of the bed raised 45° in 2003 and 2004,

Continued on Page 3

18th International Nursing Research Congress Focusing on Evidence Based Practice

By: Bethany Sterling

July 11th to the 14th I had the opportunity to attend the 18th International Nursing Research Congress Focusing on Evidence Based practice in Austria to present my research on severe child abuse and seeking of treatment of adults ages 25-74. My presentation was part of a symposium entitled Abuse in the Family: proximal and Distal Effect and included presentations by Dr. Thomas Hardie (University of Delaware) and Dr. Linda Copel (Villanova University). In addition to presenting research via poster presentation or talk, individuals attended a plethora of research sessions on varying interests, were given the opportunity to interact and network with both new and old acquaintances and friends. The conference was set in the bustling city of Vienna, boasted as the music capital of the world. Those visiting can enjoy a mixture of traditional theatre, opera, and classical music and enjoy tours of surrounding cities and sites. Austria has adopted a refreshing environmentally conscious mindset and also is weary of the alarming increase in temperatures they have not experienced for about 250 years attributed to the effects of global warming. Public transportation, walking, and bicycle riding are as popular as cigarette smoking (if you didn't know Vienna is deemed a "smoker's city"). My adventure to Austria was an eye opening, unforgettable experience in which I have gained an incredible amount of knowledge and have met and interacted with individuals blessed with individualized talents and experiences that are an asset to the nursing profession. In conclusion, I would like to thank those individuals and those who have helped make this trip possible and enjoyable.

Recommended

- Travel with another person
- Bringing a working cell phone and camera
- Attend as many sessions and poster presentations as possible
- Have lunch with the Dean, Ingrid, Tom and a new acquaintance
- Eat dinner and enjoy Margaret/Tom stories with Tom, Margaret, Linda and daughters
- Walk around the center of the city enjoying music and architecture
- Do take lots of pictures
- Tie your sweater to your waist
- See Stephansdom with Judy
- Go to a Mozart dinner/concert with Judy, Amy, Katie, and Amy's Mom
- Do find Amy and Katie and figure out the payphone system and calling card
- Go to Salzburg with Judy
- Eat sachertorte and carb load with Judy but deny when asked
- Visit Schonbrunn Palace with Judy

Not Recommended

- Taking a picture of Judy while she's sleeping on the bus to Salzburg
- Traveling by taxi



From Left to Right: Katy Griffith, Amy Johnson, Judy Herrman, Rosamond Nagorski, Beth Sterling

Continued From Page 2: Beta Xi Members Earn International Awards respectively.

Results, published in the American Journal of Critical Care, showed statistically significant differences and indicated that forearm and upper arm BPs were not interchangeable. Dissemination of the research findings occurred locally, regionally, nationally and internationally through over a dozen podium and poster presentations at a variety of conferences.

The findings were also included in the team-developed, evidence-based Clinical Practice Guideline (CPG) on noninvasive BP measurement for Christiana Care. Hospital-wide education began in October 2005 and included mandatory Web Education, flyers, posters and laminate cards with essential CPG points attached to each automatic BP monitor. Orientation for nurses and nurse technicians continued to include the CPG. The team also authored the American Association of Critical-Care Nurses Practice Alert: Noninvasive Blood Pressure Monitoring which was issued during the 2006 National Teaching Institute of the AACN and made available on-line. Nursing students are introduced to the

practice guidelines and study results through integration in several undergraduate and graduate nursing courses at the University. This unique team of advanced practice nurses, staff development nurses, direct care nurses and nursing academicians diligently and enthusiastically diffused best practice on blood pressure measurement, an essential aspect of healthcare. Team members from CCHS include: Elizabeth Bradley (co-PI, study 1)*, Elizabeth Carson, Melanie Chichester*, Denise Lyons (co-PI, study 2)*, Maureen Seckel*, Eileen Kathleen Simpson, Sandy Wakai*. Team members from University of Delaware include Kathleen Schell (co-PI, study 1 & 2)* and Linda Bucher**. (* Beta Xi members /** Xi member).

Beta Xi Chapter proudly congratulates our nominees and winners!

YOU'RE INVITED!

The Beta Xi Chapter of Sigma Theta Tau & the
UD Nursing Alumni Association

invites you to our

A Celebration of Nursing Excellence at the University of Delaware

Come out and catch up with old friends, faculty, & community nurse leaders!

Meet the new Director of the School of Nursing –Dr. Kenneth Miller

All Beta Xi members since 1974 & Nursing Alumni are invited

Please join us at the Deer Park in Newark

Tuesday, Oct. 2nd from 5-9 pm

Free appetizers, drinks, music, networking, exciting door prizes, and more!

We can't wait to see you again!!!



RSVP acceptances only to Pat Drake – patdrake@UDel.edu (302) 831-8503

2007 Honorary Member from Great Britain : David B. Cooper

By: Larry Purnell, PhD, RN, FAAN



The Honor Society of Nursing bestows honorary membership upon individuals of national or international influence who have furthered the course of health care. Honorary stature is conferred by the society's board of directors on those who demonstrate superior achievement in a chosen field and who demonstrate a special commitment to the

ideals and concerns of nursing.

This year, David B. Cooper was nominated by Larry Purnell, Professor in the School of Nursing at the University of Delaware and member of Beta Xi and Kappa Tau Chapters of Sigma Theta Tau, International.

I first met David in November 2000 when I was asked as a member of the Global Society for Nursing and Health to give the keynote address in Glasgow, Scotland at the Inaugural Opening of the Nursing Council on Alcohol, which was founded by David Cooper. and I was immediately impressed by his wisdom and the respect that the audience had for him. Over

time, I became aware of the significant accomplishments David has made in Great Britain in the field of mental health and alcohol and use. A few follow of his many accomplishments follow.

1. Wrote an evaluation study on home detoxification and assessment for the World Health Organization.
2. Board Member of the Primary Health Care European Project on Alcohol.
3. Past Editor-in-Chief: Journal of Substance Use – a journal he started.
4. Past Editor: The Drug and Alcohol Professional – a journal he started.
5. Past Editor-in-Chief: Journal of Substance Misuse – a journal he started
6. Co-editor for Mental Health and Substance Use: Dual Diagnosis
7. Editor of two books Alcohol use and Alcohol home detoxification and assessment.

So now you know about David. His nurse wife, Jo, is the author of Relationships and responses: Stepping into palliative care, and his nurse son Phil is co-editor of Dual Diagnosis. David's and Jo's books are used widely in Great Britain, New Zealand, Australia, Canada, and in the United States.

Member Spotlights



**Jean M Russell , RN,
BSN, CRNI**

Educational background:

Bachelor of Nursing Science
CRNI—Certified registered nurse credentialed in the clinical practice of infusion therapy

Previous nursing positions that you have held:

Staff nurse adult med-surg, ICU, & pediatrics
Nursing Supervisor, Nurse Manger PICU
Pediatric IV therapy nurse

Current nursing position:

Nurse Manager of Pediatric IV Therapy for Al DuPont Hospital for Children

What do you like the best about your advanced practice role?

There are many things I enjoy about my nursing role such as the kids, family, staff, the multidisciplinary approach, the team work but what I like the best in the IV therapy role is the autonomy

What accomplishments are you most proud of?

On a personal level it is my children. On a professional level, it is the young nurses I employed when I was Nurse Manager of the PICU who have grown into seasoned accomplished pediatric nurses in leadership roles. I am also proud of my current staff and the growth and evolution of the IV therapy nurse role for my hospital.

What do you like the best about being a member of Sigma Theta Tau?

The exposure and networking with highly accomplished professional nurses from a variety of backgrounds

Hobbies?

Gardening, reading, scrapbooking

Family/pets?

Son - Noah - 28 - CPA. Works for Sunoco Co. in Philadelphia. Engaged to be married spring of 2009

Daughter - Jeanette - 24 - a junior at University of Georgia College of Veterinary Medicine

Mother - Mary J Luchi - 84 - has Alzheimer disease and lives with me.

Cat - Tsunami (named before the Tsunami)

Dog - Alva



**Cynthia Pelle, RN,
BSN**

Educational background:

Bachelor of Nursing Science
Associates in Science/Accounting

Previous nursing positions that you have held:

Nurse Extern, NICU AIDHC
Staff Nurse, NICU, AIDHC
Staff Nurse, Exceptional Care for Children

Current nursing position:

Nurse at Chimes of Delaware where I manage medical care of 31 disabled adults.

What do you like the best about your advanced practice role?

I actually just started this position but am looking forward to working in a position that is 9 to 5, and no weekends. I will also be visiting different homes and be out in the community more.

What accomplishments are you most proud of?

I worked very hard for my nursing degree and being inducted into Sigma Theta Tau was an important accomplishment to me.

What do you like the best about being a member of Sigma Theta Tau?

New Member

Hobbies?

I enjoy photography. With five children, there is not much time for personal hobbies, but we go camping in Rehoboth. I enjoy taking the kids and watching them in various sports.

Family/pets?

Husband: John and Five Children:

Katie is 18 and just graduated from Delaware Military Academy

Allison is 14 and entering 8th grade

Sarah is 9 and entering 3rd grade

Vincent is 7 and entering 1st grade

Grace is 5 and entering K

Pets: Two dogs (a pug and a Chihuahua) and a rabbit

Haiti Medical Mission Program By: Thomas Bernadzikowski

The Haiti Medical Mission Program is an international health care project that is part of the Parish Twining program of the Americas that links parishes in Haiti with parishes in the U.S. St. Francis of Assisi Parish in Derwood, MD sponsors the mission serving the community of St. Paul's in Leon, Haiti, which is a remote mountain village in southwest Haiti. Johns Hopkins selects three graduate nurse practitioner or public health students to join the medical team and provide primary care and community health services.

The medical mission provides primary care to families in Leon, Haiti, which is an impoverished mountain village in rural southwest Haiti. Adults and children of all ages present to the clinic with a wide variety of health problems. A rudimentary hospital with limited laboratory facilities is available in the nearest town, which is an hour-long truck ride from the village. Translators work side by side with the health care team. Haitian Creole is the first language of the country; French is second.

While in Leon, the local parish priest provides health team members with room and board. Group living conditions are somewhat primitive, close, and dormitory style. Meals are in common, prepared by local parishioners. There is no telephone service in the village. Occasional electricity and running water exist in the village (via generators or solar power), but only at the clinic or rectory.

The medical team flies to Port-au-Prince, and then flies to the nearest town – Jeremie, and then travels by truck to Leon. The medical mission is one week long from October 6th to 13th.

Beta Xi member Tom is a graduated in February 2006 from U of DE accelerated BSN program. He hold prior degrees from Ohio State and University of Tampa. Tom worked for a year at Children's Hospital of Philadelphia in pediatric oncology, then went to Johns Hopkins University School of Nursing in MSN, Pediatric Nurse Practitioner Program. I will graduate in January, 2008 and I am a member and board member of Beta Xi chapter

Sigma Theta Tau, and member of Nu Beta chapter at Johns Hopkins. There were 3 graduate students selected – one adult NP student, one public health student, and a pediatric NP student.

Nurse practitioner and public health graduate students selected will provide primary care and community health services within a team of physicians, nurses, pharmacists, translators and lay support people. The graduate students will provide nursing care, patient education, and community assessment, and work in a variety of capacities and settings, including patient triage, clinical assessment, pharmacy, treatment, and community health outreach.



Special Olympics By: Carolee Polek

On June 8th and 9th, Beta Xi and University of Delaware nursing students participated in the "Healthy Athletes" venue of the Special Olympics Summer Games. The venue includes 5 medical stations and 5 health promotion stations. Carolee Polek along with the nursing students performed blood pressure screening for each athlete and manned the sun safe booth. The students developed sun safe materials for the athletes and handed out free sunscreen and lip balm. Over 950 athletes and 250 unified partners participated in the games. All in all the athletes and students had a fun day.



University of Delaware Senior Nursing Students join Judy Herrman and Carolee Polek

Research Funds For Conducting and Presenting Research

Beta Xi chapter of Sigma Theta Tau International is eager to receive applications from nurses who are involved in research. Beta Xi is committed in providing financial support for research projects and the dissemination of research at conferences. Research grants are awarded twice a year and November 1st is the last time to apply in 2006 for \$750 for research projects or \$250 for travel funds to present research.

All interested applicants please e-mail Carolee Polek, RN, PhD at cpolek@udel.edu for application materials.

Nurses' Week Outreach Efforts

By: Kathy Riley-Lawless

Beta Xi members celebrated Nurses Week by participating in Professional Development and Career Fairs at area hospitals. Display tables were set up at Nemours/Al. duPont Hospital for Children, Wilmington Hospital, and Christiana Care. Active Beta Xi members at each of these hospitals were recognized by either a handout or poster with employee names listed. A professional printed information poster describing STTI and the Beta Xi chapter was also displayed. Gifts were given out to more than 350 visitors at the booths.



Online Support and Breast Cancer Research Study

By: Paula Klemm

Dr. Paula Klemm, professor at the University of Delaware, School of Nursing is conducting a research study to learn about the relationship between breast cancer and group support online. The research, funded by the Oncology Nursing Society and the Beta Xi and Nu Beta Chapters of Sigma Theta Tau has been approved by the University of Delaware and Christiana Healthcare.

Women who are at least 21 years old, have cancer of the breast, have received or completed treatment in the past 36 months, and have access to the Internet are being sought to take part in the study. Those who agree to take part are randomly assigned to one of two types of online cancer support for a period of 12 weeks and asked to complete a series of online questionnaires. So far, 30 women have completed the study. Dr. Klemm is working to recruit 30 additional women to take part.

If you are interested in taking part in the study, or know anyone who might be interested, please contact

Dr. Klemm at: Klemmpa@udel.edu or (302) 831-8501.

17th International Nursing Research Congress in Montreal

By: Evelyn Hayes

Last year, we traveled to Montreal to the 17th International Research Congress and presented work with colleague Leta Aljadir, MS, RD on "Enhancing Nursing and Dietetics Education through Discovery Abroad Research Expedition; a brief abstract of the presentation follows: What makes an international research/education expedition successful. International collaboration endeavors build on prior experiences, common research interests, appreciation of another's culture, and administrative support. The collaborative research on maternal-child health described here is an extension of the interaction with our International Visiting Scholar from Norway, who completed a state wide lecture series sharing his expertise in pediatric epidemiology. This project also integrated prior faculty research on tobacco use in teens and young adults in the U.S. and Norway. Norway was selected for the undergraduate research based on Norway's dramatically lower infant mortality rate than the U.S. and lower incidence and prevalence of heart disease, cancer, other chronic diseases, and a longer life expectancy. Many of these health benefits can be attributed to diet and life style choices. The primary research activity for the students was to conduct a focus group with women of childbearing age in Trondheim, Norway, to identify items and phrasing for a culturally sensitive tool for comparative studies on selected lifestyle behaviors of women to clarify these disparate infant mortality statistics. In addition, the students participated in secondary analysis of data from the Scandinavian Small for Gestational Age (SGA) Study. Additional research opportunities evolved through meeting with the chief medical officer of Trondheim and a Public Health fellow, both of whom shared their research initiatives and long term research plan with opportunities for students in interdisciplinary research. Both student and faculty experienced first hand, the integration of academic knowledge related to health care practices and policies with colleagues in an international setting, while laying re groundwork for future collaboration. Students shared their experiences with a wide variety of audiences. Their impressions of the influence of this research expedition on their global perspective and overall academic program immediately after and six months following the expedition was presented.

Think about participating in one of the international research congresses.

A Chapter of Sigma Theta Tau International

Beta Xi Chapter
University of Delaware
School of Nursing
College of Health Sciences
Newark, DE 19716-3710



Sigma Theta Tau International

Calendar of Events

September 7, 2007

DNA/STTI Chapters Research Day at Wilmington College

September 30, 2007

Tri-State Consortium— Cheryl Mee, the editor-in-chief, for Nursing 2007, "Writing and Publication Tips"

October 2, 2007 From 5-9pm

Member Appreciation Happy Hour
Deer Park Tavern, Newark

October 22, 2007 @ 4:30pm

General Membership Meeting

November 2-7, 2007

39th Biennium Convention, Baltimore Convention Center

November 16, 2007

Fall Induction Ceremony

December 3, 2007 @ 4:30pm

General Membership Holiday Meeting

Announcements

- Beta Xi would like to give a warm welcome and Kenneth P. Miller, PhD, RN, CRNP, FAAN who is the Director & Professor at University of Delaware School of Nursing who started August 1, 2007. Dr. Miller has been a Beta Xi member since 1974.
- Cynthia Diefenbeck accepted as a position as a psychiatric clinical nurse specialist in the new Heart and Vascular Center at Christiana Care.
- Amy Mackley is proud to announce the birth of Kira Hayden on April 30, 2007. She was born a healthy 7 lbs 0.5 oz and 21 inches and welcomed by Joe and big brother Justin.
- Congratulations to Lauren Bieri who is marrying Shaun Butler on October 20, 2007.
- Do you have a son or daughter in the scouts or who has a career fair coming up at school? Let us know! We are looking for ways to energize our Kids Into Healthcare Careers outreach program.