

EDUCATING TOMORROW'S NURSES



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Did you know that many grant applications ask for employment statistics about our graduates?

Let us know the name of your employer and help our nursing department qualify for grant funding.

To update your personal information in the Shepherd alumni database, contact BreAnne Rugh, 304-876-5195 or brugh@shepherd.edu.



Congratulations December BSN graduates!

Bachelor of Science in Nursing degree candidates graduating in December pictured above are (front row, l. to r.) Michelle Maturo, Crystal Lunczynski, Kaylee Asper, Aspen Green, Ashley Jodoin, Hannah Longerbeam, and Shakalya Ganoe, second row, Emily Yakaboski, Erika Wilkins, Danielle Duffy, Ellen Joliet, Kayla Corbin, Amber Lee, Olivia Zura, and Aniya Saunders-Mosley, third row, Chloe Greist, Dave Kalaw, Clair Wachtel, Isabella Edler, Jeffery Green, Jennifer Dagg, and Regan Stout. Other students graduating in December include Vivian Ruiz, Nneoma Aplos, Andrea Barnett, Laurie Burdeaux, Linda Chase, and Jarrod Hauser.

Nursing Advisory Council

Paving the Pathway to Success

The Nursing Advisory Council is made up of individual community leaders who have an interest in the mission, goals, and expected outcomes of the nursing program. The council members serve as our community of interest and have their fingers on the pulse of what's happening and the vision to see how the nursing program could impact outcomes.

Our accrediting body, Commission on Collegiate Nursing Education (CCNE), views the community of interest as the stakeholders of the program, representing internal and external constituencies. As part of the accreditation process, the curriculum is developed, implemented, and revised to reflect clear statements of expected student outcomes that

consider the needs of the program's community of interest.

The Nursing Advisory Council meets twice a year to share events happening within the community and health care that the program may need to incorporate in the curricular experiences of our students and faculty. In addition, the council members give us feedback on our students' contributions and achievements within the work setting to help us fine tune opportunities. We are always delighted to learn Shepherd nursing students are sought after for employment due to their competence, compassion, and care. Our next meeting will be held in April 2019.

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Meet the Nursing Advisory Council Members

Scott Beard, Ph.D.

Provost
Shepherd University

Lisa Bivens, RN (photo 3)

Executive Director
Panhandle Home Health, Inc.

Rudolph Bropleh (photo 9)

Lead Pastor
Asbury United Methodist Church

Kelly Butts, RN (photo 5)

Director of Clinical Services
Panhandle Home Health, Inc.

Margaret Cogswell

Chief Executive Officer
Hospice Of the Panhandle, Inc.

Lora Crowell (photo 7)

Lead Nurse
Berkeley County Schools

Karen Erskine-Valentine

Pastor
Saint Peter's Lutheran Church

Michele Goldman, BSN, RN

Alumna
Charles Town Health Right, Inc.

Angela Gray, BSN, RN

Director of Nursing
Berkeley County Health Department

Karen Hammond, MSN, RN

Director of Nursing
Hagerstown Community College

Melanie Heuston, DNP, RN, NEA-BC (photo 8)

Chief Nursing Officer
Meritus Health System, Inc.

Judith Hockman, MSN, RN

Director
WVU Hospital East Home Health Care

Sherie Kershner, MSN, RN

Director of Nursing
Shenandoah Community Health

Kevin Knowles

Ward 2 Councilperson
City of Martinsburg

Emma Morton-Eggleston, MD, MPH (photo 1)

Associate Vice President
WVU Health Science Center

Clarise Ottley, Ph.D.

Nursing Director at Mother and Baby Unit
Berkeley Medical Center

Susan Parks

Director of Nursing
Washington County Health Systems

Samantha Richards, MSN, MBA, RN

Vice President and Chief Nursing Officer
University Healthcare Berkeley Medical Center

Katrina Taylor

Administrator
Canterbury Center

Terry Walker (photo 4)

Realtor
Coldwell Banker Premier Properties

Lois Waybright (photo 6)

Chief of Education Learning Resource and Designated Learning Officer
Veteran's Affairs Medical Center

Jamie White, Ph.D., RN

Director for Professional Development and Nursing Quality
Frederick Memorial Hospital

Lauren Williams, BSN, RN (photo 10)

Performance Improvement Coordinator
University Healthcare at Home

Lisa Zerull, Ph.D., RN, FCN (photo 2)

Program Manager and Academic Liaison
Winchester Medical Center

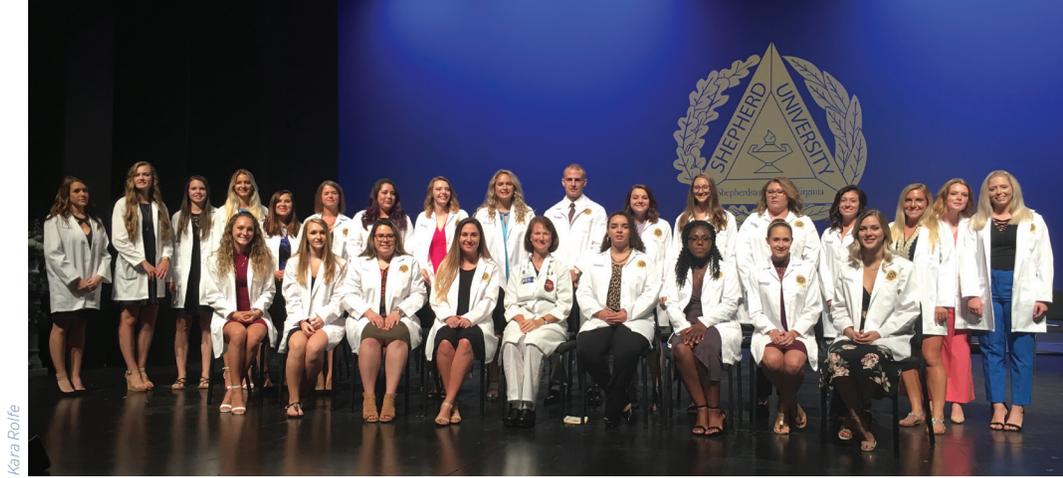
To learn more about the council members' background and expertise, visit www.shepherd.edu/nursing



Nursing Department Inducts New Nursing Students at the White Coat Ceremony

The Department of Nursing held a White Coat Ceremony in the Frank Center Theater on September 7. During the ceremony, 54 undergraduate students were welcomed to the nursing profession, and eight doctoral students were welcomed to advanced studies. The students are vested or cloaked with a white lab coat as a reminder of the obligation to provide humanistic, compassionate care to all. Dr. Lisa Zerull, the director and academic liaison from Valley Health in Winchester, Virginia, was the keynote speaker.

The White Coat Ceremony dates back to 1993 at the Columbia University School of Medicine. Dr. Arnold P. Gold grew concerned that the attention of new medical students was nearly absorbed in understanding the science of medicine and that less attention was devoted to medicine as an humanistic endeavor of caring. During this new ceremony, students were



Kara Rolfe

cloaked, as a symbolic gesture, with the white coat. Students were admonished to remember that they were caring for people who deserved dignity, compassion, and respect each time they put on the coat.

In 2014, the Arnold P. Gold Foundation partnered with the American Association of Colleges of Nursing to bring the White Coat Ceremony to nursing schools in the United States. In that same year, Shepherd University

was one of 100 nursing schools to receive grants to assist in implementing this ceremony. The Department of Nursing Education offered its first White Coat Ceremony in fall 2014 and has repeated this ceremony with each newly admitted class of nursing students. In fall 2015, students in the inaugural class of the Doctor of Nursing Practice program were added to the ceremony. The next White Coat Ceremony will be held for the incoming spring class on February 15, 2019. ■



John and Pam Boyle

Veterans Honored during Football Home Game

In observance of the Veterans Day and military appreciation day, dozens of veterans and active military personnel were recognized at Shepherd's home football game against the University of Virginia's College at Wise. Four nursing students had the privilege to accompany six veterans from the VA hospital to the ceremony. Not only did they enjoy the game, the veterans also enjoyed several varieties of chili and desserts from the chili cook-off event hosted by the Shepherd University Student Nursing Association. Due to the cold weather, the veterans were invited to watch the second half of the game in the warmth of the Erma Ora Byrd Hall. ■

Clockwise from top: Dozens of veterans and active military personnel were honored during halftime.

The color guard leads a short ceremony to honor military personnel in attendance at the game.

Student volunteers assisted six veterans during their visit to Shepherd. Pictured (front row, l. to r.) are Megan Suttmiller, Hebron, Maryland; Olivia Harpine, Eldersburg, Maryland; Dr. Angela Fetty, assistant professor of nursing education, (back row) Hannah Cady, Myersville, Maryland; Kylie Riggleman, Moorefield; and Makaleigh Roberts, Hedgesville.



Angela Fetty



John and Pam Boyle

From the Dean

Caring...

As Hallmark would tell us “it’s the season of sharing, giving, and caring.” And, I would add, “giving thanks.” Shepherd’s nursing graduates are sought after by employers due to their competence, compassion, and caring skill sets. Because our alumni, supporters, and friends have a shared vision for and commitment to our program, we are able to produce nurses who “care enough to give the very best.” Your investments in our program support scholarships and allow us to maintain our skills lab as a state of the art simulation center for our students.

A gift to our program has a real impact as we prepare the next generation of nurses. For every student who finds his or her dream job in nursing and for patients and family members witnessing the caring that fosters their recovery, know that you can and do have an impact. Your contributions to our programs are essential for the community to experience the return on that investment with quality outcomes and improved wellness. You impact our students, our faculty, our university, our community, and the future of health care.

What a historical year for us with the graduation

of our first Doctor of Nursing Practice (DNP) students! It has been a year of expanding our partnerships to provide students with the very best experiences with expert clinicians. It has given us the opportunity to recommit to our service to the community in the fight to stop the opioid epidemic in our state, in the fight against breast cancer, and in the fight against Alzheimer’s. Through innovative teaching and collaboration, our faculty are working to promote a culture of continuous improvement through the preparation of the next generation of compassionate, highly competent nurse leaders to deliver the change needed in the delivery of health care.

As we confront the many rapid changes that affect health and health care, our faculty and students are committed to the university’s core values of learning, engagement, integrity, accessibility, and community. In this issue of our newsletter, you can see how these values have influenced our work and the positive impact of students and faculty on our community and caregivers.

Thank you for your continued commitment



Cecelia Mason

Sharon Mailey, Ph.D., RN

Acting Dean

College of Education and Professional Studies

and investment in our program and students as we strive to transform health and health care. I am thankful that, together with faculty, students, staff, Advisory Council, and other community and interprofessional partnerships, we can, and do, make a difference. I look forward to hearing from you. ■

...Enough to Send You the Very Best

Your gifts are Personal, Fullfilling, Impactful, and Extraordinary

Help Us to Raise \$10,000 for a Matching Gift

We have received \$10,000 from the Shepherd Success Fund with a challenge to raise a match from our alumni and supporters. The entire grant and gifts go directly to support the upgrades needed for our simulation skills labs and mini-grants for students’ evidence-based practice projects.

The university is transforming under the leadership of President Mary J.C. Hendrix. These are exciting times, and we look forward to our nursing alumni team’s extraordinary gifts that allow **Shepherd nurses to continue to be valued as #1 in the region.**

All gifts are tax deductible.



Make A Difference in the Lives of Our Nursing Students!

Donate Online

Visit <https://shepherduniversityfoundation.org/donate>, select “Other” for the designation and state “**President’s Challenge—Nursing**”

Donate by Mail

Make checks payable to **Shepherd University Foundation**. Please return the completed form with your check to:

Shepherd University Foundation
P.O. Box 5000
Shepherdstown, WV 25443

My check payable to **Shepherd University Foundation** is enclosed.

Please accept my gift of \$25 \$50 \$100 \$500

\$1,000 \$_____

Name: _____

Address: _____

State: _____ Zip: _____

Phone: _____

Email: _____

SUSNA News

THE SUSNA OFFICERS 2018-2019

President

Jillian Kosenski
Frederick, Maryland

Vice President

Kayla Chisko
Stonewood

Treasurer

Megan Bishop
Clear Spring, Maryland

Secretary

Katelynn Metz-Murphy
Charles Town

Parliamentarian

Chelsea Breeden
Berkeley Springs

Projects Manager

Molly Jenkins
Bunker Hill

Nursing Students Participate in Shepherd's Relay for Life

Shepherd University is proud to take part in Relay for Life to help honor cancer survivors, remember those lost, and help raise money to fight a disease that has taken so much.

The Student Nurses Association created a team to participate in this year's annual event and raised more than \$2,270. The team consisted of Aubrey Casteel, Baltimore, Maryland; Carrie Boone, Berkeley Springs; Katelyn Dolly, Kearneysville; Alyssa Larco, Point of Rocks, Maryland; Jasmine Stevenson, Martinsburg; Kaitlyn Heginbotham, Martinsburg; Samantha Lowe, Hagerstown, Maryland; Sarah Swailes, Martinsburg; Morgan Froebe, Berkeley Springs; Kayla Chisko, Stonewood; Logan Keith, Hagerstown, Maryland; Katelynn Metz-Murphy, Charles Town; and Racheal Krowpman, Charles Town. ■



Carolyn Albright

Mark Your Calendar

Shepherd University Relay for Life 2019
4 p.m., Friday, April 5 to 4 a.m., Saturday, April 6
Wellness Center

Join the SUSNA to fight cancer!

SUSNA Hosts Chili Cook-off to Raise Fund for Upcoming Convention Trip

The SUSNA hosted a chili cook-off on November 10. There were nine entries including two from local downtown restaurants, Domestic and Groove Town Lounge. Among the entries were mild, medium, and white varieties, and a pumpkin vegetable chili was a huge hit. Nursing student Kenneth Carrier, Hancock, Maryland, won the cook-off with his smoky chili. The students raised more than \$400, which will be used to send nursing students to the National Student Nurses' Association Convention this spring in Salt Lake City. ■



Angela Fetty

Faculty Highlights



Dr. Laura Clayton
Professor of Nursing Education

Clayton presented a paper with Dr. Cara Burkner, clinical faculty in nursing education, titled “It Takes A Team: Lessons Learned in Interprofessional Nursing Education” at the Elsevier Nursing Education Conference in Las Vegas in January. Clayton also published an article titled “Public Health Surveillance and Outbreak Investigation” in *Public Health Nursing: Population-Centered Health Care in the Community* (10th edition), edited by Marcia Stanhope and Jeanette Lancaster. ■



Dr. Michael Groves
Associate Professor of Nursing Education and RN-to-BSN Program Coordinator

Groves presented a study titled “Genomics: New Evidenced-Based Applications for Nursing Practice” at the Maryland Nurses Association Conference. Groves spoke about bioethics at Winchester Medical Center RN Residency Program. ■



Dr. Mary Hancock
Associate Professor of Nursing

Hancock published the article “Thinking Qualitatively Methods of Mind: A Review” in *The Qualitative Report*. She presented her study “The Use of WordPress for Online Focus Group Studies” during the Qualitative Report’s ninth annual conference. Hancock published a book review of *Safe Maternity and Pediatric Nursing Care*, written by Luanne Linnard-Palmer and Gloria Haile Coats and a textbook chapter review on Chapter 1: Trends and Issues in *Maternal-Newborn Nursing: The Critical Components of Nursing Care* (Third Edition), written by Roberta Durham and Linda Chapman. She is a member of the Qualitative Report Editorial Board, a University of Phoenix School of Advanced Studies Alumni Research Fellow, and section chair for the West Virginia Association of Women’s Health, Obstetric, and Neonatal Nurses for 2019-2021. ■



Dr. Barbara Mott
Assistant Professor of Nursing Education

Mott presented a paper “The Psychometric Field Test of Hung’s Postpartum Stress Scale” at the Frederick Memorial Hospital Evidence-Based Practice and Research Day. ■



Dr. Betty Rini
Assistant Professor of Nursing

Rini has been named the secretary/treasurer at the West Virginia Association of Women’s Health, Obstetric, and Neonatal Nurses for 2019-2021. ■

Nursing Students to be Trained on Electronic Documentation System

Thirty five Shepherd University nursing students were trained on EPIC, the newly implemented electronic documentation system, at Meritus Medical Center in September. Meritus Medical Center employs more than 2,000 healthcare workers who utilize EPIC. In order to meet the September 1 rollout deadline, employee training began over the summer. During this phase, the center also provided weeklong training for instructors from local colleges and universities. Kathleen Denning, Shepherd’s clinical skills and simulation lab coordinator, completed the training and served as the designated trainer for the Shepherd nursing students. Denning said,

“EPIC is user- friendly and our students are tech savvy. I expect that by the end of the semester, our students will be experts.”

Nurses utilize electronic documentation throughout their workday. Electronic documentation programs such as EPIC provide convenient access to critical patient information for healthcare workers. Having access to the most current lab and test results and other important medical information allows the nurses to properly care for their patients. Through EPIC, the nurses are able to document important information about the patients that are

immediately accessible to the physician or other members of the patients’ healthcare team. A favorite feature among EPIC users is the ability to place a “virtual” sticky note on the patient chart which can be removed when no longer applicable. Nurses use this feature to share information that is not necessarily appropriate as part of the permanent medical record, but does help enhance the patient experience at MMC, such as: “patient requests medicine in applesauce.” ■



Barbara Mott

Pediatric Nursing Professor and Students Participate in Respiratory Syncytial Virus Simulation

A class of 46 nursing students participated in computer-controlled mannequin simulations in the care of an infant with respiratory syncytial virus (RSV) under the direction of Dr. Barbara Mott, assistant professor of nursing education, to prepare for clinical practice in pediatrics and reinforce theory taught in class. RSV is a contagious virus in infants which infects the lower respiratory tract and in severe cases may lead to pneumonia or bronchiolitis. Due to the small airway passages entering the lungs of infants and premature babies, RSV can be severe leading to respiratory distress.

Mott constructed the RSV simulation infant case in DocuCare, a simulated electronic health record. The students had access to view the simulated case and come to the lab prepared to conduct the simulation. During the simulation, six to seven students at a time are given roles as charge nurse, nurse, IV nurse, mother, lab technician, nursing technician, and expert observer to perform during the simulation. Mott directed the simulation in one lab and broadcasted to the other group of six to seven students in another lab. After the simulation, the two groups met to debrief the simulation. The

students learned from each other's experiences in a positive environment, and the simulation reinforces the learning and promotes a comfort level when the students enter the acute care setting. ■

Above left: Students practice providing oxygen to the computer-controlled mannequin.

Center: Students learn to perform suction to drain the fluid out of the mannequin's lower respiratory tract.

Right: Students observe the other team's simulation before being debriefed on their performances.

Nolen Selected for Rural Health Policy Internship

Karis Nolen, a D.N.P. student from Frederick, Maryland, was selected for rural health policy internship at the Federal Office of Rural Health Policy (FORHP) in the Washington, D.C., this fall. During her 240 hours at the internship, Nolen has been drafting a variety of white papers and sections of potential grant funding opportunities, assisting with organizing and conducting focus groups, and working with quality improvement projects for rural hospitals. She has met with many healthcare leaders, attended conferences, and visited Capitol Hill. Nolen said that this experience has provided her with "new insights into federal rural health policy and a greater understanding of the resources available to rural health leaders."

Dr. Marcia K. Brand, a member of Shepherd's Board of Governors, sponsors the internships and has pledged a 10-year commitment to fund two merit-based internships per year for Shepherd students who are interested in rural health and health policy. The internships may take place at either of two organizations:



Cecelia Mason

FORHP, which allows students to learn about federal and state programs that exist to support rural communities, or the National Rural Health Association (NRHA), the principal membership organization in the nation for rural health policy. Students are recruited for rural health policy internships with the help of Shepherd faculty

and are selected based on their résumés and relevant experience. Students may decide at which organization they would like to intern. ■

Above: Karis Nolen (l.), Frederick, Maryland, the recipient of the rural health policy internship for fall 2018, and Dr. Marcia K. Brand, creator of the internship.



Huffer Attends Briefing on Capitol Hill to Promote Photobiomodulation Therapy

Dr. Kelly Huffer, assistant professor of nursing education, attended a briefing to Congress on Capitol Hill to promote photobiomodulation (PBM) therapy on October 11. The focus of the briefing was to encourage research funding and incorporation of the technology into mainstream medicine for provider reimbursement. PBM therapy uses low-level light or laser to treat common ailments such as wounds, repair tissue injury, and promote healing and pain management. The non-pharmacologic modality may limit opioid prescribing practices and ultimately impact the national opioid crisis. World leaders in PBM therapy research and application were present at the briefing. Shepherd University is pioneering an effort to become a PBM center of excellence and is

planning integration of the technology into the doctoral nursing program's curriculum with the potential for a certificate program for healthcare providers. ■

Top left: Dr. Kelly Huffer presented Shepherd's effort in training qualified healthcare providers to offer PBM treatment services to the patients.

Left: Pictured (front row, l to r.) are Dr. Praveen Arany, clinical researcher from University of Buffalo; James Carrol, CEO and founder of Thor Laser and developer of the PBM device; Annette Quinn, program manager in radiation oncology at University of Pittsburgh Cancer Center; (back row) Dr. Mel Burchman, president-elect of Academy of Laser Dentistry; Dr. Claudia Cotca, founder of Washington Institute for Dentistry and Laser Surgery; and Dr. Kelly Huffer.



Kelly Huffer

Nursing Students Conduct a Pediatric Seizure Simulation for the Eighth Grade Adventure Day

Nine eighth grade students interested in nursing from South Middle School and Spring Mills Middle School visited Shepherd University's Department of Nursing Education. The students learned about pediatric seizures using a computer-controlled mannequin that simulates how a five year old would behave when experiencing a seizure. Under the direction of Dr. Barbara Mott, assistant professor of nursing education, nursing students Amber Lee, Falling Waters; Dave Kalaw, Germantown, Maryland; Ellen Joliet, Hagerstown, Maryland; and Valerie Barber, Waynesboro, Pennsylvania, demonstrated high fidelity simulation on how to care for a pediatric patient with the diagnosis of tonic-clonic seizures. The eighth grade students were able to observe how nurses utilize a simulated electronic health record, assess and provide safe quality care, and evaluate the effectiveness of nursing care to an acutely ill pediatric child.



Kara Rolfe

The eighth grade adventure day is an academic community outreach program that strives to support youth in valuing learning, engagement, integrity, and accessibility during a visit to Shepherd's campus. The students have the

opportunity to visit various departments throughout the university. The program aims to inspire the students who observed the high fidelity simulated care of a child to seek a career in nursing. ■

Moving Forward and Beyond

Winchester Medical Center R.N. Residency Program

Eight Shepherd nursing students, one of the largest cohort of Bachelor Science of Nursing-prepared nurses, entered Winchester Medical Center's Nurse Residency Program. The nurse residency program lays a strong foundation of support for the first-year nurse through education, clinical care, and social engagement.

Shepherd University nursing students seek residency programs post-graduation to assist in the transition from new graduate to professional nurse. Since September 2017, 26 Shepherd BSN graduates have been hired by Winchester Medical Center and have graduated from the Nurse Residency Program. ■



Kara Rolfe

Nursing Students Practice Clinical Skills with Senior Centers

Three senior centers welcomed Shepherd's nursing students for a blood pressure screening during the fall. This experience provided the students who are enrolled in their first clinical nursing course the opportunity to apply their newly learned skills and to interact with seniors living independently in the community. Students also learned about the purpose, services, and activities that senior centers provide and the importance of the center in their lives. Students had the opportunity to watch seniors participating in fitness activities, the arts, socializing with one another, and line dancing.

The senior centers that participated include the Washington County Commission on Aging, Berkeley Senior Services in Martinsburg, and the Frederick Senior Center in Frederick, Maryland. The Shepherd University nursing program extends its thanks to all for hosting the nursing students. We welcome them to our group of community partners and appreciate their willingness to help educate our nursing students. ■

Nursing Department Faculty Bake Sale

The Shepherd University nursing faculty sponsored their first pumpkin bake sale in the lobby of the Erma Ora Byrd Hall on Wednesday, October 31. Faculty volunteered and brought in their most scrumptious seasonal treats, all individually packaged in Halloween-themed packages.

Among the treats were various versions of pumpkin bread and pumpkin loaf, both glazed and unglazed, with and without nuts. Other treats included pumpkin chocolate chip cookies, peanut butter cookies, brownies, pumpkin cupcakes, and red velvet cupcakes. Dr. Doris Burkey, assistant professor of nursing education and family nurse practitioner concentration coordinator, brought in homemade ginger snaps with a pumpkin mousse dipping sauce, which was a popular item. Dr. Laura Clayton, professor of nursing education, brought in chocolate and candy-covered stick pretzels, also very popular.

Many of the faculty came in costume—several as witches. Dr. Angela Fetty, assistant professor of nursing education, came as a “day of the dead bride.” Kathleen Denning came dressed as “Rudolph the Red-Nosed Reindeer,” stating that she’s transitioning out of one season into the

next. Kara Rolfe came dressed as a “sushi roll,” and Ester Stitt was costumed as “Minnie Mouse.” Denning, Rolfe, and Stitt organized the bake sale with the help of several football players.

Each treat was priced at \$1. Students received a token for a free treat when they entering the building. The sale successfully raised \$272 for the Shepherd University Student Nurses Association. Dr. Sharon Mailey, acting dean of College of Education and Professional Studies and director and chair of Department of Nursing Education, stated that it was evident through these efforts that Shepherd nursing modeled caring and compassion for our students and community through this event. ■

Clockwise, from top: Dozens of baked goods made by nursing faculty were on sale to raise funds for the Student Nursing Association.

Dr. Doris Burkey (l.), assistant professor nursing education and Dr. Angela Fetty, assistant professor of nursing education dressed for the occasion.

Attending the bake sale were (l. to r.) Reine Fifi Miafo Guefah, Glen Burnie, Maryland; Blise Kipepe, Kinshasa, Congo; Dr. Doris Burkey, and Onine Adja Kaaga, Frederick, Maryland.

Senior BSN Students Address the Opioid Crisis

West Virginia Attorney General Patrick Morrisey and the Shepherd University Department of Nursing Education partnered again this year to provide drug abuse prevention education to middle school students throughout the region. The Attorney General's Office provided a detailed curriculum for the nursing students to use. The guidelines focus on the opioid epidemic, the connection between drug abuse and heroin addiction, prevention methods, and the long-term impact of drug use. ■