

FALL 2011

CREIGHTON

SCHOOL OF NURSING PROGRESS REPORT



**Go Jays! Striking a Balance
Between School and Athletics**

**Celebrating the Life
of a Nursing Legend**

SHEILA CICIULLA REMEMBERED

Ed.D. R.N. | SJN'53, BSN'55, MSEDU'77 | Dean Emerita



Sheila Donahue as a St. Joseph School of Nursing student, 1953.

When Sheila Ciciulla retired from the School of Nursing in 1998, she was bestowed the title *Dean Emerita*. While Dr. Ciciulla had never actually been the “dean,” she served as “acting dean” longer than any of the appointed deans during the 25 years she was on the School of Nursing faculty. Former Dean Edie Kitchens made the case

nurse educator option. With luck they would enjoy their time at Creighton and stay on with us as faculty members.”

The Hastings program resulted when two good friends met for dinner. Both of them agreed there was an incredible need for a baccalaureate nursing program in outstate Nebraska. Leota Rolls, representing Mary Lanning Memorial Hospital, and Ciciulla proposed their plan to Hastings College. A successful partnership emerged in 1976 and continues today.

Dr. Ciciulla is remembered as a strategic thinker and a hard worker. She was passionate about curriculum and advocating for students. She had a marvelous sense of humor and an infectious chuckle. Alumni Advisory Board member Theresa Franco (BSN'78) reminisced about taking a pediatrics class from Dr. Ciciulla.

“I lived in fear of her every day during my rotation but after it was over, realized that I learned so much from her; and her cynical sense of humor could cut through the greatest amount of tension,” she recalled. “Dr. Ciciulla will be greatly missed.”

Barbara Braden, Ph.D., R.N. perhaps knew Dr. Ciciulla best. The women worked together most of their adult professional lives. She had this to say, “Next to her sense of humor and her great laugh, the most memorable thing about Sheila was that she was one of the most competent and hardest working academic administrators that I have known. She was completely selfless...never anxious to be in the spotlight, but always willing to work hard to make certain that the School of Nursing was successful and sound.” She was a demanding teacher, but generous with her praise for those students who worked hard and were conscientious in their care of patients. Dr. Braden went on to share, “Sheila was fearless about many things, but she was scared spitless of mice. One day she and Janet Barger-Lux Heaney were in Sheila’s office working and they sighted a mouse. I heard two blood curdling shrieks. Then hysterical laughter...and when I went running to her office, I found them leaning back in their chairs, with their feet up on the conference table...continuing to work, of course! So typical of Sheila.” ■

More about Dr. Ciciulla on page 7

DEAN’S REPORT

During this season when our thoughts are keenly attuned to our many blessings, I am delighted to announce that the Commission on Collegiate Nursing Education (CCNE) reaffirmed accreditation of our B.S.N. and M.S.N. programs for the period of 10 years, and granted initial accreditation to the Doctor of Nursing Practice (D.N.P.) program for the term of five years, the maximum number of years for a new program. I am grateful for the outstanding efforts of our faculty and staff in designing and delivering quality nursing education, the commitment and scholarship of our students, and the support of our clinical partners, alumni and University and community colleagues.

CCNE accreditation also is based on the achievements of our alumni, and it is a privilege to recognize recent honors bestowed on five alumni: the School of Nursing’s 2011 Alumni Merit Award recipient Dr. Ann Berger (BSN’71), who was honored for her outstanding scholarship in cancer care, and Dr. Janet Cuddigan (BSN’74), Dr. Karen Monsen (BSN’78), Dr. Martha (Marti) Rice (BSN’71), and Dr. Catherine (Cathy) Toderio (BSN’72) who were inducted into the American Academy of Nursing in recognition of their achievements as nurse leaders. Congratulations to all!

We also are celebrating a new beginning for the University with the inauguration of Creighton’s 24th president, Timothy R. Lannon, S.J. A 1973 graduate of Creighton University, Fr. Lannon holds the distinction of being Creighton’s first alumnus to lead the University. This is his second presidency at Creighton—during his undergraduate years, he served as president of the Creighton Student Board of Governors. Most recently, Fr. Lannon served as president of Saint Joseph’s University in Philadelphia.

Last year, in conjunction with the release of the report on *The Future of Nursing: Leading Change, Advancing Health*, I shared with you ways in which the School of Nursing was prepared to address the report’s recommendations. This Progress Report highlights examples of new initiatives that support leadership development. Leadership development has always been integral to a Creighton nursing education. Generations of alumni have made and are making significant contributions to nursing education, science, practice and health policy through their leadership in research, care delivery and academia.

We anticipate our largest group of D.N.P. graduates this academic year; D.N.P. graduates are prepared with

the skills and knowledge to lead change, design health care, and promote health for individuals, communities, and population groups. Among the competencies D.N.P. graduates possess are those essential to leadership roles and to strengthening practice and health care delivery, such as the ability to “use advanced communication skills and processes to lead quality improvement and patient safety initiatives in health care systems; and guide other nurses to achieve excellence in nursing practice.”¹

At the B.S.N. program level, students can further leadership skill development through a variety of co-curricular activities, such as our scholar-athletes program and a new leadership initiative, the Leadership Scholars Program. Designed by a team of alumni, faculty, staff and students, the Leadership Scholars Program is a multi-year, structured program. Through retreats, discussion groups with peers and nurse leaders, readings and mentoring experiences, leadership scholars are prepared to exercise leadership skills that reflect Ignatian values and practice.

Faculty and staff continue to help shape the profession and specialty areas through teaching, service and scholarship. Now, in partnership with the new Creighton University Health Sciences Continuing Education, School of Nursing faculty and staff members also play an active role in planning and implementing interprofessional health care and continuing education.

The School of Nursing is pleased to partner with Creighton University Health Sciences Continuing Education—the first academic health sciences center to earn joint accreditation from the Accreditation Council for Continuing Medical Education, Accreditation Council for Pharmacy Education and the American Nurses Credentialing Center. This interprofessional continuing education collaboration, along with experiential activities such as the Heart Ministry Center’s Porto Urgent Care Clinic in Omaha, ILAC in the Dominican Republic, and hospital-based activities in Shijiazhuang, China, enhance curricula and promote team-based leadership skills and competencies.

We have had a blessed year. Thank you for your support of the School of Nursing, our profession, and for all those who depend on the highest quality wof care. God bless you, now and always.

Sincerely,
Eleanor Howell, Ph.D., R.N.



¹ American Association of Colleges of Nursing [AACN]. (2006). *The Essentials of Doctoral Education for Advanced Nursing Practice*.



ON THE COVER

Christa Ruf balances her nursing studies as well as being an athlete on Creighton’s softball team.

ENROLLMENT FACTS October 2011

SCHOOL OF NURSING	OMAHA	HASTINGS	TOTALS
Undergraduate Program			
Traditional	400	20	420
Accelerated	99	8	107
R.N. to BSN	—	—	6
Graduate Program			
Master of Science in Nursing	—	—	106
Doctor of Nursing Practice	—	—	111



Christine Koehler | Crew Team



Christa Ruf | Softball Team

They have grueling schedules no one would envy. It takes a special person to excel as both a student and an athlete. There are currently 20 nursing students who are also University athletes.

All the athletes interviewed agreed it takes balance, time management, prioritization and strong determination.

Christa Ruf is not only a star on the field, but in the classroom, too. She manages to maintain a 3.90 GPA while being on Creighton's softball team. Ruf is in her fourth year of a five-year nursing plan. Nursing students who play softball select the five-year plan because their spring season conflicts with their nursing preceptorship.

Ruf feels that nursing and softball are a lot alike. Softball is a team sport where everyone works toward one common goal. Similarly, in nursing, a team of health care professionals work toward one common goal: maintaining or restoring the health of an individual.

Andrew Ribeiro, outstanding soccer forward from Green Bay, Wis., said he does take some ribbing from fellow soccer teammates about becoming a nurse. But Ribeiro shakes it off. He knows that he will become an excellent nurse and it is a career that fits well with his compassionate nature.

"The men's team expects a lot from its players and it is not easy to keep up with both classes and sports," Ribeiro said.

Athletes are Unique Individuals
Bruce Rasmussen, director of athletics, knows that athletes are unique individuals.

"I believe the purpose of a university education is primarily to teach people how to learn and take responsibility for their own development,"

Rasmussen said. "An outstanding athletics program is a laboratory for these endeavors. Athletics can not only be a cauldron where we learn about ourselves, but where we also learn to take responsibility for our own development, where we learn the principals of leadership and teambuilding, and where we learn how to take action based on those principals. My vision is that our coaches build a culture that promotes leadership, one where student-athletes progress from being directed and coached to becoming situational leaders who become passionate about their own development."

Creighton softball player Elizabeth Mckewon, from Omaha, credits athletics for her character, saying, "Being in athletics has made me a better person in many ways. I've learned to work as a team with people. I've learned to get along with people even though they might not be my favorite person, but they are part of my team. I've become a much better leader from softball. It has taught me how to be humble. It has taught me how to be more organized and how to prioritize things, because there's not always time to get everything done. It has taught me to be on time for things, because if we aren't on time for practice we have to run. Mostly athletics has taught me about relationships and how to communicate with people."

Cultivating Athletes as Leaders

In addition to prioritization, Rasmussen emphasized the importance of cultivating athletes as leaders.

"In teaching our student-athletes how to take responsibility for their actions, we want them to consider the following values: integrity; a strong work ethic; teamwork; tolerance and respect for their teammates, opponents and others outside of our community; and a willingness to pursue excellence. Leadership is making decisions based on values and we have to train leadership just as passionately as we train the fundamentals of our particular sport."

Ribeiro admitted some days are challenging.

"(Combining soccer and school) has become very difficult this year. Freshman year it

was easily tolerable because of the simplicity of classes. However, as the years have progressed it has gotten more and more difficult to do well in both nursing and soccer. I hope in five years that I can look back and say it was worth it getting my BSN and pursuing soccer."

Katie Murphy, a soccer player from Omaha, will be a second-generation nursing graduate. Her mother, Deborah Geha Murphy, graduated with her BSN in 1981. She readily admits that both nursing and athletics are major commitments.

"The biggest difficulty I've had is traveling and trying to study on the road. But it has



Katie Murphy | Soccer Team

been worth it. Although it is difficult at times, I could not see myself giving up either. Soccer has taught me time management and has brought me my closest friends who help me get through the stressful times; while nursing helps me fulfill my goals of having a career to help others in need."

Omahan Christine Koehler is on the crew team. As she explains, rowing is unique because every person in the boat has to give it their all and there is no one person who can be the star athlete. Everything is intertwined on the rowing team and it is important to respect every member of the team because everyone brings something different to the table. Working as a nurse requires you work with a team every day.

"Athletics has taught me that I can be more than I think I can. I can do more and push

GO JAYS!!

Striking a Balance Between School and Athletics

Andrew Ribeiro | Soccer Team

myself harder than I thought. This makes me a better person because I know that in tough situations, I can always dig a little deeper and find that inner strength to keep pushing through,” Koehler said.

The spring is the busiest time of year for Ruf. Staying organized is critical.

In order to stay organized and not get overwhelmed, Ruf keeps an agenda and marks down every game, every departure time and every assignment. Ruf looks ahead to see if she can do anything to relieve stress that might occur in the upcoming weeks. Although it may seem like she has no free time, Ruf makes sure to relax by doing fun activities when her life becomes hectic.

Academics Always Take Precedence

“Student-athletes are a joy,” assistant dean for student affairs Amy Cosimano said.

“They are organized, dedicated and committed to being successful.”

Faculty members are available to student-athletes to deal with special circumstances. If a test is given on a day the athlete is out of town, an alternative test time is found. When practice and game schedules come out, the nursing school makes every attempt to structure clinical assignments around a student’s play schedule. In addition,

student-athletes receive tutoring through the athletics department.

A Typical Day

“If our game is out of town, we may not get back until 2 a.m. Then I have clinical from 6:30 a.m. until 3 p.m. Then I come back to school and have to go to softball practice from 3 to 5:30 p.m., constantly running around, and after that I lift weights from 5:30 to 6:30 p.m. After that I could finally eat and then start on homework or clinical paperwork and do it all the next day again,” Mckewon said.

The hardest thing about playing softball and taking nursing classes, according to Ruf, is missing class because of games and then having to make up what she missed. She said students have to be in constant communication with their professors, especially if they are going to miss an exam.

Rasmussen feels athletics is very much in tune with Ignatian values taught at Creighton.

“If our athletics program is a reflection of the mission of our school, and at Creighton I hope that it is, then we are teaching and challenging our student-athletes on a regular basis to be leaders, to make better decisions, to take responsibility for their actions, to not be perfect but to continually get better, and to not be afraid to be



Liz Mckewon | Softball Team

uncomfortable in their pursuit of excellence—just as our outstanding faculty are doing in the classroom,” Rasmussen said.

The athletes all agreed that athletics and nursing are a good combination. Perhaps Ruf said it best.

“Teamwork is a key component of nursing practice. (Because of playing on a team) it has been easy for me to collaborate with the interdisciplinary teams in clinical. (Being a member of a team) has taught me to care deeply for my teammates the same way that I will care for my patients.” ■

IN MEMORIAM

DEDICATED TO THE NURSING PROFESSION

SHEILA DONAHUE CICIULLA, Ed.D. R.N. | SJN’53, BSN’55, MSEDU’77 | DEAN EMERITA



Dr. Ciciulla and Leota Rolls, former Mary Lanning Memorial Health Care vice president. These women are credited with forging the Creighton School of Nursing, Mary Lanning Hospital and Hastings College partnership in 1976. The photo was taken in April at a reception recognizing the 25th anniversary of the partnership.

Sheila Ciciulla was committed to professionalism and excellence in nursing. She taught in Creighton’s School of Nursing for 25 years and served many years on the Nebraska State Board of Nursing and on the National Council of State Boards of Nursing, where she made site visits for accreditation of other nursing education programs.

She was instrumental in starting a joint nursing education program between Creighton School of Nursing and Mary Lanning Memorial Hospital in Hastings, Neb. The program was built in a spirit of collaboration so that nurses could continue their education without having to travel to Omaha. That program just celebrated its 25th anniversary.

The best tribute she received, however, was the excellent nursing care that she was given during her illness. Some of her nurses were former students or Creighton

graduates; all of whom benefited from her contributions to the nursing profession.

Ciciulla always managed to find money to help students who were in dire straits. She was especially sensitive to students who were working to pay for their own tuition. When she retired from Creighton, her associates and former students honored her by establishing the Doctor Sheila Donahue Ciciulla Endowed Scholarship to continue the work she had done. To date, 15 students have benefitted from her scholarship.

If you would be interested in contributing to the Ciciulla Endowed Scholarship, please contact Teri Corcoran, School of Nursing Development Officer, at tericorcoran@creighton.edu, or 402.280.3028, or mail your gift to Teri Corcoran at Creighton University, 2500 California Plaza, Omaha, NE 68178. ■



Nursing student Mary VanSteenbergh provided good advice (and warm socks) at the “Winterize Your Baby” event held in conjunction with a free coat giveaway at the Heart Ministry Center.

HEART MINISTRY IN THE “HEART” OF THE NURSING SCHOOL

Since October 2009, the School of Nursing has provided incredible service to the Heart Ministry Center (HMC) located in North Omaha. While the organization provided much needed food, clothing and other resources to deserving individuals and families, it wanted to provide health care to those who could not afford it. One morning a week, faculty member and nurse practitioner Martha Todd sees patients at the nurse-managed Porto Urgent Care Clinic, located within the HMC. Nursing students, faculty and staff volunteer on a regular basis. Associate professor Dr. Ann Laughlin directs the health care programs. at the center.

“You would be quick to notice that interdisciplinary care is very common at the HMC,” said Dr. Laughlin. “Nurses, pharmacists, therapists and social workers all work together to provide care and programming to those who need it most. Our work is very rewarding at the Heart Ministry Center.”



THE SCHOOL OF NURSING LEADERSHIP TEAM

Seated: Joyce Bunger, Mary Parsons and Mary Kunes-Connell

Standing: Eleanor Howell, Cindy Costanzo, Amy Cosimano, Nancy Shirley, Cindy Adams and Linda Lazure

NURSING BEYOND BORDERS

CULTURAL IMMERSION AND EXPERIENTIAL LEARNING IN CHINA



Nurse Practitioner Cathy Carrico advising on the proper turning of a cervical spinal cord injured patient.

By Cathy Carrico, MS'96, APRN-NP, Nursing Instructor

For the fourth year, faculty and students in the Cultural Immersion and Experiential Learning in China Honors Interprofessional Program (CHIP) visited China in October. The focus of this program is to increase the participants' cultural competency and to facilitate their leadership development for societal and global concerns through interprofessional experiential learning in China. Participants included students and faculty from the Schools of Nursing, Physical Therapy and Occupational Therapy.

The participants from the School of Nursing included myself, as faculty, and Erin Schechinger, B.S.N., R.N., the student representative from the DNP Program. The Creighton representatives visited the Third Hospital of Hebei Medical University, a 1,500 bed orthopedic hospital in Shijiazhuang, China.

Our goal was to introduce the staff of the hospital to the interdisciplinary care of the patient at the bedside. The groups were divided into two, with representatives from nursing, PT and OT. The groups then visited several patients at the bedside, discussing and demonstrating with staff (physicians, nurses and therapists) the

importance of pain control, assessments of respiratory and cardiovascular status, prevention of pneumonia and DVT, as well as the importance of early mobilization for the postoperative or injured patient.

The faculty also participated in a rehabilitation symposium. I discussed the role of nursing on the rehabilitation team. In addition, the nurses were given a presentation on the head to toe assessment of the patient with spinal cord injuries. This was a demonstrative lecture with participation from the nurses. Schechinger participated in an interdisciplinary student presentation regarding nursing's role in patient care of the injured patient. She also discussed nursing education at Creighton University with the student nurses.

The hospital staff showed great interest in our interventions and had many questions for all of the Creighton participants. They were also excited to point out a nursing intervention that had been implemented after the education they had received in 2010. Although this intervention was very simple—elevating the head of the bed and not keeping the patient flat at all times—this change was a positive one for this hospital. ■

REACHING OUT TO INDIA AND THE DOMINICAN REPUBLIC



Paige Potthoff surrounded by children of India's Josephnagar Village.

Paige Potthoff, BSN'11, headed to India shortly after graduation to volunteer with the Home of Hopes Organization (www.homeofhopeindia.org). She spent the summer at an orphanage in Josephnagar Village. While at the all-girl orphanage, run by the Salesian Sisters, a Catholic Order of Don Bosco, she taught English. Little boys from the community were invited to her classes.

Potthoff said the biggest thing she learned was "happiness is a mindset. The little children had next to nothing, yet they were the happiest, most loving little girls in the world." She added, "they don't know what they don't have."

Potthoff said her life has been forever changed. Volunteering in a Third World country has enabled her to care even deeper for those in need. ■

Last summer, assistant dean for student affairs Amy Cosimano (BSN'95) and six nursing students traveled to the Dominican Republic to volunteer at the Institute for Latin American Concern (ILAC). ILAC is an international, Catholic, Ignatian-inspired, collaborative health care and educational organization that exists to promote the integral well-being and spiritual growth of all of its participants.

This was the second time that Dr. Cosimano served as the nursing director for the summer program. She applauds the program. "This experience provides nursing students an opportunity to immerse themselves in the Dominican culture while working with other medical students and professionals. Students return to the classroom with a whole new perspective on health care and social justice," said Cosimano.

All of Creighton's ILAC programs emphasize the importance of global vision and understanding in the process of educating well-rounded individuals. ILAC offers dental, medical, nursing, pharmacy, law, physical therapy and occupational therapy services. Faculty-led groups, medical/surgical teams and other colleges conduct service-learning and immersion experiences in rural areas of the Dominican Republic. ■



The Creighton team in the Dominican Republic.

2011 DEAN'S ACHIEVEMENT AWARD

"This award recognizes individuals who demonstrate sustained excellence in some aspect of the School of Nursing's mission."—Dean Eleanor Howell

When Dr. Lori Rubarth came to Creighton in 2005 to coordinate the neonatal nurse practitioner program, she welcomed six students. Since then, over 35 nurse practitioners and clinical nurse specialists have graduated, and 20 more are enrolled in the program this fall. She has had a profound impact on staffing at regional NICUs.

In 2006, when it became apparent that there were few continuing education offerings for neonatal nurse practitioners and nurses in the community, she developed and offered a seminar entitled, "What's New in the NICU." Attendance has doubled, attracting nurses from several states away.

Dr. Rubarth is closely linked to professional nursing organizations at the state and national level. She is the president of the Nebraska Neonatal Advanced Practice Association (NNAPA). In addition, she is the current chair of a national research committee. As chair of the National Association of Neonatal Nurses (NANN) research committee, she oversees the selection of research abstracts for the national conference each year and for the International Research Summit each spring. She also was named as the AACN representative to develop population-focused (neonatal) competencies for nurse practitioners.

She continues to publish. Recent articles have appeared in *Neonatal Network*, *Advances in Neonatal Care Journal* and *Neonatal and Infant Nursing Reviews Journal*.

To her students and colleagues, she is best known for her ever-present smile and her commitment to providing the best care possible for our tiniest patients. ■



Lori Rubarth, Ph.D., NNP, assistant professor, was selected as one of the "Top 25 Nurses" in the Nursing Excellence Awards by the March of Dimes in 2010.

NEBRASKA NURSES ASSOCIATION RECOGNIZES CREIGHTON



Dean Eleanor Howell was recognized for Outstanding Achievement in Nursing by the Nebraska Nurses Association at the statewide annual meeting in October. NNA District 2 honors went to (left to right): Dr. Nancy Shirley, BSN Program Chair, the Distinguished Service Award; Dr. Cindy Costanzo, Master's Program Chair, the Outstanding Educator Award; Nebraska Methodist College Nursing Dean Marilyn Valerio (BSN'86), the Outstanding Achievement in Nursing Award; and September Wanzneried (BSN'10), the Outstanding New Nurse Award.

TEACHING EXCELLENCE AWARD WINNERS



Hillarie Price, M.S.N., R.N.
May and August 2011



Kim Hawkins, M.S., APRN
May 2011



Bernadette Satiroff, M.S.N., APRN
May 2011

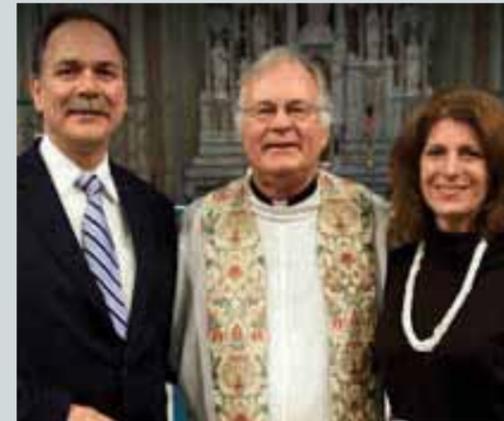


Marysue Wydeven, M.S.N., APRN
August 2011



Marilee Aufdenkamp, M.S., APRN
August 2011

SUE SELDE HONORED WITH THE ST. IGNATIUS AWARD



Sue Selde is pictured above with her husband, Bill, and Greg Carlson, S.J.

SUE SELDE IS OFTEN REFERRED TO AS "MOTHER TERESA" BECAUSE OF THE GREAT COMPASSION AND RESPECT SHE HAS FOR HER STUDENTS.

As a part of Creighton's Founders Week Celebration last February, Sue Selde, academic success coordinator for the School of Nursing, was presented the prestigious St. Ignatius Award at Mass at St. John's Church. The award recognizes members of Creighton's faculty and staff who live the spirit of St. Ignatius, founder of the Jesuit religious order.

Creighton University is the "Alma Mater" or "Nourishing Mother" to thousands. Selde is known affectionately as the nursing school's "Mother Teresa." She is passionately committed to her students, available for early morning phone calls from distant students and early evening conferences with stressed test takers.

Megan Lane is a junior from Durango, Colo. She has consistently carried above a 3.8 GPA, and she said she owes that to Selde. She believes her nursing degree will give her an excellent basis to attend medical school.

"I have known Sue Selde since my freshman year. I originally went to see her to get some ideas about study tips that would help make me a more successful student in college. Since then Mrs. Selde has continued to support me in a very holistic way. She helps me define my school goals, assists me in delineating the steps required to meet those goals, and also aids and supports me in other areas of my life. After my meetings with Mrs. Selde, I leave feeling confident, happy and motivated," Lane said.

One colleague expressed, "Sue remains positive in all situations and problem-solves from the heart with God's grace beside her. Students notice her intense interest in them and her sincere desire to help them." She is supportive, looks for the strengths to help students help themselves.

It is apparent that the spirit and values of Ignatius of Loyola are visible in the life of Sue Selde. ■

SCHOOL OF NURSING 2011 ALUMNI MERIT AWARD



Ann Malone Berger, R.N., BSN'71, Ph.D., APRN, AOCNS, FAAN

Dr. Ann Malone Berger is everything a nursing professional should be: inquisitive, compassionate, dedicated, a leader and teacher, and always, a patient advocate.

Berger has been all those since she earned her bachelor's degree in nursing from the Creighton University School of Nursing in 1971. A dinner was held in her honor in September, as a part of Creighton University's Reunion Weekend. Celebrating with her was her best pal since nursing school, Anne Nixa Coffey (BSN'71). Dr. Berger went on to earn her master's and doctoral degrees in nursing from the University of Nebraska Medical Center. She now holds the Professor Dorothy Hodges Olson Endowed Chair in Nursing at the UNMC College of Nursing and is director of the doctoral program.

Dr. Berger has distinguished herself most notably in her work relating to fatigue, particularly as it relates to cancer and chemotherapy. She and her research team received a \$1.5 million grant from the National Institute of Nursing Research to study chemotherapy fatigue, the first research of its kind. The study, involving 220 women with breast cancer, identified the need for more sleep and healthy eating habits to directly impact physical and mental well-being. Patients called her interventions life-changing.

In addition to her clinical work and research, Dr. Berger is an award winning educator. She teaches oncology continuing education classes for nurses at local, regional and national levels. ■

FACULTY SCHOLARSHIP

REFEREED JOURNAL ARTICLES

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FUNDED GRANT AWARDS

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Lappe, J., Desmangles, J., Recker, R., Heaney, R. (2008-2013) Efficacy of optimal levels of dietary dairy on modulation of adolescent weight. Funded by NINR, \$2,346,289.

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Includes only those publications where faculty are primary authors. To review a complete listing of Faculty Scholarship go to: www.creighton.edu/fileadmin/user/nursing/docs/

USING TALKING CIRCLES TO ASSESS DIABETES



Dr. Marlene Wilken, pictured with Emerald Keen Sheridan (BSN'01), a member of the Omaha Tribe. Sheridan is director of the Diabetes Prevention Program at the Carl T. Curtis Health Education Center in Macy, Neb. There are three Creighton nurse practitioners currently working at Macy along with Creighton-educated pharmacists and occupational and physical therapists.

THE SCHOOL OF NURSING HAS BEEN AWARDED A \$207,000 TWO-YEAR GRANT FROM THE NATIONAL INSTITUTES OF HEALTH TO STUDY DIABETES TYPE II AMONG ADULT MEMBERS OF TWO TRIBES.

Researchers will work closely with members of the Omaha Tribe of Nebraska and the Rosebud Sioux Tribe of South Dakota to analyze whether Talking Circles aid American Indians in self-managing and controlling their diabetes.

The study using culturally appropriate Talking Circles will result in better adherence and outcomes for diabetes management by American Indians than diabetes education in a classroom setting.

For the study, 20 individuals from the Omaha Tribe will participate in the experimental group. They will receive the culturally appropriate Talking Circles intervention. Twenty participants from the Rosebud Sioux Tribe will serve as the control group and receive diabetes education in a regular classroom setting. This process will be repeated the second year.

Associate professor Marlene Wilken, Ph.D., principal investigator for the grant, talks about her research with American Indians and her passion for public health nursing.

Why is the study of personal importance to you?

The epidemic of diabetes among American Indians has been a concern of mine for many years. My public health background and experiences have shaped my personal interest

in trying to promote health, reduce health disparities, and improve the quality of life for vulnerable populations. Seeing first-hand the challenges faced by American Indians with diabetes has fine-tuned my focus to explore, through this grant, effective ways to improve diabetes self-management and the quality of life for this population.

How is this grant unique?

The use of Talking Circles is innovative because there are no published studies that have used this culturally appropriate intervention to measure outcomes for diabetes self-management and quality of life in groups of American Indians. The question this study poses is whether American Indians who receive diabetes self-management education using the culturally appropriate Talking Circles will have better outcomes than those who receive the education in a classroom setting.

When did your interest in American Indians' health care begin?

My first exposure to the high prevalence of diabetes in the Omaha Tribe was in 2004 when I was part of a HRSA grant titled Circles of Learning: Community and Clinic as Interdisciplinary Classroom. This grant addressed how health professionals from nursing, physical therapy, occupational therapy and pharmacy could best serve

as a first point of contact for individuals with diabetes when they entered the health care system. This experience allowed me to learn more about the concerns of the Omaha Tribe and diabetes prevention with their school-age population.

In 2006, I received a Cardoner grant from Creighton and developed a project with Creighton graduate nursing students and the Omaha Nation schools. Data were collected at the yearly school health screenings and put into a "School Health Report Card" that was given to families so they could see their children's health measures from year to year and determine if their child was at risk for developing diabetes. Information on contacting the health clinic for follow-up was printed on the report card. The design of the health report card used the Omaha Tribe's symbols and pictures and was very well received by the Omaha Tribe. The report card is being used not only with the Omaha Tribe but with other Native American schools.

What is Creighton's broader impact?

There are three nurse practitioners currently working at Macy, Neb., who are Creighton graduates from the Nurse Practitioner program. Other Creighton graduates work there as well, including pharmacists and occupational and physical therapists. ■

THE FUTURE OF NURSING PERSPECTIVES SHARED

LEADING CHANGE, ADVANCING HEALTH—IMPROVING HEALTH CARE BY TRANSFORMING NURSING WAS THE THEME OF THE 4TH ANNUAL CONTINUING EDUCATION EVENT OFFERED FREE TO CREIGHTON NURSING ALUMNI DURING REUNION WEEKEND AT THE HARPER CENTER.

Nearly 300 alumni and students listened to speakers discuss the recently released Institute of Medicine Report entitled, “The Future of Nursing.” Speaker topics included using evidence, information and knowledge to influence change, as well as using communication and team-building for positive outcomes. All of the speakers and panelists were Creighton nursing alumni, faculty members or students. The schedule allowed for dialogue between the speakers and the attendees.

Dr. Ann Berger, University of Nebraska School of Nursing, professor; director, Doctoral Program; Dorothy Hodges Olson Chair in Nursing, was recognized as the 2011 Alumni Merit recipient. She gave the keynote address on the topic “Leading Change Through Knowledge Generation.”

At the conclusion of the event, Dean Eleanor Howell honored long-time faculty member and research associate dean Dr. Joan Norris (SJN’57), by announcing the Joan Gullickson Norris, Ph.D. Endowed Scholarship Fund, established in her honor. The scholarship will be awarded to qualified graduate students pursuing a Doctor of Nursing Practice. ■



Panelist Diane Millea (BSN’77), expressing her views regarding leading change through evidence-based practice. Panelists, left to right: Diane Millea; Suzanne VanBoening (MS’09); Lindsey Iverson (BSN’05, MS’09); Cathy Carrico (MS’96).



Theresa Franco (BSN’78) presented on leading change through skillful team-building.

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Front Row: Kathy Moragues, Cathy Ravenstahl, Annette Sayers, Kathy Wolter and Dean Eleanor Howell. Second Row: Theresa Franco, Diane Millea, Diane Stormberg, Gary George, Dede Johnson and Michael McCabe.



Eileen Van Tasell, President (BSN’68)

PEGGY KARR PLATES FOR SALE

This limited edition plate, which measures 11” in diameter, was designed by Peggy Karr for the school’s Golden Jubilee. The suggested price is \$55 plus a \$10 shipping charge. Funds raised will support Creighton School of Nursing scholarships.

If you would like to purchase a plate, please contact Joyce Bunger at 402.280.2029 or jbunger@creighton.edu.



2011-2012 NURSING SCHOLARSHIPS

Below is a listing of the scholarships and their recipients.

Regina Burnett Andolsek Endowed Scholarship for Nursing

Mallarie Marie Mondt

Heather Bernadette and April Lynn Beckman Nursing Scholarship in Memory of Jeanne Corrine and Bernard J. Higgins

Melissa Ann List

Frank Earl Bellinger, M.D. Scholarship

Miranda Ashley Barber

Abby Leigh Heistand

Allison Rose Leikam

Tamra Renee LeMaster

Demetria Katerina Panopoulos

Agnes Haller Bertoldi Endowed Scholarship

Katelyn Lorayne Comer

Dr. Sheila Donahue Ciciulla Scholarship

Erin Marie Bruggeman

Kelly Marie Reilly

Norma Link Curley Endowed Scholarship for Nursing

Shelby Elizabeth Klosen

Elizabeth Fund Scholarship

Kelsey Marie Holmes

Emalea and Zeta Gaul Scholarship

Elizabeth Kathleen Abbott

Allison Rose Leikam

Jean H. Jerman Gondringer Endowed Scholarship

Erika Anne Arkle

Anna M. Hannasch and Donald H. Hannasch Endowed Scholarship

Rasheeda Wanice Lacy

Josie Harper Endowed Scholarship for Nursing

Rachel Therese Barnett

Taylor K. Beargeon

Jane A. and Susan S. Hedequist Endowed Scholarship

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Andra Jean Thompson

Margaret L. (Lucy) McCarthy-Spielman Endowed Scholarship in Nursing

Brittany Lane Myers

Roma Nagengast McGahan Scholarship

Deidre Elizabeth Richard

Ruth and Bernard Mehmert Endowed Scholarship

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Leonard and Madeline Powers Endowed Scholarship for Nursing

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Mark and Karen Rauenhorst Scholarship

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Andrea Dawn Myers

Ashley Dawn Overberg

Lois R. Suzuki Memorial Scholarship

Whitney Nicole Kinservik

H. Margaret Thorough Scholarship

Laura Catherine Kyriss

Dorothy E. Vossen Endowed Nursing Scholarship

Erika Anne Arkle

Mary Carolyn Dinsdale

Melanie Elizabeth Hall

Michelle Anne Hammerschmidt

Elizabeth Anne Hogan

Cedric Lavar Young

Robert Wood Johnson Nursing Grant

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Kristina Rene'e Farm

David William Gaustad

William Richard Kalhorn

Anita Esperanza Parker

Jennifer Marie Schantz

Waheeda Siddiqui

Odilia Hernandez Underwood

JOAN GULLICKSON NORRIS ENDOWED SCHOLARSHIP FUND



Above all, Joan Norris cherishes her family. Dr. Norris, pictured with her husband Tom, son Michael and daughters Michelle Phillips and Martha Goodwin.

Joan Norris used to say she went back to college with her kids. When her son Michael and daughter Michelle headed to college, so did she, to earn her Ph.D. Joan understands the sacrifices made by adult learners. Working full time and studying into the wee hours is challenging. Financing higher education poses an even tougher challenge for many.

After 34 years at the School of Nursing, Associate Dean Norris has decided to return to a faculty position on a part-time basis.

The faculty and staff honored Dr. Norris for her many contributions to nursing by creating the Joan Gullickson Norris, Ph.D., SJN'57, Endowed Scholarship Fund. Scholarships will be granted to qualified graduate students who are pursuing a Doctor of Nursing Practice degree and who are of high academic standing.

In 1977, Dr. Norris started her teaching career at Creighton as an assistant professor teaching psychology/mental health. Two years later, she took the helm of the very new Accelerated Nursing Program. In 1987, she became interim associate dean of the graduate program. Later she was named associate dean for research and evaluation and she remained in that position until June 2011.

To former students and colleagues, Dr. Norris is best known as a researcher and a mentor.

Faculty member Dianne Travers-Gustafson, Ph.D., R.N., was a graduate of the 1978 accelerated nursing class. Years ago, Dr. Norris was her psychiatric nursing clinical instructor.

"We were a boundary-pushing group and I learned first-hand about group process, facilitating difficult groups, and setting boundaries from Joan," she remembered.

In later years, Dr. Norris advised Dr. Travers-Gustafson on her research.

"I have an implicit sense of trust in Joan that's built on years of working with her as a student and as a colleague. Her keen insight, clear vision, and deep knowledge (played out sometimes in probing questions about things I should have considered, but frankly never thought about) led me through twisting paths of research—both quantitative and qualitative. She has been an unintentional (never formalized) mentor for me—and I've always loved her ready humor!"

Joan Lappe (MS'85, Ph.D., R.N.) professor and holder of the Criss/Beirne Endowed Chair in Nursing, credits Dr. Norris for setting her on the right research path. In 1985, Dr. Norris was chair of Lappe's thesis committee, advising her on her thesis, entitled, *The Effects of Reminiscing on the Self-esteem of Elderly Institutionalized Clients*.

"Joan Norris used an extremely constructive approach when giving feedback. For example, even though she made many comments on my thesis draft, her comments were stated in a way that made me feel as if my thesis was fantastic but it could be even better. Her approach gave me confidence that I could succeed. She was the first professor I ever had that did not use red ink. That small gesture made a very large impact," Dr. Lappe commented.

She went on to say, "Joan has a great sense of humor. She uses a quiet, but firm approach when helping students (or faculty). She is very creative and makes herself very available. I always felt that she had all the time in the world to help me, even though I knew she had a lot of things to do."

Her most-cited research dealt with *A Grounded Theory of Reimagining* following body image disruption. The study interviewed clients with body image disruption, such as amputation or burns, four times over a period of 18 months. The outcome was each individual's recovery, acceptance and adaptation to bodily changes. (It should be noted that Creighton faculty members Dr. Mary Kunes-Connell and Stephanie Stockard Spelic also participated in this study.)

Dr. Norris' achievements in nursing research and nursing diagnosis earned her national recognition and induction as a fellow in the American Academy of Nursing. As a fellow, Dr. Norris is a member of a distinguished group of 1,500 of nursing's most accomplished leaders in the United States. ■



LEADERSHIP SCHOLARS

SHAPING THE FUTURE OF NURSING WITH LEADERSHIP AT THE POINT OF SERVICE

In the Institute of Medicine's report, *The Future of Nursing: Leading Change, Advancing Health*, four key recommendations for transforming the nursing profession and building an improved health care system were outlined.

1. Nurses should practice to the full extent of their education and training.

2. Nurses should achieve higher levels of education and training through an improved education system that promotes seamless academic progression.

3. Nurses should be full partners, with physicians and other health care professionals, in redesigning health care in the United States.

4. Effective workforce planning and policy making require better data collection and an improved information infrastructure.

These recommendations call for nurses to become strong and effective leaders. At Creighton University School of Nursing, it is believed that cultivating leaders involves both curricular and extracurricular activities. The Leadership Scholars Program was introduced to Creighton's nursing students this fall. Student leaders concentrate on the themes of group involvement with leadership opportunities and service, mentoring, relationship development and self-reflection.

The Leadership Scholars Program is designed as a four-year focused extracurricular immersion in leadership. There are 21 freshmen and 24 junior students participating in the program. Leadership scholars have opportunities to incorporate Creighton's Jesuit values as they develop and practice leadership, communication and collaboration skills. Those who successfully complete the program through senior year will be recognized at the pinning ceremony and commencement.



Dr. Linda Lazure meeting with freshman leadership scholars Nicole George (Carroll, Iowa) and Ellen Carisch (Hopkins, Minn.).

As freshmen, leadership scholars are encouraged to form relationship networks; as sophomores and juniors, leadership scholars begin to accept and function in leadership roles. Seniors become mentors and role models for the lower division students.

Associate dean for external affairs Linda Lazure, Ph.D, R.N., developed the program in consultation with a vast array of students, faculty, alumni and community leaders. Each year, the leadership scholars focus on a different aspect of the program and builds upon the previous year.

"We are confident that as our leadership scholars build on their leadership strengths and increase their leadership skills, upon graduation, they will be well-prepared to transform the future of the nursing profession," said Dr. Lazure.

From student Sarah Long's (Centennial, Colo.) perspective, the Leadership Scholars Program offers many great opportunities.

"Mentoring is a wonderful opportunity to get to know people in other classes. I am looking forward to getting more involved in nursing-related activities I wouldn't have had a chance to do otherwise. The program will

make us better nurses because we can utilize and grow in our leadership skills. I believe leadership is the important quality that separates good nurses from great ones," Long said. ■

"The IOM report relies on a robust evidence base to demonstrate the leadership capacity of registered nurses in a patient-centered care environment. It calls for actions to maximize the contributions of all nurses and to eliminate barriers that prevent them from practicing to the full extent of their education and training."

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The Progress Report for the School of Nursing

The Progress Report for the School of Nursing is published annually. Its purpose is to provide alumni with information on current events within the school as well as insights into future directions. Address inquiries to Joyce Bunger, Assistant Dean and Editor, Creighton University School of Nursing, 2500 California Plaza, Omaha, NE 68178.

Diverse opinions may be expressed. They do not necessarily reflect the opinion of the editor nor do they represent official policy of Creighton University.



The School of Nursing welcomes its newest patient, Baby Hai.

Pictured with the pediatric simulation mannequin are faculty members from the Hastings campus, Joely Goodman and Cindy Hadenfeldt.

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