

NORTH DAKOTA STATE UNIVERSITY

nursing

THE COLLEGE OF PHARMACY, NURSING, & ALLIED SCIENCES

alumni news

FALL '08



Taking nursing
to the next level

NDSU nursing students in 2008 (above) and 1976 (below)



Photo courtesy of the NDSU Archives

Mooney retires ③

Master's Program Accredited ⑤

NDSU "Goes Red" ⑫

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a message from the associate dean

I'm pleased to be part of the NDSU Department of Nursing and to share in the legacy of nursing education and leadership demonstrated by our graduates, students and faculty. This newsletter provides a glimpse of some highlights that reflect the different dimensions in our alumni and nursing programs. It was difficult to select the stories and information provided in this issue. You can help us by giving feedback about this newsletter – whether it's about information that should be shared in an upcoming issue, about yourself or others, or topics you would like to learn more about, please let me know by e-mail at mary.wright@ndsu.edu.

A great deal is happening at NDSU, the College of Pharmacy, Nursing, and Allied Sciences and in our department. We have a growing enrollment and many initiatives that involve our programs: the traditional baccalaureate program, the LPN/RN to BSN "Bridges Program," and our graduate programs that provide preparation for the role as a nurse educator or clinical nurse specialist at the master's level.

NDSU nursing also offers the Doctor of Nursing Practice (DNP), a practice doctorate that prepares the post baccalaureate nurse for certification as a family nurse practitioner (FNP). The DNP expands the FNP education, preparing nurses for leadership roles in primary care and teaching in nurse practitioner programs. NDSU had one of the first DNP programs in the nation and the first in North Dakota. The DNP will be the expected level of preparation for advanced practice nurses by the year 2015.

Many changes are occurring in nursing education. As we confront changes in health care, the NDSU nursing faculty is dedicated to providing a top-notch education that maintains the high quality of our graduates. Among the areas we are incorporating are interdisciplinary activities so grads can participate in leadership and collaborative situations. We also are promoting cultural competence and incorporating more technology to enhance learning, such as simulation, Web-enhanced learning and distance education technologies.

It's fascinating and breathtaking that students can learn or review content by listening to their MP3 players or watching streaming videos of health assessment on their computer screens whenever they want. Using and managing these resources that help learning are additional challenges for faculty as they continuously seek to provide a high quality education for our students.

Students are the most important part of any academic department and that is the case with our nursing department. I'm very proud to be a part of their education and appreciate the efforts and expertise that our faculty provides. Equally important are the support and interest demonstrated by the college, university administration and those outside of NDSU including our clinical agencies and patients who participate in the education of our students, and friends and family who offer encouragement and support. Thank you.

Mooney retires, remains active in nursing education

A nursing career has many paths and opportunities.

Accountable for treatment, safety and recovery of patients, a nurse also can be a researcher and an educator. A nurse is many things and has many responsibilities. For Mary Margaret Mooney, long-time nurse and former chair of NDSU's nursing department, the most important responsibility of being a nurse is to be fully present with another person. "When you can help someone who is vulnerable, who is sick or is in any kind of emotional or physical crisis – if you can be with that person, it is totally rewarding," she says.

After a highly successful career at NDSU, Mooney retired in May 2007. Under her guidance, the nursing department underwent significant changes.

Mooney helped NDSU create its own independent, fully accredited, undergraduate nursing program and independent graduate program including, the first doctor of nursing practice degree program in North Dakota. She helped create a program for nurses with an associate degree to earn a bachelor's degree through distance education and launched an innovative patient simulation lab in Sudro Hall. During the time Mooney was chair of the NDSU program, faculty expanded from seven to 13. Classes went from 25 students to classes of 60.

A bold woman on the lookout for needs to meet, Mooney has much experience in the field of nursing. She began her nursing career with no intention of becoming an educator. After falling into a teaching position, she discovered that she enjoyed it very much.

Before coming to NDSU in 2002, she held several administrative positions in health care. "Whenever I have been teaching, I have always worked part time in the clinical area because I find it energizing," she said. "Also, I think if you are going to practice in a field like this, you need to know what is really going on out there."

Mooney was inducted into the North Dakota Nursing Hall of Fame in November 2007. She says it was a great honor to be chosen among the many wonderful nurses who have spent their lives in the career. "Nursing in North Dakota has a long history of excellence. For so many years, because we required the baccalaureate degree for entering into the practice, it resulted in an exceptionally, well-educated cadre of nurses in North Dakota."

Mooney says the most rewarding part of her career is when she teaches a student how to do something and it turns out they do it better than she can. "That is the greatest thrill," she says with a big smile. "It goes all the way from a small technical thing like pivoting a patient or putting on an ACE bandage all

the way to the political arena. To have had a part, however small, in the flourishing of others is indeed gratifying."

She still teaches half time at NDSU and plans to continue for another year or so. "After that, I won't remember what day I'm supposed to teach," she joked.

Remaining active as a nurse, Mooney currently serves on the Catholic Health Initiatives board, she also chairs the Standards Committee of the Commission on Collegiate Nursing Education and has a part-time administrative job.

Mary Margaret Mooney

"To have had a part, however small, in the flourishing of others is indeed gratifying."



Graduate student studies childhood obesity

Just walking around the hospital waiting room, registered nurse, Ben Ranstrom, can easily diagnose one of America's most troubling, and transparent, health problems – obesity.

Since more than 30 percent of adult men and women in the nation are considered obese, according to the Centers for Disease for Control and Prevention, the overwhelming prevalence of obesity isn't completely surprising.

But when considering Ranstrom works in the pediatric department, his observation becomes more alarming. Ranstrom is completing his doctorate of nursing at NDSU. For his thesis, he is studying childhood obesity and effective weight loss methods for young people.

It's definitely an issue worth examining since 16.3 percent of the nation's children and adolescents aged two to 19 are classified as obese, according to the Center for Disease Control. The result is a slew of health problems including hypertension, type two diabetes, coronary heart disease, stroke, gallbladder disease, some cancers, sleep apnea and respiratory problems.

For his research, Ranstrom is drawing upon a weight loss program he developed two years ago with two dieticians at Hennepin County Medical Center, Minneapolis, where he has worked for the past three years.

The 12-week nutrition and exercise class targets seven to 17-year-olds with a body mass index (a statistical measure calculated from someone's weight and height) of more than 85 percent. In this range, children are considered at risk of being overweight.

For at least one hour a week he meets with the children and their parents. During that time he alternates nutrition classes

with physical activities like walking up flights of stairs, strength training with exercise bands and playing basketball.

He developed the program because he noticed parents being concerned about their children and how they could help. He also witnessed them blaming the child for being overweight.

Ranstrom says the class is just as necessary for the parents as it is for the children. "The kids don't do the grocery shopping and the food preparation. They don't decide how much TV is appropriate" he said. "It starts with the parents and ends with the parents ... Parents can learn how to basically adapt to a healthy lifestyle for the whole family."

In a year, Ranstrom helps between 30 and 40 children break bad habits and develop good ones. He then checks back with them periodically to see if they have reached their goals. "It's relatively easy to lose weight, but it is very difficult to maintain it."

He said it is critical to intervene with weight issues early. "Children are more malleable. There is much more likelihood that you can make a difference."

Ranstrom's thesis will focus on the results of the next group of children to complete the program. "We hope to see kids maintaining their weight and in some cases losing a modest amount. I personally hope that this program also provides some needed social support for kids – I hope they feel like they have accomplished something good."

Although Ranstrom will graduate in December, the program will continue its mission. In fact, United Way recently provided a three-year grant to ensure that it does.



Photo courtesy of MeritCare Archives

Most graduates of St. Luke's School of Nursing took general education courses at NDSU.

An evening event was held Aug. 15 to celebrate MeritCare's centennial and the contributions of St. Luke's School of Nursing. Graduates, faculty and staff of St. Luke's School of Nursing gathered to share memories, take a virtual tour of MeritCare today, and listen to a short program with messages from MeritCare's president and CEO, Dr. Roger Gilbertson, and representatives of the faculty and classes.

Graduate program moves from Tri-College to NDSU

The NDSU master's in nursing program was the second and final nursing program to move from the Tri-College structure to NDSU College of Pharmacy, Nursing, and Allied Sciences. The graduate nursing program moved to NDSU in July 2007 after originating as part of Tri-College in 2001. The baccalaureate program had moved from Tri-College to NDSU in 2005. With rising enrollments and demand for nurses, NDSU discontinued the graduate nursing consortium with Concordia College and Minnesota State University Moorhead in 2007 and now operates independently. The split made a new accreditation necessary to ensure students and employers that NDSU provides quality programming and creates quality graduates.

During 2008, the NDSU graduate nursing program received full approval from the North Dakota Board of Nursing and was accredited for 10 years by the Commission of Collegiate Nursing Education, the accreditation agency for nursing programs. The master's program offers preparation for family nurse practitioners, clinical nurse specialists or preparation for nurse educators.

Another graduate degree offered by the Department of Nursing is the doctor of nursing practice. This is a doctoral degree that focuses on advanced clinical practice. The program represents a lengthening of the educational program for those pursuing family nurse practitioner certification. This educational approach has been endorsed by professional organizations representing nursing and education as well as the professional organizations representing nurse practitioners and other types of advanced practice nurses. It is anticipated that by 2015, the educational preparation of advanced practice nurses will require the doctor of nursing practice. NDSU was the first in North Dakota to start this degree program, and Mary Margaret Mooney, former chair of the Department of Nursing, is the national chair of the advisory committee on doctor of nursing practice standards.

Both baccalaureate and master's programs received approval from the North Dakota Board of Nursing and accreditation from the Collegiate Commission on Nursing Education. The North Dakota Board of Nursing monitors nursing programs according to state guidelines by checking faculty qualifications, university structure, educational resources and curriculum, said Mary Wright, associate dean of nursing and allied sciences. The Board of Nursing approval is primarily to protect the public by making sure schools are following state laws.

A consistently high pass rate exceeding 90 percent for baccalaureate graduates in their licensure exam indicates the quality of the program and their graduates, Wright said.

An NDSU nursing timeline

- 1969 ● *The School of Nursing at St. John's Hospital closes. NDSU begins an associate degree in nursing program.*
- 1986 ● *NDSU and Concordia College begin a collaborative baccalaureate nursing program. The associate degree program at NDSU is discontinued.*
- 1987 ● *St. Luke's Hospital School of Nursing closes.*
- 2001 ● *Minnesota State University Moorhead joins the nursing consortium, and a collaborative graduate program in nursing is initiated.*
- 2003 ● *The Commission on Collegiate Nursing Education accredits both the undergraduate and graduate programs.*
- 2005 ● *The three undergraduate programs disassociate from the consortium.*
- 2006 ● *The NDSU baccalaureate program earns accreditation.*
- 2007 ● *The three graduate programs disassociate from the consortium. Concordia College closes its graduate program. MSUM joins consortium of Minnesota colleges and universities. NDSU transitions to an independent graduate program.*
- 2008 ○ *NDSU master's program earns accreditation.*

Getting to know associate dean Mary Wright



Mary Wright came to NDSU as associate dean of nursing and allied sciences in June 2007. She has served as undergraduate and graduate program director in nursing programs at the University of North Dakota, Grand Forks; The College of St. Catherine, St. Paul, Minn.; and The College of St. Scholastica, Duluth, Minn. She was department chair at the University of Wisconsin – Eau Claire and she has worked as a staff nurse in pediatrics and neonatal nursing at Minneapolis Children’s Hospital and at St. Mary’s Medical Center in Duluth. She also has worked in quality improvement at St. Mary’s Duluth Clinic Health System where she was director of clinical pathways.

Wright earned a bachelor’s degree from St. Scholastica and master’s degree in maternal child nursing and doctorate in nursing, focusing on educational administration from the University of Texas, Austin. After surviving a battle with cancer, Wright went back into nurse education at UND until she came to NDSU.

Q. What can you tell me about yourself?

A. I am originally from Duluth, Minn., and I am the third of 10 kids. There were nurses in the two generations before me. I happened to get a nice scholarship for college, provided that I went into nursing and worked in Duluth for two years. I stayed in Duluth working in the neonatal intensive care unit. Then I went on for my master’s at the University of Texas, Austin, in maternal child nursing. Then I had to make the decision of being a nurse educator or a nurse administrator.

I came to North Dakota to teach at UND in 1979 on the recommendation of one of my UT classmates, Mary Wakefield. I was here until 1990 and then I took 15 years off from North Dakota. In 1999, I adopted two girls from India and worked in the private sector in schools closer to the Duluth area. My girls, Maria and Rachana, are now 10 and 12.

Q. What inspired you to get involved in nursing?

A. I had an aunt, Rosemary Burke, a nursing administrator who went to Africa and was a missionary nurse. She died when I was 10. There were all kinds of pictures of her and I heard

about her from a lot of people. I knew her when I was very young. She was involved with the Grail Movement, a catholic women’s organization based out of Loveland, Ohio. She came back to the U.S. and died of breast cancer. She was only 33. She was a big influence.

Q. What intrigued you about the neonatal area of medicine?

A. That is where my first job was. I actually didn’t want to work in the neonatal ICU. My first two months on the job, I was in a different unit. When nursing administrators requested I work in the NICU, I found that I liked the precision you get with critical care. A baby may receive only one or two ounces of blood in a transfusion. You have to make sure it goes in at a certain rate and assess the infant very carefully. Equally important to the physical care is “the soft side” – making sure the parents bonded with their baby and pointing out something unique about their baby. I got the best of both worlds. It was a wonderful place to work.

Q. How did you get through your battle with cancer?

A. 2003 was a bad year ... and it wasn’t because I turned 50! The week before I turned 50, I was laid off from my job along with 200 others. The week after my birthday, I found out I had an abdominal mass that turned out to be ovarian cancer. I was unemployed. My insurance ended with the employment and my cancer treatments created life threatening side effects. The same year, my mother died.

People asked me how I got through all of this and I said, “on the one hand, you just put down your head and do it. You have no choice. You just do it.” Depending on your support system is essential. I was fortunate for my strong support from spiritual sources, friends and health professionals and especially from my girls, even though they were young – no one else could call me ‘Bald Lady’ and make me laugh. It gives you a different outlook on things and an appreciation for what you have and that your career is an opportunity to use the gifts you have. Things are going fine now. We are on the ascent and I’m healthy.

Q. How did you get to where you are today?

A. I like to learn and I like to question and apply what I know. I am a qualitative researcher. I look at things around me and I draw conclusions. I love to learn. No matter what job I have, I can always keep learning. There are many directions to go with nursing and nursing education. In an administrative position, you can work to empower others, in this case, faculty, staff and students grow professionally and contribute to health care and to the institution.

Q. What is your favorite thing about NDSU?

A. The environment and relationships people have. People are helpful and obviously enjoy where they work. No matter whom you approach, they are willing to talk you and they are gracious. I think that is reflective of the administration. One thing that really impressed me was when we had our final report during the accreditation visit of the master’s program. President Chapman, Provost Schnell, Dean Peterson and Dean Wittrock all came to the meeting. That was impressive not only to the visitors, but also to me, and I’m sure the faculty realized this too. Everyone is truly and genuinely involved in promoting the success of the program and there is a genuine interest in what we are doing.

Q. What is your vision for the department?

A. We want to be responsive. We want to be responsive to what the needs are in healthcare and to the needs of students. More specifically, NDSU and the other nursing programs (in North Dakota) are involved in looking at what we call the pipeline and how many nurses we need in the state. For a long time, we thought there was a shortage. There really isn’t. It’s maldistribution of nurses. There may be enough nurses today, but they are not always available where nurses are needed. Also, we need to be prepared when nurses retire – prepare the

next generation for our state and region. Our next step is to go down the “pipeline” and find out where the pockets are and how the programs, as a whole, can work on this. As a land-grant institution, we have to be responsive. We have to make sure the curriculums and practicums prepare the students to meet the needs of the state.

We also have a big obligation to prepare nurse educators. In North Dakota, there is a shortage of qualified faculty. We are expanding our nurse educator track and we’re also going to offer it through distance education.

Mary Wright

“Demonstrate respect not only for the individual, but for the work they do. That has carried me through life...And it fits really, really well with nursing.”

The next part of my vision for the graduate program has to do with the doctor of nursing practice (DNP). As we look at providing healthcare to more people, like those who are

uninsured or those who need it, we are going to need those advanced practice nurses. If they increase health insurance or increase access to care for those who currently do not have access in the United States, the need for nurse practitioners to be prepared as DNPs is going to be astronomical. What we are doing now is looking at how we can grow in a responsible way to meet the needs of our state and beyond.

Q. Do you have any advice that you want to pass along to your students?

A. I’ll share something that was influential in my own development – 40 years ago this summer, in 1968 when McCarthy was running for president, my aunt Barbara got me a job as a nanny for a very wealthy family. I was only 15. They had a cleaning lady and caterer for their events. It was a cushy job. It paid well. I got to sit with the kids by the country club pool. While the kids were napping one day, there was an article in Reader’s Digest called “How to Hire a Cleaning Lady.” I read the article because I was fascinated about the lifestyle. The author of the article could not keep a cleaning lady – they all kept quitting. So she became a cleaning lady to discover what she needed to do to be successful as an employer. While working, she learned that some employers were very nice to her as a person, some were not; some demonstrated a great deal of respect for her work, others did not. The end result, or the lesson that I learned as a 15-year-old was that it is important to not only respect the person, but you must respect the work that they do.

So that has been my own personal motto. Demonstrate respect not only for the individual, but for the work they do. That has carried me through life. Respect for the person and their work. It is that easy. And it fits really, really well with nursing.

Study explores health literacy in North Dakota



Kiser-Larson

Norma Kiser-Larson's voice takes on a serious tone as she addresses the matter of health literacy. The associate professor of nursing slowly shakes her head, adding emphasis, as she describes individual situations that can lead to tragedy.

Health literacy means a person may not understand information about a disease or they may not comprehend what the health care provider tells them.

The topic has intrigued Kiser-Larson for about 20 years. While working for the MeritCare mental health unit, she remembers a young man that came in with severe side effects from his medication. "The reason was he was illiterate, and his mother didn't understand English very well – she was actually giving him double the dosage. Sadly, he had some irreversible side effects."

Now, Kiser-Larson is the principal investigator in a new two-year study about health literacy in North Dakota. Working with a research team consisting of Jennifer Thompson from the Dakota Medical Foundation, Julie Haugen from the Impact Foundation and McNair Scholar Evelyne Niyonzima, the study's goals were to find out the level of health literacy among adults in the state and determine the segment of the population that has lower health literacy.

Kiser-Larson presented noteworthy findings at the MeritCare Nursing Symposium in May.

According to the study, 81.5 percent of the North Dakota participants have adequate functional health literacy, while 6.7 percent are listed as marginal and 11.7 percent as inadequate. Age and educational levels appear to be contributing factors.

Other results show North Dakota men scored lower than women, with 10.6 percent of men compared to 5.2 percent of women at the marginal level and 23.4 percent of men and 7.25 percent of women at the lowest level.

"Overall, the health literacy level was higher than the national level – that's a positive sign. I think it says something about our communities, our schools and the people who live in North Dakota," Kiser-Larson explained. "However, there certainly is a lot of work left to be done."

The study used the Short Test of Functional Health Literacy in Adults to ask questions of 341 participants. The researchers

collected the data during a five-month period at health centers in Devils Lake, Fargo, Garrison, Hettinger, McVile, Minot, Northwood, Valley City and Wahpeton.

Niyonzima, an NDSU junior originally from Rwanda, also discussed the results during her McNair Scholar presentation in April.

"According to our research, for many people health literacy starts to decline at age 44. It does not only affect uneducated people; even educated people cannot understand or discern language," Niyonzima said, noting the various steps of the study were an outstanding educational process for her. "Through this research, I learned a lot of things that I could not have learned in the classroom."

Norma Kiser-Larson

"People with lower health literacy are at a tremendous disadvantage in receiving or seeking quality care and then comprehending the information they do get."

Kiser-Larson and Niyonzima hope to take their research to the next phase, turning their attention to interventions for those persons with health literacy issues.

"Health literacy is so intertwined. One thing leads to another and leads to another. People with lower health literacy are at a tremendous disadvantage in receiving or seeking quality care and then comprehending the information they do get," Kiser-Larson said, noting that persons with limited health literacy visit emergency rooms more often and experience more crisis situations.

According to Kiser-Larson, health care providers have a responsibility to focus on prevention, mitigation and intensive intervention for people with low health literacy. She suggests health literature should be available at varying levels to fit the ability of the patient's understanding. Teaching should be presented in several ways, including verbal, written, use of symbols and "teach back" methods.

"Nursing is in a unique and positive place to help with this very complex issue," Kiser-Larson said. "We tend to take more time and have rapport with individuals. Nursing is in a good position to be leaders in health literacy and intervention."

Faculty notes

Mooney inducted into Hall of Fame

Mary Margaret Mooney, former professor and chair of nursing, was named to the North Dakota Nurses Association Hall of Fame in fall 2007. Mooney is a nationally known leader in the nursing profession, having held numerous positions such as appointed chair of the Sponsorship and Governance Committee and Ministry and Mission Committee of the National Health System; member of the Governing Board and Accreditation Review Committee of the Commission on Collegiate Nursing Education; member of the national Doctor of Nursing Practice Essentials Task Force; and trustee of Catholic Health Initiatives.

Mooney also received the 2007 YWCA Florence Reed Owens Woman of the Year Award, which recognizes a woman who has demonstrated a long-term commitment to equality, empowering women and girls and eliminating racism. The honor also acknowledges persons who exemplify integrity and display compassion for humanity.

Stenson gives presentations research, receives award



Stenson

Jana Stenson, assistant professor of nursing, presented "Development of an Associate-to-BSN Program" at the American Association of Colleges of Nursing national meeting in New Orleans. The association's educational, research, governmental advocacy, data collection, publications and other programs work to establish quality standards for bachelor's degree and graduate degree nursing education.

Stenson also was presented with the Ozburn Economic Development Award for \$20,000 for work on a project called "Evaluation of In-Home Services for the Elderly in North Dakota."

a message from the advancement office



Tanke

Since this is my first newsletter article, I would like to take a few paragraphs to tell you about myself. I graduated from the NDSU College of Business with a bachelor's degree in business administration in December 2001. Originally from South Dakota, I quickly found a home at NDSU and Fargo.

Outside of work, I volunteer with the National Multiple Sclerosis Society as chair of the annual Walk MS-Fargo, and I also assist with Fargo-Moorhead Youth Leadership

and Adult Leadership programs. An avid Bison football fan, there are very few home games I miss.

I hope you enjoy the new look of our newsletter and the articles included. Newsletter articles and stories are always welcome. Please contact me if you have an update in your career or have a wonderful NDSU memory to share.

If you have an opportunity to return campus, please stop by my office in Sudro Hall, room 120, I would love to hear from you anytime.

Sara Tanke
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Alumna inspires hospice facility in Peru

Sitting on a beach in Chimbote, Peru, in March 2000, Laura Christenson Espejo talked about how wonderful it would be if Peruvians could be allowed to die with dignity and without pain. She talked about how wonderful it would be if they could enjoy the benefits of a hospice program similar to the one she was experiencing in Fargo.

Laura first traveled to Chimbote in 1978 to do missionary work. She also met her future husband, Napoleon (Lucho) Espejo. She earned her associate's degree in nursing in 1982 from NDSU. Laura and Lucho married in 1983 in Chimbote. When they returned to North Dakota for her siblings' weddings in 1988, Laura stayed and finished her bachelor's degree in university studies in 1989, while Lucho returned to Lima to complete his medical internship.

Laura noticed a growth near her hip and made an appointment at the NDSU Student Health Center. When told she needed an operation, Laura flew to Peru to have a rare sarcoma the size of an egg surgically removed. Doctors told Laura they had excised the tumor from her hip's muscle tissue. Since radiation and chemotherapy were not standard in their country, they said no further treatment was necessary.

The family moved back to Fargo in 1993 where Lucho was offered a residency in family practice. Lucho completed his residency in June 1998 and received a fellowship at Mayo Clinic.

"They had just put their house up for sale when Laura started having pains in her chest," said Marlene Christenson, Laura's mother. "Tests showed the cancer was all over her chest cavity and lungs – they took their house off the market, she had surgery and she started radiation and chemo treatments." In March 2000, tests showed the cancer was spreading. Laura traveled to Chimbote to say goodbye to Lucho's family and their friends. Her Shanley High School classmates helped raise money for the trip, with enough left over to establish the Laura Christenson Espejo Social Justice Fund.

During their 10-day stay in Chimbote, the seed for Laura's dream of a hospice for Chimbote was planted. She died on July 25, 2000.

That fall, a committee formed to study all aspects of introducing hospice in Peru. Funds were raised, permanent staff was trained, and services began in April of 2002. A facility was built during the next few years. St. James Hospice was officially dedicated in November 2006. There are usually 60 to 70 patients in the program at any given time. Since Laura's dream became a reality in April 2002, more than 700 Peruvians have died with dignity in hospice care.

- Excerpted from an article by Mary Herrick Nelson in the Shanley High School winter '08 The Deacon Newsletter

Jane (Buseth) Sepiol, AD '79, is a certified family nurse practitioner at PrimeCare Washburn Family Clinic in Washburn, N.D. For the past 10 years she has practiced in the Phoenix metropolitan area where she took advanced training in diabetes care and education.

Neal Larson, AD '81, is director of resident care at Bethany Homes in Fargo. He oversees nursing care delivery and supervises nurse managers, nursing administration staff and the directors of social services and therapeutic recreation. He is a member of the Academy of Fellows and serves on the Board of Trustees of the National Association of Directors of Nursing Administration in long-term care. He has worked at Bethany homes since 1988.

Jami Petry, BSN '99, is director of the Quality Management Program at Blue Cross Blue Shield of North Dakota. She previously worked at the Veterans Administration Medical Center in Fargo as the surgical/specialty care outpatient clinic nurse manager and National Surgery Quality Improvement Program coordinator.

Julia (Lebahn) Anderson, BSN '00, joined the roster of registered nurses at City-County Health District in Valley City, N.D. She will serve as healthcare coordinator at the Barnes County Jail and will assist other staff nurses with home health care visits.

Noah Nelson, BSN '06, works in the critical care unit at Sanford Medical in

Sioux Falls, S.D. He received the Hospital Hero Award in November 2007. He also served as a preceptor in summer 2007, and his student tested as one of the highest in the program.

Pamela (Hanley) Solseng, BSN '06, was the 2007 Honorary Chair for the annual 61 for 61 fundraising campaign for MeritCare Roger Maris Cancer Center in Fargo.

Brenda (Whittier) Weisz, BSN '07, was named assistant director of resident care at Bethany Homes in Fargo. She joined Bethany Homes as a certified nursing assistant in 2001. In 2004, she was named a charge nurse and in 2006, quality manager.

Hohman juggles nursing and Air Force Reserve



Captain Adam Hohman provides in-flight medical care to the injured or ill while flying from combat zones to permanent medical care facilities.

Earning a doctorate in nursing practice (DNP) is hard enough, but earning it while serving in the Air Force Reserve takes determination. Captain Adam Hohman, a graduate from the DNP program in May, has that determination.

Hohman graduated with a bachelor's degree in nursing in 2000 and went to work at MeritCare in Fargo. When the terrorist attacks of Sept. 11 took place, the local Red Cross sent Hohman to the Pentagon in Washington, D.C., to help relief efforts. The experience led him to take on a bigger role in supporting the efforts against terrorism.

"There are 18- to 19-year-old young adults who are able to go out and defend our country and be involved in combat," he said. "The least I can do for them is be there to provide good medical care."

Hohman serves as a flight nurse with the 934th aeromedical squadron out of Minneapolis. He provides in-flight medical care to the injured or ill, whether service members or civilians,

as they are transported on cargo planes from combat zones to more definitive medical care facilities such as the ones in Germany. He was on one tour last year and is on another tour this summer.

Juggling his Air Force Reserve duties with nursing school wasn't always easy – he missed the first three weeks of school due to Hurricane Katrina, and missed a semester last year – but he said the nursing program was extremely flexible as far as working with him. It only took one semester more than planned to graduate.

"I never slow down to be honest," he said. "What really keeps me going is I have a very strong sense of determination, but outside of that I've had a lot of support from family, friends and colleagues."

Hohman doesn't see himself going into active duty, but plans to stay with the Reserve as long as he can. He plans to work as a family nurse practitioner with a local family practice.

Student Nurses Association helps NDSU 'Go Red'

For one day in February, members of the Student Nurses Association urged students, faculty and staff to wear red anyway possible – a shirt, handbag, tie, socks or even lipstick, in an effort to raise awareness of something unequivocally not sweet, the number one killer of women – heart disease.

On Feb. 1, the Student Nurses Association sponsored a campus wide "Go Red Day" to show support for American Heart Association's "Go Red for Women," a national movement which celebrates the energy, passion and power that women have to band together and wipe out heart disease by wearing red.

Members of the association not only encouraged wearing red, but they also displayed an informational booth in the Memorial Union on campus, took blood pressure and handed out brochures, pins and stickers.

According to Joan Enderle, the director of "Go Red North Dakota," most people understand heart disease is the foremost cause of death among men but many less understand that the same is true for women. In 2000, a study showed that only 7 percent of women thought heart disease could happen to them, which is hardly the case.

On average in North Dakota, three women a day die from cardiovascular disease or stroke. One out of three women will be affected by heart disease in their lifetime.

The primary message of "Go Red for Women" is to know your numbers – cholesterol levels, blood pressure, pulse and body mass index – and risk factors such as age, heredity and stress level.



Nursing students and faculty who participated in "Go Red for Women"
back row: Megan Habel, Carisa Bergquist, Assistant Professor Maggie Lee, Tuula Kallioniemi, Erica Jennen, Ben Holten, Michael Nkemdilim Ezezue
front row: Cassandra Hoskins, Stacy Lund, Karlea Opsal, Kelsey Dieken and Monique Moser



Cyndal Orwig and Tuula Kallioniemi, who both graduated in May 2008, stand in front of the "Go Red for Women" information booth in the Memorial Union.

"A lot of people don't understand blood pressure. They don't relate that the higher it is, the harder the heart has to work," said Stacy Lund, past Student Nurses Association president who holds the campaign's mission especially close to her heart. Lund's son was born with an interrupted aortic arch, a rare heart defect in which the aorta is not completely developed, which caused him to have 17 heart surgeries before he was five. "It's a big deal to me to get people aware of the importance of taking care of your heart," she said.

"The great thing about heart disease is that it is largely preventable. If you take care of your body, eat the right foods, your heart can stay healthy a lot longer irrelevant of the condition you were born with," Lund said.

The Student Nurses Association also helped bring this message into the community. They took blood pressure at different worksites in Fargo-Moorhead and worked with Fargo, West Fargo and Moorhead to proclaim Feb. 1 as "Go Red for Women Day."

Karla Haug, assistant professor of nursing and Student Nurses Association adviser, is proud of the organization. "Overall the event was a success," she said. "The students felt good about the responses and felt good knowing they had done it."

Haug is confident that the association will sponsor "Go Red for Women" events again next year. "The biggest thing is to spread the word. It's a good project for students to work together as a team."



To learn more about "Go Red for Women North Dakota," visit www.GoRedND.com.

Kincade named NDSU Student Nurse of the Year



Kincade

Carrie Kincade, a junior from Wadena, Minn., has an optimistic outlook on life. She is determined to achieve success and has a strong desire to help people because she truly cares about them. This is why she wants to be a nurse and this is one reason the NDSU Student Nurses Association has named Kincade Student Nurse of the Year.

According to Karla Haug, assistant professor of nursing at NDSU, the judges for the contest had a difficult time selecting the winner this year. "Carrie stood out for her involvement in the Student Nursing Association as well as her overall accomplishments, desire to be a nurse and personality," Haug said.

Initially, six nominees are selected by nursing faculty. Each candidate prepares an autobiographical essay for the judges. The essay includes a philosophy on nursing, a summary of goals, reasons why the candidate would like to be named the Student Nurse of the Year and a summary of involvement in the Student Nursing Association at all levels. After getting to know each candidate, the judges vote for the top three

and then a new panel of judges interviews each candidate to determine a winner.

Kincade competed in the Nursing Student's Association of North Dakota state competition against Student Nurses of the Year from other North Dakota institutions.

"She is a great student, is well liked by her peers and has a passion for nursing," Haug said about Kincade. "She appears to have great leadership potential and I know she will go far in her nursing career."

Kincade said she is honored to be the recipient of this year's award. As Student Nurse of the Year, she organized a workshop for the Expanding Your Horizons program. The workshop is for girls interested in nursing and will teach participants things including how to take blood pressure and listen to the heart and lungs. Participants also will get to experience working with the nursing department's simulated patient.

She is president of the NDSU chapter of the Student Nurses Association, and is a member of the College of Pharmacy, Nursing, and Allied Sciences Ambassadors, Students Today Leaders Forever, Mortar Board and the Phi Sigma National Honor Society. Following graduation, she hopes to work in an intensive care unit.

Student ambassadors named

The College of Pharmacy, Nursing, and Allied Sciences has named the first class of ambassadors. The 29 members of the new student organization represent each department within the college, as well as different stages of the programs ranging from pre-professional to graduate students. Students were nominated for ambassador positions by faculty members and completed an interview process. Nearly 100 students were nominated.

Members will work to promote the college through involvement in a variety of events, including campus tours for prospective students, homecoming tours for alumni, the White Coat ceremony, the Nurse Pinning ceremony and a host of other events for prospective students, current students and alumni. Ambassadors from nursing include Dawn Bjorgan, Megan Halvorson, Shane Johnson, Carrie Kincade, Sarah Moquist, Amanda Nord, Sarah Roehl and Alisha Sagaser.

Ambassadors from pharmacy include Roland Achenjang, Jill Anstadt, Kara Axvig, Al Berg, Steve Collison, Michaela Goodin, Cole Helbling, Kacie Hughes, David Leedahl, Nate Leedahl, Kate Loe, Maari Loy, Chandrasekar Manoharan, Katie Montag, Emily Olson, Mary Raven, Tyler Rogers, David Sperl and Andy Thoreson.



College of Pharmacy, Nursing, and Allied Sciences Ambassadors enjoying a moment to play in the sand at their training retreat.

Ambassadors from radiologic sciences include Abbe Malone and Shawn Pearson.

The college recognizes the valuable role of alumni and students in the recruitment, application and enrollment process by sharing their positive experiences and advice with prospective students. The ambassadors are co-advised by Dana Davis, director of recruitment, and Sara Tanke, director of advancement for the college.

2007-2008 scholarships

American Legion 40 & 8 Scholarship

Rebecca Behnke, *Britton, S.D.*
Rachael Niemeyer, *Cedar, Minn.*

AMVETS Dakota Sad Sacks Nursing Scholarship

Julie Peterson, *Wheaton, Minn.*

Albert & Celeste Brauer Scholarship

Catherine Krawczak,
Minnetonka, Minn.

Georgia Lee Crowe Memorial Fund

Nichole Roller, *Pick City, N.D.*

DAKOTA Medical Foundation Scholarship

Ebony Anderson, *Jamestown, N.D.*
Melanie Anderson, *Frazee, Minn.*
Chris Biwer, *Fargo, N.D.*
Amy Bowles, *Watkins, Minn.*
Kelsey Dieken, *Marshall, Minn.*
Kaye Fortin, *Van Buren, Maine*
Mary Grosz, *Kulm, N.D.*
Joseph Hounshell, *Fairmont, Minn.*

Janna Langness, *Moorhead, Minn.*
Sarah Manick, *Babbitt, Minn.*
Monique Moser, *Edgeley, N.D.*
Bethany Myhre,
Granite Falls, Minn.

Sarah Rolf, *Valley City, N.D.*
Audra Sorensen, *Moorhead, Minn.*
Janelle Swanson, *Elbow Lake, Minn.*
Sarah Twedt, *Fargo, N.D.*
Brenda Zens, *Hickson, N.D.*

DAKOTA Medical Foundation Scholarship by Donald (1973) and Jane Mattees

Erica Jennen, *Fergus Falls, Minn.*

DEANS Scholarship - Nursing

Kelsey Brand, *West Fargo, N.D.*
Amber Bauman, *Pine River, Minn.*

EM Eggert Scholarship

Jodi Reiffenberger, *Madison, Minn.*
Whitney Stola, *Beltrami, Minn.*

Sister Catherine Haertzen Nursing Scholarship

Brandi Wald, *Edgeley, N.D.*

Agnes (1969) and Ryan (1957) Harrington Scholarship

Nichole Roller, *Pick City, N.D.*

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Maple Grove, Minn.

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Kayla Guillicks, *Karlstad, Minn.*

MeritCare - Alyce Ovidia Grangaard Scholarship

Caitlin Brown, *Hope, N.D.*

MeritCare - Albert Ronice Scholarship

Amy Bowles, *Fargo, N.D.*

MeritCare - Oswald Ronice Scholarship

Tuula Kallioniemi,
Kuortane, Finland

North Dakota Board of Nursing Award

Julie Sagen, *Arthur, N.D.*
Gretchen Van Vlaenderen,
Moorhead, Minn.
Brenda Zens, *Hickson, N.D.*

Nursing Alumni Scholarship

Carissa Bergquist, *Wilton, N.D.*
Ashley Chandler, *Rapid City, S.D.*
Tiffany Dschaak, *Beulah, N.D.*
Michael Ezezue, *Achina, Nigeria*
Kari Hektner, *Mitchell, S.D.*
Leah Kostreba, *Avon, Minn.*
Gretchen Van Vlaenderen,
Moorhead, Minn.
Chris Weickert, *Perham, Minn.*

Prairie St. John's Scholarship

Julie Peterson, *Wheaton, Minn.*

Presentation Sisters Scholarship honoring Dr. Mary Margaret Mooney

Kari Hektner, *Mitchell, S.D.*

Presentation Sisters Women of Color Scholarship

Evelyne Niyonzima,
West Fargo, N.D.

development

Thank you to the following alumni and friends for their gifts during the calendar year (Jan. 1 to Dec. 31 2007). These gifts allow us to carry on the tradition of excellence in nursing.

Every effort has been made to ensure accuracy, but errors or omissions may have occurred. Please bring any such errors to our attention. For more information about gifts that directly benefit the nursing department, contact Sara Tanke, director of advancement, 701-231-6461 or Sara.Tanke@ndsu.edu.

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We like to know what our alumni are up to, so please take a moment to tell us about yourself. Feel free to share a story or memory of your time spent in the nursing program. E-mail your name, class year, job information and other updates (career changes, honors, moves, etc.) to: Mary.Wright@ndsu.edu.



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