

Graduate Programs in Nursing Update

Volume 12 Issue 1

Director's Message 1

WSU News 2

Kappa Mu 3

**May 12 Research
Opportunity 4**

Heads Up Students! 5

**Graduation and GA
Info. 6-7**

Faculty Corner 8

Certification Exams 9

Faculty Practice 10

**Faculty/Staff Office
Listings 11**

An Attitude of Celebration

Drs. Forsyth and Prochnow, John Nyaenya, Mashele Huschka, and Megan Anibas and I had a great adventure to Cleveland, Ohio, for the Midwest Nursing Research Society Conference, *The Future of Nursing Research: Economic Realities and Creative Solutions*, this month. Mr. Nyaenya and Ms. Huschka had the greatest adventure; ask them about it. Attending MNRS, Kappa Mu Induction, Scholarship Day, and planning for Commencement is especially sweet this year after coming out of the snow, ice, and cold we have endured. My creative solutions will involve enjoying more and more sunshine every day!

I, for one, have re-engaged with walking and fully enjoyed a walking tour of Cleveland. I am looking forward to time with faculty and administrators today at the WSU-R Broadway building as well as the opportunity to walk a bit more during my workday than usual. It is that time of year when students and faculty have the gift of celebration more regularly than usual. Spring is a time of CELEBRATION and remembering why we have been placed on this earth at this time.

Dr. Melanie Dreher, PhD, RN, FAAN, our keynote speaker at MNRS challenged us to remember, **“What is the social value in what we do?”** She admonished us to take a stand and realize the importance of advocating for the truth, instead of depending upon fear-driven facts. Because healthcare is 18% of our US budget, we continue to need a focus on how healthcare is practiced, not only on how it is paid for. We need to situate ourselves to find creative solutions. Nurses are trusted and we are not going away because we want to help people. Our work is relational and cannot be replaced by technology. We have an intimate knowledge of what patients want and we are problem solvers in an honest way. However, we are currently perceived as the least influential in driving healthcare system innovation. Could this lack of influence be an enduring ‘ism’ that is crippling healthcare? Dr. Dreher encouraged us to realize our social value, do our work for the public good, and **PUBLISH IT SO OUR CONTRIBUTIONS ARE KNOWN!**

We, your faculty, are depending upon you, especially our graduating students, to launch off in doing your public good while elevating public knowledge of your contributions. We will be watching and always supporting you! So CELEBRATE, ADVOCATE for the truth, bring SPRING, and EXPRESS gratitude to those who are supporting you (family, colleagues, friends, your faculty, your community). Be well and take JOY in the ride!

Sincerely,
Sonja J. Meiers, PhD, RN



Graduate Nursing Students Return from Study Abroad in New Zealand

Graduate nursing students Amy Hansen, Lucy Johnson, and Marika Vukomanovich recently spent two weeks traveling New Zealand (NZ), meeting with NZ and Maori leaders in healthcare, education and nonprofit organizations. During the study abroad, the students completed six credits for their graduate programs and experienced the cultural richness that NZ has to offer during the study abroad experience.

The two courses the students completed were focused on group and team dynamics and a leadership immersion. The students visited the NZ Ministry of Health, the University of Auckland Innovations Center, hospitals in Wellington and Auckland, and multiple indigenous peoples' cultural sites.

Dr. Julie Ponto taught one of the two leadership courses for the study abroad. According to Dr. Ponto, "the students experienced a cultural immersion that provided multiple opportunities to better understand how cultural values influence healthcare, education, and leadership."

The students lived out the concepts of team dynamics, leadership, and cultural awareness while preparing for the trip with eight other graduate students in Education; visiting prominent institutions; planning, shopping,

and preparing meals; using public transportation; interviewing leaders in nursing and other sectors; and taking part in Maori rituals and history. Of course, during non-class time the students immersed themselves in the stunning beauty of NZ – they enjoyed hiking, kayaking, visiting museums and government institutions."

We hope to offer the NZ study abroad again in Spring 2020. If you might be interested, don't hesitate to contact the students or Dr. Ponto (jponto@winona.edu) for more information.

~ Dr. Julie Ponto



AGCNS Program Achieves 100% Certification Pass Rate



Congratulations to the AGCNS program graduates for achieving 100% ANCC AGCNS certification pass rate for the 2017 calendar year. Certification is an awesome achievement and is required for entry into advanced practice in MN. Congratulations graduates and the WSU AGCNS Program!!



Sigma Theta Tau International

Kappa Mu Chapter

Kappa Mu President's Corner

Our local chapter of the STTI is celebrating turning 30 this year! It has been a successful year with the following highlights to report:

- The chapter donated a chair created by Kevin Hemmingsen, which raised over \$400 for the Rochester Boys and Girls Club in February.
- Congratulations to member Jenn Timm on receiving the Kappa Mu Scholarship award for her work with Bridges Health Winona! She will be presenting on this work to our chapter in September 2019, stay tuned!
- In March, we inducted 10 new members to the chapter in Winona.
- In April, an additional 30 members and 70 guests will be joining us at our April 19, 2018 induction ceremony.

We are looking for a few more board members! The role of President Elect is open and we are actively seeking new leaders to serve on the board. You can reach out to anyone on the current board about an opportunity to help our chapter launch well into the next 30 years!

Department of Nursing Celebration April 19th - 20th

It is a big year for WSU Nursing, and to celebrate we invited a panel of people to share with us including members of the first class (1968), faculty and past directors of the program, and alumni. A crowd of over 200 joined us for this engaging conversation with those who have paved the way for Department of Nursing success.



On **Friday April 20th**, the party moved to Winona for a full day of various activities including a leadership class taught by Drs. McBreen and Foote, a luncheon (\$8) in the Jack Kane Dining Room on main campus, a Trolley Ride of Winona and finally an unveiling of the 18-foot hand painted mural depicting WSU Nursing Past, Present and Future.

~ Dr. Foote

Invitation to Join the Director May 12th for Research Activity

We need your help! On Saturday, May 12, 2018 from 9:30 am to 1:30 pm at the Rochester Stem Academy (415 16th St SW, Rochester, MN 55902), WSU Department of Nursing will be participating in a research event with Rochester Healthy Community Partnership (RHCP). We have been RCHP partners since 2004 <https://rochesterhealthy.org/> in the mission of improving the health of underserved populations through proven methods and new ideas.

On Saturday, May 12, we will be disseminating research findings of a social network analysis (Healthy Immigrant Communities) conducted with our Somali and Hispanic neighbors in Rochester and surrounding communities. Results will show the connections about health behaviors among over 1,000 participants. Here is where you come in. Because this is a community based participatory research project, we will be inviting the research participants to hear the findings over a mid-day/lunch meeting. We need volunteers to assist with supervising children so their parents and grandparents can hear the results. Will you consider helping us? This is not required, simply an opportunity to serve, get to know your neighbors well, and represent the good that we do at WSU!

Dr. Meiers and her husband will lead the supervision and would LOVE your help. Please contact Dr. Meiers at smeiers@winona.edu or speak with her for more information. This is certain to be a great event and adventure! We look forward to working with you!

~ Dr. Meiers



Rochester Healthy Community Partnership

SAVE THE DATE

Event: Healthy Immigrant Community
Dissemination of research results

Date: Saturday, May 12, 2018

Time: 10:00 a.m. – 1:00 p.m.

Location: Rochester STEM Academy
415 16th Street SW, Rochester, MN

(Talk to Dr. Meiers if you can attend and assist with child supervision.)



Heads Up Students!

Palliative Care Elective Offered Fall 2018

Do you have an interest in best practice for individuals and families dealing with chronic illness? Have you wondered how to have difficult conversations with patients and families about goals of care? Would you like to learn more about symptom management? If you answered yes to any of these questions, the Palliative Care course may be for you!

Topics in Palliative Care (NURS735) will be offered F18. This three credit graduate course is focused on an in depth analysis of contemporary topics in palliative care and will provide students opportunities to analyze, synthesize, and demonstrate advanced knowledge and skills in palliative care for individuals and families facing acute and chronic illness.

The course will be a combination of six in class sessions and other asynchronous online activities. Class will meet on select Wednesdays from 12-3p. Join us for a critical analysis and scholarly discussion of topics in palliative care!

~ Dr. Ponto

Upcoming Student Opportunities

Graduate Recognition May 4th - Volunteers Needed

Masters in Nursing, Graduate Certificate and DNP Recognition Event will be held on Friday, May 4th at 1:30pm in East Hall of Krysko Commons on the Winona Campus. **Graduates need to be there at 1pm.** Please bring your graduation regalia. If you have a poster to share, please send PPP slide of the poster to Dr. Jen Prochnow. (See page 8 for more details).

We are looking for volunteers to assist with the ceremony. Any current graduate student is welcome to volunteer. This is a great way to see what the ceremony entails before you graduate. You are needed there by **12:30pm** to help set-up.



May 4th Graduate Nursing Celebration Ceremony

For our Graduate Nursing Celebration ceremony on May 4th, we want to include an opportunity for each graduate to have a moment in the spotlight to acknowledge your journey in reaching this major achievement. We will include a customized slide for each graduate in a slideshow at the celebration ceremony. You will see the template includes space for pictures and a very brief amount of text at the bottom. Dr. Jen Prochnow will compile all the individual slides into one standard show that will play at a particular point in the ceremony.

Please get your slide in to her no later than **Friday, April 27th.**

If you have not received a slide template yet, please reach out to Dr. Prochnow: jprochnow@winona.edu

Graduation Requirements

“Milestones in Graduation” can be found on the Graduate Nursing website under “Resources” tab <https://www.winona.edu/graduatenuersing/resources.asp>. This document includes all the important steps you must take to ensure forms are submitted for graduation.

Application to Graduate

When to submit an “[Application to Graduate](https://www.winona.edu/graduatenuersing/forms.asp)” form. The link to this information can be found at <https://www.winona.edu/graduatenuersing/forms.asp>

“Application for graduation must be submitted at least one term prior to graduation. It is the sole responsibility of the student to ensure that all incompletes and program requirements are completed and submitted to the Office of School of Graduate Studies within ten (10) working days following the end of the semester of graduation. Late completion and submission of requirements will result in postponement of graduation to a later semester.”

Become a Grad Assistant!

The Graduate Nursing Programs will have openings for **Graduate Assistants (GA)** next year and invite you to apply. Graduate Assistantships provide an opportunity for students to work with faculty on a variety of projects. Part-time assistants must register for a minimum of 3 credits (*each semester*) and spend 8-10 hours a week working as a GA. Full-time assistants must register for a minimum of 6 credits (*each semester*) and spend 15-20 hours per week working as a GA. The allocation



for a Graduate Assistantship is made by the Vice President for Academic Affairs on the recommendation of the Dean of the College of Nursing.

Graduate Assistants receive resident tuition rates during the period they hold the appointment. Appointments are made for one academic year. Application and more information can be found on the School of Graduate Studies website at <https://www.winona.edu/gradstudies/assistants.asp>.

Career Opportunities

An orthopedic clinic in the Grand Rapids/Virginia, MN area is looking for a Nurse Practitioner. New graduates are welcome! Find job postings like this and many others on the **WSU Career Services** website: <https://www.winona.edu/career/default.asp>

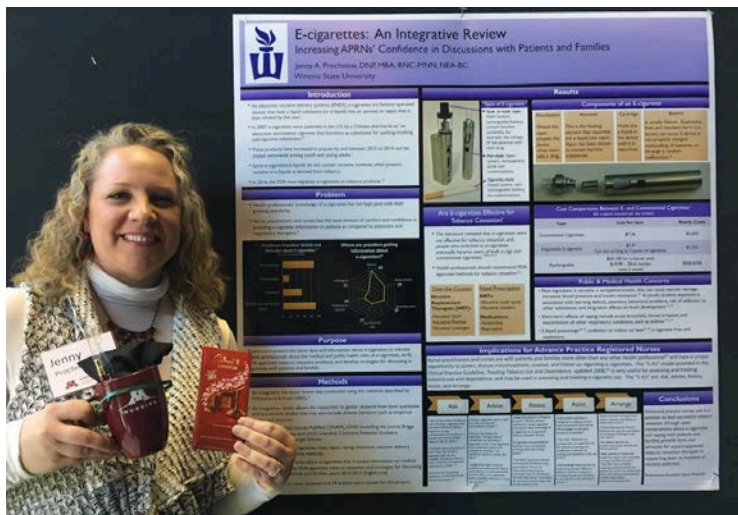


Faculty Corner

Misun Bormann MS, EdD Candidate will be graduating this May with her EdD in Higher Education Administration from St. Cloud State University. Congratulations Misun!



Posters at the U of M School of Nursing, Nursing Research Day (April 6, 2018)



Proposing Benchmarks for Rigor in the DNP Project Practice Inquiry: Lessons from Literature and Practice. **Sonja J. Meiers**, PhD, RN, PHN; **Julie A. Ponto**, PhD, APRN, CNS, AGCNS-BC, AOCNS.

E-cigarettes: An Integrative Review Increasing APRNs Confidence in Discussion with Patients and Families. **Jenny A. Prochnow**, DNP, MBA, RNC-MNN, NEA-BC.

Dr. Jen Prochnow wins the People's Choice Award for best poster at the University of Minnesota's Nursing Research Day on Friday, April 6th. Dr. Prochnow presented her latest work on electronic nicotine delivery systems (ENDS), or e-cigarettes.

Publications

Niesen, Cynthia R.; Kraft, Sarah J.; & **Meiers, Sonja J.** (2018). Use of motivational interviewing by nurse leaders: Coaching for performance, professional development, and career goal setting. *The Health Care Manager, Volume 37*(2), pp. 1-10. Volume Publish Ahead of Print Issue. doi: 1097/HCM.0000000000000209.

Poster Presentations at MNRS

Megan Anibas. Bedside Care Providers' Knowledge and Confidence Using an Intraventricular Hemorrhage Guideline in a NICU

Jenny Prochnow. Patient and Caregiver New Medication Education Using the Teach-back Method

John Nyaenya, Mashele Huschka, & Caitlin Hainy. Community-Based Diabetes-Screening of a Low English Literacy Population of Minority-Predominant Immigrants and Refugees

Certification Examinations by Program

*Program no longer offered

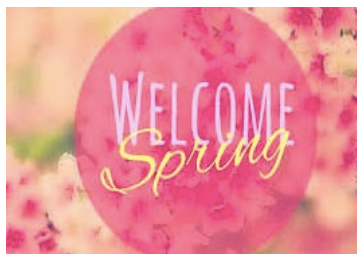
Adult-Gerontology Clinical Nurse Specialist (AGCNS)		
Eligible for: American Nurses Credentialing Center (ANCC) Adult-Gerontology Clinical Nurse Specialist certification examination	Website Info: https://www.nursingworld.org/our-certifications/adult-gerontology-clinical-nurse-specialist/	Cost: \$395 Non-member
Nurse Educator (NE)		
Eligible for: National League for Nursing Certified Nurse Educator ^{CM} (CNE) Examination after two years of full-time employment in the academic faculty role.	Website Info: http://www.nln.org/professional-development-programs/Certification-for-Nurse-Educators	Cost: \$500 non-member \$400 NLN member
Nursing and Organizational Leadership (NOL) / Practice and Leadership Innovations (PLI)		
Eligible for: American Organization of Nurse Executives (AONE) exam to become certified as an Executive in Nursing Practice (CENP) exam after two years of practice as a nurse executive.	Website Info: http://www.aone.org/initiatives/cenp.shtml	Cost: \$450 non-member \$325 AONE
Eligible for: American Nursing Credentialing Center Nurse Executive and/or Nurse Executive, Advanced exams <i>if</i> eligibility requirements are met.	Website Info: https://www.nursingworld.org/our-certifications/nurse-executive-advanced/ https://www.nursingworld.org/our-certifications/nurse-executive/	Cost: variable
Family Nurse Practitioner (FNP)		
Eligible for: American Nursing Credentialing Center's (ANCC) FNP exam	Website Info: https://www.nursingworld.org/our-certifications/family-nurse-practitioner/	Cost: \$395 non-member \$290 AANP student member
Eligible for: American Academy of Nurse Practitioner Certification Program's (AANPCP) national board certification exam (FNP)	Website Info: https://www.aanpcert.org/certs/fnp	Cost: \$365 - \$315 https://www.aanpcert.org/faq-fees
Adult-Gerontology Primary Care Nurse Practitioner (AGPCNP)*		
Eligible for: American Nurses Credentialing Center's (ANCC) Adult-Gerontology Primary Care NP exam	Website Info: https://www.nursingworld.org/our-certifications/adult-gerontology--primary-care-nurse-practitioner/	Cost: \$395 non-member \$290 AANP student member
Eligible for: American Academy of Nurse Practitioners (AANP) A-GNP exam	Website Info: https://www.aanpcert.org/certs/agnp	Cost: \$365 - \$315 https://www.aanpcert.org/faq-fees
Adult-Gerontology Acute Care Nurse Practitioner (AGACNP)		
Eligible for: American Nurses Credentialing Center's (ANCC) Adult-Gerontology Acute Care NP exam	Website Info: https://www.nursingworld.org/our-certifications/adult-gerontology-acute-care-nurse-practitioner/	Cost: \$395 non-member \$290 AANP student member
Eligible for: American Academy of Critical Care Nurses (AACN) ACNPC-AG exam	Website Info: https://www.aacn.org/certification/get-certified/acnpc-ag	Cost: \$360 non-members \$255 AACN members
Psychiatric-mental Health Nurse Practitioner (PMHNP)		
Eligible for: American Nurses Credentialing Center's (ANCC) PMHNP examination	Website Info: https://www.nursingworld.org/our-certifications/psychiatric-mental-health-nurse-practitioner/	Cost: \$395 non-member \$290 AANP student member

Faculty Practice

As a group of graduate nursing faculty, we live and breathe the mission of Winona State University as a “community of learners improving our world.” We believe it is important to serve patients, families and our profession with each of our unique gifts and talents.

Did you know...

- That Dr. Sue Davies practices as a facilitator of the Living Well with Chronic Conditions Program, and evidence-based healthy aging program.
- That Dr. Kimberly Dowat practices as a Certified Nurse Midwife and Complementary Therapies practitioner at Gundersen Health, La Crosse, WI.
- That Dr. Jane Foote practices as a nurse leader as President of the local chapter of the Holistic Nurses Association and the Kappa Mu Chapter of Sigma Theta Tau International.
- That Dr. Diane Forsyth is an active Team Leader as a Site Evaluator for the Commission on Collegiate Nursing Education in accrediting graduate programs in nursing.
- That Amy Harter practices in the community of La Crosse serving individuals with acute and chronic mental health problems and those that struggle with mental health issues related to dementia.
- That Dr. Carole Jenson practices as an AGCNS conducting Department of Transportation Health Assessments and care.
- That Dr. Kimberly Langer practices as an AGACNP at the Mayo Clinic in Hematology / Oncology / Bone Marrow Transplant.
- That Dr. Sonja Meiers practices nurse leadership as is the President-Elect of the International Family Nursing Association and member of the WSU Faculty Senate.
- That Dr. Julie Ponto practices as a site evaluator for oncology treatment center accreditation.
- That Dr. Sandra Paddock practices as FNP at Centra Care in St. Cloud, MN in Employee and Occupational Health.
- That Dr. Jen Prochnow practices nurse leadership as Treasurer of the Minnesota Organization of Leaders in Nursing.
- That Dr. Lisa Schnepfer practices at Hawthorne Health Clinic, Rochester, MN.
- That Elizabeth Schossow LOVES practicing in community mental health.
- That Dr. David Steele practices in the Emergency Department in a Mayo Health System Hospital in St. James, MN as an FNP, AGACNP, and ENP.
- That Dr. Mieca Valen practices as an FNP in the Mayo Health System and as a Site Evaluator for the Commission on Collegiate Nursing Education in accrediting graduate programs in nursing.
- That Dawn VanRuler practices as a Psychiatric NP in out-patient mental health medication management one day a week.





Graduate Programs in Nursing Information

Winona State University — Rochester
 Graduate Programs in Nursing Office
 859 30th Avenue SE
 Rochester, MN 55904

Email: gradnursing@winona.edu
 Office hours: Monday – Friday
 8:00 am – 4:30 pm
 Phone: 507-285-7473
 Fax: 507-292-5127

Make sure to check out our website!

www.winona.edu/graduatenuersing

Graduate Nursing Faculty and Staff Locations

Faculty / Staff Name	Position	Office Location / Number	Office Phone Number	Email Address
Dr. Sonja J. Meiers	Director, Professor	Coffman (CF) 213	507-536-5671	smeiers@winona.edu
Carolyn Ryno	Administrative Asst.	Coffman (CF) 215	507-529-6117	cryno@winona.edu
Sara Bass	Office & Admin. Asst.	Coffman (CF) 211	507-285-7473	sbass@winona.edu
Misun Bormann	Clinical Site Development & Communication	Coffman (CF) 209	507-535-3978	mbormann@winona.edu
Dr. Sue Davies	Professor	Health Sciences (HS) 024	507-285-7140	sdavies@winona.edu
Dr. Jane Foote	Department Chair, Associate Professor	Health Sciences (HS) 106	507-280-2818	jfoote@winona.edu
Dr. Diane Forsyth	Professor	Coffman (CF) 129	507-280-5036	dforsyth@winona.edu
Amy Harter	Adjunct Faculty	Coffman (CF) 207	507-535-3992	aharter@winona.edu
Dr. Carole Jenson	Associate Professor	Coffman (CF) 123	507-285-7341	cjenson@winona.edu
Dr. Kimberly Langer	Assistant Professor	Coffman (CF) 127	507-285-7168	klanger@winona.edu
Ann Loth	Adjunct Faculty	Coffman (CF) 130	507-285-7133	aloth@winona.edu
Gayle Olsen	Professor, Adjunct Faculty	Coffman (CF) 130	507-285-7133	golsen@winona.edu
Dr. Sandra Paddock	Associate Professor	Coffman (CF) 128	507-285-7208	spaddock@winona.edu
Dr. Julie Ponto	Professor	Coffman (CF) 125	507-285-7135	jponto@winona.edu
Dr. Jenny Prochnow	Assistant Professor	Coffman (CF) 132	507-285-7185	jprochnow@winona.edu
Dr. Lisa Schnepfer	Professor	Coffman (CF) 131	507-285-7478	lschnepfer@winona.edu
Elizabeth Schossow	Adjunct Professor	Coffman (CF) 207	507-535-3992	eschossow@winona.edu
Jami Starling	Assistant Professor	Coffman (CF) 126	507-280-5565	jstarling@winona.edu
Dr. David Steele	Assistant Professor	Coffman (CF) 207	507-536-5672	dsteele@winona.edu
Dr. Mieca Valen	Professor	Coffman (CF) 124	507-282-7588	mvalen@winona.edu

Thank you to the following contributors to this month's newsletter:

Dr. Sonja J. Meiers, Dr. Jane Foote, Dr. Jen Prochnow, Dr. Julie Ponto, Misun Bormann, and Carolyn Ryno.