A Message from the Director

Have you taken time to give thanks for your intellect, language, and cognitive processing skills? We often are too busy using these gifts to share our gratitude for them. Think, for a minute, about what your life would be like if you could not problem solve your way out of a clinical situation. What would it be like if you were not able to read this text and give it meaning? As faculty, we have the awesome privilege of watching each of you, as students, grow in your ability to put all of the pieces together to problem solve in new ways to advanced your research and evidence-based practice skills. While we know this is challenging for you, some days more than others, we are confident that these abilities grow for all students throughout graduate education. But, have you thought about what would happen if you did not have the beginning intellect, language, or cognitive processing skills necessary to attempt such thinking? My wish for you this month of Thanksgiving is that you DO take time to share your gratitude for these gifts.

Last evening I had the honor of sharing my career of scholarship with the inductees to Kappa Phi At-Large Chapter (St. Benedict/St. Johns Universities and St. Cloud State University) of Sigma Theta Tau International in St. Cloud, MN. As part of this ceremony, each of the inductees answered the question, “Why did you choose to go into the profession of nursing?” I was struck by how many of these students shared some version of, “because I knew I could combine the use of science and caring in a profession.” I believe that perhaps all of us would answer similarly and that embedded in that response is the revelation that we LIKE to think.

What an honor to have been chosen in this world to do what we like and contribute to the health of others. What an honor to be those professionals who use our intellect, language, and cognitive processing skills for moving the science of nursing and the science of practice forward each day. I encourage you, especially in those moments of doubt, to remember that you have been chosen to do important things on behalf of others. Growing these “thinking gifts” into their full potential takes time, space, and the support of physical, psychological, social and spiritual health, I encourage you to build in the time and space for all of these dimensions of health. Know that your faculty all wish you the very best in your daily endeavors at balancing for health; our thinking will benefit as a result.

Take good care,
Dr. Sonja Meiers
Director and Professor
Graduate Programs in Nursing
507-536-5671
smeiers@winona.edu
College of Nursing and Health Sciences
Department of Nursing
welcomed
Commission on Collegiate Nursing Education (CCNE)
Site Visitors

November 14 – 16, 2012

The purpose of this visit is for this national accrediting body to assess and verify the quality and excellence of the Undergraduate and Graduate Nursing programs in addition to verifying the quality improvement process used by the programs.

Congratulations

Michelle Frischmann

has been awarded the

Family Nurse Practitioner Scholarship

The Family Nurse Practitioner Scholarship is available to students in the FNP Program.
The Graduate Programs in Nursing is pleased that two MS and one DNP student posters will be representing WSU at the Midwest Nursing Research Society (MNRS) annual conference’s student poster competition Mar. 7-10, 2013 in Chicago, IL.

Poster titles for the MS student category are:

- Interventions to optimize enrollment in migrant clinicians network’s health care service in Minnesota and North Dakota: An evidence-based practice project
- Investigating the presence of family burden, family pondering and family struggling in a sample of families managing chronic illness: A measure validation study

Poster title for the DNP student category is:

- The use of high-fidelity simulation in a nurse residency program: Prevention of failure to rescue

In addition, two undergraduate students will present their Honors posters and several WSU faculty members will attend and/or present research. If you wish to attend the conference (at your own cost), contact Dforsyth@winona.edu to link with the WSU group. This is the MNRS link with conference information: http://www.mnrs.org/annual-conference/general-information

Department of Nursing welcomes Visiting Scholar!

Please join me in welcoming Dr. Esra Ugur as a Visiting Scholar in the Department of Nursing for this academic year. Dr. Ugur is an Assistant Professor from Okan University, School of Health Sciences, Department of Nursing, in Istanbul, Turkey. She has taught fundamentals in nursing; taught healthcare administration courses (including performance appraisal and change management); advised university students on final projects; developed systems for performance appraisal, orientation, and in-service education in a university hospital; and designed, developed, and delivered in-service education programs for nurses in a university hospital. She has previous experience in healthcare organizations as a nurse in intensive care, a vice quality coordinator, and a staff development coordinator.

Dr. Ugur is here as a volunteer visiting scholar and is very interested in learning about all of our programs within the Department of Nursing. Dr. Ugur would like to learn how we educate our students in the United States and is willing to share her experiences about healthcare and academics in Turkey. Esra is being guided by Dr. Cindy Scherb and Dr. Diane Forsyth.

Dr. William McBreen, PhD, RN
Dean, College of Nursing and Health Sciences
Winona State University

Gentle Reminders ~

* Is your Clinical Information up-to-date? Please remember to update your clinical information, such as; Nursing License renewal, CPR certification, Mantoux test results, etc. You may drop off, fax, or mail updated clinical information to the Graduate Programs in Nursing. Graduate Programs in Nursing fax number is 507-292-5127.

* Graduate Programs in Nursing students need to complete the “Application for Admission to Candidacy for a Master’s of Science (MS) award in Nursing”. Please complete this form in consultation with an advisor, and prior to completing 16 credits. This form can be located by visiting the Graduate Nursing website at http://www.winona.edu/graduatennursing/Images/Application_for_Candidacy-Semesters_(BS_to_DNP)_(FORM_UPDATED_8-24-11).pdf

* Graduate Certificate (GC) Nursing students need to complete the “Certificate Program Plan” in consultation with an advisor. This form can be located by visiting the Graduate Nursing website at http://www.winona.edu/graduatennursing/Images/Certificate_Program_Plan_(Nursing).pdf

* Master of Science (MS) Application to Graduate and Graduate Certificate (GC) Program Completion forms may be found on the Graduate Programs in Nursing website at http://www.winona.edu/graduatennursing/forms.asp. Application for graduation must be submitted at least one term prior to graduation. First day to apply for Spring 2013 graduation is Nov. 26, 2012.
**Kappa Mu Members**

*Time for Kappa Mu, Sigma Theta Tau International to make a scholarship award to support research/evidence based practice among its members! Please refer to the information below for details.*

*Nursing Sigma Theta Tau International*

*Kappa Mu Chapter Scholarly Grant*

**Guidelines**

2012-2013

**Purpose of this guideline:**

To assist Kappa Mu Chapter members with expenses related to a scholarly project and communicate the process for application submission for distributing a Sigma Theta Tau International Kappa Mu Chapter Scholarly Grant of **$500** annually. Expenses may include and are not limited to items such as presenting at a professional conference, data collection activities, evidence-based practice resources, and/or dissemination and publishing cost.

- The project for which the grant is requested must be scholarly in nature and either research/evidence or education-based.
- The recipient of the award will receive the first $300 upon the approval by the Chapter Board and the remaining $200 after presenting to the chapter the outcomes of the project.

**Deadlines:**

The application must be received by the Chairperson of the Selection Committee by **December 14, 2012** with notification of the award to occur by mid-January. The presentation summarizing his or her project and the outcomes should occur in May at a Spring Chapter year-end research meeting.

**Please submit application to pnelson@winona.edu**

Pam Nelson, PhD, RN, Scholarship Chair
Stephanie Sulla, Kappa Mu President, Assistant Professor
Winona State University – Rochester HS 100

**Scholarships and Awards**

[http://www.winona.edu/nursingandhs/scholarships.asp](http://www.winona.edu/nursingandhs/scholarships.asp)
Pre and Postdoctoral Traineeships in Pain and Associated Symptoms Research at UI

The University of Iowa—College of Nursing is soliciting applications for traineeships in research on pain and associated symptoms. Currently, candidates with a PhD and a background in nursing are invited to apply for a postdoctoral fellowship beginning in August, 2013 (postdoc deadline March 1, 2013). Students applying to the nursing PhD program at University of Iowa have until November 15, 2012 to apply for a predoctoral traineeship for 2013-2014.

The goal of this traineeship is to support nurses to develop or extend knowledge and skills in research on pain and its associated symptoms. The Institutional NRSA (T32) training grant will prepare a total of 10 nursing PhD students and postdoctoral scholars over 5 years.

As specified by NIH, both pre- and postdoctoral trainees must be U.S. citizens or non-citizen nationals or have lawfully been admitted for permanent residence at the time of appointment. Individuals on temporary or student visas will not be eligible.

Predoctoral trainees: All potential PhD students will be professional nurses who meet the admission requirements for the doctoral program at the College of Nursing. PhD applicants with an interest in research on pain and associated symptoms will be eligible.

Postdoctoral trainees: Candidates with a PhD or an equivalent degree and a background in nursing will be eligible for selection and those who are returning for additional training to enhance their research skills and who are committed to a research career in nursing will be sought.

For more information and application instructions, visit:

http://www.nursing.uiowa.edu/research/ONR/Pain_T32.htm

Linda Liu Hand, Ph.D.
Director, Office for Nursing Research
University of Iowa
408 College of Nursing Building (CNB)
Iowa City, Iowa 52242-1121
319-335-7040
319-353-5535 (fax)
Email: linda-hand@uiowa.edu
Did you know.......

♦ WSU Counselor Sara Hallberg will begin offering personal counseling services on the WSU-Rochester campus for all currently registered WSU-R undergraduate and graduate students. Appointments for individual counseling sessions will be available on the 1st Thursday of each month from 9am-3pm and the 3rd Wednesday of each month from 11am-6pm, on the following dates:

    Thurs Dec 6, 9am-3pm
    Wed Dec 19, 11am-6pm

This service is offered for free, with no charge to current students. All appointments are 50 minute sessions with complete confidentiality assured. To schedule an appointment, Contact WSU-R Student and Campus Services Office at 507-285-7100, email rochsss@winona.edu, or shallberg@winona.edu.

♦ UCR Security Office has moved to Atrium (AT) 201.

♦ Goddard Library hours are: Fall Semester (Aug. 27—Dec. 21, 2012)

    Monday – Thursday       7:30am – 10:00pm
    Friday                   7:30am – 4:30pm
    Saturday                 9:00am – 5:00pm
    Sunday                   1:00pm – 5:00pm

Closed: Thurs. & Fri., November 22 & 23, 2012 (Thanksgiving Break)

♦ Searching for WSU-Rochester classes is user friendly using the on-line web schedule. Please choose "Rochester" as the Campus location. See example below.

Find Courses at Winona State University
(WSU - Winona campus)

<table>
<thead>
<tr>
<th>Basic</th>
<th>Advanced</th>
<th>Course Equivalents</th>
<th>Non-Credit/Continuing Ed</th>
</tr>
</thead>
</table>

College/University: Winona State University - [search other institutions]
Campus: WSU - Rochester
Semester: Fall 2011 (Aug - Dec)

♦ [WSU's Academic Calendar](http://www.winona.edu/calendars/)

♦ [WSU's Graduate Programs in Nursing Calendar](http://www.winona.edu/graduatenursing/images/_CLASS_SCHEDULE_(12-13)_(Tentative).pdf)

* Please keep your mailing and email addresses, and phone numbers current with the Graduate Programs in Nursing office AND the Registrar’s office.
Employment Opportunity

Employer: North Ohio Heart, Inc.
Location: Elyria, OH
Position: Family Nurse Practitioner

Qualifications:
◊ MSN, Certificate of Authority, certification from ANA or ANCC.
◊ Licensed as an advanced practice nurse in the state of Ohio (or pending).
◊ Recent adult acute care experience. Cardiac experience preferred. Demonstrated leadership skills.
◊ Demonstrated skills in interpersonal relationships.
◊ Monday—Friday, 8:00 AM—5:00 PM.
◊ No call, nights or weekends.
◊ Clinic has six (6) physicians.
◊ Average patient load is 12—15 per day; 30—40% will be pediatrics.
◊ RELOCATION expenses are covered.

For more information, please contact Jessica Reed, Director of Research, ReQuest Staffing
Phone: 800-277-5150
Email: jreed@requeststaffing.com
Web: www.requeststaffing.com

Important Dates:

Nov. 21—23, 2012    Thanksgiving break—no classes
Nov. 22—23, 2012    Office closed (Thanksgiving Holiday)
Nov. 26, 2012       Registration for Spring 2013 begins (for admitted students)
Nov. 26, 2012       First day to apply for Spring 2013 Graduation
Severe Winter Weather Information

Since winter weather conditions can vary greatly from community to community, students are encouraged to use discretion when traveling. The Winona State University Severe Weather web page will be updated with specific information about severe weather closing or class cancellation on days when such events occur.

In case of a weather emergency, the following radio and television stations in the area will be notified as soon as possible of any cancellations at WSU.

Radio:

<table>
<thead>
<tr>
<th>Winona</th>
<th>Rochester</th>
<th>Red Wing</th>
<th>La Crosse</th>
<th>Twin Cities</th>
</tr>
</thead>
<tbody>
<tr>
<td>KQAL 89.5-FM</td>
<td>KXRA 97.5-FM</td>
<td>KCUE 1250-AM</td>
<td>WIZM 1410-AM</td>
<td>WCCO 830-AM</td>
</tr>
<tr>
<td>KAGE 1380-AM</td>
<td>KROC 106.9-FM KROC 1340-AM</td>
<td>KNG 105.9-FM</td>
<td>WKBH 93.3-FM</td>
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<tr>
<td>KAGE 95.3-FM</td>
<td>KROC 106.9-FM KROC 1340-AM</td>
<td>KNG 105.9-FM</td>
<td>WKBH 100.1-FM</td>
<td></td>
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<tr>
<td>KWNO 1230-AM</td>
<td>KYBA 105.3</td>
<td>KNG 105.9-FM</td>
<td>WKBH 100.1-FM</td>
<td></td>
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<tr>
<td>KWNO 99.3-FM</td>
<td>KWXK 96.5 KLCX 103.9</td>
<td>KNG 105.9-FM</td>
<td>WKBH 100.1-FM</td>
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<tr>
<td>KHME 101.1-FM</td>
<td>KXCX 103.9 KWEB 1270-AM</td>
<td>KWC 101.7-FM</td>
<td>WKBH 100.1-FM</td>
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</tbody>
</table>

Television:

<table>
<thead>
<tr>
<th>Winona</th>
<th>Rochester</th>
<th>La Crosse</th>
<th>Twin Cities</th>
<th>Eau Claire</th>
</tr>
</thead>
<tbody>
<tr>
<td>HBC Cable 20 and 25</td>
<td>KTTC - 10 KXLT - 47</td>
<td>WKBH 8 (7) [7]</td>
<td>KSTP - 5</td>
<td>WEAU - 13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>WXOW 19 (11) [18]</td>
<td>WCCO - 4</td>
<td></td>
</tr>
</tbody>
</table>

Graduate Programs in Nursing:

In cases of inclement weather, students and faculty should use their best judgment as to the safety of travel. If a student or faculty member believes travel would be dangerous, they should call (507) 285-7473 and report that they will not be able to attend class. The Administrative Assistant will then report the person's absence to appropriate students and/or faculty members via e-mail or phone if possible. **It is important the current phone numbers, addresses, and email addresses are on file with the Master’s Nursing Program and with the Registrar’s office!**

In instances where driving conditions are acceptable at the traveling student's, or faculty member's home, yet inclement weather or poor driving conditions are suspected in the Rochester area, students and faculty should check the appropriate road condition reports. They should also check the main WSU Home Page. When faculty members cancel classes due to severe weather, the cancellations are noted. As a last resort, call the WSU Switchboard but realize that this line is hard to reach on snow days and is not staffed until 8:00 a.m.

Please visit: [www.winona.edu/communications/severeweatherinfo.asp](http://www.winona.edu/communications/severeweatherinfo.asp) for full policy.
Graduate Programs in Nursing
859 30th Avenue, SE
Rochester, MN  55904
Phone:    507.285.7473
Fax:         507.292.5127
Email:      nursing@winona.edu

Winona State University
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Rochester, MN  55904

Phone:  507.285.7473
Fax:    507.292.5127
Email: nursing@winona.edu

We’re on the web!
www.winona.edu/graduatenursing

WSU-R Mission:

“Winona State University—Rochester provides relevant and innovative life-long learning experiences to educate, enlighten and serve our citizenry to meet the needs of the community and region.”