The Nursing Student Advisory Council was established in Spring 2011. It provides an official means for student participation in Department of Nursing governance:

- to provide feedback to faculty
- for accurate information to student representatives for sharing with the larger student body
- for collaborative problem solving of student concerns

The Rochester and Winona campuses will each have a Nursing Student Advisory Council to represent undergraduate programs.

The group on each campus will include up to 8 students and up to 4 faculty members.

Each group will meet twice each year.

The Nursing Student Advisory Council can provide input and feedback, but does not have the authority to make decisions or policy.

Fall Meetings

Rochester—Generic BS

Fall meeting held on November 23, 2015

Main Topics Discussed:

Review of student governance basics

Curriculum changes, including the process for changes, were discussed. Credits within the major rearranged. First changes will be in Term 2 in Spring 2016.

Innovation Symposium was discussed. Students appreciated the presentations and opportunities to connect with students from the Winona campus. Takeaways from the symposium can be personally and professionally helpful.

Student concerns:

- ATI: Students find ATI helpful and worthwhile. Ask ATI rep to present every semester so that students will have more and better info about ATI. Students request consistent application of ATI by faculty. More help from seniors for juniors.
- Pharmacology: A lot of work for 2 credits. Could class be scheduled one hour 2x/week?
- Health Assessment & Skills: Assessment demonstrations and test outs need consistent faculty contact.
- Grapevine rumors: Concern expressed related to comments from nurses in the clinical setting regarding the presence of nursing students and the challenges they bring to the unit. Seniors provided multiple suggestions and support for ways to handle negative situations. Encouraged internship
applications for more exposure to positive interactions with nursing staff.

- **Buddies:** Many students appreciate this activity. Will continue, with freedom for pairs to set level of interaction.

- Opportunities for communication between terms are helpful. Consider a social event for January.

**Winona—Generic BS**

Fall meeting held on November 6, 2015

Main Topics Discussed:

Dean William McBreen attended to discuss:

- Differential tuition of $35 per credit for nursing credits is being used to improve services to students in:
  - Simulation, including upgrades to Winona campus lab in summer 2013 and 2014, and addition of a simulation coordinator. Need to improve sim and add a lab coordinator for Rochester.
  - More support for pre-nursing students.
  - Clinical coordination, focusing on developing clinical sites and providing the best possible clinical experiences.

- Students indicated support for differential tuition. Students value simulation, advising, and clinical experiences and want high quality. Balancing simulation and clinical time was discussed. High satisfaction with DEU.

Discussion of admission to the major: Admissions are currently closed to transfer students. Students asked about adding interviews to the admissions process. The challenge of objectivity in assessing interviews was discussed. Dean McBreen discussed department efforts to explore revision of admission criteria and to expand class size.

Students would like to have simulation in Term 2. Space limitations make this difficult. Fund raising to support additional simulation was discussed.

Students like the idea of weekend labs. They would prefer 2 hour time periods, and suggested Saturday morning or Sunday evening.

More mandatory skills blitz would be helpful to students in all terms. Students suggested monthly opportunities for skills practice. Prioritizing open lab is problematic.

Term 1 orientation: Students suggest changing the schedule to 2 Tuesdays to spread out the information and lower stress. Discussion of improving the buddy system, and perhaps adding group times.

**WSU Winona Undergraduate Nursing Program**

**The Electronic Health Record in Pediatric Simulation**

During the fall semester of 2015, students in pediatric simulations have been using an electronic health record. Megan Anibas, MS, RN, Assistant Professor of Pediatric Nursing and Nicole Weydt, BSN, RN, Clinical Simulation Coordinator, created five new pediatric simulations and built electronic hospital records for each. They then incorporated the use of electronic charting and electronic medication administration into every simulation. The electronic charts have quite a bit of information for students to access prior to and during simulations. Examples of information available in the charts includes, but is not limited to: physician H & P, nursing admission assessment, operative reports, various nursing notes, labs, vital sign data, X-ray and ultrasound images, as well as patient demographic information. The electronic chart is used in debriefing following simulation for discussion relating to assessment, nursing interventions (including care plan implementation) and patient outcomes. Students in pediatric simulations are evaluating this experience. The feedback from students is very positive. Megan and Nicole are excited to keep working on the process of electronic charting within the nursing lab setting!
The Department of Nursing held the 2nd Innovation Symposium in October. Generic students from both campuses gathered for a daylong conference featuring speakers who were expert in the themes of resilience and leadership. The students were challenged to be ready to engage and expand, discover and rediscover themselves. Through the generosity of 1987 WSU nursing graduate, Dr. Bonnie Clipper, and the WSU Department of Nursing Foundation account, nursing alumni made the day possible with their desire to pay it forward.

The morning session focused on **Resilience: S.M.A.R.T Stress Management and Resilience Training**. Presenters were WSU nursing alumni Dr. Sherry Chesak, RN, Program Director for Nursing Academic Affairs at Mayo Clinic Rochester, and Dr. Susan Cutshall, RN, a certified adult health clinical nurse specialist with a specialty focus in integrative health at Mayo Clinic Rochester.

The S.M.A.R.T. philosophy focuses on self and how to best deal with the stressors of personal and professional lives. Students were assigned to small groups to discuss how **Joyful Attention** and **Kind Attention** could be incorporated into their daily lives.

For **Emotional Resilience**, the speakers suggested developing a healthier, happier and kinder perspective by following these principles that guide your interpretations:

- **Monday**  
  *Gratitude*
- **Tuesday**  
  *Compassion*
- **Wednesday**  
  *Acceptance*
- **Thursday**  
  *Meaning*
- **Friday**  
  *Forgiveness*
- **Saturday**  
  *Celebration*
- **Sunday**  
  *Reflection/Prayer*

The afternoon session focusing on leadership and connecting to personal strengths was guided by Ms. Ann MacDonald, Director of Training and Development at Winona Health, and a certified facilitator for StrengthsFinder. Prior to the symposium, each student completed an online StrengthsFinder assessment and was provided a list and description of individual strengths. Ms. MacDonald provided background information to help students understand how to apply individual outcomes to practice. A breakout session challenged the students to review their signature themes and the list of items for application and ask themselves: **Which of these items speak to you? What action will you take this week?**

The symposium closed with a challenge to students to connect the day’s themes of resilience and leadership with the seven key characteristics of the professional nurse described in the Department of Nursing Mission & Philosophy: **Critical Thinker, Culturally Sensitive Practitioner, Effective Communicator, Excellent Provider of Care, Ethical Decision Maker, Facilitator of Learning, Organizational and Systems Leader.** Students were enthusiastic about the day’s positive interactions with peers and faculty, and about the relevance of the day’s topics to their personal and professional development.
WSU-Rochester Nursing Students Participate in Emergency Response Simulations

**Bounce Day**

In September, WSU-R nursing students joined with other health care professionals and emergency responders for a mass casualty simulation. This year’s simulation was a zombie attack, giving participants experience in responding both to traumatic injuries, and a fast-spreading infection.

WSU-Rochester nursing students Corrynn Roach (RN-BS Completion) and Hollie Sell (Generic) transport a victim at the Bounce Day mass casualty simulation.

Photo by: Andrew Link, Rochester Post-Bulletin

**Roc Air Ex 2015**

Students also participated in a disaster drill at the Rochester Airport

Students pictured:
Megan Dyslin
Maggie McLaird
Hailey Dolezal
WSU generic program students Abby Miller, Allison Murphy, and Valerie Parkins (left photo) and RN-BS Completion students Renee Holzer and Robin Bottcher (right photo) were able to meet and have a brief discussion with Dr. Jean Watson regarding Caritas at Gundersen Health System in October, 2015. Dr. Watson was presenting at the 21st International Caritas Consortium (ICC) held at Stoney Creek. It was an amazing opportunity to meet a Nursing Scholar and Theorist. She was very encouraging with the students and offered them some words of advice for their schooling and careers. Dr. Shirley Newberry, faculty at WSU, was on the planning committee for the ICC and enjoyed meeting other nurses from around the world for this gathering of Caring.

A dedicated education unit (DEU) is designed to provide a learning environment, optimally 24/7, for students through the collaborative efforts of management, clinical faculty, and staff nurses. This is an innovative method of providing nursing students clinical experience in an acute care setting. Winona State University Department of Nursing and Mayo Clinic Healthcare System Franciscan Healthcare in La Crosse began a pilot of this model with nine students the fall semester 2013. After the first semester, and minimal revisions, it was considered successful by all partners (clinical agency, WSU faculty and WSU students). The DEU model, as piloted initially in La Crosse, is expanding to Mayo Rochester in spring 2016. Gundersen Health System in La Crosse will also be having one unit in the hospital designated as a DEU in spring 2016.
Honors in Nursing

Congratulations to the following Fall 2015 graduates who earned Honors in Nursing:

Cassandra Hansen & Jasmine Kincannon

Pediatric Research:
Technology’s Impact on Parenting

Matthew Steele, Erica Wagner, Samantha Kosharek & Cailie Ronayne

Stress Reduction Program for Term I

Winona State University Nursing Students.

Congratulations to Renee Kinstler
Outstanding Nursing Student, Fall 2015