

Idaho State University's Jonas Scholars help ease nursing shortage

Julie Hammatt is passionate about rural health care.

Tamara Rose is committed to teaching the next generation of nursing professionals.

Both women are pursuing their dreams, thanks to a \$20,000 grant from the Jonas Center for Nursing and Veteran's Healthcare and matching funds from the Idaho State University School of Nursing. Dean Mary Nies is the principal investigator and student advisor.

Hammatt, a 2006 graduate of ISU-Meridian's accelerated bachelor's program in nursing, is pursuing a doctorate in nursing practice. Rose, associate dean of the undergraduate nursing program at Oregon Health and Science University-Klamath Falls, is pursuing her Ph.D. Both will graduate from ISU in 2016.

As a recipient of the Jonas Center grant, ISU is part of a national effort to stem the faculty shortage and prepare future nurses for teaching and leadership roles, according to the Jonas Center.

"I'm honored that I was chosen. It's exciting to represent ISU and embrace the role of the nurse leader and have the opportunity to expand my own ideas and experiences," said Hammatt.

Because the ISU programs are offered online and through distance learning, Hammatt is able to work part time as an emergency room nurse at Syringa Hospital in Grangeville, Idaho. Rose is able to continue with her academic responsibilities at OHSU.

When Hammatt graduates, she plans to work as a fam-

ily nurse practitioner, serving northern Idaho's rural communities where the shortage of primary health care providers is significant.

"I think the great thing about nursing is that it's such a versatile career and profession. We are the eyes and ears of the patient and we practice in so many different realms in health care," said Hammatt. "It's natural for us to want to become leaders because we are really involved in every single part of the health care system."

Rose, who has been with OHSU for 18 years and holds a masters degree in nursing, says pursuing her Ph.D. has enabled her to connect with other Jonas scholars and explore new opportunities.

"It's opened my eyes to the bigger picture of what being a nurse is and what our responsibilities are, such as research and contributing to knowledge and science," she said.

The doctorate is a credential that will enable her to continue doing what she loves most—teaching.

"My passion is my students. I feel really committed to educating and preparing bright, knowledgeable nurses for the future," said Rose.



Above: Hammatt
 Below: Rose



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ISU's Research Day a Success



Nursing Clinical Instructor and Simulation Lab Coordinator Tayo Omotowa, MSN, MPA, RN, (pictured center) leads an Interprofessional Education Case Study at the Division of Health Sciences' Research Day hosted at the Student Union Building on ISU's Pocatello campus.

2015 Outstanding Student Award Recipient

School of Nursing's 2015 Outstanding Student: Madeline Woodhouse

Madeline Woodhouse, a senior ISU student set to graduate with a Bachelor of Science degree in Nursing in December 2015, was nominated for and received the Outstanding Student Award for 2015.

Part of what made Woodhouse such a worthy candidate was her dedication and professional drive to achieve results as a nurse. Woodhouse stated in her personal philosophy of nursing that, "...No matter the unit or patient population I



work with, I want to be the type of nurse who is sensitive to patients' needs, culturally diverse and eager to educate. I want to be a nurse whose care can transcend all barriers that my patients might present with, from mental health conditions to socioeconomic status. I want to be a nurse who can empathize with patients, who can step into a patients' shoes in order to understand their diverse needs, therefore individualizing each patient's care. I have a great passion to serve those in need and to improve others' quality of life. This program has pushed me to become a better person and has prepared me to be an exceptional registered nurse. "

In addition to Woodhouse's own education, she takes that of her peers' seriously as well. It was noted by several nominating faculty that she has volunteered her own time to help tutor students in medical-surgical courses. After clarifying content with School of Nursing faculty, Woodhouse soon had more than 20 students meet with her as she provided study sessions and personal attention as needed.

Outside of school, Woodhouse's volunteer activities are also geared toward health. She serves as a faith community nursing volunteer and eventually became a member of the congregation's Health Ministry Board. Woodhouse also volunteers at the Ruth House in Idaho Falls, which is an organization that provides health services to women.

When Woodhouse has free time from school and volunteering, her clear passion for health is also reflected in her activities. Woodhouse won the 2013 and 2014 Portneuf Medical Center Marathon for her age group and is a qualifier for the 2015 Boston Marathon.

Woodhouse and other students in the Division of Health Sciences receiving the 2015 Outstanding Student Award will be honored at a reception event in May, 2015.

Nursing Faculty Recent Proposals

Perry Gee's Patient-Centered Outcomes Research Institute (PCORI) Pipeline to Proposal application was selected to move forward to the next step in the grant-writing process.

Susan Tavernier's ISU pilot grant nomination was approved by the Clinical and Translational Research – Infrastructure Network (CTR-IN) to move forward for full application for April submission.

Julius Kehinde's NIH K-award pre-proposal was selected by the Grant Writers' Seminars and Workshops, LLC for individual/group consultation for June submission.

2014 Professional Achievement Award Recipient

2014 Professional Achievement Winner: Sandra Evans

Sandra Evans currently serves as the Executive Director for the Idaho Board of Nursing, a position she has held since 1996. Prior to that, she was Assistant/Associate Executive Director. She obtained her bachelor's degree in Nursing from ISU in 1971. She then received her masters in Curriculum/Instructional Supervision from Idaho State University in 1979. Evans has been a licensed professional/registered nurse in Idaho since 1971.

Evans has had significant impact in the nursing profession, not only in Idaho but nationally. She has served in many capacities with the National Council of State Boards of Nursing holding positions as a member and chair of the Finance Committee; member of the Resolutions Committee; chair of the Disciplinary Resources Committee; member of the Editorial Advisory Council, Journal of Nursing Regulation; member of the Nurse Licensure Models Committee and treasurer. She currently is the chair and Idaho representative of the Nurse Licensure Compact Administrators and a member of the Idaho Office



on Drug Policy, Prescription Drug Abuse Task Force.

Evans has been recognized for her exemplary work in the nursing profession with the Nurse Practitioner Advocate of the Year, 10-year Service Recognition award from the National Council of State Boards of Nursing, State Award for Excellence from the American Academy of Nurse Practitioners, Meritorious Service Award, and 15-year Service Recognition from the National Council of State Boards of Nursing and the R. Louise McManus Award from the National Council of State Boards of Nursing.

Bobbie Hyde Scholarship recipients selected for 2015

Five nursing students are the recent recipients of the 2015 Bobbie Hyde Scholarship.

This scholarship was established by Dr. Fred Hyde in honor of his deceased wife, Dr. Roberta "Bobbie" Hyde.

Dr. Bobbie Hyde was a long-standing faculty member in the School of Nursing and tragically passed away shortly after her retirement. She was known for her steadfast advocacy for disadvantaged students advancing their nursing career, hence the creation of this annual scholarship.

The 2015 Bobbie Hyde Scholarship recipients are Brook Ament, an Accelerated BSN student from Boise, Echo Burke, an Accelerated BSN student from Boise, Heather Haislip, a Traditional BSN student from Pocatello, Deidra Romero, an LPN to BSN student from Rigby, and Pearl Uzoma, an Accelerated BSN student from San Jose, CA.

2015 Professional Achievement Award Recipient

2015 Professional Achievement Winner: Blanche Willford

Blanche Willford, of Nampa, Idaho, has been selected as the 2015 recipient of the Professional Achievement Award from the School of Nursing.

Willford was raised in Lost River, Idaho and attended school in Mackay, Idaho. According to Idaho Governor Butch Otter's recommendation letter for Willford, she "first became interested in nursing after spending a summer working for the Army Air Force Overseas Replacement Center in Utah."

Willford then decided to further her nursing knowledge by entering nurse's training at the Latter-Day Saints Hospital in Idaho Falls, eventually completing her training at St. Alphonsus Hospital School of Nursing in Pocatello. She then passed the Idaho State Board of Nursing exam to become a Registered Nurse. During this time, Willford worked as an RN and began continuing her education at Idaho State University with a Bachelor of Science degree in Nursing that she completed with honors in 1973.

Her nursing degree was not the only one she received from ISU, however, also obtaining a Master of Education degree in curriculum and supervision only a year later.

A lifelong-learner, Willford then chose a doctoral program at the University of Utah and was accepted into its Graduate School of Higher Education. In order to attend school,



Willford was willing to make the long commute twice a week for classes.

During her doctoral education, Willford was offered an opportunity to work as a quality assurance supervisor for the McDonald's Corporation. She accepted and eventually retired from this position after having enjoyed her travels to Europe, England, and Canada along the way.

Once retired, Willford returned to Idaho and will celebrate her 90th birthday in 2015. She has three children and four grandchildren and is an inspiring individual to all.

Willford will be honored at a reception with other distinguished Division of Health Sciences Alumni during the 2015 Commencement weekend in May.

"She has helped many Idahoans and remains a true inspiration for those around her."

C.L. Butch Otter, Idaho Governor

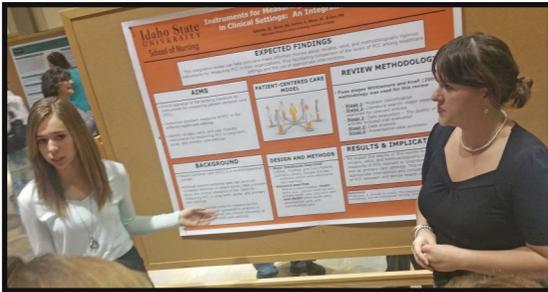
Division of Health Sciences Research Day 2015



Top Left: School of Nursing's Clinical Assistant Professor Kim Jardine-Dickerson leads a discussion group.

Mid Left: Arisha Karren, School of Nursing Career Path Intern, and Mallory Miner, Nursing Teaching Assistant, present their poster to fellow students.

Below: Dr. Julius Kehinde answers student questions at Research Day.



Bottom Left: The School of Nursing's Dr. Cathy Arvidson and Professor Susan Belliston pause from their busy schedule for a photo at Research Day.

ISU's School of Nursing ranked one of the best in the west

NurseJournal.org, a global media website for nurses and health care professionals, has ranked Idaho State University's School of Nursing No. 5 out of 442 nursing schools in the West.

ISU scored 101.32 points out of the maximum 130. NurseJournal.org used 20 metrics to measure schools in five categories: quality, affordability, convenience, satisfaction and value.

In the quality category, the site placed double weight on a school's passage rate on the National Council Licensure Examinations (NCLEX).

ISU's NCLEX passage rates are well above the national average. ISU also rated high in affordability and value.

Go to <http://nursejournal.org/articles/americas-best-nursing-schools/> to review the complete list.

Nursing Masters program ranked in top 50 best online programs

ISU's Masters of Nursing (MSN) program was recently recognized by collegechoice.net as being one of the best online nursing programs in the country, ranking 48 out of 50 top schools in the nation.

Factors that were accounted for in the study included faculty, technology, student support, accreditation, and cost, as well as academic strength, retention, and graduation rates. Go to <http://www.collegechoice.net/rankings/best-online-msn-programs/> to review the complete list.

In Their Words: Student Spotlight

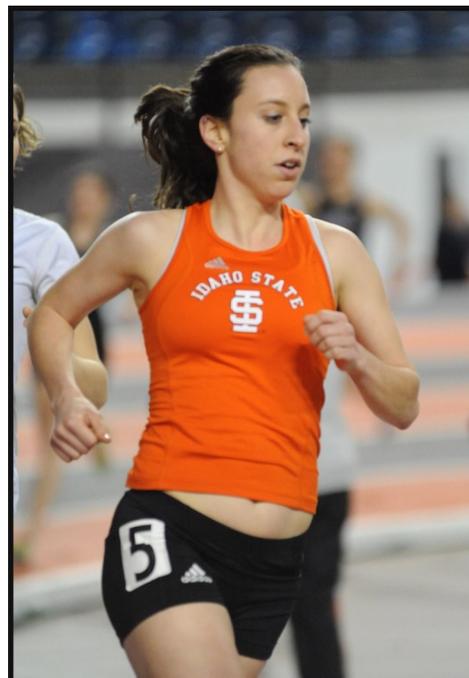
Nursing student athletes — we make it work!

Audrey Urlacher: Cross Country & Track Athlete

Hi! My name is Audrey Urlacher and I am a senior in the nursing program—and also a cross country and track athlete for the university. Being a student athlete and a nursing student can be very stressful at times. When I found out that I was accepted into the nursing program, many people asked me if I would continue to run for ISU. I replied that yes of course I would, but I had a few thoughts in the back of my mind asking, "can I make this work?" I did! While it took a lot of discipline, I wouldn't have had it any other way.

I view running for ISU as my job. So, when other students had work to go to, I had practice to go to. To me, it was a win-win. I was able to go to practice, get in my exercise, de-stress from school, and hang out with my friends all at the same time—that's what I call time efficiency.

I honestly believe that running was one of the easier sports to pair with nursing school. If I have clinical all day, it's not a problem. I can run on my own; all I have to do is ask my coach for the workout. In addition, our traveling schedule is not quite as hectic as other teams, which helps with not missing school so often. I am so thankful to the professors who graciously work with me when I am traveling to help me succeed. To anybody who is contemplating pairing athletics with nursing school, I would say this: First, ask your coach if they are willing to work with you and your hectic nursing schedule, and secondly, understand it will take a lot of discipline, but it is possible!



Audrey Urlacher, a senior in the School of Nursing as well as a Cross Country and Track athlete for ISU, was recently nominated for the 2014-2015 Athletics Advisory Board Academic Athlete Achievement Award. Best of luck, Audrey!



photo by Susan Durman

Taylor McBride, a senior, stays busy in the classroom and on the soccer field.

Taylor McBride: Soccer Athlete

From: Wellsville, Utah

Estimated Graduation: December, 2016

Why did you choose ISU Nursing?

Ever since I was a little girl I just always said I wanted to be a nurse, and it's the path I've stuck with. I knew they had an excellent program here, and ISU is a school that allows student

athletes to be in the nursing program where many schools do not.

What about the nursing field attracted you?

I love helping people. I love being able to see a difference in someone's life and knowing I helped make that change. I also really like the idea that if I ever get bored or ready for a change in jobs, there are

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In Their Words: Student Spotlight

(Continued from Pg. 6)

so many different opportunities I could choose. It's such a versatile career, which is why I don't think it's one I will ever get burnt out on.

How do you make time for school and athletics? You just have to. There really isn't any other option. It has definitely been my greatest struggle in college, that's for sure. There never seemed to be enough hours in a day to get everything accomplished that I needed to. Traveling so often for soccer on weekends made it very difficult to find time to study and focus on school, but I think that is what made me work so hard during the week to get my schoolwork finished.

Have sports and nursing knowledge ever intersected for you in the classroom or during your sport? How? The value of teamwork is something I gained from both nursing school and playing soccer here at ISU.

After spending countless hours on the field, in the weight room, the locker rooms, bus rides, airports, hotels and restaurants with teammates you realize how important they are to you. After you go through wins, losses, struggles, and championships together, you then realize the important role each of them have and how much you rely on everyone to do their own part while still working as a team. I will carry forward the skills that make a good team, which I learned while playing soccer, such as good communication, leadership, flexibility, and being understanding into the nursing field where teamwork is mandatory. Not one individual alone can save a life, and that means figuring out how to work with others is critical in nursing care.

I believe soccer has done a good job with preparing me for a career where working with others is necessary.

What have you learned that is most valuable to carry into your future? From soccer, I learned the value of hard work and discipline. Hard work definitely pays off, whether it's on the field or off. Benefits will come to those who put in extra time and effort and I know I will be able to apply that knowledge to everyday things for the rest of my life. Nursing has taught me what it truly is like to care for complete strangers. I had never really experienced this before nursing school, but

"I had a few thoughts in the back of my mind asking, 'can I make this work?' I did! "

Audrey Urlacher

it's something I'm very grateful I learned. I know there are only positive benefits to everyone involved that come from having a kind soul to people you know personally or to those that you don't know at all.

What would you like to do for your nursing career? I'm not sure yet. I've seemed to love every field that I've had the opportunity to work in, so I know it's going to be difficult for me to choose. But that is a good feeling at least, to know it's something I enjoy.

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Assistant/Associate Professor, School of Nursing (3812)
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Assistant/Associate Professor, School of Nursing (8328)
9-12 Month Full-Time: teaching and scholarship expectations as faculty

Clinical Assistant/Associate Professor, School of Nursing (3721)
9 Month Full-Time: teaching, scholarship and service expectations as faculty

Assistant/Associate/Full Professor, School of Nursing (5556)
9-12 Month Full-Time: teaching, scholarship, and service expectations as faculty

Please visit careers.isu.edu. Positions are listed under their four-digit code by title.

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In Their Words: Student Spotlight

Students develop Male Nursing Association at ISU

By: Ryland Mauck-Duff
Nursing Student Representative

The idea sprouted in the spring of 2014 as we were in lab practicing nursing skills surrounded by women. It was not a bad balance, but was increasingly awkward as we progressed into detailed complete head to toe assessments. This is when the idea for the Male Nursing Association at Idaho State University began to grow. Thomas Landon, Travis Nelson and myself fostered the idea. It was developed to grow awareness of men in nursing, still a woman dominated career.

"Men have been historically underrepresented in the nursing profession," said Dr. Perry Gee, assistant professor at Idaho State University's School of Nursing. "According to the most recent nursing workforce trends (2013) from the Department of Health and Human Services, male nurses currently make up 9.1 percent of the overall nursing workforce. Of that number 9.4 percent of male nurses work in urban centers and only 7.8 percent of the nurses in rural areas are male. This statistically significant difference gives the rise to an opportunity for male nursing students in rural Idaho to form an organization devoted to encouraging more men to participate in nursing."

"The MNA was founded to increase the male population of nurses and to be more involved in ISU activities," said co-founder and MNA Grand Master Chancellor at ISU, Thomas Landon. There are only a couple other universities that have student male nursing associations; those include Ohio State University and the University of Iowa.

The MNA was officially chartered as a school club in October 2014. We're pleased to announce a rapidly growing membership and active participation from members. The goal of the MNA is to grow awareness of male nurses and provide a

support group for men seeking degrees in nursing. We're also proud to say that the club is not exclusive to men. Anyone with goals of obtaining a nursing degree can join and support the movement of male student nurses and nursing students at large. Along with supporting the movement of male nurses, the club has goals to raise awareness of current health issues in the community and provide fun activities outside of the demanding studies of nursing school. The MNA has a goal to host a fun run on campus that raises awareness of the benefits exercise can have on health and prevention of type 2 diabetes, an ever-growing health concern. To provide respite from the rigorous studies of the nursing program, the MNA looks to host fun events such as black-light mini-golf tournaments and group ski and snowboard days. These events will give nursing students a break from school while enjoying fun, healthy activities.

The MNA is a multi-faceted club that looks to expand the presence of male nurses here at Idaho State University. We would like to encourage all students in any of the nursing programs here at Idaho State University to join and support the national movement of male nurses. To join the MNA contact Thomas Landon, MNA Grand Master Chancellor at landthom2@isu.edu.



ISU School of Nursing Male Nursing Association Members (Photo by Miranda Steffey).

School of Nursing: Recent Research



ISU-Meridian's Dr. Susan Tavernier receives Oncology Nursing Society Award

Idaho State University-Meridian Assistant Nursing Professor, Dr. Susan Tavernier,

is the 2015 recipient of the Oncology Nursing Society State-of-the-Science Lectureship Award.

Tavernier, Ph.D., RN, will accept the award during the opening ceremonies of the ONS Annual Congress April 23-26 in Orlando, Florida.

The award entitles the recipient to present a synthesis of peer-reviewed research on a particular topic to the ONS membership. Tavernier, who has 30 years of oncology nursing experience, will address cancer-related distress.

Her 90-minute presentation will include an overview of current research on the topic, including her own studies. Tavernier has authored two book chapters on cancer-related distress and published findings about exploring barriers to the adoption of distress screening in the clinical oncology setting. Her doctoral dissertation touched on the quality of life of cancer patients.

According to Tavernier, distress encompasses more than the physical aspect of cancer and its treatment—it can include mental, behavioral, emotional, social and spiritual components. For example, is the patient worried about finances, work, or family issues?

If not managed, stress can affect the overall health of a patient and may result in lower levels of adherence to treatment, lower quality of life and increased depression and anxiety. A patient may not be as likely to take medications or may want to stop treatment sooner.

Tavernier, who joined ISU in August 2013, is coordinator of the Accelerated Bachelor of Science in Nursing Program at the ISU-Meridian Health Science Center. She has presented her

research at numerous national conferences and has also published in peer-reviewed journals.

Tavernier is a peer reviewer for the Clinical Journal of Oncology Nursing and Qualitative Health Research. She holds a Bachelor of Science in Nursing from Whitworth University in Spokane, Washington; a Master of Science in Nursing from Loyola University of Chicago, and a Doctor of Philosophy in Nursing from University of Utah.

Founded in 1975, the Oncology Nursing Society is a professional association of close to 38,000 members committed to promoting excellence in oncology nursing and the transformation of cancer care.

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School of Nursing: Updates

New Staff Welcomed



Abbey Hirt,
Academic Advisor

Dr. Rocha's Research Presented at NACNS Conference in California

The National Association of Clinical Nurse Specialists (NACNS) held its annual convention in San Diego March 4-7, 2015. A Clinical Nurse Specialist (CNS) is one of four advanced practice nurse (APN) specialties to include nurse practitioner, certified registered nurse anesthetist, and certified nurse midwife.

ISU Nursing Interim Associate Director Dr. Ann Rocha, a board certified CNS, presented her research study, "Horizontal Violence and Patient Falls: Implications for Clinical Nurse Specialists." Dr. Rocha hypothesized that hospital units with a hostile work environment and high levels of horizontal violence among RNs would experience an increase in patient falls due to lack of teamwork among nurses and poor professional behavior.



Funded Grants: Dr. Mary A. Nies, Dean, School of Nursing

Principal Investigator, Jonas Nurse Leaders Scholars Program. Funded by the Jonas Center for Nursing and Veterans Healthcare, New York, NY. 2014-2016. \$20,000.

Principal Investigator, Spatial and Census Data to Evaluate Obese Person and their Rural Environment (SCOPE). Funded by Mountain West Clinical Translational Research-Infrastructure Network under a grant from the National Institute of General Medical Sciences of the National Institutes of Health (NIH), Award Number 1U54GM104944. 2014. \$54,190.00



ALUMNI UPDATE: JEFF BURNHAM, Class of '85 & '95

I was a member of the first class to graduate from the ISU Nurse Practitioner Program in 1995. Pat College was our instructor and there were six of us on that wonderful, historic day.

Since then, I went on to work as a Foreign Service Officer in the United States Department of State. We provide health care to our diplomatic community at Embassies located all around the planet. It is an exciting life with lots of travel, and at times, living history as it unfolds. During my time in this line of work I have been to Argentina, Thailand, Tajikistan, Moldova, England, and next off to Iraq. I owe all this to ISU and the then-fledgling NP program. I am grateful for this to this day.

Incidentally, I am also a graduate of ISU Nursing School class of 1985. I think my picture must still be up in the hallway downstairs someplace. Grace Jacobson was my friend, mentor and Alice Sato was instrumental in the writing of my Master's Thesis.



Burnham, Class of 1985 and 1995, sits at his desk in the Health Unit of the US Embassy Chisinau Moldova. "Notice the plaque on the wall," said Burnham.