

NU RHO-AT-LARGE CHAPTER

JANUARY, 2006

WINTER 2006

LETTER FROM THE PRESIDENT

Dear Membership,

In November Peg Pierson (secretary) and I had the privilege of attending the Biennial Convention in Indianapolis, Indiana. Some of the highlights are in this newsletter—so take a look! While attending the convention, I found myself thinking about a couple of things, first the large number of attendee's from several different countries was overwhelming. Second, all attendees share the same profession, all are members of the same organization and all 1900 of us under one roof! From poster presentations to the House of Delegates, the passion for Sigma Theta Tau and its mission is very much alive. If you have the opportunity to attend the next convention please take advantage of it.

This year the Keynote speaker was Greta Sherman. She spoke about the nursing workforce, nursing turnover, and generational differences of nurses such as the Baby boomers, Gen X, Gen Y's.

Carol Picard is now Sigma Theta Tau's President, in her speech to the House of delegates she emphasized collaboration and the attributes of nursing such as competence, compassion, confidence and consciences. You can find highlights of her speech online.

Thank you

Jan Knudsen



Encourage Creative Work

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CALENDAR OF UPCOMING EVENTS

Date	Event	Time	Location
Jan 16**	Board Mtg- **Note date change to accommodate grade availability for voting on nominees for induction	5:00	
Feb 13	Board Mtg / General Membership Mtg- Program	5:00/5:30	Union College
Mar 13	Board Mtg	5:00	
Apr 5	Induction-	7:00 pm	Ortner Center Union College
Apr 26	Celebrate Nursing- Poster Presentation with ANA NNA dinner	5-6:30 6:30 pm	Bryan plaza
May 8	Board Mtg	5:00	
Jun tba	Annual dinner meeting- Program	5:00	? Union College

Sigma Theta Tau International Convention Highlights- Fall 2005



Recognize Superior Achievement

The 38th biennial Convention was held November 12-16 in Indianapolis Indiana. There were 1993 attendees, 712 of whom were chapter delegates.

Elections- partial results:

President: Carol Picard, PhD, RN, University of Massachusetts, Amherst, Massachusetts

Director: Karen Grigsby, PhD, RN, UNMC, Omaha NE

Regional Chapter Coordinating Committee for District 3 (our region)- Chris Alumbaugh- staff nurse Stormont-Vail Health Care, Topeka KS

Presidential call to action: Collaboration is the key to achieving the honor society's strategic goals (speech available online at www.nursingsociety.org/about/Picard_CALL.html)

New Nebraska chapters- There were a total of 16 new chapters chartered, including NE Methodist, Omaha NE.

Emphasis on chapter volunteerism—There is an opportunity for dialogue: Should we at least inventory member volunteerism in the community? Or does the group want to look at joining forces to volunteer in one activity?

Excellent Clinical presentations—including:

Fall Risk and Prevention

Re-humanizing Health Care

Evidence Based Practice Magnet Cultures

Relationship Based Care (Marie Manthey)

JCAHO Readiness

Chapter leader presentations There were a number of presentations on chapter leadership, fundraising, finances, programming and one on Taking Honor Society to STT Chapter (included handouts and bylaw revision to allow chartering of chapters between biennial conventions).

Bylaw Changes: minor—primarily language and sentence structure—

The 2005-2007 Chapter Bylaws template will be available online in late January.

Highlights:

- standing committees may be appointed or elected
- delegates have authority to vote between biennial meetings until replaced by the chapter
- granting chapter charters- allows electronic vote between biennial convention

Chapter fees and assessments- to be determined for the prior membership year ending June 30 (collected each fiscal year rather than in September)

2007 Biennial Convention in Baltimore, November 2006



Strengthen Commitment to the ideals and purposes of the profession

HELP US REACH OUR GOALS FOR THE CHAPTER; IF YOU HAVE IDEAS OR RESOURCES PLEASE CONTACT ONE OF THE BOARD OF DIRECTOR MEMBERS OR CPENROSA@SOUTH EAST.EDU

Sigma Theta Tau International Nursing Society

Nu Rho Chapter at Large

Proudly invites

RNs, LPNs and other interested Health Care Professionals

to attend

Disaster Management & Bioterrorism-A Nursing Primer

by Jeff Joiner, MSN, RN, CNA, BC, CEN

When: February 13, 2006

General Meeting @ 5:00pm Program @ 5:30pm

Where: Health Science Division Building, Union College Campus, 51st and Bancroft (above Larson Lifestyle Center)

Purpose: Explore the concepts and principles of disaster preparedness and management, including natural and man-made disasters and acts of terrorism; nurse's role.

Objectives:

Define and differentiate: Disaster-natural & man-made; Terrorism-conventional & non-conventional NBCR

Describe and classify types of terrorism

Describe the history of nursing's response to domestic disasters

Identify the core competencies of the International Nursing Coalition for Mass Casualty Education and how applied by RNs

\$5 fee will be charged for contact hours.

**1.2 contact hours awarded. Saint Elizabeth Regional Medical Center is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

STRATEGIC DIRECTIONS

During the next four years the Honor Society of Nursing, Sigma Theta Tau International will be ever more committed to the organization's vision and mission. Recent attendees to the biennial were challenged to assist with the commitment and to bring "home" the challenge to local chapters.

VISION: the vision of the Honor Society of Nursing, Sigma Theta Tau International is to create a global community of nurses who lead in using knowledge, scholarship, service and learning to improve the health of the world's people.

MISSION: the mission of the honor Society of Nursing, Sigma Theta Tau International is to support the learning, knowledge and professional development of nurses committed to making a difference in health worldwide.

Let us key in on one key to the vision, which is "service".

SERVICE: service is the application of knowledge and leadership used to make a desirable difference for others.

Strategic actions for service will support the vision of the organization. Some examples of service action are:

- Support service commitments through communities of interest in practice, education and research
- Foster social responsibility awareness in the personal and professional lives of nurses

Celebrate nursing excellence in public forums

These are just a few examples of service. Nu Rho Chapter at Large is interested in the many ways you as a professional are making a difference in your profession, local, state or global community. E-mail Maurine Shambarger at mjshambarger@earthlink.net with examples of your service. In forthcoming Nu Rho at Large publications your contributions will be published. Please feel free to make any comments with your list of service commitments.

BY Maurine Shambarger RN

Goals for 2005-06

- 1) Website actively maintained and updated 3-4 times per year with newsletter, officers and contact information.
- 2) Maintain fiscal responsibility through investment and membership involvement
- 3) Co-sponsor educational opportunities with other community nursing organizations
- 4) Increase membership involvement by actively involving lapsed members and seeking out community members
- 5) Continue to emphasize evidence based practice in the newsletter and evidence based practice co-sponsorship

NEW MEMBER FROM WESLEYAN

We regret the omission of new member and inductee from Wesleyan, Elaine Hillin MSN, RN, CEN. Congratulations!

SCHOLARSHIP RECIPIENT 2006

A 500 \$ scholarship available , application appears on page 10 of this newsletter. Applicants need to be a current member of Sigma Theta Tau, Nu Rho and currently enrolled in a graduate program. Scholarships will be granted at the June 2006 annual meeting

Nursing Excellence Award 2006

Do you know a nurse who is outstanding and should be recognized for a career that exemplifies nursing? Please nominate that nurse for this prestigious award. Application form may be found on page 9 of this newsletter. The award will be granted at the June 2006 annual meeting.

WANT TO BE PUBLISHED?

Nu Rho Chapter at Large wants to promote research and the excellence of nursing practice. If you are working on a research project consider publishing your research in the Nu Rho Newsletter.

Please contact Virginia Hess @ vhess@southeast.edu , Maureen Shambarger at MShambarger@stev.edu or Carol Penrosa @ cpenrosa@southeast.edu.

2005 – 2006 OFFICERS

President—Jan Knudsen

President Elect—Nancy Ruth Liebold

Vice President Union College—Laura Karges

Vice President Nebraska Wesleyan—Jerri Brandt

Secretary—Peg Pierson

Treasurer—Sharon Fusco

First Counselor Nebraska Wesleyan—Mary Hardy

First counselor Union College—Val Kruger

Research Chair—Kathy Duncan

Membership Involvement—Lina Bostwick

Nominating Committee—Shirley Retzlaff

Newsletter—Virginia Hess & Maurine Shambarger

Awards - Carol Kukuk

Fundraising/Finance—Patricia Morin

Bridging the Gap

Article review by Peg Pierson, RN

Smalley, Jane, What's Your Nursing Philosophy? Nursing Management, December 2005, 36(12):59-61.

Abstract: Nurses who are self-motivated, continue their education and are active in professional organizations enjoy career satisfaction and provide better healthcare.

Key Points of the article:

- Lifelong learning improves competency, patient care and nursing satisfaction.
- Competent nurses can function more autonomously, think critically through problems, and provide the level of care they desire.
- Involvement in professional organizations increases nurses' exposure to research, ethics, theory, and evidence-based practice.

Nurses are responsible for their own role in obtaining personal growth.

Call for Excellence!

Do you know someone who meets the following criteria? Please contact them and encourage them to apply for community member of Sigma Theta Tau, Nu Rho Chapter.

Eligibility criteria for Nurse leader candidates include:

1. legally recognized to practice in his/her country
2. minimum of a baccalaureate degree or the equivalent in any field--demonstrated by a transcript or a copy of a diploma
3. demonstrated achievement in nursing--demonstrated by resume/vitae

Examples of achievement include: creativity/innovation in practice; leadership qualities contributing to improved health care; teaching; administration; curriculum development; improvement of the status of nursing organizations; innovative student-focused learning approaches; research development and utilization; entrepreneurial skills; staff development, mentoring of colleagues; innovative professional recognition programs, etc.

Please send information to: Valeree Krueger
Union College
Nursing Program
3800 So 48th St
Lincoln, NE 68506.
Questions--call Valeree

Deadline for receiving information is February 13.

Nancyruth Leibold, President Elect
Sigma Theta Tau, Nu Rho Chapter
December 16, 2006

Hypertension Is No Longer Just Elevated Blood Pressure!

One of my professional goals this year has been to increase awareness in the latest changes in Hypertension. I have been working on this goal through classes that I teach, educating patients and their families, writing, and now here in this newsletter. I have also been volunteering to check blood pressures in the community and I offer to check blood pressures of fellow colleagues where I work. This writing is the first in a series that will focus on the new definition of hypertension.

The WG-ASH (Writing Group of the American Society of Hypertension) met early in 2005 at their annual scientific meeting in San Francisco and presented the following new definition for Hypertension (Brookes, 2005).

Hypertension is no longer just elevated blood pressure. This new classification system is based on the belief that hypertension is more complex than just looking at numbers to see if they are high, low, or normal (Brookes, 2005). There are four stages of hypertension: normal, stage 1, stage 2, and stage 3.

Normal: (JNC-7 normal/prehypertension stage)

- Resting bp < 120/80, occasional elevation
- No risk factors for cardiovascular disease (CVD)
- No identifiable early markers of CVD

Stage 1 (JNC-7 prehypertension)

- Early signs of functional or structural changes in the heart and small arteries
- BP usually 120/80 to 139/89
- Multiple CVD risk factors and early disease markers but no organ damage

Stage 2 (JNC-7 stage 1 hypertension)

- Functional and structural changes resulting in progressive disease in heart/vessels
- BP > or = to 140/90
- Identifiable disease markers or evidence of early target-organ damage

Stage 3 (JNC-7 stage 2 hypertension)

- Evidence of organ damage, regardless of bp
- BP > or = to 140/90 when treated
- Cardiac events may already have occurred
- Aging, other risk factors

Nursing Excellence Award Nomination Form

Nu Rho Chapter-at-Large

Nominee Name (must be a member of Nu Rho Sigma Theta Tau): _____

Current/ Previous Employment: _____

NOMINATED BY: _____

*PLEASE FILL OUT THE FOLLOWING INFORMATION REGARDING YOUR NOMINEE FOR THE
Nu Rho Nursing Excellence Award (attach another page as needed):*

Evidence of Leadership (such as office in professional or volunteer organizations):

Awards or recognition by other groups:

Participation in committees, task forces, etc. at work or in professional or community organizations:

Examples of creativity in providing nursing care or nursing leadership:

Examples of advancing knowledge of nursing through research publications, presentations, workshops,

Examples of promoting a sense of worth in other nurses:

Please return this form by April 15, 2006 **to:**

**NU RHO CHAPTER-AT-LARGE
SIGMA THETA TAU INTERNATIONAL**

SCHOLARSHIP APPLICATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

Phone
(daytime) _____ (evening) _____

License # _____ Membership # _____

Education Program _____

Educational Institution _____

Location _____

Academic Goals _____

Personal Career Goals _____

Involvement in Chapter Activities _____

Attach current resume and 500 word (or less) summary of research focus plans or interests.

Please return this form by April 15, 2006 to:
Carol Kukuk, 4700 Faulkner Ct., St, Lincoln, NE 68516

COMING TO:
“Southeast community college

LINCOLN, NE

JUNE 1ST, 2ND, AND 3RD 2006

DONNA IGNATAVICIUS

MS, RN, C

“Ensuring Student Success through Evidence-Based Practice”

This seminar is designed for nursing instructors at the undergraduate level including baccalaureate, associate and practical nursing programs.

Day 1: Enhancing Learning Through Critical Thinking

Day 2: Critical Thinking and Test Construction

Day 3: Developing Evidence-Based Clinical Evaluation Tools

You can register for One, Two or all Three days.

6.7 contact hours awarded for each day.

Be aware that some references to previous day's content may occur.

\$359 - Three Days

\$259 - Two Days

\$159 - One Day

6.7 contact hours awarded. Southeast Community College Continuing Education Division is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center Commission on Accreditation.



NU RHO-AT-LARGE
CHAPTER

Union College
School of Nursing
3800 South 48th St
Lincoln NE 68506

Do you know someone who would be a great addition to Sigma theta Tau?

We are looking for some community members.

Name: _____

Address: _____

City _____ State: _____



Foster High Standards