

# Utah Nurse

*Many Roles. One Profession.*

November, December 2012, January 2013

Quarterly circulation approximately 27,000 to all RNs, LPNs, and Student Nurses in Utah.

Volume 21 • Number 4

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## President's Message

**Donna F. Richards, RN, PhD**  
President

In June, the biennial ANA meeting was held over two weather-perfect days in Washington, D.C. I, along with two Utah Nurses Association delegates, Marianne Craven and Frances Swasey, and 450 voting delegates from throughout the country participated in a truly landmark event! The ANA moved quickly to adopt precepts promulgated in *Race for Relevance* (Coerver & Byers, 2011) to effectively update and streamline organizational governance in order to address the most pressing issues that face today's nurses.



**Donna Richards**

Elected to her second term during the meeting, ANA President Karen Daley, PHD, MPH, RN, FAAN stated, "I applaud the wisdom and leadership of the House. The transformational changes approved by the House demonstrate the strong commitment of a broad coalition of leadership who came together with unity of purpose and a focus on serving members and the profession." She also observed that these changes are aimed at creating a new course that will make the national organization a stronger advocate for registered nurses as well as create an organization that is relevant and responsive to its members.

The following is a description of the actions taken and the anticipated impact at both the national and state levels.

- The House of Delegates, the Constituent Assembly, and the Congress on Nursing Practice and Economics were dissolved. A Membership Assembly was created which will comprise of representatives from ANA's constituent and state nurses associations, its organizational affiliates, and the Individual Membership Divisions. The Membership Assembly will serve as ANA's governing and voting body. The Assembly will elect, advise, and direct the ANA Board of Directors on environmental trend data related to professional nursing issues as well as determine policy and positions for the association. The Membership Assembly will henceforth meet annually.

UNA members will elect two Membership Assembly representatives. These two individuals will represent the state's membership at the annual ANA Membership Assembly.

- Ad hoc Professional Issues Panels will be created. These will be comprised of volunteer nurse subject matter experts. The new panels will help ANA respond more quickly to emerging policy and practice issues. The ANA board will create and dissolve panels as needed. The panels will be comprised of nurses whose specific areas of expertise are needed at a particular time.

Utah nurse experts who are at the bedside, in the boardroom, or in academia and other settings may be called upon to serve on these panels. What a privilege that would be!

- The ANA Board of Directors will be reduced from 15 to 9 members, four officers and five directors-at-large. One director will be a staff nurse and another, a recent nursing graduate. The new board will ensure that ANA can quickly address the emerging needs of its members, prospective members, and the profession. This change will go into effect in 2014.
- Delegates voted to approve new language in ANA's governing bylaws. The association will "advocate for workplace standards that foster safe patient care and support the profession." This change, along with a modification to a reference about advancing the "welfare" of nurses, updates language to better reflect ANA's current, broad programmatic work related to workplace standards and the advancement of nurses' interests.

In an effort to have a more nimble structure and to better serve the membership those states that rely on less than \$200,000 annual membership dues will join other states in a multistate division pilot study. Currently Utah is in active talks with 5 western states with regard to forming such a division. As these meetings occur with greater frequency, UNA will publish reports on our website so that members may provide feedback. While it is anticipated that these multistate divisions will share resources, UNA will retain its unique identity and autonomy as we move forward.

This is an exciting time for our national organization as well as UNA! We welcome any ideas that you may have regarding recruitment of members, increased participation, and UNA's continued involvement in issues that affect nurses in our state.

### References

- ANA (2012). ANA bylaws. Retrieved from <http://www.nursingworld.org/FunctionalMenuCategories/AboutANA/Leadership-Governance/ANA-Bylaws-2012.pdf>
- Coerver, H. and Byers, M. (2011). *Race for Relevance: 5 Radical Changes for Associations*. Washington, D.C.: ASAE: The Center for Association Leadership.

**UNA** Utah Nurses Association

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Address editorial comments and inquiries to the following address:

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**PUBLICATION**

The Utah Nurse Publication Schedule for 2012-2013

Issue	Material Due to UNA Office
Feb/Mar/Apr 2013	December 10, 2012
May/June/July 2013	March 11, 2013
Aug/Sept/Oct 2013	June 10, 2013
Nov/Dec/Jan 2014	September 9, 2013

**Guidelines for Article Development**

The UNA welcomes articles for publication. There is no payment for articles published in the *Utah Nurse*.

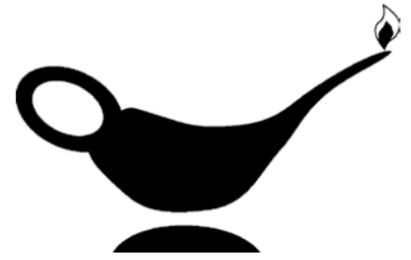
1. Articles should be Microsoft Word using a 12 point font.
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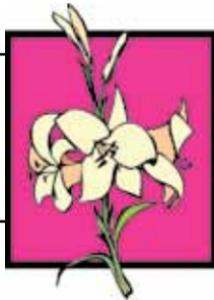
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**NIGHTINGALE TRIBUTE**

The basic Nightingale Tribute to be offered in a nurses funeral will take about two minutes to deliver and can fit in many different areas of any funeral service. The words, pronouns and content can and should be changed to meet the circumstances. The presentation of a white rose by the speaker or by all nurses in attendance is an optional salute to the nurse. To read and print the basic tribute, please go to: <http://www.ksnurses.com/the-nightingale-tribute.html> or go to the Kansas State Nurses Association and look under the publication tab.

**IN MEMORIAM**

**Joyce Evans Harris**—Passed away June 20, 2012. After high school, Joyce entered nursing training at St. Joseph's Hospital in Elgin, Illinois. As a 20-year old student, Joyce showed leadership ability and was assigned charge roles in both surgery and labor and delivery. She earned her nursing license in 1945 and kept it current for 63 years. After graduation, Joyce enlisted in the Army Nurse Corps and attained the rank of First Lieutenant. She served in Manila, Philippines and at General MacArthur's headquarters in Tokyo. Joyce recorded her story for the Women in Military Service Memorial in Washington DC. Joyce received her BS in Nursing from **Indiana University** in 1949. In 1978, Joyce received her master's in Health Science from the University of Utah. She taught nursing at Westminster College, BYU-SLC, and Weber State University, and worked as a clinical specialist at the University of Utah.

**Judy Ellen Hougaard**—Passed away June, 19, 2012. Judy attended BYU where she earned her nursing degree in 1966; she later earned her Master's degrees in both education and nursing. She worked at St. Mark's Hospital, Intermountain Health Care, Westminster College and DMBA, dedicating 50 years to caring for others as a nurse, teacher and an administrator.

**Dorothy Peay**—Passed away June 21, 2012. Dorothy enrolled at the St. Marks School of Nursing where she graduated as a registered nurse in 1945. She served in the Cadet Nurses Corps, assigned to Bushnell Army Hospital in Brigham City where she cared for burn patients, many of whom were prisoners of war.

**Merle Williams**—Passed away July 10, 2012. Merle graduated from Weber State University with high honors in the School of Nursing and was chosen most outstanding student in her class both academically and clinically. She

later completed a B.S. degree in Nursing at the University of Utah. She worked at McKay-Dee Hospital in various capacities including the Clinical Coordinator of the operating room until she retired in 1988.

**Margaret Hopkinson Clayton**—Passed away July 15, 2012. She received her B.S. in Nursing from the University of Utah in 1961. She worked as a registered nurse in public health for over 35 years.

**Jean Louise Leonard Dodge**—Passed away Aug. 02, 2012. She was a giving soul and it was shown by her career as a nurse working at both the LDS Hospital and Primary Children's Hospital.

**Dawn Westhoff Horne**—Passed away Aug. 01, 2012. Dawn graduated from BYU School of Nursing in 1971 specializing in mother and baby care.

**Sandra F. Yeates**—Passed away Aug. 03, 2012. She attended Brigham Young University and received her BA degree in Nursing. Later she attended Westminster College where she obtained her Master's Degree in Nursing. Sandy worked at LDS Hospital for 31 years.

**Frances Arey Frost**—Passed away August 17, 2012. Frances chose a career in nursing and attended the University of Utah and Michigan to fulfill her dreams. She became a teacher of nursing at the University of Utah and served various other positions including being in charge of crib death in the state.

**Norma Harris Ward**—Passed away September 8, 2012. At the age of 18, she joined the Cadet Nurse Corps and moved to Utah to study nursing. By the time she graduated from nursing school in June 1946, World War II and her military obligation had ended. She continued her education, while working as an evening nursing supervisor at Salt Lake County Hospital, attending classes at the University of Utah during the day. She graduated from the University of Utah in 1948 with her Bachelor's degree in Nursing. During the time, she was serving as nursing supervisor at the County Hospital.

**May Tsukamoto Matsuda**—Passed away on September 6, 2012. May was an OR nurse for over 40 years. May dedicated her life to caring for others; her concern for other people's needs always came before her own. During World War II, she along with her sisters and brother, were interned at the Poston Relocation camp in Arizona. At the end of World War II, May moved to Salt Lake City, Utah, where she entered nurse's training in the cadet nurses three-year program at LDS hospital; she graduated in 1947. After working 43 years for IHC of Utah, May retired in 1990.



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Visit our site regularly for the most current updates and information on UNA activities. You can obtain a listing of Continuing Education Modules available through UNA or a listing of seminars and conferences that offer CE credits.

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## Attention UNA Members

You can now find us on Facebook. Just search Utah Nurses Association and look for the page with the UNA logo. We will be posting updates for upcoming events and information on conventions in our blog.



## New Specialty Nurses Organization in Utah

The Society of Otolaryngology Head and Neck Nurses (SOHN) sanctioned the Greater Salt Lake City Chapter at its national meeting held in Washington DC this past September. There are a total of 15 chapters in the society with most of them in the eastern part of the country. The Salt Lake City Chapter will be the first in the Intermountain West. The closest geographical chapter is located in Houston Texas.

SOHN's vision and mission is to support the professional growth and development of the Otolaryngology nurse through education, research and networking. The organization offers a national certifying test to become a Certified Otolaryngology Head and Neck Nurse or CORLN. There is just over 200 CORLN's in the nation with 6 of these in the state of Utah.

The goal of the new chapter is to increase its membership among other nurses who work or are interested in Otolaryngology. Educational opportunities will be offered to both nurses and medical assistants to increase a working knowledge of disease processes, patient education and providing exceptional patient care through medical and surgical management of common ear nose and throat problems. Continuing education credits will be offered.

If you are interested in more information on the local chapter, please email [SLCSOHNchapter@gmail.com](mailto:SLCSOHNchapter@gmail.com) or go to the SOHN website [www.sohnnurse.com](http://www.sohnnurse.com).

## Volunteer Corner

**Maliheh Free Clinic NEEDS registered nurse volunteers!** Nurses are responsible for patient intake and for assisting physicians and care providers in direct patient care. You would not be responsible to be the charge nurse. There are interpreters available to assist you. This is an excellent opportunity for retired nurses to keep up their practice hours to retain their licenses.

The clinic is intended to serve children and adults in families below 150% of federal poverty guidelines and who do not have health insurance. It is meant to serve those not eligible for Medicare, Medicaid, homeless services or other programs. We will have a more in-depth article on this clinic in the next *Utah Nurse*, but do call today if you can help out. Call Jeanie Ashby, executive director at 801-266-3700. This clinic is located at 415 East and 3900 South. Clinic hours are 9am to 12 noon and 1pm to 4pm Monday through Friday.

**We are always interested in hearing what YOU are doing as a volunteer in your community in Utah or in the larger world beyond our state borders. Please send in your lived experience in volunteering to share with and inspire our colleagues across the state. Email submissions to Jody Wolfe at [una@xmission.com](mailto:una@xmission.com).**

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## Dean Appointed at BYU College of Nursing

The appointment of Patricia K. Ravert, PhD, RN, CNE, ANEF, FAAN, as dean of the College of Nursing was recently announced by Brigham Young University administration. Her five-year term became effective August 1.



Patricia Ravert

Dr. Ravert has served as associate dean of the undergraduate nursing program for the past five years, as well as coordinator of the Nursing Learning Center and Clinical Simulation Laboratory.

A strong combination of experience and education prepare her well for her new responsibility. She completed her undergraduate degree in nursing at BYU as valedictorian in 1975 then began a professional career with Intermountain Healthcare. She returned to BYU in the mid-90s to obtain a master's degree in nursing administration and went on to acquire a PhD in nursing education and research from the University of Utah in 2004.

In 1999 Dr. Ravert came to BYU as a nursing instructor and soon became effectually involved in the use of simulators (manikins) for enhanced student learning. In 2007 she was selected by the National League for Nursing as one of eight national simulation experts for a special project focusing on faculty development for the use of simulation in nursing education. She has since authored and co-authored a number of courses for nurse educators at the online Simulation Innovation Resource Center and currently sits as research advisor on the board of the International Nursing Association of Clinical Simulation and Learning. Her eminence in the field of nursing simulation provides the opportunity to consult with over 30 nursing schools throughout the U. S. and Canada.

Ravert was inducted as a Fellow into the National League for Nursing's Academy of Nursing Education in 2010. She was inducted as a Fellow of the American Academy of Nursing in 2011, and earlier this year was promoted to the rank of Full Professor at BYU.

She succeeds Beth V. Cole, PhD, RN, FAAN, who provided significant leadership as dean of the College of Nursing from 2007-2012.

For more information:  
Contact Rose Ann Jarrett  
801-422-4143  
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**Application on page 6**

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# Learning Locally, Acting Globally: MUSE Scholarships Help Nursing Students Find Their Signature U Experience

Submitted by Katie Schrier

During a recent orientation for incoming nursing students, Assistant Professor (Clinical) Amy Cutting, MS, FNP asked how many in the group chose nursing as a profession because of the potential it presents for a career in global health. Students responded with a flood of hands, palms outstretched and minds wide open to the health care concerns of our global community.

In our ever-shrinking world, opportunities to visit resource-poor areas in order to participate in global health practices are increasing; As a world-class education institution, the University of Utah is ensuring students have access to learning experiences that are not only immersive and experiential, but focused on the development of partnerships that are community-based—and solutions that are sustainable. Launched in 2010, the Global Health Study Abroad Program engages students from nursing, medicine and public health with students and faculty from the Kwame Nkrumah University of Science and Technology (KNUST) in Ghana, as well as leaders from surrounding villages, to address health issues local Ghanaians have identified as most critical. The interdisciplinary teams analytically explore health concerns such as those associated with Malaria, maternal nutrition and child mortality, with the goal of producing findings local villagers can utilize to affect change.

“The learning experiences available to nursing students in Ghana dovetail with the community and global health curriculum in our baccalaureate degree programs, and challenge future nurses to explore alternative means for delivering health services,” says Cutting, who serves as co-director of the College of Nursing’s Global Health in Ghana Study Abroad program. The program also intersects with the vision behind the My U Signature Experience (MUSE) Project, a presidential initiative designed to build opportunities for students to create signature learning experiences—moments in their education that have a defining and empowering effect on their intellectual growth, their professional development, and their path in life. “When nursing students express an interest in global health, the Ghana study abroad allows us to offer an experience that represents how public health is best accomplished, which can help students cultivate a career in global health.”

Yet when Cutting meets with students about the opportunity to participate in the Global Health Study Abroad, their first question is: “How can I possibly pay for this?” For a student who may already be cash-strapped and loan-laden, the costs associated with

obtaining immunizations and a plane ticket to visit a less-developed country can be, as accelerated baccalaureate nursing student Nina Hill says, “Astronomical.” Helping to alleviate the financial obstacle so nursing students like Hill can fully harness the signature learning experiences the U has to offer are the Educational Resources Development Council (ERDC) and the Herbert I. and Elisa B. Michael Foundation. The combined generosity of the two organizations initiated the College of Nursing’s MUSE Scholarship program, and made it possible for five nursing students to each receive a \$1,000 scholarship toward their participation in the program. “It is a big vote of confidence in our students to have ERDC and the Herbert I. and Elsa B. Michael Foundation support their educational goals,” says Cutting. “Their generosity conveys the message ‘we believe in you and we will invest in you.’”

At every step working on inter-professional teams, students grew to appreciate the importance of combining resources and backgrounds as they problem solved everything from transportation, to how to disseminate research findings about the nutrients missing from breastfeeding mothers’ diets in a way that people with minimal resources and education can understand and implement in their lives. “Global health is a complex concept to truly understand from a textbook,” Hill says. “Visiting Ghana during my Capstone semester of nursing school helped me synthesize the knowledge I’ve gained at the College of Nursing. In Ghana, everything I’ve learned was right in front of me and relevant—global health in action.”

Demonstrating the large returns yielded when donors invest in a student’s desire to gain knowledge outside of the classroom, Hill says her participation in the Global Health Study Abroad to Ghana “has changed me as a person and as a nurse.”



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Please check committees or councils that you would like to have more information about:

**COMMITTEES:**  
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# Posters We Have Seen at the 2012 UNA Conference!

This year posters were presented that covered a wide spectrum of nursing from maternity care to patient education to the need and efficacy of quality and safety standards in nursing education and practice. Below are summaries of those posters accepted and presented in the 2012 Utah Nurses Association Conference. Thanks to all applicants for their interest in this conference. We encourage each presenter to consider writing a more detailed summary for publication in the *Utah Nurse* where 26,000 of your peers will have an opportunity to more fully understand and implement your findings.

Alison Lee Eldredge, MS, RN, and PhD student at the University of Utah, presented "Transitions and Health Trajectories of Parents Caring for Children with Intellectual Disabilities." Through thoughtful interviews with caregivers, Eldredge has demonstrated a beginning understanding of the long term effects of constant caregiving by both mothers and fathers for significantly intellectually disabled children. This work will eventually lead to a series of case studies representing patterns of parents' health trajectories. These case studies and findings from this research could be used in a variety of ways including education of health care providers and development of policies to assist this patient and family population. Look for final results of this work in the nursing literature in the next year or so.

Jonda Purper, MSN student and Adjunct Faculty at Weber State University, presented a creative poster demonstrating a close relationship between fear and moral distress in her poster titled: "Moral Distress Cycle Intertwined with the Fear Cycle." Purper's model generated discussion about the degree of moral distress that staff nurses encounter in their daily practice. (This moral distress saps nurses' energy and their ability to be effective patient advocates.) Purper sees a close correlation between the generation of moral distress in the workplace and Maxfield and Sears' fear cycle. According to Purper, this moral distress/fear cycle can be disrupted through several interventions at various phases of the cycle. A useful brochure presented this idea as well as several approaches to mitigate this problem. This graduate project has the potential to assist many of nursing colleagues.

Nanci McLeskey, MCG, MDiv, RN-BC, FNGNA and Clinical Instructor in gerontology at the University of Utah College of Nursing, presented "Development of a Novel Curriculum to Better Prepare Nurses for Future Demands in Caring for the Growing Geriatric Population." McLeskey presented a new curriculum which engages students in hospice and home health care of elders. Geriatric content was presented in conferences and through hands-on experience in a variety of settings, including adult day care, hospice, independent and assisted living facilities. Pre- and post-coursework surveys of students measured changes in both evidence-based knowledge and attitude towards care of the geriatric population. Initial results with the first two cohorts of students to complete this rotation showed an improved appreciation of the geriatric population's needs and care. The course content equips future nurses with knowledge to care for healthy older adults and those with special needs.

Ellen Lucas, BSN, RNC and Quality Improvement Staff Nurse at the University of Utah Hospital Maternal Newborn Care (MNBC) Unit, presented "Improving Pain Care and Patient Satisfaction on a Maternal Newborn Care Unit." Lucas reviewed the patient satisfaction outcomes following the introduction of an innovative program to increase staffs nurses' skills and comfort in educating patients about pain control choices in the immediate post-partum period. Based on results of the National Database of Nursing Quality Indicators (NDNQI) National Pain Study, in which this nursing unit was a participant, staff education needs were identified. Evidenced-Based best practices for pain management obtained from the NDNQI Pain Care Toolkit were used for staff education handouts. The action plan involved group in-services and one-on-one "gorilla rounds" between staff to provide everyone the same information in a short time. Education included: consistency in pain discussions with patients utilizing the Defense and Veterans' Pain Rating Scale; fears about addiction; pharmacokinetics; rationales for the effectiveness of non-pharmacological pain relief. The percentage of patients who reported frequently experiencing severe pain on the MNBC Unit decreased from 43% in Phase I of the study to 22% after Phase II. Pain control scores increased significantly up to six months after the increased education began. Lucas concludes that these findings should impact practice by demonstrating that initiating pro-active discussions with patients for planning pain care and following evidenced-based procedures for helping with pain provides patients with fewer reported episodes of severe pain and better satisfaction with care.

Debra Edmunds, MSN, RN, CNE and Assistant Teaching Professor at Brigham Young University School of Nursing, presented "Effective Patient Teaching ADDS to Patient/Family Satisfaction." The purpose of this presentation was to provide nurses with a guide to effective teaching strategies and learning activities for patients and their families in various healthcare settings. An eye-catching acronym "ADDS" demonstrated the key areas to address in teaching patients and families: Assess the learning needs of the

patient and family, Discuss important issues, Demonstrate psychomotor skills and allow time for return demonstration, and Summarize important points at the conclusion of the teaching session. This easy-to-recall acronym reinforces the four key elements needed in any effective teaching session. Hopefully, Edmunds will expand on this in future publications. Education is a key nursing responsibility whose methods often are blurred in busy daily practice. Recollection of this acronym will keep nurses focused on essential elements of teaching.

Katreena Collette Merrill, PhD, RN Assistant Professor, and Arlene Johnson, Student Nurse, at Brigham Young University School of Nursing presented "What should nurses know about quality and safety?" This informative poster reviewed the Quality and Safety Education for Nurses (QSEN) program and its implications for nursing practice. Practicing nurses quickly come to recognize that safety underlies quality in every nursing activity. This entire area of quality and safety has driven workplace initiatives in healthcare for at least a decade and has been integrated at various levels into academic preparation of student nurses. This poster presented results of a literature review which indicate that relatively few articles have been published on the QSEN initiative. According to Merrill and Johnson, currently the QSEN website contains the most comprehensive review of the QSEN initiative. Hopefully Merrill and Johnson will be continuing their work and publish their findings to inform educators and practitioners of the ongoing need for vigilance in this area.

Nurses throughout Utah are doing important research, creating valuable models, and expressing key aspects of nursing in innovative ways. Please consider submitting YOUR work for acceptance as a poster at next year's conference. Watch the *Utah Nurse* for deadlines and instructions. Contact Kathleen Kaufman at UNA for information and supportive suggestions for your application. This is a peer-reviewed poster presentation with acceptance based on the quality of work submitted.



## Scholarship Information

If you are interested in applying for the Utah Nurses Foundation Scholarship, please go to [www.utahnursesassociation.com](http://www.utahnursesassociation.com). On our website you will need to click on Scholarships and there you will find the information you will need to apply or contact us by email [una@xmission.com](mailto:una@xmission.com).

- Scholarships must be postmarked by June 1 or October 1 of each calendar year to be considered.
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