

## Semester events

### Celebration of Southern Utah Nursing

March 19, 2015  
Historic Old Rock  
Church

### American Red Cross Blood Drive with the Southern Utah University Nursing Students

April 3, 2015  
8:00 am-1:30 pm  
351 West  
University Blvd-  
Cedar Breaks  
Room

### Honor Society Induction

April 8, 2015  
6 pm

### SUU Honor Society of Nursing fundraiser

April 10, 2015  
6:00 pm @ 900 W.  
Center St. (church)  
Ticket for Spaghetti  
Dinner: \$3.00  
individual or  
\$15.00 for family  
of 6  
Ticket acts as raffle  
draw as well.

### Teal Ribbon Run 5k

- April 11, 2015  
10 am @ Veterans  
Park (200 N. 200 E.  
Cedar City UT)

The Southern Utah University Department of Nursing is **10** years old!

*Department of Nursing (DoN) by the numbers:*

**Fall 2004**– the first nursing students were admitted to SUU DoN

411-NUMBER OF PRE-LICENSURE GRADUATES FROM THE PROGRAM

219-NUMBER OF RN TO BSN GRADUATES

**3.56 - average cumulative GPA,  
3.57 - average core GPA all students**

**104 - NUMBER OF CURRENTLY ENROLLED  
NURSING STUDENTS**

26% OF MALE  
GRADUATES

*3-Number of faculty members  
with a terminal degree (or Doctorate)*

**7-Number of Celebrations of  
Southern Utah Nursing**

**9- Number of faculty members teaching  
in the Department of Nursing**

2- Number of faculty who taught  
with WSU still teaching at SUU

*2- Number of staff who worked with WSU currently at SUU*

**98.7% cumulative NCLEX-RN Pass Rate**

5- Number of classes who earned 100% Pass Rate on the NCLEX-RN

**30- Current number of Pre-Licensure students  
accepted Fall and Spring Semester**

*3- Number of staff members in the Department of Nursing*

**3- NUMBER OF ALUMNI GATHERINGS (HELD EACH FALL AROUND HOMECOMING)**



## Alumni Spotlight

### Kristi Koplín

Kristi is a graduate of Southern Utah University, where she earned her Bachelor's Degree in Nursing. Currently a Captain in the United States Army, she also works as a nurse at Evans Army Community Hospital at Fort Carson on a multi-age Medical Surgical floor. She states that this floor is currently packed with so many pediatric patients because of the awful flu season.

Her last five years have been filled with military training, nursing, and training for the United States bobsled team. In fact, she states the majority of her last five years were spent training for the Olympics, where she was an alternate for the United States bobsled team in the 2014 Olympics in Sochi, Russia.

When asked how Southern Utah University prepared her for her career she said, "Being a student at SUU showed me that anything is possible." While at SUU she participated in the ROTC, Track and Field, as well as being in the Nursing Program. She also states that even though she had a busy plate, she was able to successfully participate in all of the programs she wanted. "All of these programs were supportive of each other and helped me juggle them successfully. I am so grateful that SUU allowed me to do these things and show me that anything is possible and the only limit is the one I create for myself."

In her spare time, Kristi's hobbies include biking, swimming, traveling, and working on her Master's degree. She is currently working towards a MBA with a Health Services emphasis at Devry University. She loves traveling and is currently planning a trip to Ecuador where she will be exploring the Amazon Rain forest. She enjoys staying busy but also manages to find time to relax and watch movies which she enjoys. She is currently single with no children but states that her 15 nieces and nephews fill her heart completely.

Her future goals are to make the Olympic Team as a bobsled pilot. She also wants to become a Nurse Practitioner or go to specialized training to work in the operating room as a nurse.



## Alumni Spotlight

### Jamie Cox

The summer after graduating from SUU Jamie got married, got her first RN position, bought her first house and got accepted into the Master's program at Graceland University. The next two and a half years, she spent working on her Master's to become a Family Nurse Practitioner. She graduated from Graceland University in the summer of 2013 while working full time. Jamie has worked as a Family Nurse Practitioner since October 2013 at Cedar Valley Medical Clinic in Cedar City Utah. "It is really like a second home for me. It is a wonderful feeling knowing that this is where you want to be and seeing all your hard work finally paying off." Jamie also states that her days are never dull in family practice. "We see all ages from two weeks to 100! I love my patients and the staff I work with."

Jamie has considered pursuing her doctorate degree but for now is content where she is. She is looking forward to being a preceptor for students as she has always loved being a mentor and loved education. She would also like to train and earn additional certificates in mental health and aesthetics. She says the best part about nursing is that the possibilities are endless!

Her first RN position, which was also her last RN position, was at the Infusion Clinic/Huntsman Cancer Center at Valley View Medical Center. Jamie states "I always said in nursing school that I never wanted to place PICC lines or work in oncology because they both terrified me, but alas that is where I ended up and absolutely LOVED it!" Jamie became the Nurse Educator for that department and was on the leadership council as well.

When asked how she felt SUU prepared her for her future career she said "The two years I spent in the SUU nursing program were the best and hardest two years of my life! However I can honestly say that I felt confident in my abilities the first day as an RN! Nervous? Yes, but confident nonetheless. The best part of the program was the fellowship with my peers. I love my nursing class of 2010. They taught me about the sense of community and collaboration that should happen on a daily basis in the medical field."

Jamie's background includes being a graduate from Canyon View High School in Cedar City but she is originally from Roosevelt, Utah. She was also a cheerleader for a year at SUU and was originally a secondary education major with a major in English and minor in Spanish. However, two years into that degree she felt that she needed to go in a different direction. She states "I loved and still love teaching but it was not the right fit for me." She changed her major to nursing and has never looked back.

Jamie has also worked as a LPN and CNA on the medical surgical floor at Valley View Medical Center and a Medical Assistant at Cedar Valley Medical Clinic. She loves fitness including cross training and running. Jamie has ran a few half marathons, but doesn't plan on running a full marathon anytime soon. Her days off are usually spent entertaining her daughter (who was born the November after she started working as a Family Nurse Practitioner) spending time outdoors, crafting, decorating and organizing.



**The class of spring 2010 was the first SUU nursing class to pass NCLEX-RN 100% on their first try. Here is an update!**

**Randi Fano-** Currently working as an OCN (oncology) certified nurse at the Central Utah Clinic Cancer Center. She and her husband recently welcomed a baby boy to their family.

**Kristina Peterson-** Is currently working with her friend and fellow classmate Randi as an OCN certified Nurse at the Central Utah Clinic Cancer Center in Northern Utah.

**Chelsea Baker-** Is currently married and a full time mother to a beautiful daughter and adorable son. Prior to this, she worked as an infusion nurse at an acute rehab center in California.

**Candice Li-** Is currently working at Intermountain Medical Center as an orthopedic nurse. She is married with an adorable daughter.

**Camille Ctibor-** Is currently working at Utah Valley Regional Medical Center as a nurse in same day surgery (SDS), post anesthesia care unit (PACU) and endoscopy. In her downtime, she has enjoyed being a wife and mother to her beautiful baby girl.

**Greg Camp-** Is married and currently working in the ER in Las Vegas, NV as a RN with occasional charge nurse and house supervisor duties. He has also just finished his third class in a Family Nurse Practitioner Program.

**Haley Christensen-** Is currently working at Intermountain Medical Center as a nurse in the Coronary intensive care unit (ICU). Is a wife and mother to a handsome little boy and one on the way.

**Jacob Bailey-** Is currently in medical school and studying for his USMLE exam and will be specializing in orthopedics. The little free time he has is spent with his wife and children.

**Chris Dearden-** Is currently working as a charge nurse in the intensive care unit (ICU) at Dixie Regional Medical Center.

**Alesha Given-** Is currently serving in the Air Force and finished a tour in Afghanistan as a First Lieutenant and nurse for the US forces, NATO coalition forces, Afghan fighters, Afghan nationals and Afghan enemies of peace (EOP). She is CMSRN certified and the charge nurse and on a surgical floor of the San Antonio Military Medical Center. She will be transitioning to the PACU and OR this month.

**Misae Suzuki-** Is currently living in Japan working as a nurse at Osaka General Hospital in the ICU, CCU, stroke care unit and angiography unit and is currently a preceptor to new nurses.

**Nicholas Wittwer-** After finishing nursing school he completed his degree as a Physician's assistant at the University of Utah and has been working in Internal Medicine and Pain Management in Layton, Utah where he lives with his wife and children.

**Rene Mardis-** She has worked as a school nurse helping children with special needs, assisted with immunization clinics and is currently working as a RN with the company Aging Waiver. She has hopes to transition to Aesthetics. She is currently living in Cedar City with her husband and children.

**Nicole Gramse-** Is currently living in Bend, Oregon with her husband and two adorable children. Surprisingly, she has thoroughly enjoyed working as a home health nurse with the largest non-profit organization in Central Oregon. She has felt like this position has made her a very well rounded nurse!

**Sharla Manuele-** Is currently a wife and mother to two wonderful children and living in Panaca Nevada. While previously living in Oklahoma she worked as a nurse at a surgical center.

**Dawn Chaplin-** She is currently working in the operating room at Valley View Medical Center here in Cedar City while also keeping her PRN status as a nurse at the hospital in Mesquite Nevada. Prior to that, she worked as a nurse in long term care, acute rehab, revenue integrity and the float pool. She hopes to return for her Master's Degree once her two children graduate and see the world as a traveling nurse with her husband.

**Tamara Walton-** Is currently married and living in Texas with her amazing three children. She has worked as a nurse on a pulmonary and infectious disease unit, cardiovascular unit and in the CVICU.

**Jason Miner-** Currently working as a dialysis nurse managing two dialysis centers affiliated with the University of Utah in Cedar City and Mesquite. He is married and has four beautiful daughters.

**Kristi Koplín-** See page 2

**Jamie Cox-** See Page 2



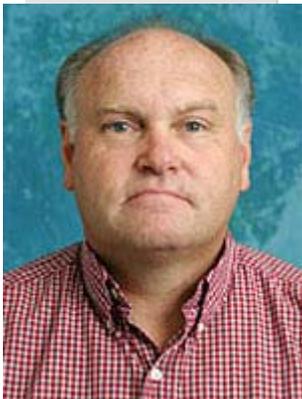
# Professor Spotlight

## Kevin Tipton

Kevin was hired at SUU in 2006 as a faculty member in the Department of Nursing. He started out teaching Medical Surgical Nursing. Since that time, Kevin has been given the opportunity to teach a variety of nursing courses. For the past five years, he has been teaching Care of the Older Adult and the Nursing Leadership courses to the RN to BSN, third, and fourth level students.

As part of the Leadership course with level 4, he also teaches the capstone course. This semester he has taken on the new task of teaching the Nursing Research course to level 2 students and will teach it in the summer to the new RN to BSN students. He states that it been a "delightful challenge."

Kevin received his Bachelor of Science Degree in Nursing from Brigham Young University, a master's degree in nursing administration from the University of Phoenix and is currently finishing his dissertation in the PhD program at Capella University. He absolutely loves being at SUU and teaching in the Department of Nursing. Everyone involved in SUU Nursing is glad he is part of the SUU nursing team.



## 63<sup>rd</sup> Annual Utah State Nursing Association Convention

We want to thank SUU faculty members and students for participating in our annual convention on February 7, 2015. SUU has always been a strong supporter and we would like to thank you students for attending faithfully!

We also want to thank the faculty and staff that helped make this year's event possible: Shelley Sanderson, who spoke about being a nurse practitioner, and participated on the board throughout the year as a faculty advisor; Heidi Schneider, who gave a presentation on Emergency Nursing; Donna Lister who spoke at the faculty breakout sessions on perceptions of practicing nurses about their education; Daphne Solomon, who not only gave a presentation about forensics nursing, but also gave the Keynote Address, impromptu, in an emergent situation. We will be forever grateful to these wonderful women and our fantastic student body.

Your help and support made our conference better than we could have ever imagined. With T-shirts, sponsors, our variety of classes, amount of exhibitors, and key by-laws changes, we could not have been happier with the result. We know how important professionalism is in nursing, and the USNA can't say enough good things about how great SUU is for being so involved. Thanks for an amazing year!

**-Amber Swann (2014 USNA Convention Director)**

**-Ryan Obremski (2014 USNA President)**



# Level Updates

## Level 1

Level 1 has sure been a whirlwind! We were so nervous to receive our acceptance letters in October, but we made it! Finally all our hard work in anatomy, bio/organic chemistry, and pathophysiology paid off. We have been excelling in our studies, with the help of our guiding professors. Our class has already elected leaders, formed effective study groups, and connected via Facebook.

We had a blast at USNA Conference at Weber State University, snapping funny photos and representing our powerful school. However, some of us admit “the struggle is real” in finding a consistent routine because we seem to be the guinea pigs to a new clinical schedule. However, WE LOVE CLINICALS! It is absolutely wonderful to finally learn real world procedures and preform using hands-on learning. Kolob Regional Care and Rehabilitation, Southern Utah Veterans Home in Ivins, Iron County and Sunrise Home Health Agencies, and Valley View Medical Center have opened their doors to us and propelled our passion to become excellent nurses.

We have already planned for our Pledge Ceremony on March 30<sup>th</sup> in the Hunter Conference Center and lent a huge helping hand in the February bake sale success. We continue our involvement in SUUSNA and pass all expectations others have set for us in the classroom.

The graduating class of 2016 consists of twenty-four diverse, eager, compassionate students. Megan Benner was elected class president, Tyler Bahoravitch was elected Vice President, and Mike Newbury was elected SUUSNA representative.

**-Megan Benner, Class President**

## Level 2

Things are going really well in level 2. We are neck deep in the information that Daphne, Heidi, and Kevin have dumped in our brains, but we are slowly spreading it around. Clinicals are in full swing and everybody loves the hospital and community sites. We enjoy the opportunity to learn as much as we can. The most rewarding experiences are the ones with the patients. Having the chance to help the people, and knowing the reasoning behind what we are doing, really makes nursing a rewarding practice.

The most difficult thing about this semester is how much time and effort is required. There are a lot of assignments and work that is involved, however it is very rewarding. I think most of the level 2 students are looking forward with anticipation to the next semester because it will be the start of our last year. Our advice for the next semester is don't be scared, you really can do it! It is a ton of stuff and information that gets dumped into your brain, however you really can make it! Just take it one week at a time and don't try to do everything at once.

**-Nathan Butler, Class President**

## Level 3

Third level has been quite a different pace than what we were used to in our second semester of nursing school. It's been a little difficult adjusting to the different way things are presented and organized. The best part about this semester has been the amazing experiences we've had at the clinical sites. Everyone has REALLY enjoyed their clinical experiences, even those who thought they wouldn't like to work in the obstetrics unit.

The most difficult part about this semester has been trying to keep organized and understand assignment directions and/or requirements. Many of us are very much looking forward to starting our precepting and incorporating everything we've learned in nursing school into practice. Others are really looking forward to learning about high acuity nursing. We love learning about nursing and continue to make every effort to become the best proficient nurses we can be!

**-Katherine Hiatt, Class President**

## Level 4

The level 4 students are having a great semester! We were all able to finish up our preceptorships a few weeks ago. This semester, students were at Dixie Regional, Valley View, Garfield Memorial, and St. Mark's Hospitals. Everyone had great experiences and we were able to learn so much from the wonderful nurses we were able to follow!

Most of us are heading out to our high acuity clinical rotations right now, and they are really exciting. We are in intensive care units, emergency rooms, cath labs, and much more! We are looking forward to graduating on May 1st! I think I can speak for everyone when I say how much we will miss this wonderful program, but we can't wait to start our careers as Bachelor prepared Registered Nurses!

**-Lacey Cooper, Class President**

## RN-BSN 2015

We have really enjoyed our year at SUU. We love our instructors and feel SUU has a tremendous faculty. At the same time, we look forward to graduation with great anticipation and excitement. Larry Merket has been accepted to the DNP/Psychology program at the University of Utah and the University of Washington in Seattle. He is having a little anxiety over which to choose. That is the best type of anxiety to have! Sara Simmons has also been accepted into the DNP program at the University of Utah. She will be working towards her DNP in Emergency/Critical care medicine. Congratulations to these two. Two of our other students, Sean Mclean and Jared Belcher, are seriously considering the CRNA route and are working on their applications now.

In nursing, the sky is the limit! There are countless opportunities in research, leadership, and informatics. Many of us are looking in that direction. To those that will stay a little closer to the bedside.....may the force be with you. As BSN nurses, we will be the best in whatever we choose to do.

**-Valerie Smith, Class President**

## Seen and Heard

What are you looking forward to most about summer?

“No tests and no quizzes! Though I probably need to study since level 2 is next semester.”

**-Chris Hiatt  
Level 1**

“Being done with level 2! I’m also excited to take my LPN test and get more experience!”

**-Bryce Kunzler  
Level 2**

“I’m excited to just have time to myself! I’m excited to go to the Dominican Republic for a service trip as well as working and make money.”

**- Amelia Brown  
Level 3**

“Being able to work as a nurse and eating name brand food!”

**- Dani Snow  
Level 4**

## Dominican Republic Service Trip

The SUU Department of Nursing is planning an international service trip to the Dominican Republic at the end of this semester. This will be the second service trip for the department, and will hopefully become an annual event. Eleven nursing students from levels 2, 3, and 4 will be traveling with their faculty adviser, Heidi Schneider, May 8<sup>th</sup> - May 17<sup>th</sup>.

The students will get to screen and assess patients, provide patient teaching, help fill prescriptions in the temporary pharmacy, and even provide labor for the new clinic currently under construction.

Other activities include experiencing local culture as well as a softball game with members of the community. The purpose of this trip is not only to grant students the opportunity to expand their clinical skills, but also to experience a new culture and gain a better grasp on cultural competence.

If you would like to contribute to the student fund you may do so through the Department of Nursing, or through this website.

[https://secure.touchnet.net/C20196\\_ustores/web/product\\_detail.jsp?PRODUCTID=1071&SINGLESTORE=true](https://secure.touchnet.net/C20196_ustores/web/product_detail.jsp?PRODUCTID=1071&SINGLESTORE=true)

### Why did you want to go on this service trip?

“I want to provide healthcare to the people of the Dominican because I think they need it. I also think this is a once in a lifetime opportunity for me to be a part of an organized foreign event where I will practice my nursing skills. I also want to take advantage of the opportunity to work with the nursing staff and other nursing students.”  
- **Tiffany Scovill**

“I’ve always enjoyed service trips. The experience is always fun and uplifting. Plus I get to make a bunch of new friends. Also, it’s not every day that you get to go see a different culture. I thought this would be a great way to finish up my student nursing career.”  
- **Ben Pixton**

“I chose to go on this trip because it is an amazing service opportunity! I am excited to immerse myself in another culture and remind myself how lucky I am to live in such a wonderful country. I chose to be a nurse because I wanted to take care of people and help them heal. This trip will allow me to accomplish that with less resources for more impaired people. I am excited for the challenges that lie ahead, and for the opportunity to test my knowledge in real life scenarios.”  
- **Jazmyn Flint**

## SUU Student Nurses Association

SUUSNA is open to all pre-nursing and current nursing students. Meetings held weekly on Wednesdays, SCA 106 from 11:00-11:30 am. SUUSNA is also a community resource as we are willing to support the community in any needs it sees fit. Please contact the Department of Nursing for more information on how to get involved or for any project ideas.

## Thank You Heidi Schneider

We want to thank Heidi for being one of the faculty members at SUU. We appreciated your sense of humor and the ability to make dry and boring material easier to learn. Although we may not have the fondest memories of pharmacology (or for the guys, Labor and Delivery) we enjoyed the opportunity we had to learn from you and wish you success in all your endeavors.



## Thank You Ray Munson

We want to thank Ray for stepping up and helping level 1 students out. We had a great time learning practical skills in lab and us “older” students are jealous we didn’t get such a cool clinical instructor for our first level! Thanks for all your knowledge and willingness to help us get started in our nursing career. We wish you the best!



## Celebration of Southern Utah Nursing

Each year to celebrate the Department of Nursing’s anniversary, we host the Celebration of Southern Utah Nursing. Community members and health care professionals are asked to nominate outstanding Registered Nurses to be recognized. Level 4 students select the winners from all nominations received. The recipients and a guest are invited to join us for a nice dinner where they are given certificates of recognition and pins designating them as an Outstanding Southern Utah Nurse. This year’s winners were:

- Ronalee Black-Medical Surgical RN
- Amber Eddy-Home Health RN
- Amy Jo Frandsen-Small Hospital RN
- Leslie Feltner-Labor and Delivery RN
- Becky Olsen- Long Term Care RN
- Lynne Cardon-Community Public Health RN
- Crystal Shakespeare- Critical Care/ER RN

Graduates from classes who all passed the NCLEX-RN on the first try (100% pass rate) from the previous year are also invited to come and enjoy the dinner. The class members who got the opportunity for a free dinner was the class of Spring 2014. We are proud of our graduates and pleased for the part we get to play in Southern Utah.