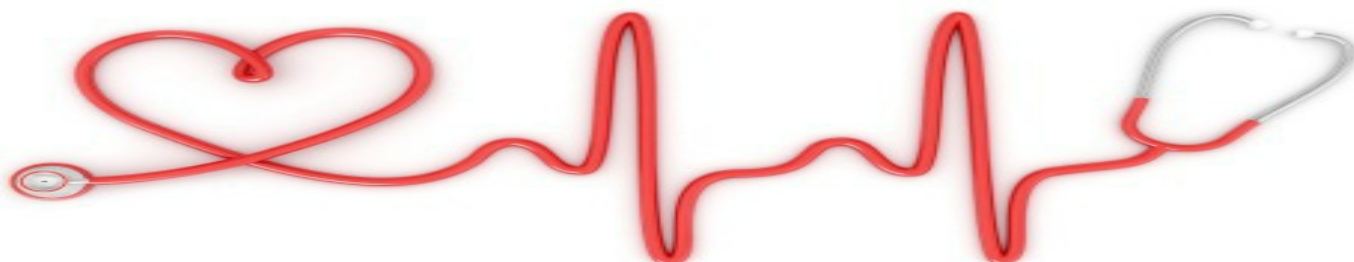




The Scope

Fall 2016



Ten-Years of SUU Nursing Graduates

by Donna Lister

This year, 2016, marks 10 years of graduates from the Southern Utah University Department of Nursing. In completing a report to send to the Commission on Collegiate Nursing Education recently, I was impressed with all of the changes that have taken place in the nursing program since our beginning in fall of 2004. Reflection on the many changes, some significant and some barely noticeable, reinforced the very positive results that come from individuals working together toward a common goal. In this case that common goal was and continues to be excellence in nursing education.

Faculty and staff members have, of course, had the greatest impact as they have worked to create and define processes that effectively and efficiently create a learning environment with the right amount of challenge, incentive, and support. In some way, every student has also

had an impact on the development, personality, and functioning of the Department-some more than others. (You know who you are.)

Margaret Wheatley stated, “We never know how our small activities will affect others through the invisible fabric of our connectedness. I have learned that in this exquisitely connected world, it’s never a question of ‘critical mass.’ It is always about critical connections.” Many critical connections have been made through the Department of Nursing at Southern Utah University. Hopefully every one of us uses what we have learned over the years and our current connections to make the world a better place. “Unless we are making progress in nursing every year, every month, every week, take my word for it, we are going back.”-Florence Nightingale. Continue to follow Florence Nightingale’s example of continually working to improve.

Have a wonderful 2017!

Faculty Spotlight



Bree Rayburn is a new faculty member to the SUU Department of Nursing. She expresses her excitement to join the amazing teaching team!

“I have been a nurse for 15 years. I attended SUU/WSU for my ADN, then did the SUU RN to BSN program and finally obtained my MSN from WGU. I really enjoy the flexibility in nursing, I enjoy change and learning new things. I am married to my awesome husband and we have 3 girls. We enjoy camping, hiking, 4-wheeling, and most outdoors activities. I look forward to being a professor and hope I can survive the first year!”

Class Happenings



RN to BSN Class of May 2017

Hello from the RN-to-BSN students!

The BSN students had an awesome time at the Senior Games in St. George! They really enjoyed doing a variety of health screenings for the athletes and spectators. It was so fun to interact with well elders - Definitely a highlight of the semester for everyone! We are also looking forward to the SUU health fair this week! We have been working hard on our displays and health promotion activities. It is hard to believe we are half way through our program! We are having a great experience so far!

Sandy Wood



Level Four - Class of Fall 2016

Level 4's are finishing strong! We have continued to stay busy with preceptorship, high acuity clinicals as well as our leadership and current issues classes. We really love the independence that we have had this semester and can't believe it has already flown by! We recently worked to gain our Advanced Cardiovascular Life Support (ACLS) and will soon be getting our Pediatric Advanced Life Support (PALS). We also really enjoyed preparing for Alumni Day and felt the nostalgia of visiting with all the nurses who have gone before us! We are eagerly preparing for graduation and trying to study for the hefty NCLEX-RN. It's a wonderful and scary thought that soon we will be newly graduated nurses, trying to thrive as RN's instead of students! We are super grateful to everyone who have helped us to make it this far!

Chelsie Keel



Level Three Class of Spring 2017

Our class is so excited to be in level 3 and in our last year of nursing school. This semester we have continued to bond as a class and have been able to support each other in learning and developing our nursing skills. Many of our class members are working as LPNs and we are excited for the day when we will be able to add the credentials RN after our names. Our class is thoroughly enjoying our clinical rotations bringing life into the world and caring for the family unit. Many of our classmates have found their niche in these departments. We have also enjoyed learning about community nursing and caring for the geriatric population. SUU faculty continues to support and encourage us to be the best we can be and provides opportunities for us to do so. We are so appreciative of their hard work in our behalf. If our class could offer one piece of advice to fellow nursing students, it would be to do your best and work hard because you never know what future opportunity might come because of it.

Katelyn Christensen

Class Happenings



Level Two - Class of Fall 2017

Level 2 has been an intense and exciting semester for us! We are studying medical surgical, pharmacology, and mental health nursing this semester. We recently took our first ATI test of the semester and everyone did amazing! Our hard work is beginning to show! We also recently had the opportunity to help with Southern Utah Universities Health Fair where we were able to share valuable health education to staff and students. We can't believe how fast the semester is going and some are looking forward to becoming Licensed Practical Nurses this winter! We all keep working hard and are excited to be Registered Nurses when we graduate!

Jaycie Pollock Smith



Level One - Class of Spring 2018

We are off to a great start! Our level 1 class is filled with a wide variety of personalities which makes for a fun environment. Since the SUU Nursing Program is small, it gives each of us the opportunity to have the one on one attention of the instructors that most larger programs lack. The level 1 class has already built strong supportive relationships with one another. My classmates and I are really enjoying the hands on aspect of nursing and love seeing how the skills we learn in lab help us develop our individual practice. We are looking forward to the good times as well as the difficult ones that lie ahead as we grow as a group to become great nurses.

Nicole Allegre

Alumni Day

By KC McCrosky



Alumni Day was one of celebration, with many families coming together to enjoy in the merits of nursing. SUU Nursing Alumni and their families were invited to participate in all types of carnival games. Activities such as a raffle, inflatable slides and bounce house, corn hole and many others were included to create a family-friendly atmosphere. A proper carnival dinner of

hamburgers was also provided. It was a great experience to be involved in the planning and implementation of this activity, and it was impressive to see the support that the nursing program receives from our own Alumni and associates. As I watched from a student standpoint, I couldn't help but think of where I will be years down the road with my own nursing experience to share with students. Wisdom to pass down to fellow nursing associates when I am an alumnus.

Humanitarian Trip

By SheriDawn Neilson

In May of 2016 I was able to travel with nine of our nursing students (Kaycee, KC, Macy, Rachel, Bonnie, Andrea, Jaycie, Haley and Holly) to the Dominican Republic for an international service learning trip. We traveled to the Dominican and we all wondered if we would make it safely to the village of San Juan de la Maguana because the roads are full of crazy drivers and motorcycles! But we made it safely! We spent a day sorting all of our donations and getting medications packaged up into individual packets to be distributed to patients. We spent the next four days out in little villages doing clinics. We went to an extremely poor village of Haitians, a village up in the "mountains" (It was still hot and humid!), a village of mostly Dominicans and a village right on the border of Haiti. We set up clinics in a church, school, community center and a bar, complete with many empty beer bottles out back! At the clinics anyone could come and see a doctor or dentist free of charge and receive medications if needed. We spent the days triaging them, taking vitals, talking to them, holding babies, helping the doctors and dentist and handing out medications. Two of our favorite things to do were going on home visits with Pastor Enol and playing with the children. The children were happy to play and loved when we had bubbles, stickers and jump ropes. We were very happy to have Macy with us and probably drove her crazy asking her to translate everything for us! After our four days of clinic we packed up and headed to the city Santo Domingo. We got to go visit the area where Christopher Columbus landed and the oldest buildings in the western hemisphere. We spent the afternoon and evening being tourists before coming back home. I think everyone who went would say that this trip was an amazing experience and very worth going. The people in the Dominican Republic are very happy and giving. We even had a man who saw us looking for mangoes and delivered a bag of mangoes for the next several nights in a row. It was great to spend time getting to know them and how they live and to maybe give something back in the way of improving their health. The doctors, dentist, nurse and translators we worked with were phenomenal and super fun to be around. If you're interested in going on this trip we are going again this May. Come see me and we'll talk about it. You won't regret going!

Future Humanitarian Trip

Come with us on an international service/cultural immersion trip to the Dominican Republic in May!

The trip is a week long. We spend a day traveling, a day getting ready for clinics and then four days out in rural areas providing clinics for under served areas. The clinics are free and patients can come see a physician or a dentist and receive basic medications that they need. It is an amazing experience serving these people! You also get one fun tourist-type day at the end in Santo Domingo before flying home. We also got to spend each evening out wandering around the town that we were staying in.

It was awesome! I created an album of photos of the trip if you want to get an idea of what we did last year <https://goo.gl/photos/8SsYQ7Ci3tykDo2R6> We travel with the rural health scholars so other pre-health profession students throughout the state. As nursing students you have more experience than they do so far in the health care setting so this is also a great opportunity to share what you know even about basic things like taking blood pressure. If you don't have your EDGE project done this is perfect for that!

I have copied and pasted the information for the trip below including how to pay. I will not get any notice of you paying, though, so I need to know if you've paid. If you are interested in going, but especially if you pay your deposit, I need you to send me an email letting me know that you're going and whether or not you've paid to sheridawnneilson@suu.edu I will be periodically be sending out information. I learned a lot last year and can get you some great info that we didn't get until a few weeks before we left. So let me know you're coming!

Here's all the info, including the payment link for the \$500 deposit:

https://secure.touchnet.net/C20196_ustores/web/product_detail.jsp?PRODUCTID=927&SINGLESTORE=true

Dominican Republic - Summer Break

- **When:** May 5th-13th
 - **Cost:** \$1,700, which includes lodging, flight, and food in the Dominican Republic.
 - o Non-refundable deposit of \$500 required to reserve spot
 - o Remaining \$1,200 balance due by _____ (I need to find out!)
 - **Activities:** Working with Solid Rock, International (<http://www.solidrockinternational.org/>) conducting four days of rural health screenings. Specific opportunities for dental, physical therapy, and dental students are available upon request. The clinic days include basic health screenings along with a translator and Dominican nurses/physicians.
- Requirements:** Valid U.S. Passport, hepatitis series, flu shot, and updated Tdap. All students must also enroll in a cultural immersion seminar course (in person or via video) that meets before the trip weekly. All required forms must be submitted in a timely manner.

Sigma Theta Tau International Honor Society of Nursing

Psi Gamma Chapter, Southern Utah University

During the 2010-2011 academic school year the SUU Department of Nursing began the pursuit of becoming a member of the International Honor Society of Nursing, Sigma Theta Tau International. We started a local SUU Honor Society of Nursing and exemplified the same mission and goals as the International Honor Society by celebrating nursing excellence in scholarship, leadership and service. Over the next five years we established a membership of over 50 outstanding nursing students and nurse leaders from our community. We offered continuing education opportunities for our members and welcomed outstanding guest speakers who enriched our knowledge. We raised money and donated some of it back to support community organizations like Kamp Kesem, a camp for children whose parents have cancer. By the Summer of 2015, we were able to apply to STTI to request charter for our own chapter. We found out in December 2015, that we were accepted for establishment of a new chapter, Psi Gamma. We had an official chapter chartering on September 29, 2016, in the Gilbert Great Hall at SUU and welcomed Kenneth Dion, STTI Charting Officer and Patricia Ravert, Dean of BYU College of Nursing to speak at this wonderful event. SUU Department of Nursing has now become one of over 500 STTI chapters throughout 90 countries in the world. Our members are proud to be part of the over 135,000 members worldwide. We look forward to becoming involved in all the wonderful opportunities STTI has to offer SUU Nursing and will start by choosing two student delegates to attend the 44th Biennial Convention in Indianapolis, Indiana in October 2017 to represent our chapter.

Rebecca Rasmusson, MSN, APRN-BC

President, STTI, Psi Gamma Chapter, # 529

