

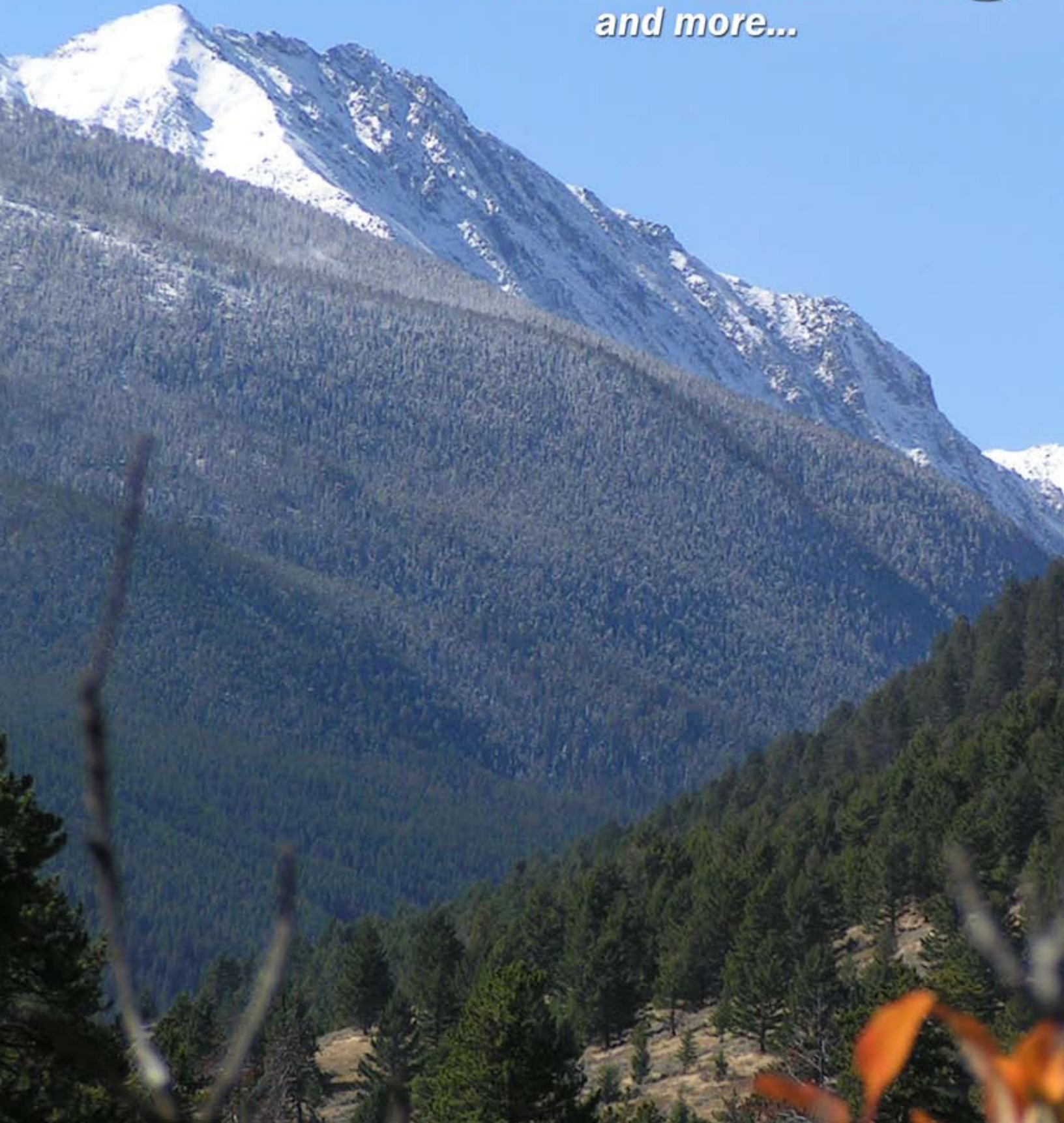


**MONTANA**  
STATE UNIVERSITY

College of  
**NURSING**

# Notes on Nursing

*and more...*



## EXPLORE spectacular educational setting

Each of our four campuses is equipped with adult and baby patient **simulation labs**. The environment provided by the simulation labs is proving to be truly invaluable for students and an incomparable and safe way for educators to evaluate whether students are able to apply theory to applied nursing care.

**Distance technologies** such as webinars, teleconference, internet, and interactive video are just some of the methods used to make educational opportunities accessible to our rural graduate students.

A **partnership between the College of Nursing and Montana hospitals** allows graduate students in the Clinical Nurse Leader option the opportunity to work on professional projects within their communities.

The College of Nursing provides the educational preparation for many exciting opportunities for graduates **to practice in rural and frontier areas** of Montana.

A “Men in Nursing Road Show” was created by **nursing students (under the supervision of Jane Scharff)** who participated in the Men in Nursing seminar. The aim of the “Road Show” was to get young boys to think about nursing as a possible career – not just a career for girls only. A short article about the well received presentation was published in the Billings Gazette.



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# **Introducing Dr. Helen Melland**

## **New Dean of MSU's College of Nursing**

Helen Melland, an experienced nurse administrator from the University of North Dakota is the new dean of the College of Nursing at Montana State University.

"I look forward to leading this already impressive program as we continue to provide an excellent education for both undergraduate and graduate students, and also continue to strengthen the research mission of the college," said Melland, who most recently was serving as interim dean at the University of North Dakota's College of Nursing.

Melland worked at the University of North Dakota since 1989. She has extensive administrative experience, which included two appointments at that institution's College of Nursing as interim dean and another as associate dean of undergraduate studies. She also served for 12 years as a department chair in UND's College of Nursing. Prior to her association with the University of North Dakota, Melland was an assistant professor, associate professor, and department chair at Jamestown College, a liberal arts college.

Melland earned a doctorate in higher education administration from the University of Minnesota in 1992, and a master's in nursing, with specialties in primary care of adults and nursing education, from the University of Portland in 1980. Her bachelor's degree in nursing is from Pacific Lutheran University.



Melland said she is enthusiastic about getting to know a variety of people associated with the college.

“Initially, I’m probably most excited about getting to know the faculty, staff, administrators, and students of the college,” Melland said. “I want to hear from them, what their visions and plans are for the College of Nursing, and then also share some of my thoughts.”

Melland also plans to seek input from other stakeholders.

“I am looking forward to meeting with leaders in the community and state who already support the mission of the college to discuss ways we can partner to enhance the education of students,” she said. “This partnering with others in the health care arena is essential, I believe, as we all face a challenging economy and work force issues so prevalent in a rural state like Montana.”



In the longer term, Melland’s goals include increasing enrollment and resources.

“I would like to explore ways that we can increase enrollment through perhaps offering a second degree entry program as well as to continue to increase the resources of the college to support faculty research and teaching and also student scholarships,” Melland said.

She’s also personally excited to move to the Bozeman area.

“I’ve spent a fair amount of time in the Gallatin Valley and enjoy the beauty and opportunities for outdoor activities the area has to offer,” she said.

An added attraction is that Melland’s two married daughters, two grandsons, and sister live in Bozeman. Her older daughter, Betsy Asserson, is a psychologist at MSU’s Counseling and Psychological Services and also has a private practice. Melland’s younger daughter, Katie Lowe, is a pediatrician in Bozeman. Her husband, Jim, is the general manager for Sure Foot Corporation, a small private business.

Melland’s background, experience, and leadership ability make her extremely qualified to lead the College of Nursing and we are excited she has joined MSU.

Melland replaces Dr. Elizabeth Nichols, who retired in July of 2009.

Article (with minor modifications) from MSU News Services <http://www.montana.edu/cpa/news/nwview.php?article=7217>

## **EXCEL** **nationally and internationally** **recognized scholars**

**Christina Sieloff** serves on the Nursing Practice Council Effectiveness Advisory Group for the Center for Nursing Research & Innovation in Orlando, Florida. This group focuses on the further refinement and implementation of the Nursing Practice Council Effectiveness Toolkit, designed to improve function of the nursing practice council within a shared governance structure. Dr. Sieloff provides consultation to the group in relation to her middle range theory of group outcome attainment within organizations as it applies to shared governance.

The American Dental Association invited **Elizabeth Kinion** to represent nursing at the 2009 American Dental Association National Meeting.

**Glenna Burg** is representing Montana State University on the WWAMI Internal Executive Committee. As one of the Co-Directors of the committee she is assisting with curricular issues, training, and the development of telehealth and distance-learning modules for the WWAMI Technology Toolkit. WWAMI is a cooperative program of the University of Washington School of Medicine and the states of Wyoming, Alaska, Montana and Idaho. The program allows access to medical education for students located in these states.

The Centers for Disease Control and Prevention and the Agency for Toxic Substances and Disease Registry invited **Wade Hill** to participate on their Scientific Advisory Council for the “National Conversation on Public Health and Chemical Exposures”. This project created an action agenda for the United States concerning chemical exposures. Hill also is involved with a scientific understanding working group which addresses the health effects from exposure to volatile organic compounds and heavy metals.



# Open Wide

## Addressing the Mouth-Body Connection

Have you looked inside your mouth lately? I mean have you really taken a close look?

“The condition of your mouth can lead health care providers to essential clues about your overall health and can influence other medical conditions that you might have,” said Elizabeth Kinion, Bozeman Campus Director and Professor. “Our mouths are a super highway into the body and can provide a roadmap to the presence or aggravation of a disease.”

Kinion’s research interests involve addressing chronic illness in vulnerable populations with a particular interest in oral health care.

“Currently my research is focused on two specific areas. I’m working on ways to decrease early childhood caries and to improve access to oral health care for prenatal women so their babies are born healthier,” said Kinion.

Early childhood caries, commonly known as tooth decay, is an infectious disease that is rampant resulting in children suffering needlessly. Tooth decay occurs when high levels of *Streptococcus Mutans* exist in the mouth. This is an acquired organism that causes most tooth decay between the ages of 2 and 5. *Streptococcus Mutans* is also a culprit in periodontal disease which is an infection of the gums.

“Tooth decay is costly for both parents and the children in terms of chewing problems, pain, poor weight gain, and needed dental treatments,” said Kinion. “A fairly easy and inexpensive way to reduce tooth decay in this age group is through the use of a fluoride varnish. The proper application of this varnish twice a year can dramatically reduce tooth decay. You can use it on toddlers and a child doesn’t need a professional cleaning before the application. Each application costs less than one dollar.”

“There are associations between oral diseases, particularly periodontal disease, and the risk for poor birth and pregnancy outcomes such as preterm birth, low birth weight, and gestational diabetes,” said Kinion. “Access to oral health care and oral health education during the prenatal period is essential for maintaining the health of women and their babies. Oral health services delivered during the prenatal period are safe. Delaying necessary dental treatment could result in harm to the mother or indirectly to the fetus.”

Currently Kinion has two research grants addressing oral health issues in vulnerable populations. Both of her grants use a research approach called community-based participatory research. This approach is a collaborative partnership that involves equal participation between all partners in the research process.

“We are using interdisciplinary teams of registered nurses, early childhood care givers, a dentist, and a dental hygienist to increase the number of health care workers who have special training in oral health assessment and screening. They will be able to apply tooth sealants to decrease the amount of tooth decay we see, and provide access to oral health screenings and education to help decrease the risk of infant mortality associated with poor oral health,” said Kinion.

Current research is showing the mouth-body connection to be very important. For example, gum disease might be a potential risk factor for heart disease, diabetes can be harder to control with an infection in your mouth, or your dentist might see something in your mouth that indicates an illness. So next time you visit your dentist open wide and relax. Having a clean bill of oral health is very important.

The two projects described are supported by 1) Grant Number P20 RR16455-09 from the National Center for Research Resources (NCRR), a component of the National Institutes of Health (NIH) and 2) Grant Number 5P20MD002317-03 from the National Center on Minority Health and Health Disparities (NCMHD). The contents are solely the responsibility of the authors and do not necessarily represent the official view of NCRR or NIH.

# DISCOVER

## leading research

**Sandra Kuntz** was chosen as a Robert Wood Johnson Foundation Nurse Faculty Scholar in 2009. The award is given to junior faculty who show outstanding promise as future leaders in academic nursing. As part of this award she received a three-year grant to pursue her research and intensive mentoring from senior faculty members.

**Elizabeth Kinion** and three colleagues received the Leah Harrison Excellence in Clinical Writing Award for 2009. The award is given by the Journal of Pediatric Health to authors publishing in their journal. Kinion will be acknowledged at the 2010 National Association of Pediatric Nurse Practitioners Conference Awards Banquet. The article citation is: Di Marco, M., Huff, M., Kinion, E., and Kendra, M.A. (2009, Mar/April). The pediatric nurse practitioner's role in redirecting oral health disparities in homeless children. *Journal of Pediatric Health Care* p. 109-116.

**Christina Sieloff's** research instrument, the Sieloff-King Assessment of Group Outcome Attainment Within Organizations, was translated into Finnish to be used by a Doctor of Nursing Science student in her research with nurses, 300 head nurses and assistant head nurses in nine public health hospitals. Sieloff assisted this student for more than a year as she developed her research.

*Rural Nursing: Concepts, Theory, and Practice (3rd ed.)* edited by **Charlene Winters** and Helen Lee has been published by Springer Publishing. In this edition are chapters by several current and former MSU CON faculty members and graduate students. Current and former faculty members contributing chapters are: Kathy Long (former Dean), Clarann Weinert (Prof.), Helen Lee (Prof. Emeritus), Charlene Winters (Assoc. Prof.), Chad O'Lynn (former faculty member), Ronda Bales (Adj. Asst. Prof.), Jan Buehler (former faculty member), Therese Sullivan (former campus director), Jean Shreffler-Grant (Missoula Campus Dir. & Assoc. Prof.), Elizabeth Nichols (former Dean), Jane Scharff (Billings Campus Dir. & Assoc. Clinical Prof.), Lori Hendricks (former faculty member), Sandra Kuntz (Asst. Prof.), Wade Hill (Assoc. Prof), Patrica Butterfield (former faculty member), Patrica Holkup (Assoc. Prof.), and Susan Raph (Great Falls Campus Dir. & Adj. Asst. Prof.). Former graduate students contributing to the book include Brenda Koessl, Linda Troyer, Janis Majerus-Wegerhoff, and Robin Boland.

# End-of-Life Decision Making

## What Would You Want?

Advances in modern medicine have dramatically improved the ability of health care providers to prolong the life of terminally ill patients. These advances have made dying a complex issue. How do these patients, their family members and their health care providers know when to stop providing treatment? Who can and should be the person making these decisions? What quality-of-life factors are considered in this decision making process? Yoshiko Colclough, Assistant Professor, has taken these already complex questions a bit further in her research. Not only is she researching the differences between mainstream and minority group thinking on this topic but she also is investigating how individuals are different within that minority population. Specifically she is focused on the generational and cultural differences in end-of-life decision making in minority populations.

“The long term goal of my research is to improve the quality of end-of-life for patients, their families, and health care providers. Both generational and cultural differences in end-of-life decision making are characterized by a certain set of values, attitudes, and beliefs,” said Colclough. “Understanding the between-group and with-in group differences are critical and will help guide health care providers to better assist patients and families with end-of-life decision making and support during the grieving process after the death of a loved one.”

Generally speaking, some cultural groups in the United States perceive the concepts of life and death quite differently from the mainstream population. For example, customs may dictate avoidance of speaking negatively about the future. This can make planning for a terminal illness difficult. Colclough’s research involves gathering information from patients, families, and health care providers to help develop recommendations for designing end-of-life decision-making tools and care services for culturally diverse populations and their health care providers.

“I’m interested in investigating the modifiable or changeable elements of a person. In addition to their values, attitudes, and beliefs I’m interested in a multitude of other changeable elements. These include things such as a person’s physical and psychological well-being and comfort, their spirituality, attitude on life, expectations, relationship with their family, and communications with their health care providers,” said Colclough. “End-of-life care decision making is grounded in all of these factors plus many more.”

“Often minority families do not adequately communicate to caregivers what their end-of-life wishes are and what those wishes mean culturally,” said Colclough. “This is due, in part, to the lack of culturally appropriate health care tools needed to provide end-of-life care and a lack of research providing a cultural or generational perspective on this issue.”

“Without a practical foundation on which to base changes or improvements, interventions at this point in time are based largely on assumptions,” said Colclough.

Making decisions in advance, especially ones of this magnitude, is difficult. But as competent adults we face life-threatening situations all too often. What would you want?

Colclough’s research is currently supported by a grant from The Lance Armstrong Foundation.

# SERVE

## service through education and outreach

The Montana Nurses Association 2009 **Excellence in Nursing Education Award** was awarded to the **College of Nursing** Program Development Faculty Committee, the Advanced Practice Faculty, and the Administration for their work in developing the Family Psychiatric Mental Health Nurse Practitioner (FPMHNP) graduate program option. Funded by a training grant from the Health Resources and Services Administration this Masters of Nursing degree option will: (1) make advanced psychiatric and mental health nursing education accessible to nurses throughout rural Montana; (2) contribute to improved healthcare outcomes for underserved populations through active recruitment of graduate students from minority and disadvantaged backgrounds; and, (3) help Montanans and others in sparsely populated areas of the region gain access to high-quality, psychiatric and mental health care.

**Susan Raph** received the 2009 Distinguished Nurse of the Year Award from the Montana Nurses Association. Raph was honored for her outstanding community and professional service as a tireless advocate for public health, safe nursing practice, and quality nursing education.

**Deanna Babb** was the recipient of the 2010 American Academy of Nurse Practitioners, Nurse Practitioner Advocate State Award for Excellence. This prestigious award is given annually to a dedicated nurse practitioner advocate in each state who has made a significant contribution to the status of health care delivery and to clinical practice.

US Montana Senator Max Baucus invited **Jane Scharff** to serve on the Montana Healthcare Advisory Council. This group was formed to bring residents from across the state to discuss health care reform.



# Military Families

## Transition to Parenthood

Serving in the military is full of positive experiences and opportunities. The pride of serving your country, job security, and excellent healthcare are just a few of these benefits. But every service member also faces uncertainty and challenges.

“Military members face lengthy and dangerous deployments, frequent moves, and long work hours,” said Kathleen Schachman, Associate Professor. “These challenges plus many others constantly test the strongest marriages and families.”

Schachman’s research focuses on military families, specifically, the stressors they encounter during the transition to parenthood.

“In one of my research projects I explored the lived experiences of first-time fatherhood from the perspective of military men who were deployed to combat regions during the birth of their child,” said Schachman. “During my interviews with these men I asked them what it was like to become a father while deployed overseas to a combat region.”

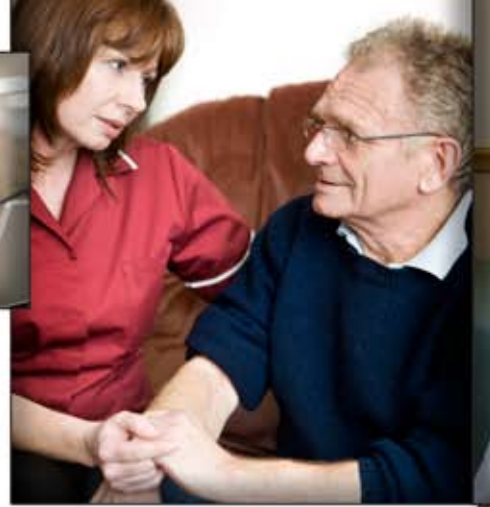
Two main themes emerged from her research.

“One theme was the disruption of the protector/provider role. Most new fathers expressed that they were not living up to their expectations as they defined their role of fatherhood. They felt an obligation to protect and provide for their wife and child, and their absence interfered with their ability to fulfill this role,” said Schachman. “The second theme was the restoration of the protector/provider role. Most men felt that good communications with their spouse was the key to binding the relationship and restoring their role as protector/provider during this stressful time. These families successfully used email, telephone, instant messaging, video (uTube, Skype), and social networking (MySpace, Facebook), to stay in touch.”

Schachman’s research also revealed very high incidence of postpartum depression among military wives.

“The prevalence of postpartum depression in women who are married to active duty military service members is close to sixty percent,” said Schachman. “This higher prevalence is due in part to the additive stressors of military life and an inability to access traditional support systems. A number of studies have demonstrated the efficacy of internet-based interventions for a variety of mental health issues; however, none have been developed for women suffering from postpartum depression. An internet-based intervention targeted specifically to military wives would address the unique strengths and needs of this vulnerable population.”

More than one-half of all service members are married so the unique hardships that military families face today will continue to be part of their everyday lives. These families have proven to be resilient and capable and when provided with resources tailored to their specific situation they will continue to thrive. Currently Schachman is developing and testing an internet-based intervention to reduce postpartum depression in military wives.



**“I am pursuing an advanced degree in nursing because I see a large need for clinical and administrative leadership in our tribal and IHS healthcare organizations. I feel it is important for us as Native American nurses to step forward and fill these leadership roles.”  
- MSU graduate nursing**



**“Yeah nursing school is hard, but I absolutely love it. My life is insane but we’re starting clinical rotations at the hospital next week and I can hardly wait!” -MSU undergraduate nursing student**



**“I needed to stay in my home town and keep working as a nurse while I pursued my Master’s degree. I also wanted to choose a program with a great academic reputation. MSU is a perfect fit for me. Even though I am able to take my courses on-line and complete my clinical experiences locally...I feel closer to my fellow students than I did in my traditional undergraduate program!” -MSU graduate nursing student**



## **CREATE** **opportunities for hands-on, active** **learning**

**Linda Henderson and students who participated in the “Population Based Nursing Care in the Community” course** assisted the local health department with the developmental stages of a community awareness program regarding healthy eating when dining out. A senior community health specialist at the Missoula City-County Health Department had this to say about the nursing students. “I look forward to working with the MSU nursing students. They accomplished an important body of work that could not be done without their talents, enthusiasm, and professionalism.”

**Ten senior nursing students** volunteered to assist the local Area Agency on Aging, Missoula Aging Services with a Kidney Early Evaluation Program screening. The agency praised the students for their hard work. “Thanks so much for agreeing to have MSU nursing students participate in the Kidney Early Evaluation Program. The National Kidney Evaluation Program Coordinators from Denver were very impressed with their aptitude and attitude! I hope they got as much out of it as the great value they provided for the participants.”

**Nursing students participate in faculty sponsored activities** in the College of Nursing. During a Bozeman simulation open house and a Leadership MSU event a group of volunteer nursing students did a terrific job assuming the role of “nursing students”, “nurses”, and “patients” during a simulation demonstration. Another group of senior student facilitated a hand washing lab.



# College of Nursing Block Grants

## **Nursing Group Outcome Attainment and Patient Outcomes**

**Christina Sieloff** received a College of Nursing Block Grant to study the role of nursing groups in attaining patient outcomes and patient safety. The quality of nursing care makes a difference as to whether positive patient outcomes are achieved; her theory is that increased levels of nursing group outcome attainment will correlate with quality patient outcomes and decreased adverse care events. Sieloff will be looking at outcomes related to surgery complications, falls, catheter and ventilator infections, and smoking cessation counseling for patients who are experiencing heart attacks, heart failure and pneumonia. Findings should result in changes in the work environment to improve levels of both nursing group outcome attainment and quality patient outcomes.

## **Postpartum depression in military wives: An internet-based intervention**

The birth of a baby is a life changing event and most women make the adjustment to motherhood with relative ease. For some the transition is a bit harder. Approximately 13% of new mothers experience postpartum depression. The prevalence of postpartum depression is closer to 60% in women who are married to active duty military service members, due in part to the additive stressors of military life and an inability to access traditional support systems. **Kathleen Schachman** received a College of Nursing Block grant and is using the funding to develop and test the feasibility and acceptability of an internet-based intervention to help reduce postpartum depression in military wives. The main goal of the project is to provide a foundation for future research to determine the efficacy of this type of intervention.

## **Measuring CAM Health Literacy**

**Jean Shreffler-Grant** received a College of Nursing block grant to help develop a psychometrically sound instrument to assess complimentary and alternative medicine (CAM) health literacy. The grant money was used to implement the first two steps of a larger research project. Shreffler-Grant's research team sought input from a panel of three to four CAM experts to refine a previously developed preliminary conceptual model of CAM health literacy. In addition, a pool of potential items for the instrument was developed and refined for each of the concept dimensions.

## **Elder Abuse: Evaluating an Intervention**

**Patricia Holkup** has received funding from the College of Nursing Block Grant program to help initiate work implementing the Family Care Conference. The Family Care Conference is an intervention aimed at increasing family unity and enhancing the well-being of elders when there are concerns about elder abuse. Her project will refine and clarify the constructs of a tool called the Family Distress and Unity Scale that will be used during the conference.

## **Gallatin County Radon Study**

Using funding from the College of Nursing Block Grant program **Laura Larsson** collected information from people who utilized a low-cost radon test-kit program available through a Montana county health department. Larsson found that there was a disconnection between the intention of a low-cost radon program and its actual participants. She found that the actual participants of the radon program do not necessarily satisfy the contemporary definition of a health-disparate group.

**Funding for these block grants was provided by the Vice President for Research at Montana State University.**

# Graduate Student Projects

## Connecting Research with Excellent Nursing Care

**Tina Barker**, a 2009 FNP graduate, worked on describing the sleep patterns and practices of adults diagnosed with coronary heart disease who also participated in a cardiac rehabilitation program. She found that this population suffered from poor sleep quality primarily due to poor sleep efficiency and sleep disturbances. \**"A description of sleep patterns and sleep hygiene practices for adults in cardiac rehabilitation programs in Southern Montana"*, Faculty Advisor: Rita Cheek

A 2008 FNP graduate, **Valerie Benzschawel**, explored patient perceptions of chronic pain treatment. These interviews revealed how the unique situation of each chronic pain sufferer influenced or affected treatment options and decisions. \**"Patient perceptions of treatment options for chronic pain"*, Faculty Advisor: Elizabeth Nichols

**Melanie Bickham**, a 2009 FNP graduate, was interested in determining if nurses in an acute care setting would report a need for debriefing following a patient death. A majority of her surveys revealed that nurses felt a debriefing session would be helpful in processing emotions after this type of an event. \**"Distress in nurses following patient death: a local response to the need for debriefing"*, Faculty Advisor: Carolyn Wenger

How do caregivers of rural-dwelling children perceive children's risks associated with environmental tobacco smoke? **Kelly Colloff**, a 2008 FNP graduate, discovered that caregivers sense that environmental tobacco smoke may be harmful, but they do not report a high level of concern regarding the detrimental effects of environmental tobacco smoke exposure for their own children. Kelly reports that interventions are needed to modify risk perceptions of environmental tobacco smoke exposure to promote behavior change. \**"Caregiver perceptions of children's risks associated with exposure to environmental tobacco smoke"*, Faculty Advisor: Wade Hill

**Ed Dea**, a 2008 FNP graduate, compared curriculum and learning objective for doctoral level nurse practitioner programs and master's level nurse practitioner programs. His results indicated higher numbers of clinical hours and additional credit hours resulted in higher pass rates in the board examinations. \**"Differences between doctoral level nurse practitioner programs and master level nurse practitioner programs as reflected in the terminal objectives and curricular patterns"*, Faculty Advisor: Elizabeth Nichols

Dementia is a chronic insidious disease that destroys the individual's cognitive, emotional and mental abilities, and is often treated with chemical restraints. **Jeannie Fahlquist**, 2008 FNP graduate, researched three alternative therapies (Music Therapy, Snoezelen Therapy and Validation Therapy) that have been found to provide optimal quality of care for individuals in long-term care facilities. \**"Alternative therapies for individuals with dementia"*, Faculty Advisor: Nadine Parker

Patient satisfaction scores are low in many emergency departments around the world, in part, due to a lack of communication between emergency staff and patients. **Melissa Fuller**, a 2009 FNP graduate, evaluated the use of scripting by nurses in the emergency department to increase patient satisfaction scores. \**"Does scripting by nurses in the emergency department increase patient satisfaction scores?"*, Faculty Advisor: Christina Sieloff

**Jessica Glover**, a 2009 FNP graduate, designed a teaching project to equip registered nurses, employed within a regional hospital, to recognize the signs, symptoms, and risk factors of coronary vasospasm as well as general medical and nursing management strategies. \**"Coronary Vasospasm: signs, symptoms, risk factors, and management"*, Faculty Advisor: Christina Sieloff

Native Americans in Montana have a higher prevalence of diabetes compared to the national average. **Margit Groessler**, a 2008 FNP graduate, evaluated and compared traditional American Indian diets with current US dietary recommendations and found that current recommendations have not been tested on American Indians. \**"Traditional diet of the Salish, Kootenai, and Pend D'Oreille Indians in North West Montana and contemporary diet recommendations, a comparison"*, Faculty Advisor: Karen Zulkowski

**Lori Hartford**, a 2008 FNP graduate, helped to determine what American Indian women of the Crow Tribe define as culturally important for the health care provider to know when teaching about pre-diabetes. She discovered four themes to be important: extended family and elders, spirituality and traditions, culturally specific foods and activities, and a feeling of inevitability of developing diabetes. \**"Cultural perceptions of American Indian women in South Central Montana regarding pre-diabetic education"*, Faculty Advisor: Christina Sieloff

Breast cancer is the most widely diagnosed cancer among women and the second leading cause of death after lung cancer. **Kimberly Heck**, a 2008 FNP graduate, developed a questionnaire to find out how women with breast cancer perceive the educational materials they received after their diagnosis. Heck discovered that most women were ready to learn more about their diagnosis and felt that their educational materials were helpful. \**"Patient's perception of the helpfulness of education materials for breast cancer"*, Faculty Advisor: Clementine Rice

\* Electronic Theses and Dissertations can be found on MSU Libraries web-page: <http://etd.lib.montana.edu/etd/view/>

People are usually exposed to methyl mercury (MeHg) from eating contaminated fish. **Sara Heineman**, a 2009 FNP graduate, examined the relationship between stages of behavioral change in fish eating behavior and self-reported consumption of fish among rural low-income women of childbearing age. She examined this population because MeHg exposure can cause developmental issues in children. \**"Fish eating behavior and stages of change in rural, low income women of childbearing age"*, Faculty Advisor: Wade Hill

Nurses who work at night often cope with less sleep, increased fatigue, and the disruption of multiple physiological circadian rhythms. In order to understand this issue **Anita Kellam**, a 2008 FNP graduate, described the environmental services and policies regarding rest breaks and naps in acute care and critical access hospitals. She found that there was a need for various improvements in the policies related to naps and environmental services; particularly break areas, food services and exercise areas. \**"Environmental Services and Policies Related to Rest Breaks for Night Nurses in Montana Hospitals"*, Faculty Advisor: Rita Cheek

**Anna Knopp**, a 2009 FNP graduate, described some of the gaps in Montana nurses' knowledge of heart failure education guidelines. To close these gaps there is a need for increased education for nurses that may better prepare them to educate patients regarding the heart failure education guidelines. \**"Nurses' knowledge of heart failure education guidelines in a Western Montana hospital"*, Faculty Advisor: Susan Luparell

The purpose of **Brenda Koessl's** (a 2009 FNP graduate) study was to explore factors that influence rural nurses' attitudes and beliefs towards evidence-based practice. She found that regardless of experience or role, most nurses indicated they were proficient in evaluating research, but over half were unsure if they believed the results of the research that they read. \**"Factors influencing rural nurses' attitudes and beliefs towards evidenced based practice"*, Faculty Advisor: Charlene Winters

Neonates born to mothers addicted to opiates may develop neonatal abstinence syndrome (NAS). **Kimberly Kusak**, a 2008 CNL graduate, proposed an evidence-based practice recommendation for the treatment of neonates with NAS. The intent of the project was to provide consistency in care. Overall, the practice recommendations raised multidisciplinary team awareness, increased care consistency, and provided a method for early intervention. \**"An evidence-based approach to managing neonatal abstinence syndrome"*, Faculty Advisor: Elizabeth Kinion

The purpose of **Lisa Marcille's** (a 2009 FNP graduate) study was to contribute to the existing body of knowledge related to loneliness as experienced by women living with chronic illnesses in rural areas. Marcille found no significant relationship between loneliness and degree of rurality. \**"Loneliness as experienced by women living with chronic illness in rural areas"*, Faculty Advisor: Clarann Weinert

Limited research has shown that earplugs are a cost-effective, non-pharmacologic intervention with clinical usefulness to improve sleep quality. **Kristy Martin**, a 2008 FNP graduate, evaluated the use of earplugs to improve perceived sleep quality in hospitalized patients. This study showed improvement in sleep that was clinically significant for these participants. \**"The effect of earplugs on perceived sleep quality of acute care patients"*, Faculty Advisor: Susan Luparell

**Rebecca Murphy**, a 2009 FNP graduate, developed a project in support of a local community hospital's commitment to promote the creation and use of advance directives. Part one of the project involved working with the hospital's Advance Directive Committee to update and revise their policies and procedures. Part two of the project created an Advance Directive Education Module. \**"Advocating for advance directives: guidelines for health care professionals"*, Faculty Advisor: Elizabeth Kinion

The purpose of **Daniel Nagoda's** (a 2008 FNP graduate) project was to provide a list of potential contaminants and their health effects that have commonly been identified in water samples in Gallatin County, Montana. He also developed a comprehensive resource for consumers and health care providers to help them make decisions about well-water treatment. \**"Well water contaminants and consumer-based treatment systems: a resource for primary care providers"*, Faculty Advisor: Wade Hill

**Bridget Steiner**, a 2009 FNP graduate, conducted a review of the current literature to discern what factors need to be present in an electronic medical record (EMR) implementation in order for it to be successful for nurses. She found that fit of the EMR with nurse functions, education, and positive nurse attitude were the three most common factors associated with successful EMR implementation for nurses. \**"Electronic medical record implementation in nursing practice: a literature review of the factors of success"*, Faculty Advisor: Christina Sieloff

**Nicolett Weston**, a 2008 FNP graduate, examined the perceived barriers and benefits to coronary heart disease risk modification in men and women living in a rural western state. Results from this study imply that in order to develop effective interventions, it is important to understand the individual and his or her unique characteristics including gender, socioeconomic status, and education level in relation to his or her perceived barriers and benefits to health promotion. \**"Identifying perceptions of health promotion barriers and benefits in individuals at risk for coronary heart disease"*, Faculty Advisor: Charlene Winters

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## Faculty Publications

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# CONNECT

## student-centered campus

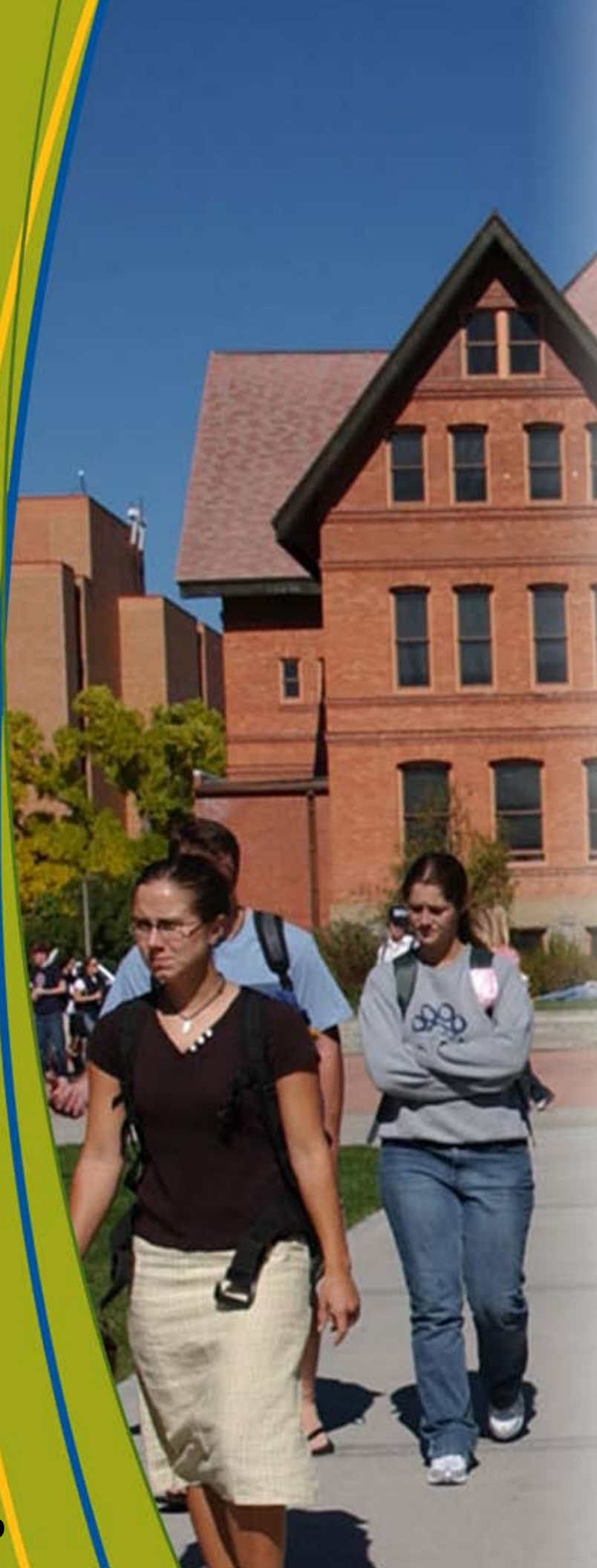
**Gretchen McNeely** and Elizabeth Nichols submitted a Helene Fuld Foundation grant for undergraduate student scholarships. The grant was awarded \$600,000, half of which will be invested in an endowment to support nursing student scholarships into perpetuity.

Each fall **upper division nursing students** are involved in delivering over one thousand flu vaccinations as part of the Montana State University employee wellness fair. This experience connects faculty and staff with students and provides the students invaluable hands-on clinical experience.

**Shawna Dorwart, a 2009 graduate of the Clinical Nurse Leader graduate option** received a request by an international expert on body art, to develop her professional project into a manuscript for the Journal of Continuing Education in Nursing. Shawna's professional project is titled "An Evidence-based Policy Recommendation Addressing Body Art among Nursing Personnel" and is posted on the Division of Graduate Education website <http://etd.lib.montana.edu/etd/view/>.

Each year in cooperation with HealthCare for the Homeless **Billings nursing students (led by Carolyn Wenger)** help provide health services and screenings at the Montana Rescue Mission in Billings. During a recent Project Homeless Connect health outreach program nursing students completed close to 500 different screenings for this population.

The **Caring for Our Own Program** is helping American Indian nursing students provide quality health care in their communities. The college received a five year grant from the Indian Health Service to provide scholarships to American Indian students who enroll in nursing graduate studies full-time. Students who receive this scholarship agree to provide service for a minimum of two years in an Indian Health Service facility.



# News From the College

## **Our Newest Option in the Master of Nursing Graduate Degree Program: The Family Psychiatric Mental Health Nurse Practitioner**

Nurses contemplating advanced practice education now have another graduate option to choose from. The College of Nursing is excited to offer the Family Psychiatric Mental Health Nurse Practitioner (FPMHNP) option within the Master of Nursing graduate degree program. This new option was initiated in fall semester of 2009. Students can choose to complete the program in 2 or 3 years.

The FPMHNP option prepares advanced practice nurses to provide primary mental health care, including diagnosis and treatment of mental illness as well as mental health promotion. These nurses will also be able to provide comprehensive physical assessments and medication management, in addition to psychotherapeutic interventions. These approaches will help Montanans and others in sparsely populated areas of the region gain access to high-quality, psychiatric and mental health care. After completing the specialty, students will be prepared for the national certification exam administered by the American Nurses Credentialing Center.

This new graduate option will make advanced psychiatric and mental health nursing education accessible to nurses throughout rural Montana by expanding access to graduate education for place-bound nurses. The college offers courses through distance methods, specifically on-line, interactive video, and teleconferencing approaches. Clinical education sites are available in rural and underserved communities.

The project described is supported in part by a grant (number D09HP15006) for \$814,021 from the Department of Health and Human Services, Health Resources and Services Administration.

### **Donor Recognition**

**We would like to thank all those alumni, friends, faculty and staff who generously donated to the College of Nursing. Your support is vitally important to the college.**

### **Gifts at Work**

#### **The Jurkovich-Wilson Family Memorial Endowment:**

More scholarships and fellowships will be available to nursing students at Montana State University thanks to a \$500,000 gift honoring a Red Lodge native who graduated from MSU with a nursing degree in 1946. Robert A. Wilson gave the gift in memory of his wife of 46 years, Yvonne Jurkovich Wilson, who died in 2002. The gift establishes an endowment known as the Jurkovich-Wilson Family Memorial.

### **Ways to Give**

1. To contribute to the College of Nursing, please send your check (payable to the MSU Foundation, Inc.) and letter designating the gift to: MSU Foundation, PO Box 172750, Bozeman, MT 59717-2750.
2. Use MSU Foundation's easy online giving option at <http://www.montana.edu/foundation/giving.htm>.
3. Contact Stacy Stanislaw, Director of Development for the College of Nursing, phone: 406-994-2781, PO Box 173560, Bozeman, MT 59717-3562.

# Faculty Experts

**Rita Cheek, PhD, RN**  
**Associate Professor**

Dr. Cheek's research interests include sleep, sleep habits, sleeplessness, and behavioral interventions for sleeplessness. Her current focus is on use of strategic naps for night shift nurses.

rcheek@montana.edu 406-243-2610

**Yoshiko Colclough, PhD, RN**  
**Assistant Professor**

Dr. Colclough's research centers on generational and cultural differences in end-of-life decision making, especially minority population, in particular Japanese Americans and American Indians. More broadly, her interests include nursing ethics, qualitative method, a community-based participatory research approach, and gerontology.

yoshikoc@montana.edu 406-994-6048

**Wade Hill, PhD, APRN, BC**  
**Associate Professor**

Dr. Hill is a public health clinician and researcher who investigates ecological determinants of human environmental exposures.

whill@montana.edu 406-994-4011

**Patricia A. Holkup, PhD, RN**  
**Associate Professor**

Dr. Holkup's research interests relate to Native American elder abuse which, is both a hidden health disparity in tribal communities as well as a nexus for other better-known disparities. The Caring for Native American Elders project uses a community-based participatory research approach to study elder abuse and to offer a culturally anchored family conference intervention to address this complex and sensitive concern.

pholkup@montana.edu 406-243-2543

**Elizabeth Kinion, EdD, APN-BC, FAAN**  
**Professor**

Dr. Kinion's research area of interest is vulnerable populations (low income, uninsured, minority and rural) with a specific focus on chronic illness(s) and oral health care.

ekinion@montana.edu 406-994-2725

**Sandra W. Kuntz, PhD, APRN, CNS-BC**  
**Assistant Professor**

Dr. Kuntz is a community/public health clinical nurse specialist with a research focus in environmental health, disaster, health disparities and community-based participatory approaches in rural and Native American communities.

skuntz@montana.edu 406-243-2551

**Laura Larsson, PhD, MPH, RN**  
**Assistant Professor**

Dr. Larsson's research interests are in the field of environmental public health nursing. Her research focuses on improving the health of vulnerable families with children by reducing their exposures to harmful agents in the places where they live, work, and play.

llarsson@montana.edu 406-994-7504

**Susan Luparell, PhD, CNS-BC, CNE**  
**Associate Professor**

Dr. Luparell has a long standing interest in incivility in nursing and nursing education. More recently she has begun to explore the role of simulation in nursing education.

luparell@montana.edu 406-771-4459

**A. Gretchen McNeely, DNSc, RN**  
**Associate Professor**

Dr. McNeely's research interests are in professional nursing issues approached from a historical perspective. These include the study of professional organizations, nursing education, professional regulation, and legislation related to professional nursing education and practice.

gmcneely@montana.edu 406-994-3785



**Helen Melland, PhD, RN**  
**Dean and Professor**

Dr. Melland's research interests include complementary therapies, interdisciplinary education, faculty roles and responsibilities, plus teaching and learning issues and strategies.

[helen.melland@montana.edu](mailto:helen.melland@montana.edu) 406-994-3784

**Kathleen Schachman, PhD, RN**  
**Associate Professor**

Dr. Schachman's research interest focuses on military families, specifically, the stressors they encounter during the transition to parenthood. Recent research completed by Dr. Schachman includes a study of postpartum depression in military wives, and a qualitative study exploring adaptation to fatherhood in men returning from combat.

[kathleen.schachman@montana.edu](mailto:kathleen.schachman@montana.edu) 406-994-2705

**Jean Shreffler-Grant, PhD, RN**  
**Associate Professor**

Dr. Shreffler-Grant's program of research focuses on access to and quality of formal (allopathic) and informal (complementary) health care services for people living in sparsely populated rural areas. Her recent research activities concern health literacy about complementary care among rural residents.

[jeansh@montana.edu](mailto:jeansh@montana.edu) 406-243-2540

**Christina Sieloff, PhD, RN, CNA, BC**  
**Associate Professor**

Dr. Sieloff's program of research focuses on how the power, embedded naturally within groups of clinicians, can impact patient outcomes directly. As a theorist, Dr. Sieloff facilitates the work of nurse researchers, at any level, to further the development and testing of nursing knowledge, and its application to nursing situations.

[csieloff@montana.edu](mailto:csieloff@montana.edu) 406-657-2614

**Clarann Weinert, SC, PhD, RN, FAAN**  
**Professor**

Dr. Weinert studies various aspects of healthy management of long-term chronic health problems. As a nurse sociologist her program of research focuses on: individuals families, rural health, the role of social support in chronic illness, the research application of technology as an intervention modality, and instrument development.

[cweinert@montana.edu](mailto:cweinert@montana.edu) 406-994-6036

**Donna A. Williams, PhD**  
**Associate Professor**

Dr. Williams is a cardiovascular physiologist with a specific research focus on microcirculation and control of water permeability by intact, living capillaries. Clinical significance includes hydration, exercise, edema formation, and cardiovascular health and disease.

[dwilliams@montana.edu](mailto:dwilliams@montana.edu) 406-994-7131

**Charlene Winters, PhD, APRN, BC**  
**Associate Professor**

Dr. Winters is a clinical nurse specialist with research interests in two areas: chronic illness (individual responses, adaptation, illness self-management) and rural health issues (rural nursing practice, health disparities, rural nursing theory development). She has a particular interest in asbestos-related disease and heart failure.

[winters@montana.edu](mailto:winters@montana.edu) 406-243-4608

**Karen Zulkowski, DNS, RN, CWS**  
**Associate Professor**

Dr. Zulkowski's research centers on wounds and pressure ulcers. This includes risk and skin assessment, dressings, and nurse's knowledge. She has also conducted multiple evidence based projects related to wound care.

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