Happy Thanksgiving to all of you! I can’t believe another year has flown by so quickly. As some of you may know, the School of Nursing made a giant move across campus this summer. We are very excited to be in our new home in Trinity Hall, one of the most beautiful buildings on campus. Trinity Hall houses the bell tower and was once the original library when Chico State was still a teaching college. The faculty and staff are excited to be in their new offices. The main nursing offices have new furniture. We are located in the center of campus where we can now enjoy the daily campus activities. The skills and media labs are still in Holt Hall but they are just a short walk across campus. Trinity Hall also has a beautiful view of the rose garden and is more convenient for visitors. We welcome visitors at all times.

This semester we were happy to welcome several new part-time faculty. Natasha Adams and Chanin Hanson, both FNPs from Feather River Hospital; Bobbie Hudson, an RN also from Feather River Hospital, and Joseph Cawood, our expert in informatics, who also works at Feather River. Paul Herman, an RN from Redding, is a visiting faculty for this year and has been helping us begin our work for accreditation coming up in 2018. Tracy Nord is one of our BSN grads and now holds her MSN from UC Davis, and Ennies Musvosvi, one of our MSN grads, who also works at Rideout Regional Medical Center in Marysville have both come to work for the School of Nursing. These nurses are experts in medical-surgical nursing. Our new faculty bring a variety of skills and expertise to the nursing program and we are thrilled to have them.

We are also happy to report that we purchased new equipment for our skills lab in Holt. We were awarded student learning fee monies last year and were able to purchase five new basic mannequins and a newborn vital signs simulator this summer.
From the Director Continued...

We also purchased five new hospital beds with our Edward and Marion Floyd Endowment fund. Additionally, thanks to a generous donation from Janyce Silva, a CSUC School of Nursing alum, we were able to purchase a bilirubin meter. With donations we are able to keep our skills lab up-to-date. We are so grateful for our donors’ support!

We were very fortunate to have RCNP director, Kathleen Kirby, take an additional role in the School of Nursing as our Skills Lab Supervisor. Kathleen worked tirelessly this summer to re-organize and update our skills lab. It is now a beautiful and smooth running “machine.”

As some of you may know, I am planning to retire at the end of this academic year but we are working hard to find a strong replacement who would take over the reins next summer. I will probably stay on as a FERP faculty to help the new director get oriented but will provide more about this in our spring newsletter.

Thank you for being a part of one of the best nursing schools in the country! I wish you the Happiest of Holidays and a peaceful New Year!

Peggy Rowberg

Congrats! Spring 2016 Grads
On July 21-24, 2016, Fay Mitchell-Brown attended the Sigma Theta Tau International Research Congress in Cape Town, South Africa. The conference’s theme was “Leading Global Research: Advancing Practice, Advocacy, and Policy”. At the conference, Fay presented her research on diabetes in Hmong Americans in central California. The title of the research is “Facilitators and Barriers to Diabetes Education in Hmong Immigrants Living in the United States”.

Fay’s research identified 1) themes that emerged from explanations of the diabetes education experience of Hmong Americans using a hybrid method of inductive and deductive reasoning and, 2) culturally appropriate strategies that could improve the diabetes educational experience of Hmong Americans and thus, better health outcomes. More on this presentation can be accessed on the STTIs Virginia Henderson Global Health e-repository at: [http://www.nursinglibrary.org/vhl/handle/10755/616502](http://www.nursinglibrary.org/vhl/handle/10755/616502)

While at the conference, Fay was able to volunteer time in STTI Marketplace and moderated a session on Oral Health in Critically ill Adults.

Fay was excited to have the opportunity to attend this International Nursing Research Congress not only to present her research but also to learn from other evidence-based research presentations with over 700 nurse researchers, students, clinicians, and leaders.

Exploring beautiful South Africa was an additional bonus!
In Memory of Kristina Chesterman

Written by faculty Darcy Hostetter-Lewis

On Saturday, October 22, 2016, Kristina Chesterman’s memory was honored as a group of past and present Chico State nursing students took part in the 3rd annual Live, Love, Laugh and Ride fundraising event at the Meadowbrook Ranch in Magalia, California. The 25/50 mile endurance horseback ride has been run for the past three years by Chico State alumnus Jaya Gregory, RN, in order to raise funds for the construction of the Kristina Chesterman Memorial Clinic in Ozu Abam, Nigeria. The ride began in 2014 after Kristina’s love of horses touched Jaya and inspired her to partner with Darcy Hostetter-Lewis and Kristina’s parents and classmates in the fundraising for Kristina’s clinic. Each year volunteers from the School of Nursing have been involved in planning, set up and take down, maintenance of horse safety on the roads, and in the assistance of veterinarians as they assess the health of participating horses. Present this year to volunteer included current nursing students Nicole Melberg, Liza Sciallis, and Natalie Kessing along with Kristina’s classmates Kayla Kreich, RN, Rachel Mehr, RN and Kristina’s parents, Sandra and Dave Chesterman.

This year the Live, Love, Laugh and Ride event hosted 70 endurance horseback riders from as far away as Australia, and included an impressive and unusual number of equestrians under the age of 18. Many of the riders were drawn to the event as a way to support the clinic, and many of this year’s participants have taken part in the ride every year since it began.
Due to successful fundraising efforts such as this, The Kristina Chesterman Memorial Clinic is close to completion with only an estimated $20,000 remaining to be raised. For those interested in being part of this project, the next planned fundraiser for the clinic is the Live, Laugh, Love and Run 5K/10K fun run which is scheduled to be held in Bidwell Park on April 23, 2017. Run registration will open early next year and volunteers are needed in order to ensure a successful event. Please contact Amber Dayney or Darcy Hostetter-Lewis for more information or if you would like to help with the run.

Alumna Spotlight: Tamara Zupanc

Tamara completed her doctorate degree at Rush University in April of 2015. Her doctoral project’s topic came out of the ACEN changes that required providers of nursing continuing education (CE) to measure outcomes of education provided.

Tamara’s doctoral project worked to create a plan for her facilities CE provider unit to measure outcomes through various methods. Through use of the processes/methods in the plan, they have been able to document outcomes in their CE programs on several evaluation levels. The project also included methods for record keeping and reporting as well.

Tamara is very excited to share that her project has been published and will be in the February issue of the Journal of Continuing Education in Nursing!

We would like to congratulate Tamara in the outcome of her hard work and celebrate this amazing success.
A Message from Paul Herman

It’s an exciting time to be in Nursing! Let me congratulate you as you transition in your role as a professional nurse. This transition is a dynamic and complex journey providing you with some of the skills and knowledge needed to better prepare you to meet the challenges that face our profession globally. It is my humble honor to be a part of your journey.

Although new to Chico State’s Nursing faculty, I have been in nursing education for many years. This includes student preceptorships, mentoring new nurses, clinical instruction and classroom teaching. I have been a Professor of Nursing for the past 3 years at Simpson University where I was also the Assistant Director of the Nursing program and overseer of the RN to BSN program.

My nursing career has been mostly in Critical Care and Leadership Development. I am passionate about nursing and the development of nursing leaders as well as nursing educators. I am married and have three grown children who have professional careers, and two grandchildren. I am an avid cyclist and enjoy most outdoor activities including skiing and sailing. My wife and I also enjoy traveling and sightseeing. Again, welcome to Nursing and I look forward to working closely with all of you.

Respectfully,

Paul C. Herman, DNP, MSN, RNC
Meet Joseph Cawood!

The newest addition to the nursing department, Joseph Cawood, can be seen teaching N311 Nursing Informatics on Fridays in Holt 266 lecture hall. A Health Informaticist by profession, Joseph received his Master of Science in Health Informatics from Loma Linda University back in 2012.

He presently works for Adventist Health, Feather River Hospital in the Strategy and Performance department. With over five years of combined experience, he specializes in data analytics, workflow analysis, process improvement, project management, clinical system analysis and design, and a diverse amount of health policy initiatives. A family of three, Joseph enjoys spending time with his wife Lorissa, an emergency nurse at Feather River Hospital, and his 21-month old daughter Melany Mae. With a passion for nature, you can often find the family exploring the many trails, lakes, and mountainous terrain along the California coast. We are excited to have Joseph join the team, and look forward the many opportunities ahead utilizing him as a resource.

Karin Lightfoot as the Assistant Director

We are so pleased to have Karin Lightfoot as our new assistant director! Karin has a diverse nursing background including work as a school nurse, obstetrics, intensive care and public health nursing. Karin has worked for the School of Nursing for ten years. She received her BSN from CSU Bakersfield, and then returned to Chico State to complete her MSN in 2009. She recently finished her PhD from Walden University in Minnesota. Her study was titled Public Health Leaders’ Perceptions and Attitudes about Eating Disorders. Karin is also currently the president of the Sigma Theta Tau International, Kappa Omicron Chapter. We look forward to working with her in her new role.
A seven person nursing delegation, led by Professor Emerita Carol Huston and including Assistant Professor Carl Pittman, traveled to Peru in June 2016 as part of the newly established Nanda travel program (formerly the People to People Citizen Ambassador program). The delegates’ areas of specialization included nursing education; clinical practice; cardiac rehabilitation; advanced practice nursing with an emphasis in mental health; and healthcare business.

Professional site visits included:

- Meeting with Dr. Carlos Vidurriazaga, Medical Director at Global Med Farma for an overview of the Peruvian medical system and to better their understanding of the contemporary challenges Peru faces in attempting to provide health care to more than 30 million people despite health care worker shortages, inadequate referral between levels of care, geographic barriers to care; and significant poverty.

- A visit to the Hermilio Valdizan mental health hospital in Lima; one of only three mental health hospitals in Peru, and the only one that is government owned.

- A visit to the University of San Marcos, School of Nursing. This nursing program was established in 1907 and is considered the finest nursing program in the country (there are 72 nursing schools in Peru). All education has been at the baccalaureate level or higher since 1978.

- A visit to the Huama Community and a local school, which was located at 14,000 feet in altitude. The purpose of the visit was to learn about life in a rural village and spend time with the staff and approximately 30 students in their local school. We shared hot chocolate and bread with the children, and taught them how to brush their teeth. In turn, the children performed welcome songs for the delegation and provided unlimited hugs.
• A visit to the Ollantaytambo Medical Center to meet with their staff and tour their facility. The remote indigenous communities surrounding Ollantaytambo are medically underserved for a variety of reasons. Rural communities lack access to primary medical care as a result of geographic isolation, poor road conditions, and irregular transportation. Poor socioeconomic conditions, malnutrition, lack of basic services, and poor education further worsen health outcomes. Rates of preventable illnesses are high, screening for common diseases is rare, and many diseases present late to medical attention, resulting in unacceptable rates of morbidity and mortality in these communities.

Cultural activities included:
A curator-guided tour of the Larco Museum, which showcases 3,000 years of Peru’s cultural history with a vast array of artifacts that comprise the largest private collection of pre-Columbian art in the world.
A walking tour of the Cathedral of Cusco, considered one of the most beautiful Spanish colonial churches in the Americas and the Qorikancha (Coricancha), the Incan Temple of the Sun, and the main temple of the Incan empire.

Hiking Machu Picchu: In total, we walked more than 18,000 steps (> 6 miles) during this hike and climbed more than 180 flights of steps! It was exhausting and exhilarating at the same time.
Meeting with Peter Frost, a writer, expedition guide, and independent scholar who has been exploring the Andes since 1971 and now lives in Cusco. In 2001 and 2002, he led National Geographic Society-sponsored expeditions into the remote region of Vilcabamba, exploring the unknown Inca site of Qoriwayrachina.
What’s New in the Skills Lab?

Through a recent Celt grant, the SON lab acquired four new mannequins for CPR practice. One of the new changes from the American Heart Association is that feedback monitors should be in place when performing CPR. The Preston CPR torso mannequins have audio, visual and tactile feedback. When compressing the chest, a click will confirm correct depth of compressions. When the compressions are done correctly two green lights will appear. This type of feedback allows the first responder to develop confidence in their CPR skills. When compressing too fast or too slow, feedback is delivered in a pattern of lights to allow adjustment to the correct rate. The chest will rise only with the correct airway position.

Literature shows that competency is maintained when one practices six minutes a month. Though only being used in a grant project at this time, the mannequins provide possibilities to develop and maintain CPR skills and demonstrate competency for all students and faculty. For anyone wanting an orientation on the use, please contact Alice Knipe at aknipe@csuchico.edu.

Hospital Beds

This summer the School of Nursing purchased five new Hill-Rom Advanta-2 hospital beds. We are dedicated to providing up-to-date equipment for our students. This allows our students to gain knowledge, and practice their skills using equipment they would actually find in a clinical setting which will better prepare them to enter the job field following graduation.
Bilirubin...

Through a generous donation from Janyce Silva, the CSUC School of Nursing now owns a transcutaneous bilirubin meter that will be kept in our skills lab. This device is used to take a reading of a newborn’s level of bilirubin through their skin.

Every baby born in a California hospital will have this performed by an RN prior to discharge. Students will learn how to perform this reading at the beginning of their third semester during their maternal/child skills labs.

RN to BSN Program Updates

Curriculum revisions are underway to improve and streamline the RN to BSN Program. Twenty units of NCLEX test credit will be issued and counted in the 50-unit RN to BSN Academic Plan. The number of courses in the program has been reduced to eight nursing courses and two upper division GE courses (upper division GE courses are waived for those with a baccalaureate degree in another field). Course sequencing has been rearranged based on faculty and student input.

The revised admission criteria implemented in June, 2015 has resulted in every qualified candidate from our far Northern California counties (Butte, Colusa, Del Norte, Glenn, Humboldt, Lassen, Mendocino, Lake, Modoc, Nevada, Plumas, Shasta, Sierra, Siskiyou, Sutter, Tehama, Trinity, and Yuba) being offered a spot in the year they applied for each of the past two years. Wait lists have been eliminated. A low student to faculty ratio is being maintained in the nursing courses. Program costs for this mostly online program is approximately $15,000.

Those seeking more information should contact Jan Ellis, RN to BSN Advisor/Coordinator at: jlellis@csuchico.edu
Giving Back—We hope your learning experiences at Chico State helped you to pursue a rich and satisfying career in nursing. Are you willing to help current students in the School of Nursing do the same? Many learning experiences at Chico State are being threatened by the State of California budget crisis. As a result, the Chico State School of Nursing is working harder than ever to provide the best educational experience possible for nursing students while managing an ever-decreasing budget. Are you able to help us purchase needed equipment with a gift to the School of Nursing? Please consider making a donation through the California State University, Chico online giving website. To access the site, please paste this address into your web browser: [www.csuchico.edu/givetoNS](http://www.csuchico.edu/givetoNS) In the Online Giving form, under Gift Designation, type in donation amount and percentage next to “School of Nursing” Or, you can fill out the School of Nursing Gift Card below and mail it. Please indicate Nursing Skills Lab in the memo area of your check and mail the Gift Card and donation to: California State University Chico, College of Natural Sciences, Attn: Margaret Schmidt, Chico, CA 95929-0555. Thank you for your support.

Thank you for any support you can provide for the School of Nursing. Current and future students will be deeply grateful.

### School of Nursing Gift Card

Name ____________________________________________
Address ____________________________________________
City, State, zip ________________________________________
Phone_________________________ E-mail_________________________

Please make check payable to “University Foundation, #6562”

Credit Card (please specify): ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover
Card Number ____________________________
Name on Card ____________________________
Expiration Date ____________ Amount Charged ____________ Signature ____________________________

Thank you for your support of the CSU, Chico School of Nursing Programs

### The CSU Chico School of Nursing “Wish List” for Needed Supplies and Equipment

- Portable oxygen tank with valve, meter and portable stand
- Software that simulates electronic healthcare records training
- Training defibrillator
- New IV Arms
- Sequential compression device
- Traction equipment
- Endowed faculty positions

<table>
<thead>
<tr>
<th>Gift</th>
<th>Recognition Level</th>
<th>What your gift could support for the School of Nursing</th>
</tr>
</thead>
<tbody>
<tr>
<td>$50</td>
<td>Agnes Dix</td>
<td>A stethoscope or blood pressure cuff for student training</td>
</tr>
<tr>
<td>$100</td>
<td>Faye Glen Abdellah</td>
<td>A new educational video or software for students</td>
</tr>
<tr>
<td>$250</td>
<td>Loretta C. Ford</td>
<td>Demo dose packages for student medication training</td>
</tr>
<tr>
<td>$500</td>
<td>Margaret Sanger</td>
<td>New anatomical models for the Skills and Simulation Labs</td>
</tr>
<tr>
<td>$1,000</td>
<td>Clara Barton</td>
<td>A bi-directional Doppler for student training</td>
</tr>
<tr>
<td>$2,500</td>
<td>Virginia Henderson</td>
<td>A medication cart or AED trainer for the Skills and Simulation Labs</td>
</tr>
<tr>
<td>$5,000</td>
<td>Florence Nightingale</td>
<td>A new hospital bed or a cadre of learning resources for the Media Lab</td>
</tr>
<tr>
<td>Other</td>
<td>Friends of Nursing</td>
<td>Scholarships, loan funds for students, supplies, misc.</td>
</tr>
</tbody>
</table>
Staff Being RAD
This October two of School of Nursing staff took a Rape Aggression Defense (R.A.D.) class on campus. This is free from the university police to students, faculty and staff. R.A.D. is a system of self-defense, designed specifically for women. It combines an extensive program of risk reduction and awareness techniques, with basic physical defense techniques, making it one of the most comprehensive workshops of its kind. If you are interested in taking a class, go to http://www.csuchico.edu/up/safety_programs/rad.shtml

Welcome Catie!
Catie started in October of this year as our newest student assistant. She is a junior at Chico State and is an events management major. We are very happy to have her on our staff.

Blood in Our Veins and Urine in Our Bladders!
We now have artificial blood in the veins of our IV arms. This allows students to have a more realistic simulation where they can actually see “flashback”. We are working towards having artificial urine in our mannequins bladders for students practicing using catheters.