



Bears That Care

“If it doesn’t challenge you,
It doesn’t change you.”

SPRING 2021

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**Missouri
State**

**SCHOOL of
NURSING**



Greetings!



SON Director, Dr. Monika Feeney

Can you believe the Spring semester is over and we are diving into the summer! I know I am ready for some warmer weather, and maybe a little less rain (I'm starting to feel like a mushroom ☺).

This Spring was our first time having all 4 cohorts of BSN students at once!!! Now to fine tune everything and do it again in the Fall. We are excited to welcome 48 new students for the Fall, and plan our very first December graduation.

We would also like to welcome 2 new faculty members, Dr. Stephanie Nikbakht and Professor Alison Alaimo. They will be joining us this fall. We are in the process of adding a new admin, hope to introduce them in our next newsletter.

Wishing each of you a safe and happy summer! Be sure to get outside a little every day, stay healthy and keep up on your vitamin D.

Celebrate your art!

Dr. Feeney

“Never lose an opportunity of urging a practical beginning, however small, for it is wonderful how often in such matters the mustard-seek germinates and roots itself.” – Florence Nightingale



Graduate Programs Director,
Dr. Melissa Penkalski

Undergraduate Programs Director,
Dr. Kathryn Patterson



Take a deep breath. The 2020-2021 academic year is over and we made it through--together. If this year has taught us anything, it is that people need people. None of us would be here if not for the support, encouragement, skills, and love of those around us. Faculty and students, I thank you for the exceptional teamwork and your ability to hang in there when the going got tough.

Nurses, no matter where we work, are leaders. Many of you have heard me refer to Reality-Based Leadership (RBL) author, podcaster, and guru, Cy Wakeman. RBL is easy to implement because you can't argue with reality, right? So let's talk about a difficult subject.

Nurse colleagues (that includes you, students), as you enter the clinical setting and the nursing workforce-the hope is that you will THRIVE and stick around. Nursing NEEDS you. And while nurses are truly some of the best people, our hearts can become hardened in response to the things we see and do on the daily; oftentimes it spills into our work lives and the way we treat others. Are you tired of the phrase, "nurses eat their young" yet? I am. If we say it, we are giving credence to the concept. I'm going to be bossy here-STOP saying it. Nurses do NOT eat their young-we SUPPORT our young. Carry that with you into the clinical learning environment and into your practice environments. Words are important. Start changing the narrative and watch what happens. It is MAGIC.

I'll leave you with a few other workplace tips I've learned. The following acronym helps you remember the tools you need to enter nursing with a **CLEAR** perspective:

C is for change. It is your choice to love change or hate it. Does it cause you suffering? Change is happening faster than ever before and resisting it is an act of defiance. Instead of resisting, greet it with, "hello change, good to know you". Hello, MAGIC.

L is for leadership. Nurses are leaders--in the community, in the practice environment, and in social causes. Advocate for your profession because NO ONE ELSE WILL. Get involved in policy and advocacy. JOIN your professional organization and reach out to your legislators. They really do want to hear your opinion... so give it to them!

E is for expectancy. Just a few letters can change your experience from one of suffering to one of joy. Expectation is grounded in the ego and will always lead to disappointment. Expectancy on the other hand,

leads to surprises, JOY, and gratitude. It helps us think in terms of what we can GIVE instead of what we can get. Give it a whirl the next time you arrive to class or to your workplace-it is (you guessed it), MAGIC.

A is for accountability. Accountable people do not believe they are at the mercy of their circumstances. Instead, they co-create their circumstances. They live in the world with a WILLING spirit and ask, "how can I help?". Be committed to your organization's goals. Say yes. Avoid making excuses and decide how you CAN instead of how you CAN'T. Accountability is a mindset, not a skillset.

R is for resilience. Resilience is a skillset that must be practiced. Life is messy and sometimes it's ok to lay in bed and binge on Netflix, but only if you have that luxury. Our ego loves to tell us we can't, that it takes too much effort, it's not worth it, etc. Don't believe everything you think. If you have things to do and learn, people who are counting on you—put one foot in front of the other and show up. You can do hard things!

It is in your power to THRIVE in nursing and to LOVE the work, the people, and the profession. Change your mindset and you change your life and quite possibly, the lives of countless others. The choice is **CLEAR**.

Warmly,

Dr. A



**SON Assistant Director,
Dr. Cindi Aurentz**

SNO Corner

SNO provided 175 handmade cards to the local nursing home in Springfield for Valentine's Day. In March, SNO put together 150 hygiene kits for Convoy of Hope. Something noteworthy from the Spring 2021 semester is SNO had 41 active members graduate!

[Learn more about SNO here](#)

Grace Ferguson, President

Nkiru Chigbogu, VP

Morgane Ash, Secretary

Lauren Gregory, Treasurer

Mati Busker, Social Chair

Lydia Richter, Social Chair



Family Nurse Practitioner Student Association

The past academic year, students donated small gift items for residents and Panera food and coffee to the staff of Sun Terra Residential Care Facility residents and staff at Christmas.

FNPSA also collected toiletries for an IPE community engagement event which were donated to the O'Reilly Center for Hope. This facility provides a multitude of services for the homeless and underserved in our area.

FNPSA held two successful fundraisers:

T-shirts and jackets highlighting the

MSU FNP program were sold as well as Texas Roadhouse rolls and butter.

Monthly meetings were held for FNPSA members. A couple of noteworthy meeting opportunities included inviting a couple of last year's FNP graduates to speak to the students about their experiences as new NPs and we also had a local physician speak about common dermatological disorders.



#TeamCross



SNO Board



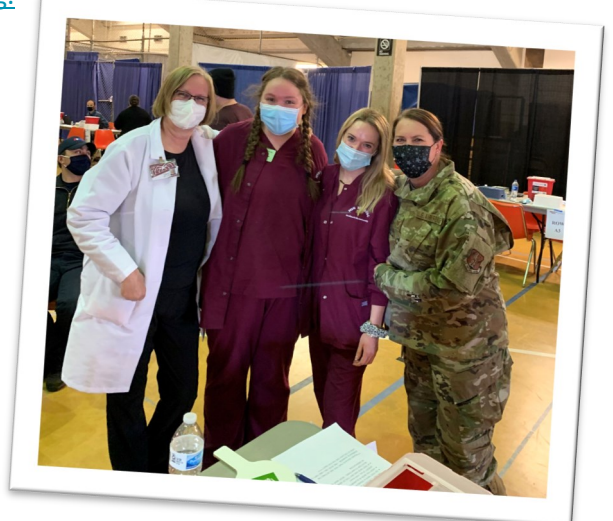
Bridge to Clinical Celebration

On April 16, The BSN Pre-Licensure Class of Fall 2022 had their Bridge to Clinical Celebration in OCHS 100. The celebration welcomes the nursing students to the nursing profession and recognizes their oath to the profession and compassionate patient care.



COVID Clinics

During the Spring semester, Missouri State nursing students and faculty have been helping at various vaccination clinics across the Ozarks. [Read more on the blog.](#)



“AS A BSN STUDENT, I FELT EMPOWERED TO BE PUTTING THE SKILLS I’VE LEARNED IN CLASS AND CLINICALS DIRECTLY TOWARD THE CAUSE OF ENDING THE PANDEMIC. PARTICIPATING IN THE VACCINE DRIVE WAS CONFIRMATION THAT I HAVE CHOSEN AN ACADEMIC MAJOR AND CAREER PATH THAT WILL DIRECTLY SERVE MY COMMUNITY AND HUMANITY IN REAL, MEASURABLE WAYS.”

- Breanna Forni



Student Spotlight: Rachel Fidino

DNP student, Rachel Fidino, works to improve women's health and maternal outcomes.

Rachel Fidino was 18 and a freshman at Washington State when she experienced a life altering moment. Her sister had been diagnosed with preeclampsia and ended up coding on the operating room table after an emergency c-section. It was after witnessing her sister's complications and how the hospital and health care team were able to care for her, that Fidino knew she wanted to go into nursing.

Fidino obtained her BSN from Washington State University in 2005 and worked as an OB nurse for 7.5 years while she attended graduate school. It was her passion to help women beyond delivery that led her to become a Women's Health Nurse Practitioner. Fidino is board

certified as a Women's Health Nurse Practitioner (2012) and in cancer genetics (2017).

Fidino joined the Nurse Practitioners in Women's Health Board of Directors in 2018 where she realized there was even more she could do as a Women's Health Advocate. Fidino felt that obtaining a terminal degree as a Doctor of Nursing Practice would bring her education and work experiences together and open more doors for her to make an impact on a larger scale. After researching many DNP programs throughout the country, Fidino felt that Missouri State University offered all the elements she was looking for including high standards, core competencies, and accreditation.

[READ MORE ON THE BLOG...](#)

"The future belongs to those who believe in the beauty of their dreams." – Eleanor Roosevelt

Student Spotlight: Madelyn Cooper

Madelyn Cooper is headed to the NICU after graduation.

Madelyn Cooper, a senior in the BSN program, spent the last year as president of Missouri State's Student Nursing Organization. This leadership role proved to be invaluable for Cooper as she got to see how the program runs behind the scenes. Things looked a little different during the COVID-19 pandemic, however, the SNO board and faculty advisors still managed to keep students engaged and involved.

Cooper participated in a variety of clinical experiences, from hospital, community, and covid vaccination clinics. The diverse clinical experiences helped Cooper explore specialties that interested her. She credits

a specific experience at Carol Jones Recovery Center, an inpatient drug and alcohol rehabilitation center for women, that helped prepare her for her role in the NICU.

"Working in the NICU after graduation, I recognize that I will see a lot of mothers and families who struggle with these addictions and spending 8 weeks at Carol Jones helped me to gain the empathy and understanding that addiction is truly an illness that needs to be treated as such. I let go of previous biases I did not even realize I had during this experience and was even able to do a short teaching project with the help of the nurses at the site on my last day for the patients over the effects of drugs and alcohol during pregnancy." [READ MORE ON THE BLOG..](#)

BSN Pinning Ceremony

"You Don't Have To Be Great To Start, But You Have To Start To Be Great." – Zig Ziglar



*64 BSN Graduates
17 BSN-C Graduates*

*View the album
on Facebook!*

Congrats Grads!

Bachelor of Science in Nursing (pre-licensure)

Margaret Ablan^{~+}
Madeline Altenhofen^{~+}
Grace Appel^{~+}
Alyssa Aubuchon[~]
Josie Ballard^{~+}
Jordyn Bartlett[~]
Brendan Beckley^{~+}
Kacey Blair[~]
Alexa Boatright⁺
Abby Brauer^{~+}
Lucy Brown[~]
Alexandra Browning^{~+}
Casey Carpenter^{~+#}
Anna Clark^{~+}
Kelli Clemens⁺
Hannah Collins[~]
Claire Conway^{~+}
Madelyn Cooper^{~+}
Ashlyn Darnell^{~+#}
Marisol Estrada[~]
Emily Fengel^{~+}

Michelle Ferkel^{~+}
Sarah Finch^{~+}
Claire Fisher^{~+}
Edye Fletcher^{~+#}
Victoria Gagnepain^{~#}
Charley Gregson^{~+#}
Courtney Gutche^{~+#}
Lydia Harms⁺
Emma Hegger^{~+}
Gracen Hoevet^{~+}
Kalee Jackson^{~+}
Skylar Kensinger[~]
Matthew Koltun[~]
Emma Kubart^{~+}
Teneka Langston^{~+}
Emily Layton[~]
Bailey Limestall^{~+}
Margaret McMurray^{~+}
Oluwatoyin Meghoma^{~+}
Abby Melosi^{~+}
McKenna Mitchell[~]

Ciera Moore^{~+}
Lily Murphy^{~+}
Taemin Park[~]
Emily Patterson⁺
Holly Reinagel^{~+}
Angelina Rizzo⁺
Dylan Rosemann^{~+#}
Hannah Schulz⁺
Grace Sherman^{~+}
Ahliyah Shumpert[~]
Lucinda Snow^{~+}
Alexis Sorrell^{~+}
Emma Thompson^{~+#}
Kyley Veinot^{~+}
Olivia Walker[~]
Jaidyn Watts[~]
Alayna Weber⁺
Jessica Whitmore[~]
Grace Wolfe^{~#}
Devon Wrenn^{~+}

Bachelor of Science in Nursing Completion (BSN-C)

Spring 2021

Krystal Borgschulte
Felicia Davis
Ashlye Davlin
Kassidy Frillman
Brandy Johnson
Patricia Lynch

Selene Mejia
Shelley Merrill
Holly Milam
Adam Oaks
Kimberly Oaks
Makayla Snider
Mi Venn

Summer 2021

Allie Barnes
Abigail Burris
Amanda Farris
Robyn Rhodes[~]

*Nursing Honors

~University Honors

#Honors College

+Active Member Student Nurse Organization



Spring 2021 Graduates

Post-Master's Doctor of Nursing Practice

Dr. Tyffany Bedford
Dr. Allison Chamberlin
Dr. Rachel Gorham-Fidino
Dr. Lorilea Johnson
Dr. Alison Kuhn

Dr. Carla Rae Kychik
Dr. LaBraile McCoy
Dr. Robert Medley
Dr. Esther Ndegwa-Wanje
Dr. Kellie Soles

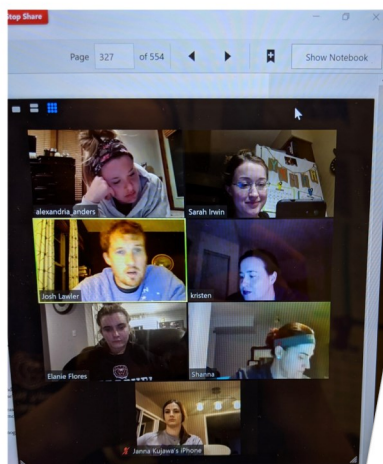
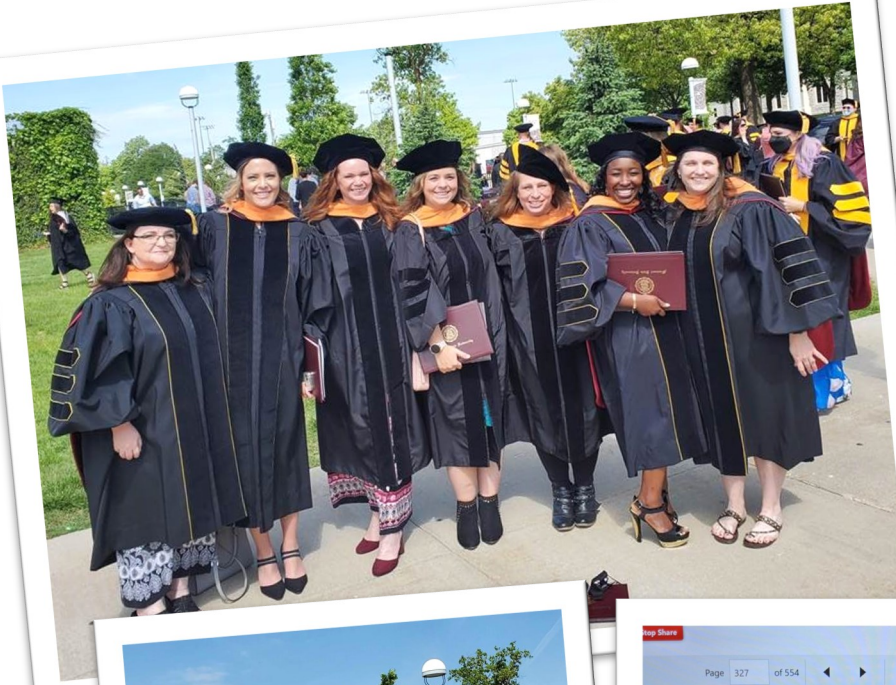
Dr. Kristin Stanley
Dr. Tami Tinkey
Dr. Gabriel Castillo

Family Nurse Practitioner, Doctor of Nursing Practice

Dr. Alexandria Anders
Dr. Celeste Andrews
Dr. Elaine Flores

Dr. Shanna Gilliland
Dr. Sarah Irwin
Dr. Joshua Lawler

Dr. Emily Long
Dr. Janna Murphy
Dr. Kristen Sullivan





Faculty Research

Dr. Diane Smith, MSU School of Nursing, presented a poster “Perception of Male Student Support” at the MCHHS Diversity Showcase in April 2021. This was a summary of the research done by her and colleagues Dana Rookstool, College of the Ozarks, Dr. Melissa Penkalski, MSU School of Nursing, and Jessica Bennett, R Stats. The Institute of Medicine’s (IOM) recommendation to the nursing profession in 2011 was to increase diversity to match the patient population. The American Association of Colleges of Nursing (AACN) reported in 2019 that men comprise 9.1% of the RN workforce; this is only a 1.1% increase since 2015. Clearly, there is much work needed to close this gap and increase the male nurse workforce to match the patient population as well as address the ongoing nursing shortage.

The purpose of the study was to explore perceptions of male student support among faculty, female, and male students/alumni in nursing. Survey categories included recruitment and retention. Retention was categorized into three sub-sections: faculty availability and relationships, classroom opportunities/education, and clinical opportunities/education. Similarities and differences in faculty, male, and female nursing students/alumni perceptions were explored to determine the level of support for male nursing students and identify changes to strengthen nursing education. Results showed a statistically significant difference exists between faculty and students/alumni in areas of recruitment and the retention sub-category of clinical opportunities/education. Lack of support to male nursing students may not be primarily overt actions, but rather uninformed omissions. Schools of nursing should include education for faculty on the importance of diversity, including gender, in the nursing workforce. Aligning perceptions of faculty and students can assist programs to implement changes that increase recruitment and retention of male nursing students.



[VIEW POSTER](#)

MCHHS Diversity Men in Nursing

Important Dates

Summer Classes Start—June 7
 Summer Visit Days — June 25 & July 23
 Fall Faculty Retreat— Aug. 16
 First Block Fall Classes— Aug. 23
 Second Block Classes—Oct. 18
 Fall Break—Nov. 24-28
 Last Day of Classes—Dec. 9
 Fall Commencement—Dec. 17
 Winter Break—Dec. 22- Jan. 4



Please send any stories, pictures, alumni updates, and special event information to [Gabby Lampe](#), Marketing Specialist.

Stay Social



NURSING