

SPRING 2022

Bears That Care



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State®

SCHOOL of
NURSING

Hello Summer!



Greetings!

Wow what a semester – it has flown by, and on top of it I missed our BSN pinning because I was ill! Congratulations to all of our graduates, and thank you for being flexible and taking all that life has thrown your way in stride!

Thank you to your families for all of their support. We are so proud of our graduates!

May you have enough happiness to make you sweet, enough trials

to make you strong, enough sorrow to keep you human and enough hope to make you happy!

The happiest of people don't necessarily have the best of everything; they make the most of everything that comes their way.

Wishing you a wonderful summer! Take time to appreciate each moment!

Look forward to seeing you next Fall!

SON Director, Dr. Monika Feeney

“Just one small positive thought in the morning can change your whole day.”

— Dalai Lama



**Graduate Programs Director,
Dr. Melissa Penkalski**

**Undergraduate Programs Director,
Dr. Kathryn Patterson**



SNO Corner

[Learn more about SNO here](#)

Alison Coleman, President

Caden Smith, Vice President

Kelsi Menzie, Secretary

Sara Broyles, Treasurer

Madeline Hiley, Social Chairs

Karli Kempf, Social Chairs

Trevor Whittington, Pre-SNO
Liaison

This semester, SNO made gratitude cards for the nurses at Mercy for their hard work and dedication to their patients during the pandemic. SNO also made Valentine's Day cards for residents of a LTC facility, picked up trash around campus, and organized a food drive for Ozark Food Harvest, where we collected and donated over 900 pounds of food for those in need.



Family Nurse Practitioner Student Association

FNPSA HIGHLIGHTS

November 2021, Dr. Amand Brodeur spoke to students on vaccine hesitancy

December 2021, Members participated in a giving tree for MSU care patients

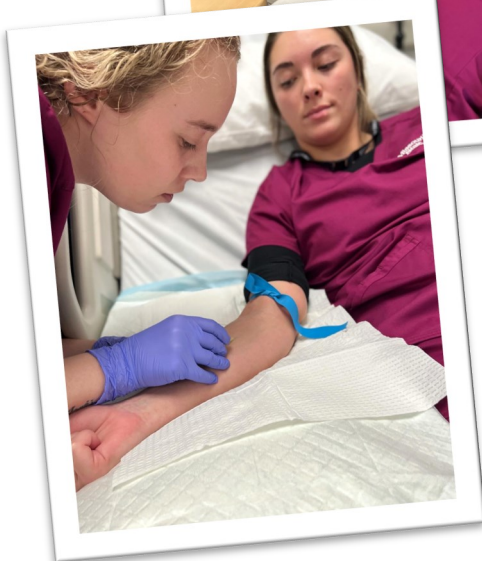
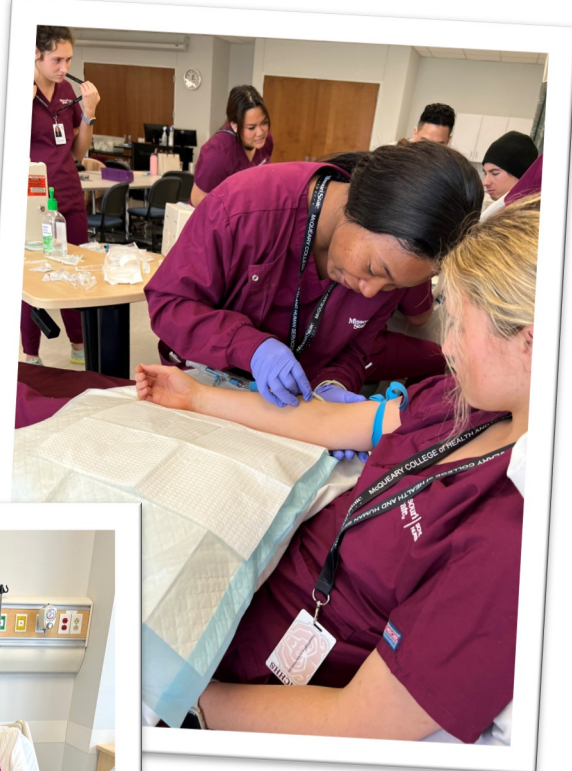
April 2022, Fundraising with Butter Braids, Brock Hughes & Brenda

Chapman provided an update on the services of MSU care

May 2022, Participated in the diaper drive event involving the undergraduate students. Provided encouragement notes for undergraduate students who were taking their final testing of the semester.



Skills Lab



Bridge to Clinical Celebration

On March 21, The BSN Pre-Licensure Class of Fall 2023 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.

Student Spot

Jessica Barton, Kristen Cotter, and Sheila Rather take on the Master of Science in Nursing-Nurse Educator, program together.

Jessica Barton, Kristen Cotter, and Sheila Rather are all three currently enrolled in [Missouri State's MSN – Nurse Educator program](#) and that's not all they have in common. They are all also current faculty in the nursing program at [Missouri State – West Plains](#).

Where it all began

Jessica, Sheila, and Kristen all had the passion for nursing in their early years.

Jessica always knew she wanted to be in healthcare. She believes the love for nursing is something you are born with – “a deep desire to help someone beyond ourselves”. She recalls spending time in the hospital as a child and having lasting memories of how the nursing staff made her feel better in difficult times. Jessica also spent time shadowing medical professionals in her community and found their impact inspiring.

Jessica has close ties to West Plains as she participated in a dual enrollment program while in high school and then continued to the nursing program. In 2007, she started working in the local ICU and went on to completing her Bachelor of Science in Nursing years later. In 2019, she welcomed the opportunity to give back to her community as a clinical instructor for MSU-West Plains. Jessica enjoys being a part of the growth of nursing students and currently teaches in the clinical and classroom setting.

Kristen's nursing path began when she found herself a parent at the age of 17. Always interested in medicine and realizing medical school wasn't feasible, she chose the path of nursing to independently support her family.

Kristen has never second guessed her career choice and is confident she is exactly where she is supposed to be. “At the start of my nursing career, I never thought beyond being just a nurse. In 2005, I found myself as a nurse educator. Now I get to educate and inspire others to love nursing as much as I do.”

Sheila's passion started when she was just 16 and started caring for her grandfather who was on hospice. Sheila recalls being scared at times and reaching out to her grandfather's hospice nurse, Kim. Kim was calm and showed compassion for Sheila and her grandfather. As her grandfather passed away, Kim stayed as a pillar of strength and comfort for Sheila's family. She showed encouragement, care, love, and grief.

Recently, Sheila had the opportunity to return that comfort to Kim as her nurse. Sheila did her best to be the same kind, compassionate nurse Kim was to her. Sheila holds on to that experience as one of her most memorable moments of her career.

[Continue reading this story on the nursing blog...](#)



Morgan Spoor overcomes adversities to complete nursing school

Morgan Spoor, a mother of four from West Plains, Missouri, wanted to be a nurse right after high school, but did not believe she had what it takes. She lacked confidence and did not think she was smart enough. She went on to get her degree in general studies and be a stay-at-home mother.

The opportunity to be a scribe in the ER presented itself and Spoor took it as her chance to see if she could handle the world of health care. It was just the validity she needed to solidify her dreams of becoming a nurse.

A few months down the road, her father was diagnosed with cancer and his prognosis was not good. He was given a few short months to live, and Spoor stepped in to care for him and get him to his treatments. The care the nurses provided for her father made her want to be a nurse even more and shortly after his passing, she applied to [nursing school at Missouri State-West Plains](#).

The first time Spoor applied, she did not get in. Devasted, she applied the following semester and was denied again. Confidence was dwindling quickly. That is when Spoor and her husband decided to join the army.

In 2016, Spoor went to basic training and became a military police officer in the Army National Guard. She came out a new person and was determined to get into nursing school. For the third time, she was denied, however, this letdown wasn't as disappointing when Spoor soon found out she was pregnant with their third child.

The excitement of a third child soon turned to devastation when they could not find a heartbeat at her 20-week ultrasound. Spoor was induced and their baby girl was delivered the next day.

Spoor recalls the nurses who took care of her and showed her compassion and love during a difficult time. She longed to be that shoulder to cry on.

Seven months passed and the Spoors were blessed with another pregnancy. Excited and nervous, they went to the ultrasound. They not only found one heartbeat, but two. Twins were on the way!

Once again, adversity stepped in and a month later, Spoor lost her husband in a tragic accident. She was 16 weeks pregnant with twins and left alone to care for their 5- and 10-year-old children. Her faith pulled her through, and Spoor carried on.

"You do not realize now what I am doing, but later you will understand – John 13:7. This is a daily reminder that God has a plan for you. You may not understand it or see the why, but he does. It brings hope and gives me a purpose," Spoor said.

[Continue reading this story on the nursing blog...](#)



Citizen Bear

FNP Celebration



Family Nurse Practitioner Graduates

Dr. Malayla Bradford
Dr. Brittany Lanham
Craig Eden
Kelly hook
Zachary Lovell



MSN, Nurse Educator Grad

Stephanie Brock



PM—DNP Graduates

Vincentia Adjei
Maria Bordeianu
Laura Burger
Pamela Clay
Carter Cramer
Dominic Etli
Sarah King
Anne Marie Kinsey
Prasija Manoj
Nnennaya Okoronkwo
Yesenia Olmedo
Ashlee Quick
Yasmin Rivera-Nunez
Siaka Sanneh
Julie Staley
Chi Vang-Moore
Jordan Vaughan
Frank Zbierajewski

#Beargrads

Bachelor of Science in Nursing (pre-licensure)

Brooklynn Anderson~+	Alyssa Grassi~+	Cassandra Nanninga~+
Morgane Ash~+	Lauren Gregory~+	Alexandra Palozola~+
Madison Beecher~+	Courtney Haislip~+	Sydney Payne~
Alexandra Biever~+	Kylee Heishman~+	Lydia Richter~+
Abby Bray~+	Delaney Hicks~+	Adele Rogge~+
Lauryn Brown~	Elijah Holt~	Samantha Shanley~
Matilyn Busker~#+	Kayla Jones~+	Megan Sullivan~+
Sae Choe~#+	Jodie Kampschroeder~+	Christina Tolliver~
Lydia Crader~#+	Kaitlyn Kuhnert~#+	Kayla Tow~
Paige Dispalatro~#+	Drue Lalumandier~+	Emily Webb~
Katherine Doty~+	Meredith Leigh~#	Lindsay Weekly~+
Madilyn Earnheart~+	Jori Lewitzke~#	Abbigail West~
Cassandra Esker~+	Victoria Marshall~+	Leslie Witherspoon~+
Grace Ferguson~+	Myranda McVay~+	Caitlin Woodman~
Kenna Flacke~+	Tacy Mitchell~+	
Anna Frankenhauser~	Tori Moore~+	

#Homors College— Nursing
~University Honors
+Active Member Student Nurse Organization

Bachelor of Science in Nursing—Completion

Alyson Bunch	Jennifer Kargel	Matthew Pohlmann
Melissa Crocker	Brandy Kesler	Brooke Powell
Kerri Davis	Nancy Leonard	Erica Reynolds
Harley Domby	Jaimi Lurten	Alice Si
Audrey Eldringhoff	Mary Marty	Letisha Spain
Allisha England	Joshua McClanahan	Morgan Spoor
Tyler Gamby	Lauren Nemes	Lacey Uphaus
Tiffany Goodin	Madison O'Connor	Lanessa Wheeler
Jeremy Huxol	Regina Pichoff	

Spring 2022 BSN Graduates





HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES



Christina Tolliver, GN



Brandon Rachal, MSN, RN

*Spring 2022
Honorees*

Since 1999, we at DAISY have been honoring nurses who provide above-and-beyond compassionate care to patients and families.

**DNP, FNP Graduates,
Dr. Malayla Bradford
And Dr. Brittany
Lanham, presented at
the McQueary College
Research Symposium.**

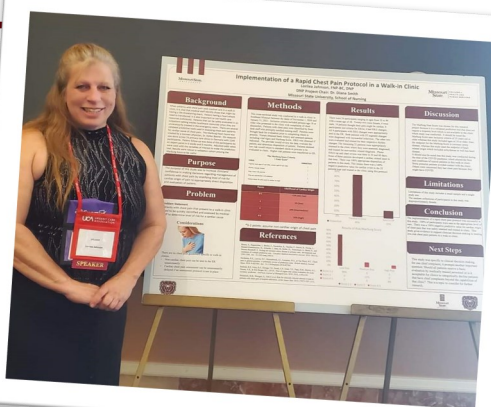
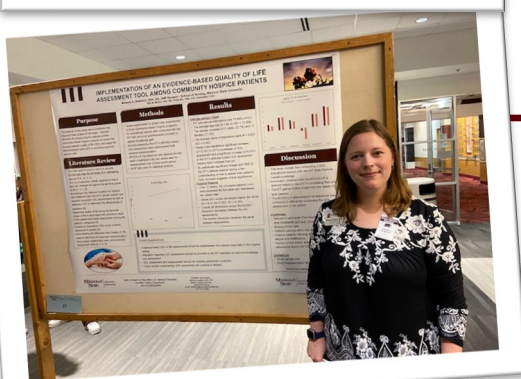
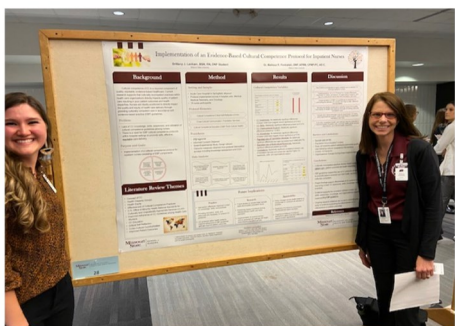
Faculty Research

TIC is the new CPR! McQueary College of Health and Human Services faculty have received a grant from the FCTL to obtain certification as Trauma-Informed Practitioners and integrate trauma-informed care principles throughout their curriculum. Trauma-informed care (TIC) provides a person-centered approach that is culturally sensitive. Implementing TIC foundational skillsets in the nursing curriculum will benefit not only nursing students but also faculty and patients.

Trauma-informed care has evolved based on the 1997 landmark study by the Centers for Disease Control and Prevention (CDC) with Kaiser Permanente with over 17,000 participants. This study looked at adverse childhood experiences (ACEs). These ACEs are categorized into three groups: abuse, neglect, and household challenges. It has been found that with higher ACE scores, persons experience worse health outcomes. To learn more about TIC and the initial ACEs study you can visit the CDC website.

Contributors

Dr. Melissa Penkalski, Dr. Stephanie Nikbakht, Dr. Diane Smith, Dr. Cindi Aurentz, Dr. Jeanie Skibiski, and Alisha Tuttle.



Published!

Dr. Lorilea Johnson (Class of 2021) and her project chair, Dr. Diane Smith, were recently published in the Journal of Urgent Care Medicine. The article focuses on Dr. Johnson's graduate project research of implementing a chest pain protocol at a walk-in clinic. In addition, Dr. Johnson was invited to present a poster at the Urgent Care Association's Annual Conference held this month in Las Vegas

Congratulations to them for their hard work!

You can link to the article here: <https://www.jucm.com/implementation-of-a-rapid-chest-pain-protocol-in-a-walk-in-clinic/>



Spread the word

Study Abroad Opportunity

If you ever wanted to know more about the history and origins of modern healthcare, then consider joining a study abroad opportunity to the United Kingdom that is scheduled from 5/27/2-23-6/3/2023.

This is a healthcare focused trip in which we will visit the Royal College of Nursing Library & Heritage Centre, the Florence Nightingale Museum, and the Making of Thoroughly Modern Medicine Tour. We will also participate in the Marylebone Medical Walk, explore the neighborhood of Dr. John Snow and the Cholera Outbreak and tour an old operating theater. A visit to the UK would not be complete without seeing the Tower of London, Westminster Abbey, and riding a double-decker bus. Additionally, there is time built in for your own exploring and of course, shopping. Please consider joining us! Contact Maria Shade at MariaShade@MissouriState.edu for more information.



Important Dates

BSN Application SP23—June 1—July 31
Juneteenth observed—June 20
Independence Day—July 4
First Block Classes begin—August 22
Labor Day—September 5
Fall break—October 13-14
BSN Application FA23—Dec. 1-Jan. 31
Finals week— December 10-15
Fall Commencement— December 16
Winter break—December 22-January 4



Please send any stories, pictures, alumni updates, and special event information to [Gabby Lampe](mailto:GabbyLampe@MissouriState.edu), Marketing Specialist.

Stay Social

