

Bears That Care



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Missouri State | SCHOOL of NURSING

“Never underestimate the difference YOU can make in the lives of others. Step forward, reach out and help. This week reach to someone that might need a lift”
-Pablo

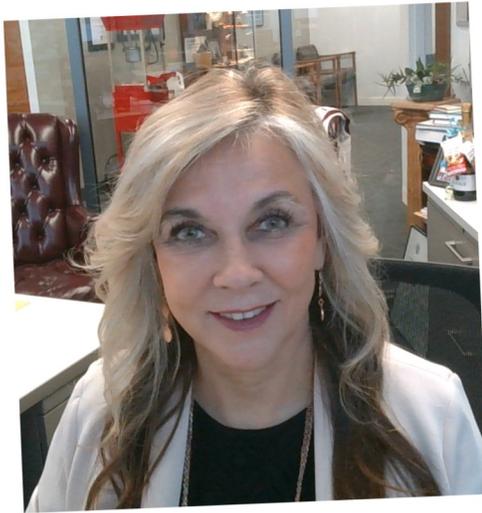
Happy Holidays!

As our fall semester is concluding we are looking forward to our spring semester beginning. We welcome 48 new BSN students, as we wave good bye to 37 graduate nurses and wish them all the best in their nursing careers. It has been an honor to be part of their nursing education for the past years. We have made memories that will never be forgotten – and you have

given us memories that we will cherish. Take time this Holiday season to say thank you, to be appreciative of opportunities that you have been given. Make a difference in the world, be kind and pay it forward!

Together we can make a difference. Together we are making a difference!

SON Director, Dr. Monika Feeney



*“When we give cheerfully and accept gratefully, everyone is blessed.”
– Maya Angelou*

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



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



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

Earn as you Learn



This semester the School of Nursing partnered with Mercy Hospital Springfield to start the *Earn as You Learn* program.

“The program allows students the opportunity to earn money while completing clinical time and evaluate if they would like to work at Mercy post-graduation. It also allows the hospital to evaluate if they are interested in hiring the student,” said Dr. Feeney, SON Director.

In the program, nursing students are compensated for clinical hours as Mercy co-workers. They can also work additional hours as an aide or a sitter.

“It is a wonderful collaboration that we are very excited about. It is beneficial for the students, the clinical site and the university,” said Dr. Feeney.

Going forward, Mercy plans to open the program to more students at various nursing schools.



In August, BSN seniors spent orientation at Mercy Springfield getting fitted for PPE and performing skills checks.

SNO Corner

In October, SNO painted pumpkins and made Halloween cards for local nursing homes in Springfield. In November, they made Christmas cards and ornaments for the same nursing facilities.

[Learn more about SNO here](#)

Grace Ferguson, President

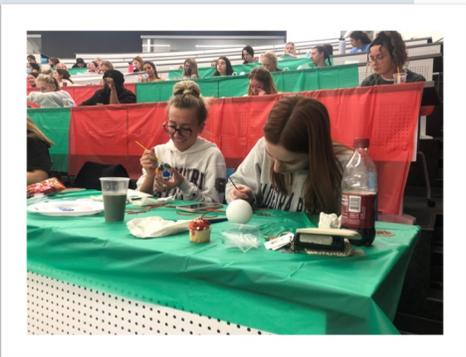
Morgane Ash, Secretary

Lauren Gregory, Treasurer

Mati Busker, Social Chair

Lydia Richter, Social Chair

Jackie Ly, Pre-SNO Liaison



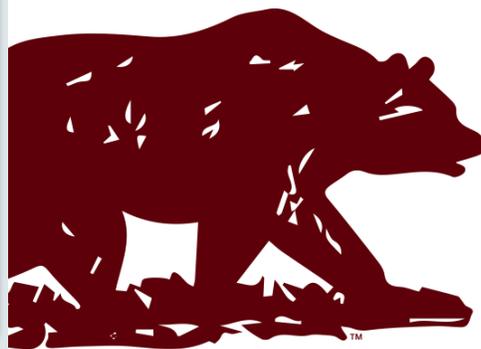
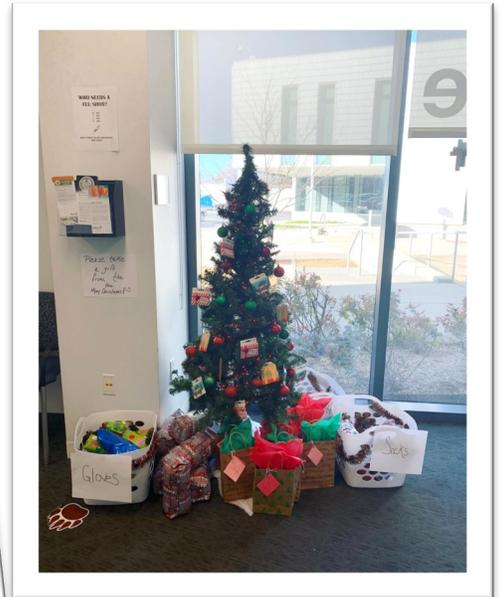
Family Nurse Practitioner Student Association

We have had a fun semester at FNPSA!

Dr. Amanda Brodeur spoke to members about vaccine hesitancy, especially in the pediatric population. She provided great tips and talking points for students.

FNPSA members participated in an IPE event with other MCHHS departments to bring Christmas to the patients of MSU Care through donations of needed winter items.

Students from different disciplines got together to wrap each present and spent time learning about each other and the various professional roles. The patients were so excited to receive wrapped gifts!



Class of Spring 2023 in Skills



Bridge to Clinical Celebration

On October 15, The BSN Pre-Licensure Class of Spring 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.

Christina, BSN student, shares on her experience working in the Medical ICU

My externship experience has continued to evolve and shape me in many ways. Being in the ICU, as I have said over and over again, is a life-changing experience for me nearly every single shift. I love every heart-wrenching moment on 6A, and despite the emotional toll I feel, I'd not trade one moment for anything else.

An experience that I have both honorably and sadly taken great part in is COVID-19. My unit, Medical ICU, has once again (after last year and the onset of COVID) become the dedicated ICU for COVID + patients in need of critical care.

In one vein, all COVID ICU patients are the same. They report to the ER with dyspnea after classic symptoms usually occurring for 7-10 days before breathing became difficult enough to cause alarm. They are then found to have low oxygen saturation, usually in the 80's at that point, and are put on a nasal cannula at 2-6 liters, pending their needs to reach at least 90%. They are typically placed on a floor, where their oxygen requirements increase, eventually reaching Airvo which is a high-flow humidified nasal cannula for patients that can breathe spontaneously. This is also the last stop of oxygen assistance that allows patients to eat and drink on their own safely. Once they reach 60 liters of oxygen, their requirements exceed what Airvo can provide, and they are placed on bi-pap. This is a high-flow, pressurized mask that forces air into the lungs of a patient, covering their entire mouth and nose. At first, patients are able to swap out for Airvo for meals and drinks. Eventually, even 1 minute on Airvo alone causes dangerous desaturation, causing them to be bi-pap dependent. At this time, they are usually either given an NG or OG tube to supplement nutrition and IV fluids become continuous. They continue to evolve, and as their bi-pap oxygen needs become maxed out, they are sent to us.

It is at this critical point where; you meet a patient. Whom, while exhausted and hungry for oxygen, are still awake. They are still able to talk to you, however taxed, grasp your hand. Smile at you. Tell you about their spouse, their kids, their grandkids, their dreams, their goals. Their individual, unique, beautiful lives as humans on this journey through space and time with

the rest of us. This is where all COVID ICU patients are dichotomously NOT the same. You see each of them as the brilliant unique flame in this universe that they are. Then, we intubate them.

They have one last phone call. We have to tell them their chances of coming off of the ventilator, ever, are small. We have to tell them this might be the last time they ever speak to their family members and loved ones. We have to tell them it is now or never, they make this decision, or they will not survive, even if their chances of survival after choosing mechanical ventilation are small. We have to tell them that it is greater than certain death without it. I have watched and listened to so many patients saying goodbye to their crying families, unable to say everything they wanted to or needed to, because of the huge force of air being blown into their lungs from the bi-pap machine. I've watched their noses turn blue and their fingers turn black as they wave goodbye in tears. As soon as this happens, things move forward quickly.

A sedative, Etomidate, is pushed. The patient becomes somnolent and unconscious, within a few seconds. Rocuronium (or Succinylcholine, pending their medical histories, as they have opposing neuromuscular blocking mechanisms) are then pushed, which paralyzes every muscle in their body. All respiratory drive is lost, and their breathing is 1000% the responsibility of the team intubating them. They are then intubated and in rapid succession I personally place a foley, NG, and 2-3 IVs because of the 8-12 drips they will need while intubated, with varying compatibilities. Eventually, over days, the ventilator becomes maxed out, and their saturations are still falling.

Nearly everyone develops an acute kidney injury (AKI) because of the clotting cascade influence of COVID-19, and we then set up CRRT (continuous renal replacement therapy) which is essentially bedside dialysis.

Story continued on pg. 7

I have become very adept at these machines, which is both fortunate and unfortunate. I have come to learn that once this occurs, or becomes necessary, survival is nearly impossible. I visit the morgue 2 or 3 times per shift. I hold the hands of patients while they take their last, horrible, exhausted breaths. I watch nurses and doctors exhaust themselves doing everything humanly possible knowing it is statistically fruitless, but fighting just as hard, just the same.

I have seen one successful extubation. A woman was on the vent for 31 days. She had a white-out CXR and eventually, over time, she was able to have her forced inspiratory oxygen (FiO2) reduced, her pressure to force her alveoli open (PEEP) reduced, to where we could wake her up and trial oxygen requirement reduction. She succeeded, with flying colors, despite several comorbidities (which I should add – this surge, our patients are nearly all between 20 and 50 years old, many with NO comorbidities at

all), and was extubated. When orienting her, all of us ready to celebrate, we told her she was in ICU from COVID-19 and had been on the vent x number of days, and was successful enough to have her tube removed, and would likely recover and go home, how rare and beautiful this was for us and most importantly for her. She kept shaking her head no, which perplexed us. Once she could finally say some words, she told us, “Covid isn’t real. You did this to me.”

I was a special sort of sad that day. I hope for more success stories, I hope for better education for the public, I hope for higher vaccination rates, I hope for misinformation to decline with numbers of active cases.

I hope for many things.

Story by Christina, BSN student, for privacy reasons no pictures are included.

*“No one is useless in this world who lightens the burdens of another.”
– Charles Dickens*

O’Reilly Center for Hope

A partnership between the MSU Care Clinic and The O’Reilly Center for Hope offered several nursing students an opportunity to host a senior event day at the O’Reilly Center of Hope.

Michelle Garand, Vice President of Affordable Housing and Homeless Prevention at the center, wanted to offer an event to lower-income seniors from the surrounding area. This was a perfect chance for the students to jump in and learn more about the community surrounding the old Pepperdine school and how they could make a positive impact on this vulnerable population.



“WORKING AT THE O’REILLY CENTER FOR HOPE HAS BEEN A UNIQUE CLINICAL EXPERIENCE. GETTING TO SERVE A DIFFERENT PATIENT POPULATION, FROM WHAT WE ARE USED TO IN THE HOSPITAL, AND CONNECTING THEM WITH VARIOUS RESOURCES WITHIN OUR COMMUNITY HAS BEEN EXTREMELY REWARDING.” - Andie Myers

Northview Senior Center

Seniors from the Northview Senior Center were treated November 10th to an event hosted by BSN seniors. The students are learning how nurses can have a positive impact on their community by developing relationships, lending a listening ear, and offering wellness advice to those in their community who may live alone. It is a well-known fact that socialization helps seniors stay emotionally, mentally, and physically fit and prevents social isolation.



BSN Senior, Claire Harter, said she really enjoyed talking with all the members and hearing their life stories.

“IT WAS NICE TO BE ABLE TO HELP THEM IN ALL DIFFERENT ASPECTS FROM TECHNOLOGY TO BLOOD PRESSURE TO NEW EXERCISES, THEY WERE ALWAYS APPRECIATIVE OF OUR HELP. I’M GOING TO MISS GOING THERE EVERY WEEK!” - Claire Harter

At both events, there was a raffle for participants to enter a chance to win prizes such as personal automatic blood pressure cuffs, pill organizers, and journals among other items. These items were purchased through a gift from one of the student’s churches that provides donations to organizations that improve communities.



Congrats Grads!

Bachelor of Science in Nursing (pre-licensure)

Anna Alons
Kelly Anderson~
Megan Bellanca~
Amanda Berry
Mary Brandon~
Brittney Carter~
Nkechukwuyem
Chigbogwu
Victoria Davis
Ramsey Divine~
Logan Fifer~
Jessica Flavin
Jacey Follis~
Breanna Forni~

Claire Harter
Justine Huellinghoff~+
Reagan Johnson
Kahlela Kearney~#+
Landen Kozlowski~+
Tyler Livingston
Jacquelyn Ly+
Maxwell Martinez
Taya McCuiston
Andie Myers~
Elsie Nelson+
Mercy Parker~
Alexis Patrick
Drew Pennington

Anna Pieper~
James Powell~
Jailene Rodriguez~
Cassidy Roper#
Madelyn Schroeder~+
Simone Simms~
Keili Tough~
Meg Voigt~#+
Alyssa Wisdom~+
Hanna Wubben

#Homors College– Nursing

~University Honors

+Active Member Student Nurse Organization

Master of Science in Nursing - Nurse Educator

Marcus Binns MSN, NE

Kristine Strong MSN, NE

Victoria Curtis MSN, NE

#Beargrads

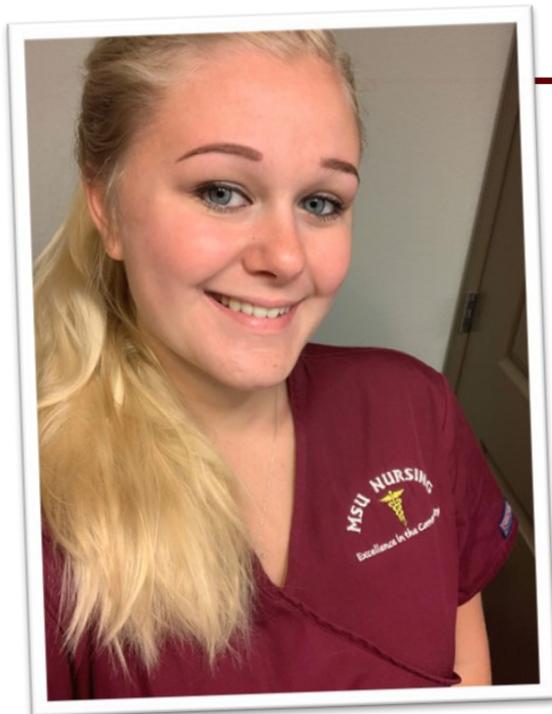
#Beargrads



Fall 2021 BSN Graduates



HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES



Kelly Anderson, GN



Alyssa Dieterich, MSN, RN

*Fall 2021
Honorees*

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

Dr. Cindi Aurentz presented the poster at the AACN Diversity Symposium Poster Showcase.



Contributors

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School of Nursing

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Carly Totsch

***MCHHS Student
Success and
Advisement Center***

Faculty Research



Putting the ‘Mission’ in Admission: Holistic Review for Baccalaureate

Nursing school admission is competitive, and the School of Nursing has traditionally relied on GPA as a primary measure of student fit. While students with high GPAs can usually be successful academically, this measure does not capture other skills necessary for success as a nurse, (i.e., communication, maturity, grit, resilience, perseverance, and professionalism). GPA as a primary measure may exclude certain populations who have the necessary skills needed to be successful.

We piloted a more holistic admission process to improve diversity and inclusion within the undergraduate student population. For the Spring 2021 admission cycle, we added the TEAS exam score and a carousel interview process that included a formal behavioral interview, a group problem-solving task, assessment of interpersonal communication skills, and a short essay on diversity and inclusion.

We analyzed student satisfaction surveys and scoring data to learn whether this holistic admission process resulted in a change in the number of diverse students admitted to the nursing program and what strategies we can implement in the future. Throughout this process, we learned more about holistic review, the importance of aligning admission goals with the Mission of the University, and we learned lessons that will guide future admission cycles.

[VIEW POSTER](#)

Putting the “Mission” in Admission: Holistic Review for Baccalaureate

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- Take classes online
- Expand your career options

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New Graduate Certificate Programs

Important Dates

- Winter Break—Dec. 22- Jan. 4
- First day of classes—Jan. 18
- Presidents Day, no class—Feb. 21
- Spring break—Mar. 14-20
- Second black classes begin—Mar. 21
- Spring holiday—Apr. 14-17
- Finals week—May 14-19
- Spring Commencement—May 20



Please send any stories, pictures, alumni updates, and special event information to Gabby Lampe, Marketing Specialist.

Stay Social

