

SIGMA THETA TAU INTERNATIONAL HONOR SOCIETY OF NURSING

ALPHA CHI NEWS

BOSTON COLLEGE | WILLIAM F. CONNELL
COLLEGE | SCHOOL OF NURSING

FALL 2011



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2011-2012 CALENDAR

WEDNESDAY SEPT 14	Executive Board Meeting	5:30-7:00pm	Cushing 411/412
	Committee orientation	7:00-8:00pm	Cushing 411/412
MONDAY OCT 3	<i>Founders Night</i>	7:00-8:00pm	Cushing 207
WEDNESDAY OCT 19	Executive Board Meeting	5:00-6:00pm	Heights Rm Corcoran
	Networking	6:00-6:30pm	Commons
	Gorman Humanitarian Night	6:30-8:00pm	
TUESDAY NOV 15	Pinnacle Lecture	5:00pm	Murray Room, Yawkey Center
WEDNESDAY JAN 18	Executive Board Meeting	5:00-6:00pm	Murray Room, Yawkey Center
	Winter Business meeting	6:00-6:30pm	
	Clinical Innovations Dinner & Program	6:30-8:00pm	
SNOW DATE JAN 25	Executive Board Meeting	5:00-6:00pm	Murray Room, Yawkey Center
	Winter Business meeting	6:00-6:30pm	
	Clinical Innovations Dinner & Program	6:30-8:00pm	
WEDNESDAY MAR. 14	<i>Executive Board Meeting</i>	5:30-7:00pm	Cushing 413
SUNDAY APRIL 29	Induction Brunch	11am-2:00pm	Murray Room, Yawkey Center
WEDNESDAY MAY 9	Executive Board Meeting	5:00-6:00pm	Murray Room, Yawkey Center
	Networking and Posters	6:00-6:30pm	
	Annual Business Meeting	6:30-7:00pm	
	Research Presentation Award	8:00-8:30pm	
WEDNESDAY JUNE 6	<i>Transition meeting – Officers and Chairs</i>	5:30-7:00pm	Cushing 411/412
DEADLINES			
WEDNESDAY DEC 14	Membership applications		
FRIDAY MAR 9	Research applications		
TUESDAY MAR 15	Abstracts for May research poster session		
WEDNESDAY MAY 9	Sigma's Spring Research Presentation Award		

CALL TO ALL MEMBERS!

We are looking for members to fill current vacancies on the Alpha Chi board. Please email us if you are interested or attend a meeting. All meetings are open to every member. Please see the calendar above for upcoming meetings.

PRESIDENT'S ANNUAL REPORT- 2010-2011
ALPHA CHI CHAPTER



Dear Alpha Chi member,

Thanks to all of the efforts of the board and committee members, Alpha Chi has had another productive year. At the beginning of this year we lost our elected secretary, Lynda Tyer-Viola as she and her family moved out of state. At this time, we were lucky enough

to have Amy Smith step up to the plate and agree to be our secretary for the year. We started our new STTI year off with two BC faculty who agreed to serve as Co-vice Presidents: Drs. Jane Flanagan and Kelly Stamp. In addition to these great members, we had the continuation of some of faithful elected members: Barbara Hedstrom, Sherri St. Pierre. As well our faithful committee volunteers like: Louisa Dichard, Joellen Hawkins, Heather Vallant, Angela Amar, Jean O'Neil and Amy Cebulski, to name a few. Thanks to all of these members for making the commitment to improve our chapter.

I began the year off by setting three goals for our chapter for this past year:

- 1) To reach out to all of our members and encourage their involvement.
- 2) To obtain CE credits for our programs and
- 3) To strive to bring our chapter into the 21st century by improving our communication with our constituents through multi-media sources.

I am happy to say that we have been successful in all three goals and will highlight the accomplishments of these goals. Our first goal of reaching out to all members was done in several ways. First, in the Fall of 2010, I sent out a letter to all active members via email updating them on the chapter's activities and encouraged them to submit their ideas and suggestions for ways to improve our chapter to best meet their needs. Responses from this communication resulted in a few suggestions which we have tried to implement. In addition, we were able to recruit a BC nursing student to coordinate the efforts of our Facebook page. This was successful achieved through the volunteer efforts of Diane Kach. Our Facebook page is alive and actively looking for

ways to include our members news and announcements. In addition to this, we were able to publish our newsletter for distribution. In this newsletter, I again reached out to all members requesting their input and suggestions for improvement. I also initiated a challenge to them requesting that they take our current newsletter with them when they traveled, have a picture taken of them holding the newsletter and let us know where they were. I developed this challenge along the lines of "where are our Alpha Chi members now"? We continue to solicit ideas and suggestions from all our constituents.

In the Fall of 2010, our Gorman Series humanitarian lectures series brought together approximately 40, of our members. The Gorman series lecture was focused on Traumatic Brain Injury among Veterans and I was the presenter. This topic stimulated some very engaging conversations with many of our colleagues and included members of the Gorman Family. Through this effort, we were also able to reach out and provide support to some of our members who are dealing with a family member with TBI. We achieved our second goal, through the efforts of many and are very grateful to the Continuing Education (CE) department directed by Dr. Jean Weyman and coordinated by Donna Hudson-Bryant. So, this effort now enables us to offer CE credits for all of our members attending our programs throughout the year. Our committed members of the program committee have worked to ensure that CE credits are now available for all of the educational events sponsored by Alpha Chi.

Our third goal for the year has been met in several ways. As discussed above, we have worked to update the information on the Facebook page and have looked to our members for their feedback regarding an electronic version of the newsletter. In this regard, we are grateful to have Dorean Hurley and Luanne Nugent join our chapter and offer their time and efforts to coordinate the newsletter. Dorean and Luanne developed and distributed a questionnaire, which you hope you received and responded to. It was distributed electronically to all members with email addresses. In this survey, several questions were posed including: members' current and past participation in our chapter, reasons as to why they may not still be an active member of our chapter, their educational and professional background, their expertise and participation in other professional organizations, their interest in an electronic version of the newsletter and a

section to offer suggestions. To date, approximately 180 of our members completed and returned the survey. A summary of the findings included: both the cost and lack of knowledge regarding chapter activities as reasons that most of our members are no longer actively involved in our organization. The survey results indicate that many of our members are actively involved in a wide variety of professional activities and the majority of members are interested in an electronic version of our newsletter. So, in response, this issue and all future issues will be sent to our members electronically. However, should you want a paper copy, you can either send us a request for a paper copy or go to the webpage and download a copy. A summary of this survey results are printed in this newsletter. Thanks for taking the time to complete. The survey results provides us with very useful information to help guide our future efforts with the Alpha Chi chapter.

In addition to these efforts, we have hired a graphic designer consultant, Peggy MacNeil to help us to improve both our newsletter and our web page. Peggy has been instrumental in offering suggestions and guidance in improving our modes of communication. We are also grateful to Zanifer Johns in her efforts to keep the webpage up to date.

In January of 2011, we were lucky enough to have approximately 60 members attend a very enlightening presentation on the role of the nurse scientist in the criminal justice system, given by Dr. Margaret Oot Hayes. Dr. Hayes presentation was well received and helped our members to more clearly understand the needs of vulnerable women who are currently incarcerated.

In March, our annual research day activities were held on campus and were kicked off by a very interesting presentation by Dr. Alexa Stuijbergin. Dr. Stuijbergin is a very engaging and dynamic speaker and helped to engage many of our members in focusing on evidence based practice with a view of health promotion for persons with disabilities. Our other research activities included poster presentations and Alpha Chi presented several of our researchers with awards for their excellent posters.

The Alpha Chi chapter continues to strive to support our members in several scholarly and service pursuits. We have supported several members in attending the STTI Research

congress where they presented on their program of research and to also have members attend the Biennium conference. We have also made contributions to support our members as they provide health care to underserved populations internationally.

At our induction ceremony this past spring, We inducted approximately 180 new members to our chapter. This is a 50% increase from our previous year. This is exciting and we are hoping that our newest members will become and stay involved with our organization. I believe that we also had a first at this induction as one of our newest inductees was away on a travel abroad program and could not attend the ceremony. So, his mother requested and was granted by our chapter to receive her son's pin and award. It was an exciting event. We also inducted three new community members who are an excellent addition to our chapter.

Our chapter strives to engage and support our members in the pursuits of research, scholarship and community service. As your elected representatives, we want to be support your efforts in these three areas. In this regard, our future newsletters will be devoting a section to each of these focus areas: research, scholarship and community service. We would like to highlight the activities of all of our members so please, consider writing an article or allow us to interview you about what you are doing to support our wonderful profession.

At the end of this month, two of us will be representing our chapter at the STTI Biennium conference in Grapevine, Texas. It should be an exciting event and we are thrilled that one of our newer members, Diana Kach has agreed to attend this dynamic event and serve as a delegate for Alpha Chi. We are here to serve you and make sure that this organization represents the needs of all of our constituents. So, please consider getting involved in any way that you can! All suggestions and ideas are welcome and we look forward to hearing from you! Don't forget to check out our new website and our Facebook page. Let us know how we are doing and how we can best serve your needs. Thanks in advance for your support!

Sincerely Yours,

CATHY M. ST. PIERRE, PHD, APRN, FNP-BC, FAANP
PRESIDENT OF ALPHA CHI CHAPTER.



Pinnacle Lecture Series

NOVEMBER 15, 2011

WITH KAREN H. MORIN, RN, DSN, ANEF

The Pinnacle Lecture Series is a William F. Connell School of Nursing Program that brings widely recognized leaders to our campus each semester to address the issues at the forefront of health care today.

This fall's lecture will take place on November 15, 2011 at 5pm in the Murray Function room at Yawkey Center. The Pinnacle Lecture will feature Karen H. Morin, RN, DSN, ANEF. She is the current president of the Sigma Theta Tau International Honor Society of Nursing.

Dr. Morin is a professor and the Director of the PhD program at the University of Wisconsin – Milwaukee.

In addition to being a Virginia Henderson, Sigma Theta Tau and Billye Brown Fellow, most recently (2003-2007), Dr. Morin has served as faculty in the STTI and Johnson & Johnson Maternal-Child Health Leadership Academy Planning Committee, as well as the Board Leadership and Mentored Leadership Programs. She co-chaired the STTI/WHO Global Nursing Education Standards Conference held in Bangkok, Thailand, in December, 2006. Dr. Morin has received national teaching awards and has authored more than 60 peer reviewed publications and has presented at numerous local, regional, and international conferences. Please join us to hear Dr. Morin's lecture titled, *Lessons Learned: Leadership In A Global World*.

If you are interested in Leadership information, this is a reminder that this is available at your fingertips on the Sigma Theta Tau website (link below). STTI Leadership Summits offer educational sessions to provide participants with opportunities to address and effectively meet current leadership challenges. Whether you are a nurse interested in leading and learning globally or an STTI chapter leader seeking chapter success, industry experts will present leadership sessions geared toward your specific professional development needs and the needs of the chapter or organization you represent.

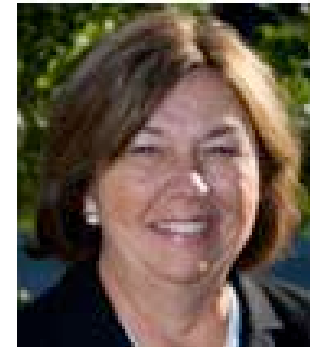
<http://www.nursingsociety.org/STTIEvents/LeadershipSummit/Pages/leadershipsummit.aspx>

LEADERSHIP SUMMIT Sigma Theta Tau International Leadership Summits

STTI Leadership Summits offer educational sessions to provide participants with opportunities to address and effectively meet current leadership challenges. Whether you are a nurse interested in leading and learning globally or an STTI chapter leader seeking chapter success, industry experts will present leadership sessions geared toward your specific professional development needs and the needs of the chapter or organization you represent.

View presentations and resources from Leadership Summits:

- Amsterdam, The Netherlands
"Leadership in Influencing Key Stakeholders Related to Healthcare"
- Arlington, Texas, USA
"Nursing Diversity, Collaboration and Leadership"
- Indianapolis, Ind., USA
"Leadership and Career Enhancement in Challenging Economic Times"
- Honolulu, Hawaii, USA
"Elevating the Nursing Profession through Global Collaboration"
- Atlanta, Ga., USA
"Effective Leadership in Times of Economic Challenge"



2011 Induction Speaker

Dottie Jones

The speaker for this year's SST induction was Dr. Dorothy A. Jones, Professor, Boston College William F. Connell School of Nursing and Director, Yvonne L. Munn Center for Nursing Research at Massachusetts General Hospital. Dr. Jones' s topic *Nursing Leadership: Impact on Global Health* began by revisiting the vision of Sigma Theta Tau International, an elected membership group of over 130,000 nurses from 86 countries, as one designed to create a global community of nurses who lead in using knowledge, scholarship, service and learning to improve the health of people worldwide. This vision, noted Jones, is carried out through an organizational mission that focuses on the creation of mechanisms to support knowledge acquisition and professional development of nurses, ready to improve health, globally.

In her presentation, Jones stressed the need to develop nurse leaders, grounded in nursing knowledge in order to effectively and innovatively guide the future of health care. She spoke to leadership development as an ever ending and unfolding process that embodied self-discovery, thinking out of the box, being authentic and having the ability to clearly articulate the breadth and depth of nursing's potential contribution to health care redesign. The path to leadership Jones noted was "a life journey" informed by knowledge and experience, a trust in personal values and beliefs, being true to a purpose, embracing nursing as a career and having a voice. The journey also requires a new awareness of the experiences around us, an ability to create new insights based on seeing what was before us "in its fullest sense" (*Celestine Prophecy*, James Redfield, 1993). "As we learn and discover, Jones shared, "we find new meaning and evolve as professionals and as humans. To be effective leaders nursing must be aware of the message they deliver as well as the way we communicate it to others. We need to stay true to our mission and close to the people we are destined to serve, wherever they may be."

The recent report by the Institute of medicine on the: *Future of Nursing Report (2010)* cited Jones, offers nurses an opportunity to assume position of leadership to create health care environments that promote health and foster healing. Using our knowledge and perspective on health and the human experience, nurses can design health care initiatives that are cost-effective, high quality strategies to reduce suffering and promote wellness. Accomplishing these goals can be linked to the goals of Sigma Theta Tau International: *Love, Courage and Honor*. Each new member inducted into our Alpha Chi Chapter today has the talent, responsibility and opportunity to make a difference and advance the mission of nursing and this Honor Society. "What the world needs now is connectedness. Nursing... is in a position to facilitate such a network. Our tradition of caring, nurturance and understanding of love as the highest level of consciousness makes it possible for nursing to be the connecting link in the needed reformulation of the health care system as one of corporation, collaboration and partnership" (Newman, 2008).

Congratulations ...Enjoy the moment – Engage in the possibilities

REFERENCES:

Institute of Medicine (IOM) and the Robert Wood Johnson Foundation (October 5th, 2010) *The future of Nursing: leading change*. American Academy of Nursing, www.aannet.org.

Newman, M. (2008). *Transforming presence: The difference that nurses make*. Boston: Jones and Bartlett.

Newman. (2008). *Transforming Presence*.

Redfield, J. (1993). *Celestine Prophecy*. New York, NY: Grand Central Publishers, Hachett Books,

Sigma 2010 & 2011 Inductees

NURSE LEADERS 2010 & 2011

Mercedes Perez Diez del Corral
Maria Eden Gianan
Tricia Gordon
Beverly Ketchen
Charmaine Marie McPherson
Amparo Zaragoza

CURRENT GRAD STUDENTS

Lesley Adkison
Bethany Anderson
Alex Ariri
Hannah Armstrong
Robert Ardrey
Pamela Bajada
Serenity Banden
Nicole Brown
Lacey Cochrane
Mary Cogan
Bethany Croke
Meghan Dalton
Julie DiNicola
Jaime Dufresne
Noel Duplessis
Brittany Fallon
Clarissa Ferolito
Amy Finn
Laurie Ann Friedman
Lauren Gavin
Jeannette Gentile
Olivia Glynn
Neusa Goncalves Timas
Tiffany Grimes
Caitlin Hall
Cynthia Harrington
Susan Hayes

Sara Helm
Elizabeth Hodgman
Nastasha Horvath
Donna Hudson Bryant
Karla Hurtley
David Jaffe
Mariko Jameson
Kathryn Jolin
David Johnson
Abigail Kell
Kimberly Kempner
Elizabeth Kidde
Paige Kimball
Lauren Klein
Laura Kondrat
Charmaine Lastimoso
Kelly Leehan
Frances Lloyd
Sarah MacLaurin
Elise Magarian
Amanda Martino
Tracy Matviya
Kathryn Mawn
Abigail Maynard
Lisa McCabe
Caitlin McDonnell
Molly McDonnell
Kathryn McNamara
Elizabeth Messineo
Megan Mitsak
Shelby Mudarri
Yumiko Murai
Kristan Natale
Lauren Nieuweboer
Christina Noel
Anne Pelletier
Caitlin Reisman
Taylor Ricketson
Kristine Robin
Anna Roche

Brett Rozhan
Lijy Samuel
Abigail Schlessinger
Megan Schaub
Mary Elizabeth Smith
Jennifer Snay
Kate Sortun
Amy Steffen
Kristie Stogitis
Kelly Sutherland
Emily Van Doren
Lindsay Waller
John Welch
Chu-Wei Wu
Jennifer West
Geoffrey Whitley
Dorothy Zirkle

**CURRENT UNDERGRADS
SIGMA 2010 & 2011
INDUCTEES**

Caroline Andrew
Mary Anne Auld
Laura Bloomer
Kathryn Boyle
Leila Bucchino
Colette Byrnes
Mary (Molly) Byrnes
Maria Cardiello
Jillian Coolidge
Kaitlyn Cooney
Sarah Connor
Elizabeth Cullinan
Kathryn Daileader
Danielle Dubuc
Katherine Erdelyi
Anne Fitzgerald
Margaret Flynn

Allison Foster
Kelly Freed
Erika Giovanniello
Lauren Hill
Bridget Igo
Diana Kach
Erin Kesler
Djerica Lamousnery
Kelly Leonard
Alanna Marciante
Kristin McCormack
Paulina Miklosz
Bridget Morstatt
Sarah Munfakh
Megan Neuberger
Lucy Murphy
Tiffany Otto
Leanne Paparella
Mary Pfeffer
Nicole Poulos
Amy Raposa
Meghan Reading
Brianna Rivas
Danielle Rooney
Nicole Poulos
Molly Rosenwasser
Katey Ryan
Brianna Sacco
Allison Sandler
Michelle Slavin
William Sutton
Amanda Terzian
Christy Tran
Elyse Uppal
Christin Vasseur
Catherine Walker
Dorothy Wechsler
Monica Wengler
Katharine Wheelwright
Melissa Zaniewski



Undergraduate Research Day & Sigma student presenters

Boston College's annual Undergraduate Research Symposium, sponsored by the University Fellowships Committee, was held Feb. 4, 2011 in Fulton Hall. Welcoming remarks were offered by Professor Donald L. Hafner, vice provost for Undergraduate Academic Affairs. Professor Hafner was very impressed with the quality of the CSON abstracts and the professional look of the CSON posters.

MARY BYRNES, CLASS OF 2011
(FACULTY ADVISOR, JOYCE PULCINI)
*School Nurses and Primary Care Providers:
Collaborating to Improve Asthma Management
in School-aged Children*

New England has the highest rate of asthma in the country, so it is important to determine the management of asthma in school-aged children. The purpose of this research study is to determine the most prevalent asthma management practices in Massachusetts schools, to establish the extent to which school nurses collaborate with primary care providers regarding asthma management, and to identify the barriers to managing asthma in Massachusetts schools. A web-based survey yielded usable responses from 433 school nurses. Analysis of the responses suggests that models are needed to improve collaboration around asthma management for school-aged children between primary care providers and school nurses, in order to establish an interdisciplinary, community-based, and system-level intervention.

KATHRYN BOYLE, CLASS OF 2011
(FACULTY ADVISOR, MELISSA SUTHERLAND)
*The Nutritional Status of 3-5 Year Olds in
Rural Jamaica*

Malnutrition is a leading cause of morbidity and mortality for children in the developing world. School

settings are an important place to address nutritional issues. This study collected nutritional information and anthropometric measurements on 149 children, aged 3-5 years, in a non-state supported school in an economically challenged rural location in Jamaica during a two-year period. The results indicate that several children were situated at extreme percentiles of growth and height standards for age and gender. The findings suggest that children who attend school on a regular basis may have better health than those who are not in school, due to better access to educational resources. It is with hope that this analysis will add to the current knowledge of childhood nutritional issues in Jamaica and provide support for future research.

CHRISTY TRAN, CLASS OF 2012
(FACULTY ADVISOR, JUNE HOROWITZ)
*Effects of Mother-Infant Interaction on Infant
Brain Development*

Long-standing research links psychological and behavioral aspects of infant development to the parent-infant relationship. Within the past fifteen years, research has been extended beyond the psychological and behavioral aspects to the neuro-anatomical aspects of infant brain development. This field of research is clinically significant because psychological and affective disorders such as depression can disrupt the mother's ability to communicate with her baby, thereby negatively affecting infant behavior and physiology.



KATHRYN BOYLE

Specifically, studies have shown that infants of depressed mothers display an asymmetrical right frontal EEG activation which is related to negative affect, hostility, tantrums, and aggression. This asymmetrical profile is consistently seen in depressed adults. This study reviews the recent research, which poses new questions about whether screening and early interventions for maternal depression, such as psychotherapy and interaction coaching, can improve the parent-infant relationship and foster "healthy" brain development.

MELISSA ZANIEWSKI, CLASS OF 2012
(FACULTY ADVISOR, DEB SAMPSON)
Boston Nurses and the Halifax Disaster of 1917

My research sought to identify nurses from the Boston area who contributed to the relief efforts during the Halifax disaster of 1917. Nurses were the largest group of relief workers in Halifax, and this research attempts to fill a void of knowledge about their contributions. From archival materials at several Boston sites, I have identified 163 nurses from the Boston area who participated in the relief efforts, including data about the nurses' relief unit, place of employment, nursing school, as well as nationality. This data gives a voice to this large group of relief workers, something that has never been done before. By collecting and organizing this data, a deeper understanding of this disaster can be achieved and used in order to improve disaster relief in the future.



MELISSA ZANIEWSKI

Class of 2011 undergrad awards given to Sigma members:

REV. EDWARD H. FINNEGAN, S.J. NOMINEE:

Molly K. Rosenwasser
Established by the faculty to honor the student who, through excellence, humility, and service to others, exemplifies the Boston College motto of Ever to Excel. The nominee from each undergraduate school accepts the degree for the class at the University Commencement.

SUSAN E. DONELAN AWARD:

Bridget C. Igo
Established by the faculty to honor the undergraduate student who, through grace, humor, interpersonal and organizational skills, attention to details, and dedication, distinguished him or herself among classmates.

ALUMNI AWARD:

Erin M. Kesler
Established by the alumni to honor a nursing student for general excellence in the four years of study in the baccalaureate nursing program.

Our Spring Research Day is scheduled for Wednesday May 9, 2012. Abstracts are due March 15, 2012 and need to be submitted online at www.bc.edu/sigma

Retooling for Evidence-based Nursing Practice Project at Massachusetts General Hospital

NURSES WITH STRONG TIES TO BOSTON COLLEGE CONNELL SCHOOL OF NURSING AND STTI ARE ADVANCING NURSING PRACTICE AT MASSACHUSETTS GENERAL HOSPITAL.

SUSAN LEE, RN, PHD AND
LYNDA BRANDT, RNC, MS



Organizational developments, namely the creation of the Institute for Patient Care (2006) and the Yvonne L. Munn Center for Nursing Research (2007), along with international visibility and Magnet redesignation, have provided the impetus for looking more closely at developing new strategies to advance nursing practice at Mass General Hospital. To this end, we have set a strategic goal to develop evidenced based practice (EBP) within the clinical practice environments. The emphasis is to create a learning environment that advances staff's critical thinking, decision-making, and communication skills, and the opportunity to link care outcomes to nursing practice data.

In 2009, Mass General received three year funding for the Retooling for Evidence-Based Nursing Practice Project (REBNP Project) from the Division of Nursing, Bureau of Health Professions, Health Resources and Services Administration, Department of Health and Human Services under D11HP14632 for \$899,129 (The funders require that they and the grant number are cited in any publications). The scope of the REBNP Project is to improve practice by developing, implementing, and evaluating a sequential, multimodal nursing continuing education program that will teach nurses the core skills of EBP through didactic classes, seminars, workshops, web-based classes and a practicum for which continuing education credit will be provided. At the same time, we will build organizational capacity and retool our culture to support and sustain this new model of nursing practice.

In addition to the conduct of research, nurses have been engaged in evidence-based practice (EBP) for many years, both at Mass General and also in their

professional organizations. That experience and knowledge coupled with the REBNP Project are now building the infrastructure to support a more widespread initiative in EBP. Susan Lee, RN, PhD, Project Director, says, "This grant will help us teach nurses about EBP and help them answer clinical questions that arise in practice." Lee says the purpose of the grant is to build a formal infrastructure that will support nurses who have questions like, "What is the best way to prevent falls?" Lee also asks, "How do nurses find and synthesize this knowledge for practice?" An experience drove this point home when Lee, an NP, was preparing a lecture. "When I went to the literature to find and cite the correct way of taking orthostatic signs, I could not find consensus." That experience impressed upon Lee that EBP needs resources and experts who can help nurses find and use the best available evidence. She hopes that she and her team can fill that need.

Evidence-based practice (EBP) has been identified as a national priority for creating a quality health care system (IOM, 2001) and a core competency required for all health care professionals in the 21st century (IOM, 2003; NACNEP, 2008). The fact that the Joint Commission, the ANCC Magnet Program, and CMS require EBP adds to its local importance. At Mass General, EBP efforts led by APRNs have been ongoing, especially in the area of symptom management. We found, however, that when we launched a formal EBP initiative in 2009, epistemic questions were the first challenge we faced. The development of nursing knowledge and its translation into practice have led to ongoing discussions about, "What constitutes evidence?" As nursing services jump onto the EBP bandwagon, the answer to this fundamental

question will guide the work. Although our philosophy is still fluid and evolving, we describe a few events and writings that have shaped our view.

In 2008, we began to take a more formal approach to EBP after identifying a need to embrace a shared language and framework. We looked at several models of EBP before adopting the Iowa Model of Evidence-Based Practice to Promote Quality Care because of its focus on EBP within the context of the organization. We sent two nurse scientists and one advanced practice nurse to the Advanced Practice Institute: Promoting Adoption of Evidence-Based Practice taught by EBP expert, Marita Titler, PhD, RN, FAAN, then Director of Research, Quality, and Outcomes Management, University of Iowa Hospitals and Clinics. We adopted the following definition of EBP: Evidence-based practice (EBP) is the conscientious and judicious use of current best evidence in conjunction with clinical expertise and patient values to guide health care decisions (IOM, 2001; Titler, n.d.). This definition is consistent with our values and philosophy of patient-centered care—that the patient's needs, values, and preferences trump all other forms of evidence. Recently, Porter (2010) stated that "there is no necessary contradiction between the use of empirical evidence and the requirement to honor clients' choice" (p. 12). We agree with Fawcett and Garity's (2009) position, that nursing theory is the best evidence for practice.

Grace and Powers (2009) extended our vision of evidence hierarchies with their contribution of entirely new "evidence pyramids" that specifically address the nature of human response and meaning questions. Their work, "claiming our core" brings a welcomed and

needed perspective to EBP. We embrace the focus of the discipline as caring in the human health experience (Newman, Sime & Corcoran-Perry, 1991) and we value qualitative research findings that are so critical to guiding practice. Our ways of being and our interventions rest on the knowledge derived from qualitative findings.

In 2009, we attended the 15th New England Nursing Knowledge Conference where we were exposed to current critique of EBP. Some viewed EBP as being too narrowly focused on empirics and thus not embracing nurses' other ways of knowing—esthetics, personal, ethical, sociopolitical. Some preferred the terms, "knowledge-driven practice" or "knowledge-based practice" intended to demonstrate more inclusive views of nursing's evidence. These views have influenced us to take a broad approach to evidence. Meanwhile, we're engaged in the work of bringing evidence to the bedside for the good of the patient.

EBP TEAM MEMBERS:

SUSAN LEE, RN, PHD (2005), project director

LYNDA BRANDT, RNC, MS (clinical instructor at BC for several years), clinical project specialist

H. TOM BLANCHARD, RN, MS (2007), clinical specialist

DIANE CARROLL, RN, PH.D., FAAN (BSN 82, PHD 93), evaluator

DOROTHY A. JONES, Ed.D., RNC, ANP, FAAN
Boston College Professor; Director, Yvonne Munn Center.



Supporting Hope in Midlife Cancer Survivors: Intervention Workshop

CLARE M. BUTT, RN, MSN, AOCN, PHD(c)

I am deeply grateful to the Alpha Chi Chapter of Sigma Theta Tau International for the support of my dissertation research through a Clinical Research Grant Award received on April 28, 2010. The focus of this research is the support of hope and quality of life in midlife cancer survivors following active primary treatment for cancer.

SIGNIFICANCE

The nearly 1.5 million people diagnosed with cancer every year in the United States face numerous challenges, many of which arise after active primary treatment is completed and survivorship begins (Lewis, 2006). The Institute of Medicine (2005) has specifically called for interventions to improve the quality of life of cancer survivors.

PROBLEM

This research will address the problem that cancer patients are lacking information and support needed to make the transition to survivorship. Research shows that hope is needed throughout the cancer experience, especially during transitions (Allen, Savadatti & Levy, 2009; Cooper, 2006). Addressing hope can lead to an increase in quality of life (Herth, 2000; Duggleby et al., 2007). Addressing hope in a developmentally appropriate way is supported by the literature (Bush, 2006), and can potentially be achieved by the Mid-Life Directions™ (MLD) Workshop (Brennan & Brewi, 2003). To date, nurse researchers have developed interventions to support hope and improve quality of life in cancer patients who are newly diagnosed, experiencing a first cancer recurrence, and the terminally ill (Duggleby et al., 2007; Herth, 2000; Rustoen et al., 1998). A crucial gap in the literature exists regarding nursing interventions for cancer patients

transitioning to survivorship.

PURPOSE

The purpose of this study is to evaluate a psycho-educational group intervention, the Mid-Life Directions™ (MLD) Workshop, for its effect on hope and quality of life in midlife cancer survivors who are transitioning from active primary treatment to survivorship.

RESEARCH SHOWS THAT HOPE IS NEEDED THROUGHOUT THE CANCER EXPERIENCE, ESPECIALLY DURING TRANSITIONS

The study will address two research questions:

1. Is there a difference in the level of hope of a treatment group when compared to a control group of midlife cancer survivors after the treatment group participates in a MLD Workshop?
2. Is there a difference in the quality of life of a treatment group when compared to a control group of midlife cancer survivors after the treatment group participates in a MLD Workshop?

THEORETICAL FRAMEWORK

The Roy Adaptation Model (Roy, 2009), the City of Hope Quality-of-Life Model for Cancer Survivorship (City of Hope, 2009), the Hope Process Framework (Farran, Herth & Popovich, 1995), and Erikson's stages of

psychosocial development (Erikson, 1963, 1997) form the basis from which the study framework is drawn.

METHODS & ANALYSIS

This interventional study will use a multimethod experimental design, comparing an intervention group to a control group over 6 weeks. Quantitative baseline data will be collected using a demographic form, the Herth Hope Index (HHI) (Herth, 1992) and the Quality of Life Instrument, Patient/Cancer Survivor Version (QOL-CS) (Ferrell, Hassey-Dow & Grant, 1995) before and after the intervention for both groups. Qualitative data will be collected in written form from the treatment group during the last workshop session in order to evaluate the participants' perceptions regarding the effect of the content of the workshop on hope and quality of life. Quantitative data will be analyzed for group differences in hope and quality of life at the beginning of the study and after the intervention. Qualitative data will be analyzed using content analysis. Quantitative and qualitative data will be triangulated to synthesize and enhance understanding of the effect of the workshop on the participants' hope and quality of life.

INTERVENTION GROUP

Mid-Life Directions™ (MLD) Workshop is a psycho-educational group program which addresses the four hope attributes: experiential, relational, spiritual/transcendent and rational thought processes (Farran, Herth & Popovich, 1995). The workshop provides external input and stimulates internal input to the four hope attributes.

The MLD Workshop is a 12-hour program, delivered in 6 weekly 2-hour sessions. Topics include psychological and spiritual growth and development with a focus on the second half of life. The workshop is self-reflective, communal and experiential (Brennan & Brewi, 2003). The MLD workshop assists the midlife cancer survivor to integrate the cancer experience through conscious awareness and choice, and transition to survivorship with an increased level of adaptation.

CONTROL GROUP

The control group will receive a Nutrition Program for Survivors, based on the American Cancer Society Nutrition and Physical Activity Guidelines (Kushi et al., 2006). The program will be delivered by a nutritionist in 6 weekly 1-hour sessions. Topics include the benefits of good nutrition, nutrition after treatment, food & fitness, cooking smart and recipes.

FINDINGS

Expected outcomes for the treatment group when compared to the control group are increased hope and improved quality of life.

IMPLICATIONS

Support of this hypothesis would justify replication with a larger sample, and provide initial evidence that this intervention, tailored to the developmental stage of midlife and the 18-month period following active primary treatment for cancer, can support hope and quality of life in cancer survivors.

Keynote Presentations



Sister Callista Roy, PhD, RN, FAAN will give two Keynote presentations to an international audience at the 5th Nursing Congress at the Catholic University of Santo Toribio de Mogrovejo, Chiclayo, Peru this fall. On October 27, 2011: The Roy Adaptation Model, An Analysis of the Scientific and Philosophical Assumptions and Implications for Professional Practice. Her second Keynote presentation will

be October 28th titled: The Adaptive Modes of Children Hospitalized in Intensive Care Units.

In addition, Sister Callista Roy received two awards recently. On May 4th, 2011 she received the Nursing Research Poster Award: Exemplary Faculty Poster, Interventions: Cognitive Recovery from Head Injury. This was awarded by the Yvonne Munn Center for Nursing Research at the Nursing Research Expo, Massachusetts General Hospital. Her second award was The Sigma Theta Tau Society Mentor Award, Sigma Theta Tau International Alpha Chi Chapter on April 27, 2011.

Understanding the adverse event of catheter associated urinary tract infection while being hospitalized

MARY E. SULLIVAN, PHD(c), ANP-BC

I am very grateful to Sigma Theta Tau for providing me with the funding to support my research on the patient experience of catheter associated urinary tract infections.

This study originally sought to utilize qualitative methodology to understand the patient experience of harm or injury related to the adverse event of a catheter associated urinary tract infection (CA-UTI) while being hospitalized.

With this goal in mind, I have enrolled 5 study participants 3 men and 2 women to date. Based on the preliminary qualitative data analysis it appears that the two women with Foleys had more physical pain related to the indwelling catheter than did the men. All five of the participants expressed difficulty with being hospitalized and how having a catheter complicated their admission, but they had difficulty focusing on the adverse event of a CA urinary tract infection as an isolated event.

In the process of conducting my study, it became obvious that the patient's experience of having an adverse event of CA-UTI related to health care treatment or a UTI while being hospitalized cannot be fully answered from a qualitative perspective alone. Additionally, I was having difficulty recruiting patients because so many participants were too sick or elected not to be interviewed while hospitalized. As a result, I met with my dissertation advisor Sr. Callista Roy and revised the aim and methodology of my study.

My goal is now to understand the demographic characteristics and high risk-antecedents that contribute to the adverse event CA-UTI while being hospitalized. To do this, I am conducting a retrospective chart review on patients with CA-UTIs. This will allow me to identify demographic and high risk profile data related to

CA-UTI's. I hope to use this knowledge to shape preventative and health promotion strategies within the healthcare system to decrease this adverse event, decrease length of stay, and improve the patient recovery and transition to home.

The funding support from Sigma Theta Tau has enabled me to purchase audio-tapping equipment, purchase CD's to copy the qualitative interviews, pay for the cost of shipping of the CD's to the transcriptionists, and for transcribing all the interviews.

Conducting this research has been an interesting and at times a challenging process, but I am very grateful for the support and the funding of Sigma Theta Tau. I look forward to presenting my results at the Alpha Research Day this spring.

ENRS Rising Star Danny Willis



The 2011 ENRS Rising Star Research Award: Dr. Danny G. Willis, DNS, RN, PMHCNS-BC.

This Award is given annually by EASTERN NURSING RESEARCH SOCIETY (ENRS) to a member who has:

- Earned their doctorate within the last 7 years;
- Initiated and conducted post-doctoral health and/or nursing research;
- Shown promise in establishing a program of health and/or nursing research;
- A publishing record emanating from the program of research.

Dr. Willis is a psychiatric mental health nurse and newly tenured (2011) associate professor at Boston College Connell School of Nursing. He has used qualitative research methods to study mental health issues, health promotion and healing potentials in the aftermath of boys'

and men's interpersonal abuse experiences including adult hate crimes, middle school boys' experiences of being bullied, children witnessing violence, and adult survivors of child abuse. In July 2010, Dr. Willis received two years of funding from the National Institutes of Health/ National Institute of Nursing Research (NINR) via the R15 mechanism for his hermeneutic phenomenological research entitled, *Adult Male Survivors' Healing from Childhood Maltreatment*.

Dr. Willis currently serves as co-chair of the ENRS Theory Research Interest Group and as co-chair of the Research Council of the American Psychiatric Nurses Association (APNA). Dr. Willis provides editorial reviews for a number of health and nursing journals: *Advances in Nursing Science*, *American Journal of Men's Health*, *Nursing Philosophy*, *Scandinavian Journal of Caring Sciences*, and *Issues in Mental Health Nursing*.

For more information on the Eastern Nursing Research Society, click on this link: <http://www.enrs-go.org/>

Dr. Margaret Oot Hayes



This past January we had the pleasure of having Dr. Margaret Oot Hayes speak at our Clinical Innovations Program. We appreciate the contributions she has made to the nursing profession.

Dr. Margaret Oot Hayes is an Associate Professor at Regis College. She has been researching

women in prison for nearly 10 years, which has led to her involvement with legislation to advocate for the rights of this under-served population. Dr. Oot Hayes has been appointed by the Governor of New Hampshire to serve on an advisory board and council that oversees the women's prisons. Her current research is to examine family patterns of incarcerated mothers in order to gain a better understanding of the factors affecting maternal reunification after incarceration.

Hayes, M.O. (2010) *Mothering after Imprisonment. Interrupted Life: Experiences of Incarcerated Mothers in the United States*. Solinger, R., Raimon, M., Tapia, R., Reynolds, T. (Eds.). The University of California Press.

Hayes, M.O. The Lived Experience of Mothering after Prison. (2009). *Journal of Forensic Nursing*, 5, 228-236. <http://onlinelibrary.wiley.com/doi/10.1111/j.1939-3938.2009.01058.x/full>

Hayes, M.O. (2008) The lived experience of mothering after prison: The preliminary study. *Journal of Forensic Nursing*, 4, 61-67. <http://onlinelibrary.wiley.com/doi/10.1111/j.1939-3938.2008.00011.x/abstract>

Rizzo, E. & Hayes, M.O. (2008). *Struggling for health care on the inside*. Immarrigeon, R. (Ed.). *Women, Girls, and Criminal Justice*, 9(5). NY: Civic Research Institute.

Hayes, M.O. & Jones, D. (2007). Health as expanding consciousness: Pattern recognition and incarcerated mothers, a transforming experience. *Journal of Forensic Nursing*, 3, 61-66. <http://onlinelibrary.wiley.com/doi/10.1111/j.1939-3938.2007.tb00104.x/abstract>

Hayes, M.O. (2006). Prisoners and autonomy: Implications for the informed consent process and vulnerable populations. *Journal of Forensic Nursing*, 2, 84-89. <http://onlinelibrary.wiley.com/doi/10.1111/j.1939-3938.2006.tb00063.x/abstract>

Alpha Chi

Spring Research Program April 27, 2011

1st prize

ANNA PASKAUSKY

Clinical and final exam grades as competency measurements in an undergraduate nursing student.

2nd prize

NAHOKO HARADA

Barriers and strategies of culturally sensitive service for minority interpersonal violence victims in a shelter

3rd prize

MEGHAN WEAKE

The influence of violence & contraceptive choices in women

Alpha Chi's Spring Research Program will be Wednesday May 9th.
Please submit abstracts online at www.bc.edu/sigma by March 15, 2012.

Winners of the Sigma Theta Tau Awards

CLINICAL RESEARCH FUND AWARDS *announced by* CLINICAL RESEARCH COMMITTEE

—Committee Chair Jane Flanagan
Nahoko Harada, Allyssa Harris

AWARDS & SCHOLARSHIP COMMITTEE

—Committee Chair Amy Cebulski

RITA KELLEHER AWARD

Highest GPA in class – Bridget Igo

MENTOR AWARD

Sister Callista Roy nominated by Clare Butt

SPIRIT AWARD

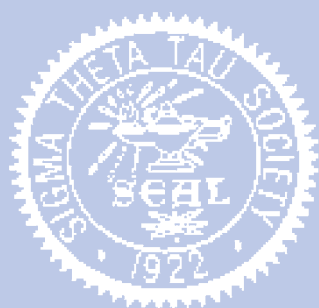
Kimberly Seleyman nominated by Jane Flanagan

SPIRIT AWARD

Diana Kach

MARY PEKARSKI MEMORIAL AWARD

Amy Raposa



If you would like to nominate someone for an award please visit the awards section at www.bc.edu/sigma



Research Day 2011

Dean Alexa K. Stuijbergen,
PhD, RN, FAAN

On April 27, 2011, approximately 50 of our Alpha Chi members were privileged to hear Dean Alexa K. Stuijbergen, PhD, RN, FAAN present her research titled *"Lifestyle Counts: Promoting Quality of Life and Preventing Disability in Person with Chronic and Disabling Conditions."*

Dean Stuijbergen's program of research has focused on helping patients with chronic/disabling to be empowered through health promotion. Thinking about health promotion in a population with disabilities created a much needed paradigm shift for most of the audience. Most nurses have worked with patients who are disabled and/or with chronic illness. However, for most of us, the interactions and care of this population has focused on helping them to get well or achieve some stability while living with their disabling condition. It was refreshing to reframe our thought process and begin to think of ways to help this population optimize their health and well-being. The paradigm shift would cause to focus on what is "right or well" with the patient" versus the traditional approach which is focusing on helping them to recover from what is wrong with their health.

Dr. Stuijbergen openly shared her professional journey and trajectory to led her to focus her research efforts in this regard. It was a very enlightening presentation and was well received. Dr. Stuijbergen inspired us all including our future nurse researchers to think "outside of the box" and be innovative in approaching patient care.

In addition to this interesting presentation, Alpha Chi members were able to interact and dialogue with some of our budding and more seasoned researchers who presented their research in on a diverse topics of interest such as: *Factors associated with dating violence reporting in a college student setting, Interventions to support hope in midlife cancer survivors and Hydrofiber with Ag for management of ≤ 10% TBSA partial thickness burns in the outpatient pediatric population.*

IT WAS REFRESHING TO REFRAME
OUR THOUGHT PROCESS AND
BEGIN TO THINK OF WAYS TO HELP
THIS POPULATION OPTIMIZE THEIR
HEALTH...

This venue provided new nursing professionals to discuss their successes and challenges in the pursuit of research. The executive board of Alpha Chi would like to gratefully acknowledge the efforts of the Research committee in planning this energetic event.

Thanks to: Nancy Baker, Co-chair, Jane Flanagan, Alice Rose, Diane Carroll, Maureen McRae, Katelyn McGowan, Renee Bess, Claire Butt, Angela Amar, Nancy Allen and Melissa Sutherland.

William F. Connell School of Nursing's Donna Cullinan wins 2011 Boston College Community Service Award

Connell School of Nursing Clinical Assistant Professor Donna Cullinan has been named winner of the University's 2011 Community Service Award, given each year to an employee whose actions exemplify the Jesuit spirit of service to others. The award, sponsored by the Office of Governmental and Community Affairs, was presented to Cullinan by University President William P. Leahy, S.J., at a special recognition event last week.

Cullinan, a family nurse practitioner who earned a master of science in nursing from BC in 1999, was honored for her longstanding commitment to bringing sustainable health care to Haiti, as well as other volunteer endeavors. Through the organization Circle of Hope, Cullinan has traveled to Haiti annually for the past 10 years where she and other medical professionals provide care for hundreds of children and adults living in rural parts of Haiti who have limited or no access to health care. She uses vacation time and her own funds to finance her travel.

During the years of volunteering in Haiti, Cullinan has grown close to many of the Haitian people. She has served as a mentor/sponsor for a translator who is now attending medical school, a student who graduated top of her class from the local nursing school and a family for whom she delivered their baby.

This school year, she organized a Community Health clinical experience in Haiti for undergraduate and graduate students who spent a week in the island nation providing health care to more than a 1,000 adults and children in make-shift clinics. They also visited two

orphanages in Port-au-Prince.

Read more about the CSON trip to Haiti in the Boston College Chronicle.



“Donna Cullinan’s commitment to the Haitian people over the past 10 years is truly inspiring, and her love and compassion for her patients is something we, as new nurses, should strive to emulate,” said Lauren Szabo, who graduated from BC last month and was one of the participants on the CSON-Haiti trip. “I don’t think Donna will ever fully realize how much of an impact she has made on my time at Boston College. My week in mobile clinics in Leogane, Haiti enriched me clinically, culturally, and spiritually. The all-nursing team I worked with, led by Donna, and the Haitians I met throughout our work have forever changed the way I will practice as a nurse and practice my daily life.”

Cullinan insists she gets more than she gives through her volunteer work in Haiti. “I’ve fallen in love with the place. My heart is there.”

“Donna is an amazing person. There’s nothing you can ask her that she can’t do, won’t do, or try to do,” said Connell School Assistant Professor Susan Kelly-Weeder, a longtime colleague and friend. “She is all about the care of people and that is the epitome of a nurse. Her students adore her and she makes me want to do better at what I do because of the example she leads.

“She’s also an incredibly thoughtful person and I feel very blessed to know her,” Kelly-Weeder added.

Cullinan says she was raised in a home that encouraged giving back. “My great uncles were Jesuits and my family really took to heart the ideal of being men and women for others.”

Cullinan also is on the board of trustees at Nativity Prep, a Jesuit middle school for boys in Boston. She serves on its education policy committee and started a nursing program there with volunteer nurses that has expanded to include BC grad nursing students. She has replicated this program at Mother Caroline Academy & Education Center in Dorchester.

“I’ve been blessed in my life with wonderful parents and brothers and sisters, a supportive husband and great kids. I really believe in ‘to whom much is given, much is required,’” she added.

One of Cullinan’s favorite quotes is Ghandi’s “Be the change you want to see in the world.”

“I try to live by this and instill this in my community health nursing students,” said Cullinan.

—Kathleen Sullivan, Office of News & Public Affairs,
kathleen.sullivan@bc.edu

To learn more about the Haiti earthquake and students' blog access this website: <http://csoninhaiti.blogspot.com/>



Global Health Perspectives Ecuador

Dr. Joyce Pulcini



For the second consecutive year Dr. Joyce Pulcini, Associate Professor of the William F. Connell School of Nursing, taught a course called **Global Health Perspectives** for the Office of International Programs at Boston College in Quito Ecuador.

The course, which was held in June 2011 for three hours per day for three weeks, enrolled 11 undergraduate students, six of whom were nursing majors. The students' experience was enriched by cultural trips to an indigenous market in Otavalo and to a famous museum, La Capilla del Hombre, housing the works of artist, Oswaldo Guayasamin, an experience learning how to make typical Ecuadorian food and a tour of old town Quito. Students

also visited health care facilities such as the modern university hospital, Hospital de Los Valles, a rural hospital in Yaruqui, several public health clinics and a birthing center.

In addition to the course, students volunteered at local orphanages twice a week and took a medical Spanish tutorial. The activities plus the course requirements kept students quite busy and fulfilled their hopes of learning about this interesting and diverse South American country.

A highlight of the trip was a weekend trip to a small Andean village of about 140 people, Tingo Pukara, which is four hours south of Quito. The village had been adopted



by an Ecuadorian public health doctor, Dr. Fernando Ortega, who had been assisting the villagers with making terraces for growing vegetables, procuring water and electricity for the village and assisting with education and attainment of a more balanced diet. The students brought gifts of clothing and school supplies for the villagers and on the way to the village we picked up large quantities of grains and other foods to supplement their diet. The villagers are now working with another university to build a system to permanently bring clean water up from the streams to use for consumption as they are almost 12,000 feet above sea level and most water supplies are lower than the village.



We were greeted by the entire village when we arrived and were treated to a meal made from the newly grown garden vegetables. The pictures attached show some of the villagers with students and faculty and a picture of the entire group on the way to the village. This fall we will be fundraising to send money to the village to further the public health projects initiated there. We hope that Alpha Chi can be part of our fundraising effort.

Experiences like this help to continue Boston College's mission, "men and women for others", and students will always remember their experience in this charming country.

University of San Francisco Quito Ecuador

by Cathy Read

The University of San Francisco in Quito, Ecuador, is a popular semester abroad destination for Connell School of Nursing students. In addition to their arts and science courses, students take a course in community health with medical students at the university, where they participate in elementary school and rural health projects. All of the courses are taught in Spanish, so this is a great way for students to increase their language competency and earn credits toward their minor in Hispanic Studies.

Dr. Patrice Nicholas

a going away present to the seniors

BY HEATHER VALLANT



On May 3, 2011, the Leadership Succession Committee hosted a special event for chapter member graduating seniors. Guest speaker for the evening, Dr. Patrice Nicholas, RN, ANP, FAAN, spoke to the students about her journey in nursing highlighting her vast experiences as a STT member. Diana Kach, class of 2011 commented that, “Dr. Nicholas provided....add the words in the article.” Leila Bucchino, class of 2011, agreed saying “her story was one that I could relate to and she made it seem real to me.”

Dr Nicholas has an amazing story and it was wonderful for her to come and sit down and talk to the Seniors as they were preparing to enter the nursing profession. Dr Nicholas spoke of her first job and how that transformed her view of nursing and changed her mind on the type of nursing that she had wanted to do. After working at her first job for a couple of years, she went back to grad school to become a CNS. She started a family and then decided to return to school to complete her doctorate. While working on her dissertation, she became interested in HIV patients and how the disease had impacted their life. From her research, Dr. Nicholas became nationally known and traveled to Africa to affect change in the HIV patient population there. With her international work, she became involved in promoting the nursing profession to many parts of the world and various patient populations.

Additionally, Dr Nicholas also provided the Seniors with some insight on what it means to be a STTI member and how this can affect their nursing journey. She emphasized the importance of seeking out mentors in

life, continuing your education, becoming involved with multidisciplinary colleagues, joining nursing professional groups, and becoming involved in Sigma. The students asked many questions about what lies ahead for them, and Dr Nicholas provided some great advice-surround yourself with supportive people, be good to yourself, become a good multi-tasker so that you can find a balance between a professional and personal life, and believe in serendipity.

Dr. Nicholas's visit was enjoyed by everyone. The sharing of her experiences gave the students a greater appreciation for nursing, nursing leadership, and STT.

—Heather Vallent, Leadership Succession Committee Chair

Pictured is Dr Patrice Nicholas (right) sitting next to Louisa D'ichard.

The student group picture (from L to R): Bridget Igo, Djerica Lamousnery, Jillian Coolidge, Ariana Chao, Kellyn Freed, Leila Bucchino, Diana Kach, Mary (Molly) Byrnes, Elyse Uppal, and Nicole Poulos.

All were members of the class of 2011, except A. Chao who is a CSON 2010 graduate and a GCSO 2011 graduate.

Evolution of EBP from a Student Nurse Perspective

MARIA CARDIELLO CSON 2011



The first year of nursing school involves a large focus on the sciences and gaining a strong understanding of the way that body systems function under normal conditions. After a semester filled with labs and exams, my fellow nursing students and I looked forward to finally having our first “real” nursing class. In *Professional Nursing* I explored nursing's history, the development of nursing knowledge, and especially the basic principles of research theory and methodology. Our professor emphasized the importance of research in the generation of nursing knowledge but my peers and I had no idea how much this idea of evidence based practice would become the core of nursing theory and clinical courses over the remaining three years.

It was not until the middle of my sophomore year that nursing research and the evolution of evidence based on practice personally affected or interested me. I thought the process of using CINAHL to find articles was interesting and did very well in the required statistics course. Because of my interest, my academic advisor, Dr. Angela Amar, an associate professor in Psychiatric/Mental Health Nursing, invited me to help her research team, which I was involved in for the last 3 years as an Undergraduate Research Fellow. It helped me appreciate the process, the importance of evidence based practice and how it affects clinical practice.

Dr. Amar's research focuses on traumatic experiences, especially violence, mental health responses to trauma, and aspects of forensics nursing. The work I have been involved with has focused primarily on adolescent and college age women, and how to increase awareness as well as prevention of dating violence and sexual assault on college campuses. In my 3 years of involvement, we have performed studies at universities around the United States, as well as Boston College, investigating both campus administrators and students' perspectives on dating violence on campus. We have also provided opportunities for students on campus to hopefully decrease the amount of violence that occurs and increase knowledge of resources, the reporting process, and awareness through

programs like Bystander Intervention Training, CARE week activities and other initiatives. Most recently, with Dr. Amar's research coordinator we have been performing interviews among faculty and staff on BC's campus as a part of Dean Rombalski's newly created Sexual Assault Prevention/Intervention Committee which may help improve our campus' response to dating violence and sexual assault.

I also had the opportunity to be one of two undergraduate students to present a poster at the Sigma Theta Tau's Research Symposium last spring. My topic investigated college women's experiences of stalking and harassment and the mental health implications. Nursing research studies can affect many areas of practice, whether they be psychosocial like assault awareness on college campuses or interventions that take place on a Med-Surg floor. No matter the practice area, nursing research is a critical component to providing the highest quality care to our patients, families, and communities.

Nursing, as well as many other health-oriented professions, emphasize evidence based practice as a way to integrate timely, relevant, high quality research findings and implementing them into clinical practice to ensure quality patient outcomes. Though the majority of nursing students' find the use of evidence based practice through school to be time-consuming and frustrating, being actively involved in the research process helps one to see just how important it really is.

Through my time spent as an undergraduate research fellow, I have also increased my ability to better understand ethical principles as they apply to nursing practice, and most importantly critically evaluate research studies, how to find relevant research, and ultimately implement it into practice. Working as an undergraduate research fellow will help me to use evidence based practice with all of my patient and family interactions, and hopefully one day I will add to the current body of nursing knowledge through my own research studies.



abstract

Senior Nursing Students' Perceptions of Preparedness for Ethical Professional Practice

CAITLIN COVENEY CSON 2011

BACKGROUND

New graduate nurses, assuming their new role, must ascribe to a framework of professional ethics set forth by the American Nurses Association in the Code of Ethics (2001). Nursing ethics and moral reasoning are essential components of baccalaureate nursing programs (AACN, 2008), and the professional responsibilities of the nurse include identifying ethical issues in the workplace, striving to correct them, and acting ethically in all aspects of practice. There is very little research available to reveal whether, and to what extent, students understand the ethical role of nursing, or to what degree they feel prepared to fulfill it in their own future practice.

STATEMENT OF THE PROBLEM

It is documented in prior research that new graduate nurses and those who lack several experience often find their professional and ethical ideals challenged by the work environment into which they matriculate. With the knowledge that burnout, moral distress, and reality shock are common experiences of new nurses, the question exists whether nursing students understand the strength of their ethical and professional obligations, and if they are prepared to meet them.

DESIGN

The study was based on the framework of James Rest (1982), which proposed four cognitive processes necessary for moral action. These four components are termed

“moral sensitivity” or “interpreting the situation”, “moral reasoning” or “formulating the morally ideal course of action”, “moral motivation” or “deciding what one actually intends to do”, and “moral character” or “exercising and implementing what one intends to do” (Rest, 1982; Fry, & Johnstone, 2008).

METHODS

The study consisted of two parts: a qualitative focus group and a quantitative survey. The first phase was a one-time focus group discussion with a sample of 5 undergraduate seniors enrolled in the Boston College Connell School of Nursing. The second phase of the study consisted of a survey based on the literature review and findings from the Phase One qualitative study. This study was distributed electronically to all seniors in the Boston College School of Nursing, with a total of 48 participants completing the survey for a 52% response rate.

CONCLUSION

On the whole, students responded feeling confident in their ability to practice ethically as new graduates, and a majority also are confident in their ability to always advocate effectively for patients and to pursue the ethically correct course of action when faced with an ethical issue in the work place. Coupled with conflicting prior research that indicates that new nurses do often have difficulty advocating for the patient and overcoming obstacles to ethical patient care, these findings have implications for undergraduate nursing education, clinical practice and future research.



Amanda Russell boarding a plane to to Cameroon

Late this September, I will be boarding a plane to Cameroon, Africa. I will spend the next twenty seven months of my life working as a Peace Corps Volunteer. Starting this adventure is a dream that is almost ten years in the making.

When I was twelve years old, my mother brought home a green book from church. The book was entitled, “A Life Inspired” and was a collection of short stories from former Peace Corps Volunteers. The title did the book justice. After finishing the book I was inspired. I could picture myself being a volunteer and from that day forward made it clear to my mother and family that I was one day going to join the Peace Corps. As I grew up and did more research on the Peace Corps, what had started as an innocent dream of a twelve year old became a reality.

In the spring of my junior year of college I started my application to the Peace Corps. The application is a strenuous one and involves a number of essays, letters of recommendation, interviews, legal reviews, and a physical examination. It is jokingly said that getting through the application is the toughest part of the twenty seven months. Having gotten through the application, I received my final invitation to serve as a Public Health Coordinator in Cameroon.

The first three months of my service will be a period of intense training. During this period I will be living in Yaoundé, Cameroon (the capitol) with other trainees. We will spend these three months taking intensive courses in language, culture, health and safety. During training we will also spend a number of weeks with a host family in order to immerse ourselves in the Cameroonian way of life. At the end of three months, trainees must pass a series of competency examinations before being sworn in as volunteers. We will then be given our exact volunteer

placements (or sites). I will discover if I will be working in a remote village or a busy metropolis. I will discover if I will be living in a family compound, or in an individual hut.

Once having my site assigned to me, I will spend the following three months observing and collecting data. My responsibility for these three months is to get to know the community I will be living and working with. I am responsible for immersing myself, making connections with the individuals that are in charge of health issues, getting comfortable with the local dialect, and assessing what are the needs of the community. The Peace Corps strongly believes that in order to make lasting change, their volunteers must not impose their own beliefs and practices on a community. Instead, the Peace Corps hopes that their volunteers can immerse themselves and collaborate to make change that will last, even once the volunteers leave their site.

As a Public Health Coordinator my responsibility will be to support and collaborate with the Cameroonian Ministry of Public Health. I will be applying my nursing degree to work in primary prevention, primarily in health education, health promotion, and community development. Many of my projects will be decided once I am at site and have immersed myself with the community. Most of my projects will also be dependent on my own initiative. Many volunteers in the past have involved their personal passions to do side projects in community development, such as bike-a-thons to promote AIDS education.

—Amanda M. Russell

If you would like to know more about the Peace Corps or are interested in applying, here is their website: <http://www.peacecorps.gov/>

Survey 2011

Thanks to all of you who participated in our recent survey! We had a total of 173 respondents out of 700 available email addresses. Although not everyone completed the survey, we gained some valuable information on our members and ways to improve our chapter. Here is a summary of our results:

According to our survey respondents we have 134 active members with 40 inactive. Reasons for inactivity included cost (14); lapsing membership, including forgetting to renew (14); moved away (8); not familiar with meetings/ chapter (7); scheduling problems & over commitments (2); decided not to renew membership (1). Thirty four respondents would consider rejoining.

Demographics on our respondents include:

GRADUATION – majority since 2000 (77), 1990's (14), 1980's (13), 1970's (18), 1960's (11), 1955 (1), 1948 (1)

STATE OF RESIDENCE – MA (103), CA (6), RI (4), NY (4), NH (4), DC (3), PA (2), NJ (1), CT (1), FL (1), TX (1), Georgia (1), ME (1), MD (1), MN (1), MT (1). Outside the US, we have three Canadian members, one member in South Sudan, one member in the Netherlands & one member in Thailand)

EDUCATION – BSN (40), MSN(84), PhD (36), DNP (4), DNS (1), others [EdD, Master's A&S, MPH]

EMPLOYMENT – Inpatient (77), Outpatient (52), Academia (42), Research (17), Corporate (1) – 24 Other–Humanitarian, Consultant, Psych private practice, Editor/writer, Retired, Home care, Emergency, Community Health, Nursing Association, Student in PhD program, not employed in nursing, multiples (outpatient & academia), Peds Trauma & Ortho

We are very proud of our members in regards to their scholarship activities. Nearly three quarters of our members have national certifications. Twenty three members have grants, 35 have research published or have research in progress, and 31 have had publication of articles, monographs or books. All of these figures may be higher, since we experienced a glitch with Qualtrex in regards to this question.

Our survey yielded an active group of nurses. We belong to 36 different organizations. Many hold leadership positions within these organizations, serving on various committees. There were so many impressive positions it would have been difficult to list them in their entirety in our newsletter. Positions include: founders, chairs, co-chairs, board members, treasurers, editors, and presidents.

We are also invested in our community. We have volunteers who are active within their church, community orchestra, yoga & athletic events. Members are volunteering in community screenings, outreach education, fundraising for Muscular Dystrophy, a science fair judge, and the PTA.

Globally we have a member who is a Health Advisor for Save the Children in the South Sudan, which supports health programs by implementing health services through 61 clinics in 5 states. We have volunteers active in medical missions in the Dominican Republic medical and in Africa (Malawi & Tanzania).

We are very excited that 72 respondents gave us their contact information. We are reaching out to those individuals and are excited to hear more about their endeavors.

This survey not only helped us get to know who are

members (active and inactive) are, but also will assist us in making improvements to our chapter. An overwhelming majority of our members would prefer an electronic newsletter over a mailed newsletter (138 vs. 33). If you would like to continue to receive your newsletter via US mail, please let us know.

Suggestions received from our members were shared with our board members recently. We would like to share them with you.

Thanks again to all our participants; we greatly appreciated your time! We look forward to seeing you at an upcoming meeting!

Suggestions for our chapter:

- ❖ topics related to intellectual & developmental disabilities
- ❖ more activities, seems there are so few and fewer each year
- ❖ meeting night is the same night as other organizations
- ❖ any presentations that will provide CEU's
- ❖ presentation on palliative care
- ❖ try to get more student involvement, so those interested individuals will hopefully remain active when they graduate. Publicize activities not just at BC but at local institutions where many of our Sigma nurses work
- ❖ emphasis on clinical practice including health costs on nursing profession
- ❖ more informal networking
- ❖ some focus on pediatric or "across the lifespan" issues
- ❖ mentoring opportunities
- ❖ perhaps you might publish requests for mentors in nursing practice, education or research or collaborators to work with research studies
- ❖ community service day would be nice
- ❖ speaker on ethical issues in practice, journal club either in person or online
- ❖ "Given the IOM Report, it might be interesting to think about how the sigma chapter can contribute to these goals. For example, leadership development would be one such area..."
- ❖ would appreciate getting meeting notices and updates on activities

Alpha Chi Treasurer's Report

Budget/Expenditures Comparison June, 2011

ITEM	BUDGET 10-11	END OF YEAR ACTUALS	COMMENTS
Revenues			
Inductee Member Fee	\$1,800	\$2,370.00	
Renewed Member Fee	\$17,500	\$16,226.99	Renewed member fee decreased
Father Gorman	0	0	
Clinical Innovations	\$1,000	\$625.00	
Induction Brunch	\$1,100	\$1,180.00	Sigma's Reimbursement – 3/11
Interest	\$1,200	\$1369.18	Interest above suggested budget
Donations		\$195	
TOTAL:	\$22,600.00	\$21,966.17	Revenues less than budgeted for by \$633.83
Expenses			
STTI Conference/Convention	\$6,000.00	\$1,158.15	
Eligibility Committee /Induction	\$2,500.00	\$3,109.96	
*Programs: Father Gorman; Innovations	\$2,100.00	\$3,468.12	Need to revisit budgeting amounts for these events and Fee charged for Innovations
*Annual Research Program – R&D Com	\$2,500	\$1,831.57	Under-budget – meal cost was \$715.29.
*Founders Night (Heritage Committee)	\$130.00	\$4.97	
*Newsletter Committee	\$4,400.00	\$3,502.00	One newsletter
Awards/Scholarships/ Leadership Recognition	\$1,500.00	\$1,200.00	
Research Committee/Grants	\$4,500.00	\$3,000.00	
Committee Expenses	\$ 1,100	\$79.76	
Secretarial//Web Master	\$1,600.00	\$1,300.00	
Professional: Accountant & Bonding	\$800.00	\$775.00	
STTI Assessments	\$700.00	\$563.13	
Charitable Giving	\$1,000.00	\$500	
Other Expenses	\$500.00	\$168.99	
Rita P. Kelleher Scholarship	\$2,000.00	\$1,000.00	
TOTAL	\$30,330.00	\$21,661.65	

Alpha Chi Chapter

Boston College • Sigma Theta Tau International
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The Facebook newsletter

DIANA KACH



As an undergrad at Boston College and a newly inducted member of the Sigma Theta Tau International Honor Society, I arrived at my first Alpha Chi meeting in September of 2010. It did not take long to feel welcomed among the experienced members as I learned of all the annual events the chapter puts on. I quickly knew I wanted to become involved with the chapter and within just the first couple of meetings there were multiple opportunities to do so. I joined the programming committee, began working on student outreach and took over the reins of the Facebook page.

Facebook is widely known to be the most used social networking site globally. By updating and maintaining the Alpha Chi page I have been able to start making use of this tool for our chapter. Adding members, posting the upcoming events and reaching out to our community through messaging and postings are just some of the ways we began utilizing the page.

This coming October I will be attending the honor society's 41st Biennial conference in Grapevine Texas. I look forward to sharing this opportunity with our chapter by posting a blog each day so you can follow my experiences as they unfold. The Alpha Chi Facebook will continue to have interesting additions, such as this blog, giving you more and more reasons to visit the page!

The world of social media is always progressing and Facebook is making some changes of their own. Look for our NEW Facebook group coming this fall by searching for Sigma Theta Tau International Honor Society, Alpha Chi Chapter. By joining our Facebook group you will be able to stay up-to-date on chapter news, see pictures from the wonderful events we have put on and see the information for upcoming events and meetings. You will be able to post questions and have discussions with your colleagues, as well as follow my blog to hear about my experiences in Grapevine Texas.

The Alpha Chi Facebook page is really about keeping all of the members informed and connected, and is a great addition to our chapter.

Like us on Facebook

When we reach 25 Likes we get our own URL. This is our link now: <https://www.facebook.com/pages/Sigma-Theta-Tau-International-Nursing-Honor-Society-Alpha-Chi-Chapter/209104655821696>

Or, for now, go on Facebook and search for Sigma Theta Tau.



Free stuff!

Attention nursing students! Free Stuff!
http://www.nursingsociety.org/student/Pages/free_stuff.aspx

Career help for nursing student:
<http://www.nursingsociety.org/Career/Pages/Default.aspx>

We want you

We are looking for students to participate on committees. Please email Luanne or Dorean if you are interested. There is a list of committees and their members in the newsletter. Please notify us if you would like to place any news or events in upcoming newsletters:
dorean.behney@bc.edu or luanne.nugent@bc.edu.
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