

# NURSING



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Time, they say, is the enemy of humanity. The 2018-19 school year rolled by so quickly, and the faculty and staff of the School of Nursing are grateful for another productive God-led year. This is the year that the Nursing Department transitioned to become the School of Nursing. During my travels this year, I found myself in quiet moments on the plane, contemplating what God has achieved through us this past school year. I have to admit that none of this would have happened without our hard-working faculty, staff, and students. It has indeed been a journey, and we are not at our destination yet. I can't wait to report more of God's goodness in the years to come.

During this past year, three new faculty members joined our team. Carol Rossman, our Doctor of Nursing Practice (DNP) program director, came to us with a Doctor of Nursing Practice from Oakland University in Rochester, Michigan. She has national certification as both a family nurse practitioner and a pediatric primary care nurse practitioner. She brings with her 25 years of nursing education experience. Her awards from Sigma Theta Tau International Honor Society of Nursing include "Excellence in Nursing Practice" in 2015 and "Excellence in Leadership" in 2017. Diane Tramel also received her Doctor of Nursing Practice from Oakland University in Rochester, Michigan, graduating in 2017. She has eight years of teaching experience in higher educational settings. She has also served as a dean of nursing. Melinda Nwanganga received her Doctor of Nursing Practice from Valparaiso University in Indiana. She is an alumna of the Andrews University nursing program ('03). Nwanganga is a board-certified family nurse practitioner with experience managing adults with chronic diseases.

The last two years were busy for the School of Nursing, with some programs receiving their initial accreditation and others their reaccreditation by the Accreditation Commission for Education in Nursing. We thank God for a successful initial accreditation of the online Doctor of Nursing Practice program, with both family nurse practitioner and nursing education foci, as well as our new online Bachelor of Science in Nursing (RN-BSN) program. We were also pleased to receive reaccreditation of our pre-licensure BSN program.

We are proud to showcase our National Council Licensure Examination (NCLEX-RN) pass rate, which was 100% in both 2017 and 2018. Our sophomore enrollment increased to 37 students in the 2018 admission year, and our graduation rate increased to 75%. Our pre-licensure students brought spirituality to their nursing care, embodying the spirit of Jesus Christ during a recent mission trip to Belize. It was a privilege to travel with the senior students as they ministered to the schoolchildren and served the patients at La Loma Luz Adventist Hospital. A number of students described the blessing they received from blessing others, and they were happy to offer care to those in need.

The online RN-BSN program that launched in 2017 saw its first six graduates this summer. The program is expanding its reach via memorandums of understanding (MOUs) with Bronson Health, AdventHealth and Lakeland Health (Spectrum Health). The MOUs outline these institutions' commitment to financially support their nurses' enrollment in Andrews University's online nursing program. A significant motivation for this collaboration is the need for baccalaureate-prepared nurses highlighted by the Institute of Medicine and Robert Wood Johnson Foundation's vision for nursing in the year 2020.

Seven members of our first cohort of DNP students graduated this academic year. The words "project" and "project defense" floated around the school for the last several months. Our DNP graduates worked tirelessly to produce interesting scholarly projects, and they are in the process of publishing some of their work. We are proud of our graduates' performance on their family nurse practitioner board certifications, with a 100% pass rate.

The School of Nursing's increasing focus on global outreach is taking us to locations like Ghana and Hong Kong to expand our collaboration in terms of education and research. The school is focused on aligning its global reach with Andrews University's global mission and vision. Kudos to the hard work of faculty, staff, and students on this endeavor.



## DNP Mentorship and Nursing Research Symposium

By Grace Chi, PhD, MS, RN  
Professor, School of Nursing

rium at Andrews University. As former president (2016-2018) of the Eta Zeta Chapter and current Awards Chair (2018-present), I enjoy supporting the scholarly activities of the Nursing Honor Society. Community personnel, local nurses, and students from the College of Health & Human Services were all invited to attend both podium and poster presentations. The main focus of the two podium presentations was on nurses' burnout levels and turnover rates, and the poster presentations covered a variety of different topics, including natural therapies (music or aromatherapy) and work with diverse populations.

As a DNP Scholarly Project Chair, I encouraged my DNP student, Marvelyn Thompson, to use this opportunity to disseminate the findings of her scholarly project as a poster presentation. The study was focused on the effects of guided imagery on pain and opioid consumption for patients with chronic back pain. The results indicated that guided imagery is useful in decreasing chronic back pain. Thompson also noted a trend toward decreased opioid consumption although this shift was not statistically significant. Therefore, the results were encouraging. This was Thompson's first experience presenting a poster at a scholarly conference. She was enthusiastic about sharing her study findings with the audience who, in response, expressed that the poster information was informative, useful and professional. In the end, it was a wonderful evening of learning for nurses, nursing students, and community members.

As a professor, throughout the learning process, I motivated and guided students in understanding clinical scholarship, disseminating findings, and advancing knowledge. I hope that my role and my efforts, combined with the students' efforts, can amplify their potentials for academic success as well as professional growth.

The American Association of Colleges of Nursing, in their 2006 article titled "The Essentials of Doctoral Education for Advanced Nursing Practice," emphasized the important objectives of a professor in a Doctor of Nursing Practice (DNP) program: to help students advance knowledge, understand clinical scholarship, develop analytical methods for evidence-based practice, and establish interprofessional collaboration for improving patient outcomes.

To be an effective professor, I need to bear in mind that each doctoral student possesses unique clinical experiences and flourishes in varying learning environments. I take this into consideration when guiding students in their individual scholarly projects. I assist students in designing logical projects, encourage the study of thought-stimulating concepts, help students perform tasks beyond their current level of achievement, and provide feedback for continual improvement. A student's clinical expertise becomes a major asset when exploring new territories of evidence-based knowledge, and yet I also encourage students to seek new learning opportunities.

One example of such student development is centered on research. On April 22, 2019, the Eta Zeta Chapter of Sigma Theta Tau International Honor Society of Nursing and Bronson Healthcare held their Spring Research Symposium in Newbold Auditorium

## Alumni Spotlight

By Miriam Morgan-Skinner, DNP,  
FNP-C, BSN, RN-BC  
Class of 2018

I graduated in December 2018 with a Doctor of Nursing Practice. A few months later, I sat and successfully passed the Family Nurse Practitioner certification examination.

My scholarly project focused on readmission rates of postsurgical patients. The study revealed infection in incisions and wounds as the leading cause for readmission. As a result, I created a policy which was implemented within the organization that participated in the study. At the time

of the implementation, the organization was comprised of three major hospitals. It has since grown and now encompasses four times the original number of hospitals, allowing the policy to make an impact on a wider patient population.

My interest in incisions and wounds led to an employment opportunity as a wound care and bariatric nurse practitioner. This position allows me to actively participate in treating infections through holistic care and education. In this role, I will further my education through a wound board certification



Miriam Morgan-Skinner

program and do additional research in this area. I fully attribute my recent employment and opportunity for growth as a researcher to my relationship with God, my family's support, and my experience in the School of Nursing. I was held to high standards and was molded to be a better scholar and clinician by my chair, committee members and faculty. I was able to seek knowledge which has changed my life, to affirm faith through a deeper devotional and prayer experience, and now I am off to change the world through patient care.



# DNP Graduates Improve Patient Outcomes in Disease Management

By Carol Rossman, DNP, APRN-BC  
Professor, School of Nursing

The Doctor of Nursing Practice program celebrated the graduation of three students in May and another in August. These students successfully defended their scholarly projects and completed at least 1000 clinical hours in their graduate programs. They are now ready to take their certification boards as family nurse practitioners. Each of these students created an individual scholarly project that demonstrated improved patient outcomes in health care. These projects were created, implemented, data analyzed, reported, and evaluated by clinical experts in the field for sustainable programming. These projects included:

**The Effect of a Nutrition Education Program on Nutrition Literacy in Ghanaian Adults of the Michiana Ghanaian SDA Church** – *Evelyn Osei*

**Effects of Guided Imagery on Pain & Opioid Consumption for Patients with Chronic Back Pain** – *Marvelyn Thompson*

**The Hemoglobin A1C of African American/Blacks with Diabetes Mellitus Type 2 Using Low-Fat Diabetes Plate Education** – *Ednah Makori*

**Effectiveness of Educational Intervention on Diabetic Knowledge & HbA1c Levels on Kenyan Adults with T2DM** – *Sabina Bett*



L-R: Evelyn Osei, Marvelyn Thompson, Ednah Makori

We celebrate with our DNP graduates. They are truly world changers in the health care of their communities of interest! Congratulations DNP grads!

# Students Develop Community Nursing Skills and Promote Health at Local Sites

By Melinda Nwanganga, DNP, FNP-BC  
Assistant Professor, School of Nursing

Community nursing involves caring for individuals, families, and groups where they live, work, or go to school in order to promote health through organized community efforts that benefit each citizen. Andrews University undergraduate nursing students in their senior year learn about the nurse’s role in the community health environment. Students attend weekly clinicals in a variety of community settings. At the Sister Maura Brannick Health Center, they participate in caring for uninsured residents in St. Joseph County, Indiana. As part of the Program of All-Inclusive Care for the Elderly (PACE) of Southwest Michigan, they examine a multidisciplinary approach to keeping elderly clients in their homes. At the Whirlpool Employee Health Clinic, students experience a range of occupational health practices. Through the Maternal Infant Health Program at Intercare Community Health, they observe home visits with mothers with newborns. In the Berrien County Jail, they witness how nurses care for inmates. The objective of these experiences is to understand the needs of the community, how to engage with community members, and how to advocate for them.

During the semester, students were also able to participate in community nursing in conjunction with the Harbor of Hope SDA Church in Benton Harbor, Michigan. In a health and wellness program initiated by Imasiku Mubita, nursing students worked alongside members of Harbor of Hope to obtain health metric measurements and provide education on topics such as blood

pressure, cholesterol, blood glucose, body mass index, and body fat percentage. Participants were then invited to attend cooking and exercise classes provided by Andrews University’s School of Population Health, Nutrition, & Wellness.

Through these experiences, students experienced community nursing firsthand while following Christ’s example. As described by Ellen White in “Ministry of Healing,” Jesus’ footprints were found “beside the sickbed, in the hovels of poverty, in the crowded alleys of the great cities, and in every place where there are human hearts in need of consolation.” (p. 35). Going into the community and caring for people, wherever they are and no matter what their circumstances are, allows us to partake in the ministry of Christ.

### Student Quote:

“My community clinical observation on Jan. 24, 2019, took place at Sister Maura Brannick Health Center in South Bend. As I reflect back on my observation, I remember being overwhelmed to learn how a single nurse with a vision to provide quality health-care services for those without insurance in her community has had such an outstanding outreach health-care program in this community, especially for those who are underprivileged. Today, because of her effort, love, and affection, the Sister Maura clinic is now a well-known community-based health-care center and has involved so many different people — from nurses to doctors, specialists, medical assistants, interpreters, and volunteers — who all have the same passion and love. Most of the physicians in this clinic are devoting their times and services freely to the people of this community, regardless of their race, ethnicity, gender, color, whether they are documented or undocumented immigrants; no matter what, everyone around this community is welcomed (Robert Halder).

# Class of 2019 Intercultural Mission Trip: Belize

By Shawna Henry, MSN, RN  
Associate Professor, School of Nursing

Every year, the Andrews University senior nursing students embrace the serving nature of the profession by participating in a mission trip. This trip is part of the course Intercultural Mission Service in Nursing. The emphasis of the course is on service to people from various cultures. “Gifted to Serve” was the theme of this year’s trip.

In collaboration with WeCare Mission Trips of the Center for Youth Evangelism, the students traveled to Santa Elena in Belize, with the goal of fulfilling the course objectives. However, what started out as a mere school project quickly developed into a meaningful service opportunity. The students immersed themselves in their call to serve. Their activities included working alongside the staff of the La Loma Luz Adventist Hospital, taking inventory of hospital supplies, and interacting with local school children in health education activities. The students also participated in worship activities in one of the local churches, and Ade-Oshifogun, department chair, certified approximately 25 teachers in CPR.

The joy of serving helped the team discover that not only were they gifted to serve, but they were also gifted by the blessing of service.





# Andrews University Nursing Students Partner with Community High School Students

By Shawna Henry, MSN, RN

Jochebed B. Ade-Oshifogun, PhD, RN-BC, CNE

Khonnah Weithers, MSN, RN, FNP-BC, CCRN  
Assistant Professor, School of Nursing

Carlisle O. Sutton, M.Div., MSCID

In a typical classroom, students aspire to become engineers, doctors, lawyers, or teachers. In low-income urban settings, many students have difficulty visualizing themselves achieving professional success. Such is the case for many students at Benton Harbor High School. In response to this challenge, the School of Nursing decided to initiate a mentoring program called “The Empathy Project” to develop the skills of these high school students in order to help them envision and attain their future career goals.

Carlisle Sutton, Director of Community Engagement, Integration, and Service at Andrews University, under the guidance of university provost, Christon Arthur, developed the mentoring program as a way for the university to engage with the community and to develop our students into world changers. The goal of “The Empathy Project” was to evaluate the effect of community engagement activities on Benton Harbor students and on the nursing students’ level of empathy. A mentoring program between university students and high school students would not only offer a service to the Benton Harbor community but would also provide the university students with the many benefits that come with service learning. Because nursing is a service-oriented profession, it was an ideal program to use as a pilot mentoring initiative that could later be employed by other university departments.

Sutton approached the School of Nursing, and together they developed a plan to engage high school students who might have an inclination toward a career in the health professions. The planning team, which consisted of Sutton, along with Chair Jochebed B. Ade-Oshifogun and professors Khonnah Weithers and Shawna Henry, developed the Andrews University Nursing Community Partnership. The program was designed to facilitate a mentoring experience between nursing students and high school students and also to arm high school students with practical health-care skills and knowledge that they could use and share with their community. The plan required significant student support in order to be successful, and Andrews University Student Nurses Association (AUSNA) president, Johanna



Erickson, and her team enthusiastically embraced the idea and helped recruit student mentors.

During the fall semester, 13 nursing students partnered with 11 Benton Harbor High School students. Participants received training in hands-only CPR and care for traumatic injuries. In the spring, senior nursing students, as part of their mission nursing class, continued the instruction by focusing on health practices meant to decrease the incidence of lifestyle diseases. The high school students learned about making healthy choices related to rest, activity, and nutrition.

Both groups were impacted by the meetings, which were held over a period of five weeks.

The high school students appreciated the time spent with their mentors. After the class on nutrition, one student expressed that she had never read a label before and was quite pleased she was now able to understand the information provided. During the end of program social, one of the Benton Harbor students made a memorable statement. After receiving her certification of participation, she said, “I am going to show this to the members of my family that thought I will not amount to anything. This is the evidence that I am on the right path, and I plan to go to college.”

Stuti Dass, a sophomore nursing student, shared, “We are building interconnecting relationships. Reaching out to the community made me feel like a disciple. Helping the kids learn a certain skill set that they could implement in their setting or situation, and in turn teach others around them, was a fulfilling experience. It helped me seize the opportunity given to me through AUSNA, to reach out to them using skills that I already had. This was such a wonderful program for us to be a part of, and I pray it continues.”

The School of Nursing plans to continue to develop the program in order to increase its impact on more high school and nursing students next year. The school solicits your prayers and support as it continues to meet the needs of the high school students and also develop mission-driven nurses. In the School of Nursing, we seek to fulfill our university mission to “Seek Knowledge. Affirm Faith. Change the World.”





## Pinning Ceremony

By Jochebed B. Ade-Oshifogun, PhD, RN-BC, CNE

In May 2019, the School of Nursing held a beautiful ceremony commending our graduates. The nine pre-licensure nursing graduates were welcomed to the nursing profession as they declared the nursing oath while the four Doctor of Nursing Practice students were affirmed in their advanced practice roles. Our speaker was Barbara Harrison, Clinical Associate Professor of Nursing. She challenged the graduates to pursue their high calling — to serve their professions, patients, families and communities.

Five BSN students received awards during the pinning ceremony.



Johanna Erickson,  
**Excellence in Academics**  
(Hagerman Award),  
with a GPA of 3.83.



Prerna Wilson-Pauliah,  
**Excellence in Leadership**  
(Taylor Award).  
“Prerna consistently shows a positive attitude, which is inspirational to those around her. She is a good communicator. She also leads by example through her commitment and accountability.”



Hannah Smoot,  
**Clinical Excellence**  
(Nightingale Award).  
“Hannah shows a genuine interest in learning and seeks opportunities to learn. She does not shy away from challenges. She is sensitive to the needs of her patients in all aspects of care.”



Cynthia Costa,  
**Restoration Award**.  
“Cynthia shows a sincere interest in people and is motivated to provide the best care to her patients. Her genuine spirit enables her to connect with patients well, and she consistently shows Christ-like empathy toward them.”



Noemi Almonte,  
**Image Award**.  
“Noemi embraces the profession of nursing. She demonstrates a positive image of nursing in her conduct, her interactions, and her drive to succeed. She is a good advocate for her patients, her peers, and for the profession itself.”



# Changing the World: A DNP Student's Project

Submitted for the team:

Jochebed B. Ade-Oshifogun, PhD,  
RN-BC, CNE

Dixon Anjejo, DrPH  
Team Member, School of Public Health,  
Nutrition & Wellness

Eric Rutto, MD  
Team Member, Physician, Reale Hospital,  
Kenya

Andrews University's mission to change the world is embodied within the School of Nursing's vision to engage globally. The School of Nursing embraces this vision in its teaching philosophies and instructional methodology. Our Doctor of Nursing Practice (DNP) students take this mission to heart. Their scholarly projects are making a difference not only in the United States of America but also around the world. One such example is the project conducted by DNP student Sabina Bett.

Bett saw the need of diabetic patients in one particular community in Kenya, and she determined to make a change for this population through education and awareness, no matter how many challenges stood in her way. Because of the international nature of her project, she

had to obtain Institutional Review Board and Ethics Committee approval at five levels — Andrews University; University of Eastern Africa Review Ethics Committee; the National Commission for Science, Technology and Innovation; the county government; and Reale Hospital. The cost of travel between the United States and Kenya was also a significant hurdle.

Bett studied the “effectiveness of an educational intervention on diabetic knowledge & HbA1c on Kenyan adults with Type 2 Diabetes mellitus,” using an experimental approach. She observed a significant difference in participants' levels of HbA1c after the three-month intervention period. She also found a considerable increase in diabetic knowledge, and self-efficacy levels were also increased post-intervention. The local county government was pleased with her project, which resulted in the project being featured on the local television channel in Kenya.

Bett believes education is the most effective strategy in defeating diabetes and its complications. There has been considerable post-study interest in her project. After the study, she educated more than 200 community members from Uasin Gishu County, Kenya. Through her scholarly project, Bett embodied the mission of Andrews University to change the world. As the chair of Bett's project, I firmly believe that world changers are made at Andrews University.





## Eta Zeta Chapter at Andrews University Going Strong in Its 35th Year

By Khonnah Weithers MSN, RN, FNP-BC, CCRN  
President, Eta Zeta Chapter of Sigma Theta Tau International

April 12, 2019, marked the 35th anniversary of the Eta Zeta Chapter at Andrews University. Eta Zeta is the 172nd chapter chartered by the Sigma Theta Tau International (STTI) Honor Society of Nursing, an esteemed fraternity of nursing scholars, which to date has over 530 chapters worldwide. It was formally recognized as a chapter at the Andrews University School of Nursing on April 12, 1984. Membership is by invitation only and offered to qualified undergraduate nursing students, graduate nursing students and community nurse leaders. During the spring of 2019, the Andrews University School of Nursing inducted nine new members into STTI and welcomed their membership into the Eta Zeta Chapter. These were students from both the undergraduate and graduate nursing programs who excelled academically and were in the top third of their class.

As in previous years, the Eta Zeta Chapter remains active in fulfilling STTI's mission of "advancing world health and celebrating nursing excellence in scholarship, leadership and service." At the upcoming STTI Showcase of Regional Excellence at the 45th Biennial Convention to be held in Washington, D.C. (Nov. 16-20, 2019), the chapter will be recognized for its work in fulfilling current STTI President Beth Tigges' Call to Action to "connect, collaborate, and catalyze." Eta Zeta answered this call through annual chapter events held during fall and spring

semesters. The chapter collaborated with Bronson Methodist Hospital in Kalamazoo, Michigan, and the Psychiatric Nurses Council of Southwest Michigan to provide a Fall Research Workshop on Nov. 27, 2018. The event, titled "FUSE: Developing Housing for Emergency Department Frequent Users," was very informative for the nurses and the 69 Andrews University nursing students who attended the event. Participants learned that barriers created by social determinants of health (addiction and

unmet psychiatric needs) can significantly

affect a patient's health. Furthermore, they came to realize how important it is to recognize the situation and what interventions acute care nurses may implement in collaboration with other agencies to meet the needs of the identified patient population. One comment from the program evaluation surveys mentioned that the "presentation taught me there's a program called FUSE which helps people who aren't able to afford themselves, and it's important to open ourselves to help them." Another participant noted, "It was very educational, addressing an issue (homelessness) that's rarely addressed. It was really eye opening."

In addition to the fall event, Eta Zeta also organized a Spring Research Symposium, with two podium presentations which highlighted how nurse burnout and moral distress affect the quality of care given to patients. One attendee stated that the topic presented "will assist in developing wellness programs in self-care for nurses" while a member of the nursing faculty commented that burnout in nursing is a topic well worth exploring with nursing students. In addition to the two podium presentations, there were also several poster presentations on a variety of nursing topics, including pain, opioid consumption, alternative pain management, sleep, and intimate partner violence. These were presented by both undergraduate and graduate students from the School of Nursing.

Eta Zeta continues to foster nursing scholarship by organizing scholarly events in support of nursing research and by encouraging nursing excellence through membership, participation, and leadership. Year after year, the chapter is fortunate to have chapter leaders and board members who work tirelessly with STTI to further global health. The chapter is grateful for the support of the Andrews University School of Nursing and its faculty.



Johanne Clermont  
Boursiquot

## Invited to Join Sigma Theta Tau: A Student's Perspective

By Johanne Clermont Boursiquot  
BSN Student, Class of 2020

For as long as I can remember, the health-care field has always been my first professional interest. Going to school in the U.S. and getting a second degree have been my goals for some years, and when the door opened for me, I fully embraced the opportunity. My objective has been to become a licensed member of an honorable, highly-skilled and trained nursing team. The knowledge-based, evidence-based decision-making

skills and clinical competencies of the nursing profession provide a solid foundation for quality care.

The Sigma Theta Tau International (STTI) Honor Society of Nursing admirably exemplifies this profession, so I felt honored to be one of six students invited to join this year. The STTI Eta Zeta Chapter's president, Khonnah Weithers, organized the ceremony that took place on March 28, 2019. It was a way to meaningfully celebrate with the community at-large the benefits of a great education in a field that specializes in skillfully alleviating patients' distress. The cords, ribbon and certificate challenge all nursing students to continue to do our best and put God first in our careers, for we should seek knowledge, affirm faith and change the world.