



Department of Nursing Spring 21010

*A Student's Thoughts*

**ON NURSING**

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RN-BS Senior

**"WHO AM I?"** *I can be male or female.*

*I have spent many hours learning how the human body works, how the mind works and how the soul is touched.*

*I have learned about pharmacology, biology, sociology and psychology.*

*I work with the young and the old.*

*I can save a life and I can comfort you during your last days. I can set my own values, ideals and beliefs aside to support yours. I can teach you about topics such as diabetes, cancer,*

*medications, pressure sores, infection control and dementia. I can help you to stay well and care for you when you are ill. I can listen. I can hear what you're not saying. I support your family when you cannot. I cry with you.*

*I laugh with you. I celebrate with you. Who Am I? **I AM A NURSE.**"*

**TOPICS**

**Students Thoughts On Nursing  
Palliative Care Collaboration**

**New Essentials of Baccalaureate Nursing  
A Return on Investment... Student Stories  
Continuation of a Tradition of Caring  
Student Support**

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**COLLABORATION FOR PALLIATIVE CARE FOR THE REGION**

The BSU nursing department is participating with other health care agencies in Bemidji to improve the provision of palliative care. Since the fall of 2008 Stratus Health has been leading the Minnesota Rural Palliative Care Initiative, including Bemidji and 9 other communities in a learning collaborative to improve the palliative care services available in the community. Each community completed an assessment of local needs and designed an individual community plan to meet the identified needs. On April 8th these 10 communities will meet in St. Cloud to present their final projects and celebrate the improvements in their communities.

According to the Stratus Health website "Palliative care is an approach to managing chronic disease and other serious and advanced illness that centers on relieving suffering and improving quality of life for patients and their families. Seven out of ten Americans who die each year die of a chronic disease." The goals of the Bemidji team included increasing the awareness about palliative care among health care workers and residents of the area. We felt strongly that excellent palliative care services are available in this community and more people could be appropriately accessing these services. We also hoped to strengthen the expertise of professionals in various health care disciplines related to palliative care.

The Bemidji team is led by the hospital and hospice chaplain, Mark Papke-Larson, and the RN from Goldpine, Clarissa Dowhower. Members include representatives of the hospital case management service, medical staff, hospice and home care agency, acute care nursing staff, a local pharmacy, and BSU nursing faculty. Activities we are most proud of include:

- Developing a pamphlet describing palliative care and listing local experts who can speak about the subject (a speaker's bureau)
- Distributing this pamphlet to local groups who may wish to have a presentation
- Participating in a 2 day training in end of life care (ELNEC) for local care providers
- Procuring scholarship dollars to supplement the registration for local providers to attend the training
- Appearing on the local television station to "spread the word" about palliative care services in the area
- Developing a website for our team to keep up on team activities
- Participating in the training sessions held by the Stratus team since Fall of 2008, improving our own expertise pain management, difficult conversations, symptom control, and other palliative care topics.

What's next? A particularly positive outcome of this experience has been the development of a community wide network of providers who represent lots of different settings and have a passion for palliative care. Our team has begun to discuss the possibility of a community wide approach to communicating the decisions people have made about preferences for end-of-life care across the various settings in which they may receive care. Communicating individual decisions with our region could be accomplished by a community wide form that is honored by clinics, care facilities, the hospital, and ambulance services and expresses orders for life-sustaining care. This may be our next project! Without the network created by the Stratus Health initiative it would be impossible to even consider such a vision.

*Nancy Hall, MS, RN*



## NEW ESSENTIALS OF *Baccalaureate* EDUCATION

### NEW ESSENTIALS OF BACCALAUREATE EDUCATION

The Commission on Collegiate Nursing Education announced new essential outcomes for all baccalaureate prepared nurses. Nancy Hall and Riki Scheela are leading the charge to implement and do possible curriculum changes. All graduates beginning in 2011 will address and evaluate the following *Essentials of Baccalaureate Education for Nursing*:

- Liberal Education for Baccalaureate Generalist Nursing Practice  
*A solid base in liberal education provides the cornerstone for the practice and education of nurses.*
- Basic Organizational and Systems Leadership for Quality Care and Patient Safety  
*Knowledge and skills in leadership, quality improvement, and patient safety are necessary to provide high quality health care.*
- Scholarship for Evidence Based Practice  
*Professional nursing practice is grounded in the translation of current evidence into one's practice.*
- Information Management and Application of Patient Care Technology  
*Knowledge and skills in information management and patient care technology are critical in the delivery of quality patient care.*
- Health Care Policy, Finance, and Regulatory Environments  
*Healthcare policies, including financial and regulatory, directly and indirectly influence the nature and functioning of the healthcare system and thereby are important considerations in professional nursing practice.*
- Interprofessional Communication and Collaboration for Improving Patient Health Outcomes  
*Communication and collaboration among healthcare professionals are critical to delivering high quality and safe patient care.*
- Clinical Prevention and Population Health  
*Health promotion and disease prevention at the individual and population level are necessary to improve population health and are important components of baccalaureate generalist nursing practice.*
- Professionalism and Professional Values  
*Professionalism and the inherent values of altruism, autonomy, human dignity, integrity, and social justice are fundamental to the discipline of nursing.*
- Baccalaureate Generalist Nursing Practice  
*The baccalaureate-graduate nurse is prepared to practice with patients, including individuals, families, groups, communities, and populations across the lifespan and across the continuum of healthcare environments.*  
*The baccalaureate graduate understands and respects the variations of care, the increased complexity, and the increased use of healthcare resources inherent in caring for patients.*



### Meet Heather Sampson

*4-Year Track junior and 2009-10  
Bertha Evenson Memorial Scholarship recipient*

Heather stands out in a crowd; she is a stunning 6 foot tall (without shoes) volleyball – now basketball player at BSU. What you notice first about her isn't necessarily her height it is her warm presence and open personality. Heather visited with me about her time at BSU and her choice to be a nurse. She commented about how she feels the nursing program at BSU is **preparing her well to be a nurse and eventually go on to be a geriatric nurse practitioner.** Heather finds the courses to be



# A Return on Investment

## CONTINUATION OF A TRADITION OF CARING

Jeanine Gangeness, Department Chair and Associate Professor of Nursing

*Jeanine E. Gangeness*

The department of Nursing has been blessed with many scholarships over the years. I would like to take this moment to thank each of you for your contribution. This year we were able to award 13 students scholarships for the 2010-11 academic session. To the left and below are some of the stories... if you are a past recipient please contact me so we can do a story about your passion for nursing and what receiving your bachelor's degree and a scholarship has meant to your career (218-755-3870 or [jgangeness@bemidjistate.edu](mailto:jgangeness@bemidjistate.edu)).



### Meet Annie Haefner

*4-Year Track sophomore and 2010-11  
Marjory Beck Scholarship recipient*

Annie came into the office **all smiles and ready for the next learning experience**. She talked about how she likes the “up north” feeling of Bemidji State University. This semester Annie is learning and doing nursing skills. She says that she knew that **“nursing was 100% my thing”** when she was able to work with patients during the first semester in the nursing program. “I just couldn’t stop smiling” when I was drawing up insulin or placing a urinary catheter and telling people about it.

“When my mom came to the induction ceremony in February she said she could really feel that the faculty here really care and want us to succeed. I really feel that support, too.”

When asked about her upcoming year with a scholarship she said she just kept waiting for the letter to come. When it came I called my mom and we were so happy! The **“peace of mind”** and **“decreased stress”** of having a scholarship so she doesn’t have to work so much or worry about buying books was important to her future success!

### Meet Kelsey Johnson

*4-Year Track junior and 2009-10  
Amelia Dalzotto Memorial Scholarship recipient*

Kelsey bounced into Bemidji State University with a sense of optimism and command for a successful future. Once you meet her you know you have just met a future nursing leader! Kelsey and her son Caden came to Bemidji because her grandmother lives in the community and she just always liked

visiting her. She visited with me over tea one morning and talked about how it “feels good to help people out and really know what you are doing”. One of her most memorable moments was when she took care of a lady and her husband was with her the entire day. At the end of their time together, Kelsey providing care, the patient’s husband “gave me a hug and said ‘you will be a great nurse’ – it was the most incredible day. **That’s when I knew that nursing was where I belonged.**

Kelsey talked about how she was **able to meet Gene Dalzotto right before he died** and how it was so special that this was the person who made it possible for her to focus on her studies. “The scholarship was great; it took the stress off so I could study.” She went on to say that because of the scholarship she will graduate with little to no debt. That is huge for Kelsey!

### Continuation of a Tradition of Caring

The scholarships our students received are possible because of the donors who choose to continue the caring tradition with our next generation of nurses. Bemidji State University has been about excellence in nursing education for over 27 years. If you would like to be a part of the tradition of caring for the next generation of nurses contact Joe Czapiewski at the BSU foundation at 218-755-2779 or [jczapiewski@bemidjistate.edu](mailto:jczapiewski@bemidjistate.edu).

challenging and the other students in her co-hort to be supportive.

When asked about what the Bertha Evenson Memorial Scholarship meant to her, she promptly responded that it was a **“huge honor”**. She was honored to receive the scholarship and thought it was amazing that she could meet Bertha Evenson’s daughter, Bonnie Swanson. Receiving the scholarship meant that she “didn’t need to balance classes, studying, a sport (basket ball player), and a job”. The scholarship has helped her succeed in a demanding program.

# A Different Approach to Student Support

For many Alumni and friends of the University, giving an annual gift to the University is an important part of their charitable activities. Although the reasons people give vary, the impact on students is consistent and meaningful. On behalf of the students who benefit from the scholarships people like you support - thank you!

Sometimes, a donor will express a wish to do something more – but it can be tough when raising a family or living on a fixed income. Thanks to the Legacy Society and the Gift Planning program at the BSU Foundation, there is a way to leave a lasting legacy at BSU. With proper financial planning, most people can find a way to leave a major gift with significant personal meaning while also taking care of family, ensuring a comfortable living for a spouse, or accomplishing any number of other goals.

There are so many ways to make a difference through charitable gift planning. Future gifts of real estate, life insurance, retirement plans, or any appreciated assets can see significant tax benefits for your heirs. Alternatively, life income gifts of

Charitable Gift Annuities or various trusts can be arranged. More information on these options, and the tools to help you determine which is right for you, can be found at our brand new website, [www.bsualumni.org/foundation/gift\\_planning/](http://www.bsualumni.org/foundation/gift_planning/). As always, please talk to your personal tax advisor before making any decisions about a gift. Many estate gifts are revocable, but some are not.

The BSU Legacy Society is a group of dedicated friends and alumni who are committed to the future of the University. Membership is easy – simply let us know that you have made plans for BSU in your estate. No current gift is necessary. The Legacy Society is your way to show your support for the University, and our way to show our appreciation for your caring. If you have any questions, please contact me at 218-755-2779 or [jczapiewski@bemidjistate.edu](mailto:jczapiewski@bemidjistate.edu), or through the website listed above.

*By Joe Czapiewski, BSU Foundation*

## BEMIDJI STATE UNIVERSITY FOUNDATION



# 2010 Gift

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I am interested in making a substantial gift to the Department of Nursing in honor of the nursing care I have received or in appreciation of my nursing education to the BSU Foundation. Please contact me at the telephone number and/or e-mail address listed above regarding how to process that transaction.

Bemidji State University, Department of Nursing, 1500 Birchmont Drive NE #15 Bemidji, MN 56601-2699  
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*Thank You!*  
**FOR YOUR INTEREST!**