



GAMMA RAY



VOLUME 27, ISSUE 3 FALL 2007

PRESIDENT'S MESSAGE

Can we talk? I don't know about you all, but I find myself at times with a plate slightly so full that it overwhelms me. Work, personal, and professional needs (not necessarily in that order) are stretched to the limit. Like you, I have to step back, take a breath and determine which direction I am going; at times, using a "map" to prevent from getting lost.

My professional responsibility as president of this organization has been made easier by the existence of a hard working Executive Board and a Strategic Planning Tool. This planning tool was the legacy of the past board under the direction of past president, Sandra Peppard.

The tool is my "map" to ensure that Gamma Gamma is on track. The "Plan", includes strategic areas congruent with the vision of Sigma Theta Tau. These areas include *Knowledge, Leadership, Service, Community, and Sustainability*.

In reviewing the "Plan", I find that things are faring well. For example, by the time you read this message, we would have under *Knowledge*, collaborated with Zeta Mu to sponsor a workshop at the VA hospital on bioterrorism. The program coordinated by Tracy Thompson showcased one of our board members, Heather LaBelle, as an expert keynote.

Under *Community*, our relationship with San Diego State University (SDSU) nursing program is blossoming. We have the full support of Dr. Todero, Director of the nursing program. Nursing student involvement is very much in play thanks to Joan Hall, one of our Executive Board counselors for SDSU. Joan recruited the California Nursing Student Association (CNSA) at SDSU to assist with sending out our hard copy newsletter. Arlene Hady, president of SDSU-CNSA, stated that CNSA "is always willing to lend a helping hand." It is a win-win situation. Our great newsletter editor will receive much needed assistance and our nursing students will become informed as to what the Honor Society of Nursing, STTI, Gamma Gamma Chapter is all about. This will encourage and motivate nursing students to join the honor society.

I could go on, but I promised our editor that I would keep it short. Reflecting, I am very proud to be a member of such a hard working team. I am also very glad that Sandra kept after us about the Strategic Plan. You can rest assured that Gamma Gamma is going in the right direction. If you have questions about the other strategic areas, feel free to e-mail me at afsholt@cox.net. Just be patient as I might not answer immediately; I am still working on developing a strategic plan for both my work and personal goals.

Anita Holt, RN, MSN



2007-2008 Gamma Gamma Executive Board members

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Gamma Ray is published by Gamma Gamma, the SDSU chapter of Sigma Theta Tau International, an 85 year-old honor society that is essentially the Phi Beta Kappa of nursing. Members include practicing nurses, instructors, researchers, policymakers, entrepreneurs and others. Our mission is to improve the health of people worldwide by improving nursing scholarship.

CHAPTER NEWS

SPOTLIGHT ON CHAPTER FOR COMMUNITY SERVICE AND WEB PAGE EXCELLENCE Anita Holt, RN MSN

Gamma Gamma Chapter was recognized by the Honor Society of Nursing, Sigma Theta Tau International for demonstrating a commitment to service at the community. We were featured in the September spotlight for *Leader Lines* and *Chapter Leader* for our involvement with Family Health Services Logan Heights Clinic. A photograph with Rita Graft, Sandra Peppard with Mayor Sanders was included. A profile of the project will also appear in an issue of *Leader Lines* and *Chapter Leader*. Please go to http://www.nursingsociety.org/Chapters/Pages/September_Spotlight.aspx to read this special feature.

The September issue of Chapter Leader Emphasis (a quarterly newsletter sent to more than 3,000 chapter leaders) features best practices in technology. The Emphasis on Best Practices, a four-page insert within Chapter Leader Emphasis, was first published in November 2001 and highlights the successes and experiences of some of the honor society's chapters. Sigma Theta Tau International is aware that Gamma Gamma has an outstanding website and utilizes online newsletters to connect with your membership. STTI offered us the opportunity to share about this outstanding web-site and the ways in which we used it to connect with the membership. Kudos to Andra Davis, our webmaster for doing such an outstanding job

MARYANNE GARON, RN, DNSC

Congratulations to Maryanne Garon, DNSc who received tenure and was promoted to Associate Professor at California State University Fullerton. Dr. Garon is the Coordinator of the Graduate Programs, the ADN-MSN program and the Nursing Leadership MSN concentration at CSUF.

Dr. Garon received her doctorate in 1999 from University of San Diego. After 25 years at the San Diego VA, she retired in 2000 to start a career in academia at Cal State Fullerton.

Dr. Garon was awarded the 2007 Sigma Theta Tau, Gamma Gamma Chapter "Excellence in Nursing Award" in Academic Education. She has been a Gamma Gamma member for over 20 years.



Maryanne Garon, RN, DNSc
BSN- SDSU 1973; MSN -
SDSU - 1986; DNSc - USD
1999



New members are inducted at the Gamma
Gamma board meeting

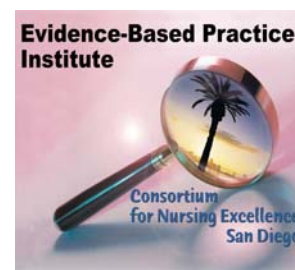


CHAPTER MEMBERS, FAMILY AND FRIENDS
ATTEND "MENOPAUSE THE MUSICAL!",
A FUNDRAISING EVENT

CHAPTER MEMBERS AND CSNA STUDENTS
FROM SDSU SCHOOL OF NURSING ATTEND
"SPIRIT OF THE BARRIO" LUNCHEON



Save the Date



2007 Collaborative Evidence-Based Nursing Conference

October 30, 2007 from 7:30 AM to 5:00 PM

at the Sharp HealthCare Corporate Headquarters

8695 Spectrum Center Boulevard, San Diego, CA 92123

The morning sessions will include a graduation celebration for the Evidence-Based Practice Institute Fellows and Mentors, presentation of exemplar projects, and a keynote address on "Nurse Innovators" from Kathy Malloch, RN, PhD, an expert on Evidence-Based Practice.

The afternoon sessions will include research presentations from San Diego area university faculty, students, and recent graduates. In addition, Kathy Malloch, RN, PhD will present a keynote address on "Evidence-Based Leadership".

The call for abstracts is available on the website: <http://nursing.sdsu.edu/inr/>

Please contact Caroyn Pickett at 858-939-3558 for further information or <http://nursing.sdsu.edu/inr/>



**SCHOOL OF
NURSING**

SAN DIEGO STATE UNIVERSITY

WHAT'S NEW AT SDSU SCHOOL OF NURSING

The 2007-08 academic year is off and running. Faculty and staff welcomed 92 new undergraduate and 38 new graduate students to the SON. The RN to BS student body is growing with the addition of our new in Imperial Valley campus. We are excited to introduce our new full time colleagues including **Dr. Diane Hatton, Dr. Linda Robinson, Dr. Susan Yount, and Helena Hoyt.**

Dr. Diane Hatton joins the SON faculty and staff as the new Associate Director for Research. Dr. Hatton's clinical background is in community/public health nursing and her research has focused on the health of vulnerable populations. She has a particular interest in community-based participatory research (CBPR). With her colleagues from San Francisco State University and Welcome Home Ministries in San Diego, she recently completed a CBPR project focused on co-payment policy and the health of women prisoners. "I am very proud to be part of the SDSU-SON faculty. I look forward to collaborating with faculty colleagues and teaching students in this innovative environment."

Dr. Linda Robinson joins the SON faculty and staff as our new Associate Director for Academic Programs. Dr. Robinson comes to SDSU with a research interest in HIV/AIDS care and nursing work. Her clinical passions range from public health nursing to acute care. In addition to teaching, Dr. Robinson enjoys her per diem status at UCSD-Hillcrest where she provides nursing care to patients on

the infectious disease unit. "It is very exciting for me to join a school of nursing with a large undergraduate program. The collective enthusiasm over nursing's potential is palpable here at SDSU."

Dr. Susan Yount began nursing as a second career. She earned a BSN from the University of Kansas and a MSN as a Nurse-Midwife in 1999. Exposure to life along the U.S.-Mexico border in graduate school triggered her interest in the health of border Hispanic women and alternative modalities. She has been in private practice in a physician/CNM group, has educated Nurse-Midwives while in a faculty practice position, has taught undergraduate OB at Arizona State University and has worked locum tenens as a CNM. In 2006 Dr. Yount earned her PhD in Nursing Research with a focus on Vulnerable Populations and a minor focus on Rural Health from the University of Arizona. Her areas of interest include border health, Hispanic women, health literacy, alternative therapies, and rural health.

Helina Hoyt joined the faculty in July as the Imperial Valley Campus (IVC) RN-BS Coordinator. Helina earned a MS in Community Health Nursing (School Nurse Specialization) at SDSU in 2001. She has a diverse clinical background including acute care at Parkland Memorial Hospital in Dallas, Texas. She has practiced as a school nurse since 1998. Helina sees the RN-BS program as a way to improve healthcare in the Imperial Valley, a rural community on the Mexican border. She looks forward to working closely with San Diego faculty to ensure that the IVC program mirrors the

quality delivered on the West Campus. Her vision is that Imperial Valley nurses will have the opportunity to seek graduate education locally.

Dr. Willa Fields has been granted an appointment with Sharp Grossmont Hospital to assist the nursing staff with research-based projects from the development stage through publication. She is also an active member of the Sharp Grossmont Nursing Research Council. Dr. Fields and her colleagues from the University of Nebraska will present two posters at the American Medical Informatics Association (AMIA) 2007 Annual symposium in November 10-14, 2007 in Chicago. Dr. Fields teaches a graduate informatics course (NURS 684) in the SON.

Rebecca Long is the recipient of the American Association of Critical Care Nurses (AACN) Lifetime Membership Award. Rebecca is the immediate past chair of the AACN Certification Corporation Board, which certifies over 45,000 acute and critical care nurses. This award is given annually and is given in recognition of distinguished service and contributions made. Rebecca is a member of Gamma Gamma, having graduated with an MS in Critical Care Nursing in 1992 from SDSU. She is an academic educator in the SON and a clinical nurse specialist at the Veterans Affairs Healthcare System, San Diego, Calif.

Denise Kohler presented her research "Developing Printed Patient Materials at or Below a Sixth-grade Reading Level

WHAT'S NEW AT SDSU SCHOOL OF NURSING

for Polyethylene Glycol Bowel Preparation Instructions Given to Patients Preparing for a Colonoscopy: The Impact on Decreasing Sub-Optimal Bowel Preparations" at the annual convention of the Society of Gastroenterology Nurses and Associates on May 18-23, 2007. She also had a poster presentation "Navigating Through the Muddy Waters of Literacy and Colon Preparation Compliance" at the conference. Denise was interviewed by *Outpatient Surgery Magazine* in August 2007 and her research was the featured article in "Things That Work". Her research is partially funded by a grant from the Sharp Grossmont Hospital Foundation and has received Utilization of Research Award from STTI, Zeta Mu Chapter-at-Large.

SDSU-SON AND VETERANS AFFAIRS HEALTHCARE SYSTEM, SAN DIEGO SELECTED FOR VA NURSING ACADEMY

SDSU-SON is one of four schools of nursing in the U.S. chosen to partner with a local VA institution to initiate the VA Nursing Academy. The four schools selected to take part in the new program are: University of Florida in Gainesville; **San Diego State University**; University of Utah in Salt Lake City; and Fairfield University in Fairfield, Connecticut. The four VA-nursing partnerships were selected from among 42 applications.

The VA Nursing Academy was recently established to address the nationwide shortage of nurses while ensuring that veterans continue to receive world-class care and services. The Academy's "Enhancing Academic Partnerships" pilot program enables competitively selected VA-nursing school partnerships to expand the number of nursing faculty, enhance the

professional and scholarly development of nurses, increase student enrollment by about 1,000 students and promote innovations in nursing education. "The expanded role of VA in the education of nurses will ensure the Department has the nurses needed to continue our world-class health care for veterans," said Secretary of Veterans Affairs Jim Nicholson. "Our strengthened partnerships with these four **great nursing schools** will enhance the faculty and clinical resources needed to educate nurses. Adapted from: *Washington, VA press release, July 31, 2007*

SDSU AND SHARP HEALTHCARE DEDICATE THE HUMAN PATIENT SIMULATION CENTER

Stephen Weber, President, SDSU and Michael Murphy, President and CEO of Sharp HealthCare, officially announced the recent naming gift of \$1 million on Wednesday, Sept. 12th at an open house for the media and over 200 guests. The Sharp HealthCare Human Patient Simulation Center (HPSC) is the largest simulation center in Southern California. The center has five adult simulators, one pediatric simulator and two infant simulators. Each simulator costs approximately \$50,000 and the warranty on each can run as high as \$4,500 per year. Now, thanks to a \$1 million naming gift from Sharp HealthCare, generations of future nursing students will also be able to benefit from this high-tech facility. "Our state's nursing shortage is well known, and our support of the Human Patient Simulation Center will help give nursing students the best education possible in the most efficient setting," said Mike Murphy, president and CEO of Sharp HealthCare. "This Center will enhance what already is an excellent nursing program at SDSU."

It looks like a real hospital with gurneys, heart monitors, IVs and a crash cart. The



Mary Beth Parr, Coordinator, Sharp HealthCare Human Patient Simulation Center, demonstrates infant resuscitation.

Sharp HealthCare HPSC allows students to practice their clinical decision-making skills and learn how to interact with patients, families, nurses, and doctors. Patient simulators can mimic more than 90 different health care conditions. Faculty can play the role of the patient and interact with students during the simulations through audio technology. Under the leadership of **Mary Beth Parr**, HPSC Coordinator, SDSU nursing students have engaged in more than 1100 simulations over the last year. The center is also equipped with video equipment that records student performance during the simulations. The video is then used as a teaching tool.



Dr. Kay Gilbert (seated at the desk) oversees SDSU nursing students at the Sharp HealthCare Human Patient Simulation Center.

WHAT'S NEW AT SDSU SCHOOL OF NURSING

RN TO BS PROGRAM GOES TO IMPERIAL VALLEY

The SON initiated the RN to BS program in Imperial Valley in July. The program allows associate degree RN's to earn a BS in Nursing from SDSU without leaving Imperial Valley. The program includes interactive television and local clinical experiences. Despite technical challenges and traveling to Imperial Valley in 110-degree weather, faculty worked diligently to make the first interactive TV course, NURS 500, Advanced Health Assessment and Health Promotion, a success. Eight RN-BS students from the Imperial Valley campus joined **Dr. Sue Hadley** and students on the SDSU campus on interactive television. **Dr. Lorraine Fitzsimmons** taught the lab component at Imperial Valley Community College. *Submitted by Helina Hoyt*



Dr. Lorraine Fitzsimmons demonstrates a diabetic foot assessment to Imperial Valley RN-BS students (left to right) Jennifer Valenzuela, Ambrose Warren Gangle, Gina Parker, Ambrose Warren Gangle, **Helina Hoyt** (second left) looks on.



Dr. Sue Hadley (on screen) gets ready to teach via interactive television. RN-BS students in our first Imperial Valley class include (left to right) Juanita Martinez, Steven Jamie, Erica Rodriguez, Evelyn Bernal, Helina Hoyt (RN-BS Coordinator), Gina Parker, Ruth Perry, Jennifer Valenzuela, and Ambrose Warren Gangel.

PEDIATRIC HEALTH ASSESSMENT COURSE

A graduate level pediatric health assessment course is being offered in the SON. Assessment of the Child and Adolescent, NURS 601, is designed for nurses in the School Health Credential program or for pediatric nurses in the RN-BS program. The course teaches skills needed to record a complete health history and perform a complete physical, emotional, and psychosocial assessment on any age child, from birth through adolescence. While the emphasis is on the well child, the course also addresses common abnormal findings. For further information contact Kristiana Cullum at kcullum@mail.sdsu.edu. *Submitted by Kristi McCullum*

SDSU CALIFORNIA NURSING STUDENT ASSOCIATION (CNSA)

The SON and the SDSU-CNSA welcomed 92 new students at the New Student Orientation on August 22nd. CNSA Vice President **Ryan Butler** and CNSA volunteers hosted the event. Excitement filled the air as new students meet upper classman, faculty, and classmates; tried on uniforms; posed for student ID badges; and purchased stethoscopes and sweatshirts. **Dr. Toderero** spoke of the significance nurses have in today's society, the demand for graduates, and how their education at SDSU would change their worldview and them personally. **Nicole Marcy**, past CNSA president, and ANA/C Director of Clinical Practice, spoke on the value of belonging to a professional nursing organization. All will remember the day! Thanks go to Sharp Health Care for donating Sharp bags and to Dove Uniform Apparel and Aztec Shops for raffle gifts. Starbucks on Fletcher Parkway donated coffee for the orientation breakfast.

CNSA's *Breakthrough to Nursing (BTN)*

WHAT'S NEW AT SDSU SCHOOL OF NURSING

program is led by **Sam Swaringer**. *BTN* promotes the profession of nursing to young students. **Sam** will lead teams of SDSU nursing students to high schools and health career fairs to discuss the importance of nursing in today's world. The program has received very positive responses in the past from high school instructors and counselors.

Kelley Stewart leads CNSA's Community Health Outreach Program. **Kelley** organized the SDSU-SON AIDS walk team for the September 30th walk to support the AIDS foundation. **Dr. Linda Robinson** has put forth a challenge, she will match funds raised by the SON team. **Kelley** will also organize an SDSU-SON team for the state CNSA Community Health project "Student Nurses for the Cure" with Susan G. Komen on November 4th in San Diego. Other *Community Health Outreach* activities will include a food drive at Thanksgiving and assisting with meals at senior centers.

CNSA will participate at the *SDSU-SON Professionalism (White Coat) Ceremony* on Sunday, October 14th. At the *White Coat Ceremony*, new nursing students are introduced to the profession of nursing, recite a pledge and sign the oath of professionalism with family and friends looking on. CNSA Directors will serve as the Honor Guard for this very moving event.

CNSA will provide support to STT-Gamma Gamma chapter this year by preparing hard copy newsletters for mailing. Two CNSA members **Arlen Hady** and **Kelley Stewart** were named as Sharp Scholars. They were chosen on their merit and contribution to the SON. Each will receive a \$2,000.00 scholarship. Thank you and congratulations!

This past summer several students traveled to the far ends of the earth to

participate in breathtaking roles as nurses in foreign countries where medicine and hospital treatment is scarce. Our nursing students were able to share and teach techniques to improve the health of persons living in less fortunate areas.

Jocelyn Wong, Jamie Howard, and Christine Speidal traveled to Tanzania, Africa, with the International Learning Service. This program aims at knowledge awareness regarding the lifestyle of a third world country. They visited two tribes and worked at clinics where drugs, donated from the US, were administered.

Andrea Humphrey traveled to Ecuador for 2 months with 12 medical students from New Zealand, Canada, US, and Puerto Rico, representing Child Health Family International (CHFI). **Andrea** worked at 5 different hospitals and clinics in Puyo, Ecuador, where she educated the locals about malaria and diabetes. She also ventured into the isolated Shuar jungle community to learn about natural remedies and how plants are used as medicine.

Lisa Maemur spent 6 weeks in Heredia, Costa Rica volunteering at a local clinic through ELI programs. She provided education about diabetes and the essentials of using sterile technique.

Sandra Lozares traveled to Ireland with San Jose's State University's School of Nursing for 3 weeks. She also partnered with a University College of Dublin (UCD) student to work in rural community. She and members of the San Jose State group delivered a presentation to the University College of Dublin about electronic medical records and computerized charting. Each student raves about the experience as "the best!" *Submitted by Stacey Spital and Joan Hall*

Thanks for supporting nursing education at San Diego State University.

Dr. Lorraine Fitzsimmons
SDSU School of Nursing

SDSU-SON ALUMNI WANTED

Come one, come all!!! The SDSU Alumni Association Nursing Chapter is looking for you. Alums (**Michele Scott, Kristi Cullum, and Monika Fitzsimmons**) have partnered with **Dr. Toderro** to regenerate and rejuvenate the Nursing Alumni Chapter. A brief survey, accessible on the SON website (www.nursing.sdsu.edu) under Quick Links, is helping us determine what sparks your interest. So, log on and let us know how we can capture you. What we know so far is that you, SDSU Nursing Alumni, don't even know you have an alumni chapter. As a member of the SDSU Alumni Association, you can join the Nursing Chapter for FREE. We are working hard at getting the word out; so if you know another SDSU nursing grad, spread the news. If you are interested in joining us as a committee member, we are always in need of help. In the future, you will be hearing from us about events and activities. If you're an alumni member and not yet a chapter member, you can log on to the Alumni Association website (www.alumni.sdsu.edu) and join the Nursing Chapter. If you're not yet a member, check us out and consider it. Do you have questions? Email one of the board members. We're happy to help! Michele Scott mjscott613@cox.net, Kristi Cullum kghcullum@san.rr.com, or Monika Fitzsimmons monikafitz@san.rr.com. *Submitted by Kristi McCullum*

SPIRIT, SCIENCE AND HEALTH

HOW THE SPIRITUAL MIND FUELS PHYSICAL WELLNESS

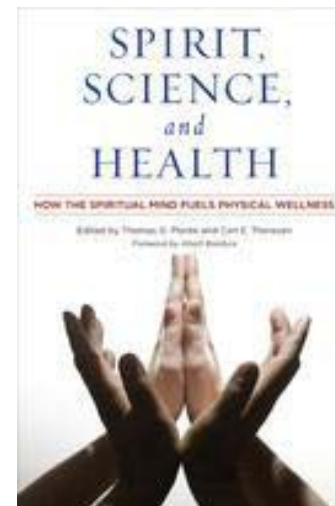
Thomas G. Plante, Carl E. Thoresen Foreword by Al Bandura

New book released with a chapter co-authored by Gamma Gamma member, Dr. Jill Bormann, and her colleague, Dr. Doug Oman, entitled: *Mantram or holy name repetition: Health benefits from a portable spiritual practice*.

From meditation to reciting mantras or praying, spirituality is more and more often being recognized for its beneficial effects on health. In this volume, a team of experts from across disciplines including psychology, medicine, nursing, public health, and pastoral care offer reader-friendly chapters showing the state of the art in understanding this connection. Chapters include attention to special populations such as youth, HIV/AIDS patients, cancer patients, and those in hospice care. Contributors, all members of the Spirituality and

Health Institute at Santa Clara University, aim to use the scientific understanding of the spirituality/health connection to promote better health for the general public. One focus of this volume is to show easy ways to incorporate spiritual practices in an environment that is often multicultural, multi-religious, stressful, hurried, and secular.

Jill Bormann, PhD, RN, a nurse research scientist, is conducting a program of research on mantram repetition for veterans with posttraumatic stress disorder at the VA San Diego Healthcare. Her research received radio and television coverage this past spring. For an audio clip or transcripts that describe how veterans apply mantram repetition to manage their symptoms, go to www.jillbormann.com and click on "Research" and then, "News & Media."



(Citation: Bormann, J. E., & Oman, D. (2007). Mantram or holy name repetition: Health benefits from a portable spiritual practice. In T. G. Plante & C. Thoresen (Eds.), *Spirit, science and health: How the spiritual mind fuels physical wellness* (pp. 94-112). Westport, CT: Praeger.)

NURSING RESEARCH AT THE VA SAN DIEGO

Nursing Research Learning Opportunities Abound at the VA San Diego!

The VA promotes nursing research through the following mechanisms targeted specifically for nursing students.

1. Nursing Research Practicum for Master's level students currently enrolled in a nursing program and taking nursing research-related courses or thesis. The practicum student can work alongside a nurse principal investigator conducting research that is focused on veterans' health needs.

2. Pre-Doctoral and Post-Doctoral Nurse Fellowships

(1) can be either full-time or part-time, (2) may be renewed for more than one year, (3) provide a reasonable stipend that may include health benefits (4) application process has a rolling deadline, making it easier to apply. Applications are accepted all year round.

The VA San Diego Healthcare system has had a very successful track-record facilitating all three of these programs under the direction of Dr. Marty Shively, Associate Chief of Service/Nursing Research and Professor Emeritus from San Diego State School of Nursing and Dr. Jill Bormann, Nurse Scientist. Funds are available for new applicants. For more detailed information, go to: http://www.va.gov/oaa/residencies_fellowships.asp and look for nursing Pre and Post-Doctoral Fellowships. [Note, the instructions are good for 2007-2008 even though the form still has the 2006-2007 academic year.] You may also contact Jill Bormann at <jill.bormann@va.gov>.

FAMILY CENTERED CARE, PART I

DEVELOPING FAMILY CENTERED CARE LEARNING ACTIVITIES FOR PROFESSORS AND INSTRUCTORS

Judy E. Davidson RN MS CCRN FCCM

Davidson.judy@scrippshealth.org

This year I had the privilege and honor to first author the Society of Critical Care Medicine/American College of Critical Care publication entitled, *Guideline for Family Support in the Patient Centered ICU [1]*. It is well known that the recommendations from guidelines take many years to change at the practice level. As a nursing leader, you have the leverage and authority to facilitate the movement of evidence into clinical practice. This short article provides instructors and professors with ideas for developing learning objectives related to family centered care. A sample set of proposed learning activities are presented which can be used to translate the information into knowledge in an experiential approach.

The referenced guideline and a related article from the Wall Street Journal (available on PDF from the author or in the on-line version of this newsletter) may be useful as required class reading for professors and instructors who teach the following related courses:

Undergraduate	Graduate
Leadership	CNS
Communication	Administration
Psychosocial Nursing	Education
Advanced Med/Surg	
ICU Elective	

Creating Learning Activities Related to Family Centered Care:

After reading the guideline and article, the following samples of learning activities could facilitate class discussion and promote a focus on the principles of family centered care.

UNDERGRADUATE

1. GOAL: PROMOTE UNDERSTANDING OF THE PERSPECTIVE OF THE CONSUMER

- Break the students into groups of 5-7.
- Have the students think of one time that they visited an ICU as a friend or family member.
- Next, have them think of why that experience was good or bad.
- Share stories within the small group, and have them pick one “positive” and “negative” story to share with the large group. Have the “negative” examples go first, and then the “good” examples.
- Ground rules: no names of people or hospitals

Note: Usually students will report issues related to proximity (visiting), and individualized concern. Often they report that the staff treated them different because they were a nurse or nursing student. If this occurs, explore values surrounding preferential treatment. The students will universally **not** report situations where they felt best as a family member when the nurse performed a skill properly. Point out to them that what matters for the family is proximity, communication and concern. They assume we know how to do our jobs.

(Continued on page 10)

FAMILY CENTERED CARE, CONTINUED

(Continued from page 9)

2. GOAL: EVALUATE THE QUALITY OF COMMUNICATION BETWEEN THE HEALTHCARE TEAM AND THE FAMILY.
Have students witness a patient care conference. Send them with these questions in mind to report back on:

- What triggered the conference (preventive or reactive)?
 - * Discuss a potential trigger list for when a conference should be called.
- At what time was the family allowed to speak?
- Did the family members have enough time to voice their own concerns?
- Did the healthcare team ask the family about their values?
- Was the team sensitive to cultural/religious needs?
- Were goals clarified at the end of the conference?
- Were the goals made in collaboration with the family?
- What, if anything, would you have done differently?

3. GOAL: DEFINE THE ROLE OF FAMILY MEMBER AT THE BEDSIDE

- Discuss the portion of the guideline on family stress which states that family members may develop anxiety, depression and symptoms of PTSD
- Divide students into groups
- Brainstorms ideas for minimizing stress while visiting
- Have each group prepare a list of things that a family member could be encouraged to do at bedside while visiting
- Have each group role play the discussion between the nurse and the family about what the member might do while visiting (to feel they have a sense of purpose)

GRADUATE LEVEL STUDENTS OR EXPERIENCED RNS:

1. GOAL CNS: CREATE PROCESS STEPS NECESSARY FOR TRANSFORMATION OF RECOMMENDATIONS INTO PRACTICE USING CHANGE THEORY.

- Divide the class up into 10 groups, giving each group a section of the guideline.
- Ask them to devise a plan for bringing those recommendations into practice at a local hospital.
- Identify stakeholders, barriers to implementation, communication strategies, and a timeline.
- Report back to the class and discuss.

2. GOAL ADMINISTRATION: APPLY PRINCIPLES OF FAMILY CENTERED CARE TO OPERATIONAL IMPROVEMENTS (CREATE NEW SYSTEM)

- Prepare a budget for an ICU remodel which would accommodate visitors according to the guideline recommendations.
- Prepare a related fundraising plan and promotional materials to raise money for artwork and a healing garden for the remodel

(Continued on page 11)

FAMILY CENTERED CARE, CONTINUED

(Continued from page 10)

3. GOAL EDUCATION: CREATE LEARNING ACTIVITIES TO TEACH UNDERGRADUATES HOW TO WORK WITH FAMILY MEMBERS WHILE WORKING.

- Include a family member in the simulation experience in simulation labs
 - Create simulation prompts/scripts which include family presence at rounds, procedures or at the bedside
 - Prepare a grading rubric which includes the nurse keeping the family informed during the scenario
1. **Davidson, J.E., et al.,** *Clinical Practice Guidelines for Support of the Family in the Patient-Centered ICU. American College of Critical Care Task Force: 2004-2005. Critical Care Medicine, 2007. 35(2): p. 605-622.*
 2. **Landro, L.,** *ICU New Message: Welcome Families, in The Wall Street Journal. 2007: New York. p. 1,2.*

(PART 2 OF THIS ARTICLE WILL BE PUBLISHED IN THE WINTER EDITION OF GAMMA RAY)

GAMMA GAMMA EXECUTIVE COMMITTEE 2007-2008

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Please visit the Gamma Gamma website at
<http://gammagamma.sdsu.edu> for Calendar of Events



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US POSTAGE

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