

MU XI FALL NEWSLETTER



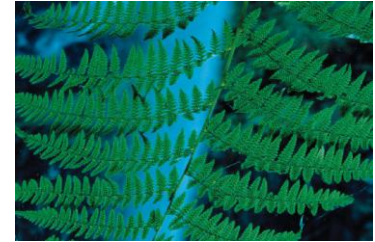
SIGMA THETA TAU INTERNATIONAL

SEPTEMBER 2007

Of Special Interest

2007 Induction

A Little On Leadership



2007 Induction

Five registered nurses pursuing a bachelor's degree in nursing at Clarion University of PA were inducted into the Mu Xi Chapter on Friday evening, May 11th, 2007 at the Arlington Hotel in Oil City, PA. Traveling from distant areas such as Apollo and Wilkes-Barre, PA didn't prevent any of these outstanding professionals from being present with family members.

Congratulations and welcome to Alicia Bair, Robin Bilan, Leah Chmielewski, Charlotte Vermeleum, and

Amy Winger.

The celebration of honor followed a lovely dinner. Dr. Kathy Patterson, the new Director of Clarion University's School of Nursing and Allied Health inspired us with her keynote address, "Leading Where You Are". Scholarship awards were received by Amy Kline and Michelle Godin. Research grants were presented to Mary Terwilliger, Melissa Greene, and Chris Higley. President Pam Nicodemus dubbed the following individuals as Mu

Xi angels in acknowledgement of their steadfast commitment to sustaining Mu Xi during a difficult transition: Cindy Cornelius, Tammy Huey, Shelly Moore, Jan Martz, Jane Tarr, Linda Steiner-Mander, Linda Pritchett, and Angela West.

Many thanks to Induction Co-chairpersons Linda Steiner-Mander and Sharon Goldsmith for making the occasion so wonderful!

A Little on Leadership

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Editor:
Rhonda L. Steigerwald

The following is an excerpt from the book titled "Leadership Jazz". The author, Max DePree believes that to be a good leader, you need to find your voice. He has found his voice in writing about leadership. The goal of Leadership Jazz is to help the reader discover some of the essential elements of leadership and ponder the mysterious energy lying impounded in the connection between voice and touch.

"After all, a leader's voice is the expression of one's beliefs. Behavior surely expresses a personal set of values and beliefs."

Have we, as members of Mu Xi and the professional organization of STTI, chosen this as the venue for our voice regarding our practice. Do we take advantage of all opportunities to promote the profession of nursing, actively recruit the right candidates into our profession for the betterment of patients and

our communities?

"Leadership can never stop at words. Without action or principles, no one can become a leader."

"Leadership is not a position, it is a job. Leaders are people who have already embroiled themselves in good work and are eager to equip themselves to do their jobs better. The author hopes to convey the breadth and depth of potential that exists in every leader.

Lead On!



*"Life is what happens when
you are trying to do
something else."*

Author Unknown

From Our President – "Groundbreaking"

It was a gala occasion at the Riverview Ballroom. Tables were graced with fine linens and purple-enhanced hurricane centerpieces from the wedding of Linda Steiner-Mander. Sophisticated music filled the air. Honorees and university dignitaries were sipping beverages from fancy crystal glasses. The new Director of Clarion's Nursing and Allied Health Programs awaited introduction to the professional community. Ribbons in varying shades of royal colors embellished corsages as they were carefully pinned on inductees and officers. A lavish meal was to be followed by a candlelight ceremony in keeping with the time-honored tradition of inducting the brightest and best nurses into Sigma Theta Tau, the International Honor Society of Nursing. I was running a bit late due to a minor mishap with a ladder as I tried to snip the season's first fragrant lilacs from the very top of an enormous bush in my backyard. In keeping with my annual routine, I brought fresh lilacs, purple hanging baskets, and potted purple flowers to contribute to the occasion's décor prior to taking root in my garden. All

were carefully positioned on a cart as I exited the elevator and rounded the corner on the 5th floor of the hotel. Approaching the ballroom, I breathed a sigh of relief and relaxed a bit, knowing that, despite the ladder episode, I have arrived in time to distribute my floral contributions before dinner.

Dressed in my finest purple attire, I entered the ballroom, gracefully pushing the flower-filled cart across the threshold. Anticipating the induction committee's assistance and looking forward to greeting the guests who had arrived.

In less than philosophical manner, I found myself trying to gracefully navigate the huge pile of dirt which had resulted from my underestimation of the angle required for my flower-filled cart to clear the doorway. It had not been my plan to make my grand entrance surrounded by the soil which had sustained those purple flowers. In short, I had dumped a dirt pile into the ballroom.

That moment later was dubbed "groundbreaking". I have long believed that the meaning of life's moments

can be transformed by the way in which one interprets them. There in the ballroom, I stood torn between "dig a hole and crawl into it" and "bloom where you are planted". In keeping with my heartfelt compulsion to find meaning in most anything, I offer the following reflection.

Nursing tends the health care system in a manner similar to the way a groundskeeper maintains the lawn of a fine estate. We are responsible for a landscape that we did not create. We navigate an unpredictable terrain; healing wounds that result from nature and human intervention, and struggle to crawl out of the rubble after a landslide. Seldom do we design or determine the ground on which we must tread.

What would a health care system, cultivated in the fertile soil of nursing look like?? How might we access groundbreaking opportunities? Hope this plants a seed from which to grow ideas!



BARRIERS TO EVIDENCE BASED PRACTICE

Despite a growing body of knowledge that supports nursing practice and care delivery, there are barriers that inhibit EBP for nurses. These barriers have been widely explored through both qualitative and quantitative methods, within diverse nursing specialties and international settings. Some of the barriers described in this article from JONA Volume 37, Number 3, pp 135 – 143 includes;

1. Clinicians lack of awareness, skills, and information resources needed to engage in EBP
2. Nurses are overwhelmed by the volume of evidence and incapable of evaluation the quality of research reports.

3. Some research reports lack clear practice implications.

4. Lack of time

5. Nurse's perception that they lack the authority and cooperation to change patient care procedures.

To overcome some of these complex barriers to EBP, a number of institutions have developed internship or residency programs that immerse staff nurses in the research process.

These programs are conceived with the goal of assisting staff nurses to identify, appraise, and use research as one form of evidence upon which to base their practice and to develop themselves professionally.

All programs are led by professional nurse researchers, some also use advance practice nurses.

These programs have demonstrated that many of the barriers to EBP to be minimized or eliminated through the use of didactic classes, group discussion, and hands-on experience.

STAFF NURSE RETENTION IS POSITIVELY AFFECTED AS A RESULT OF HIGH SATISFACTION WITH THESE PROGRAMS

KEEPING NURSES AT THE BEDSIDE IS CRITICAL TO MEETING THE PROJECTED HEALTH CARE SHORTAGES OF THE FUTURE.



One article supports a Nursing Research Internship
 Authors:
 Nancy Wells, DNSc, RN
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 Robert Adams, MSN, RN

Ovarian Cancer Symptoms Give Hope for Early Diagnosis

Ovarian cancer, long considered a silent killer because of the lack of warning signs, may not be so silent. A new consensus statement released by the Gynecological Cancer Foundation reveals that women who have developed ovarian cancer may have had common symptoms. These symptoms include:

- ❖ Bloating
- ❖ Pelvic or abdominal pain
- ❖ Difficulty eating or feeling full quickly
- ❖ Urinary urgency or frequency

Women who experience these symptoms on a daily basis for several weeks should visit their doctor. Ovarian cancer usually happens in women over age 50, but it can also affect younger women. Its cause is unknown.

Women who are diagnosed in stage I of the disease have a 90% chance of being cured.

Ovarian cancer is the fifth most common cause of death from cancer among women.

There are no research studies that prove that the group of symptoms that have been associated with ovarian cancer will lead to earlier diagnosis.

As more women learn about symptoms that are associated with ovarian cancer, timely diagnosis and treatments will increase, leading to a reduction in the number of deaths from this disease.

These findings will open the door for nursing research opportunities.

From –Society of Women's Health Research

QUICK FACT:

More than 700 evidence-based practice presentations are featured each year at the international research congress

Mu Xi Chapter Fall Meeting

Plan to join us for a fun filled fall meeting of fellowship, food, and learning!

DATE: Friday
October 26, 2007

PLACE: UPMC
Northwest -
Courtyard
Conference Room

TIME: 6PM

**HOPE TO SEE
YOU THERE!**

AFTER DINNER PRESENTATION:

Lymphedema - Low
Tech Treatment
for a Complex
Problem

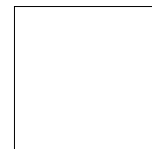
**By Kathleen
Baker, BSN, RN
(Oil City Site)**

**Judy Schaad,
Physical Therapist
(Pittsburgh Site)**

SEE THE DETAILS ON
THE ENCLOSED
FLYER!
RSVP Is Required So
The Presenters Can Be
Prepared.

Bring a friend who is an
inactive member or an
active member who has
not been to a meeting
in over 1 year and
receive a special gift
for you and your guest!

MU XI CHAPTER
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We're on the Web!
www.nursingsociety.org
