



# Mu Gamma

Volume No. 1

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**Pam Springer, RN, Ph.D.**  
**Chair, Department of Nursing**  
**Boise State University**

I wanted to tell you about a few changes that have occurred in the Department of Nursing since our last newsletter.

Faculty leaving:

- Carmen Adams is retiring. Carmen has been with the Department for 11 years. We are sorry to lose her great ideas and wealth of knowledge. We are confident that Carmen will be returning to the Department in spring semester as adjunct faculty to continue to lend us her expertise.
- Leslyn Brouillette is leaving the department. Leslyn's family is trying to decide whether or not to move out of Boise. Once they make that decision, we may be fortunate enough to get Leslyn as an adjunct faculty if their choice is to remain in Boise. Stay tuned!

We will be welcoming 3 new faculty to the Department this fall.

- Pam Strophus: Pam comes to us from the Midwest where she managed a Kaiser Permanente office. Pam has taught with us this semester as an adjunct faculty and we hear she is wonderful! Pam will be teaching in the new curriculum and may be doing a section of leadership/management in the current BS program.
- Nancy Witman: Nancy is joining us from California where she is a Family Nurse Practitioner and an adjunct faculty member. Nancy has taught both clinical and theory for about the last 4 years. Nancy will be teaching in the second year of the current AS program next year.
- Sally Carlson: Sally is joining us from Saipan! Sally has several years of teaching experience in Oregon and has spent the last year teaching students in Saipan. We are looking forward to Sally's expertise in teaching diverse students.

Community-based teams: What is that??? You might ask.....

The new curriculum (One Front Door) is a community-based curriculum. Community

based nursing [CBN] is nursing that is practiced wherever people may be. At the core of CBN is a philosophy of partnership between nurses and clients. Concepts of health promotion and disease prevention are fundamental to CBN. Consequently, these concepts are also imperative for helping people live their lives healthfully. Community based nursing has an integral role in every region and community.

For us, this means faculty and students will be part of community-based teams. Over the course of time a student is in the program, he/she will learn nursing in one community. We are starting out with three broad community areas....North Boise, South Boise, and West of Boise (including Canyon County). Students will be placed in teams this fall as they begin their first community based clinical course, NURS 205.

Summer has typically been a bit slower in the Department of Nursing...but not this past summer. We have historically always had our practical nursing students here, and indeed, we did have 20 practical nursing students here for classes. In addition, we were running all of our first year (One Front Door) courses this summer. Joan Carnosso was the primary faculty teaching skills, health assessment, and two concepts courses. We had twelve students in this Expedited Option (EO). It proved to be a busy, but fun summer.

I hope all of you had the opportunity to get some away time and get refreshed this summer.

**Luann Fife, President**  
**Mu Gamma Chapter, Sigma Theta Tau**  
**Spring Program**

The spring program was held Thursday, March 6<sup>th</sup> at St. Lukes Anderson Center, Ada 1.

Boise State Nursing Faculty presented Evidence-Based Practice. Teresa Stanfill presented her research on "Perceived Stress Levels with Home Bedrest vs. Hospital Bedrest in the High-risk Pregnancy Population". 1.8 CEUs were approved for this program.

## MuGamma Chapter Induction

The induction ceremony was held April 27<sup>th</sup> in the Barnwell Room at Boise State's Student Union Building.

### Inductees

Senior BS Students	Community Nurse Leaders
Lisa Lynch	Lisa Mays
Lorissa Alvis	Margaret Kemp
Cheryl Adcox	
Junior BS Students	RN Seniors
Terri Blackburn	Candace Dreher
Raina Cuthbert	Jaime Lenz
Brenda Inskeep	Joann Rulien
	Cheryl Saavedra

### Keynote Speaker – Carmen Adams, BSU Faculty “To touch the Wind”

To each of you who are actively involved in the community of nursing and have invested in the future of the profession and to those of you who have reached your early goal to complete your basic studies in nursing..... the world is waiting for the mark on the future that you will be offering.

I would like to share with you some thoughts around the following:

To touch the Wind:

To pursue a dream is to touch the wind—  
To reach out and fly on the wings of the breeze to new horizons, never before seen, but often and lovingly imagined. To capture that spirit and keep it always alive in the heart is to know true fulfillment, for it brings every dream within reach!

Nurses are synonymous with a sense of caring and compassion. Nursing has and will continue to play and important role in the cultural, economic and social development of the world around us.

Nursing is not an easy job but it is important. Nursing is a unique function in our society and is essential to the preservation of life. Nursing evolved as an intuitive response to the desire to keep people healthy as well as to provide comfort, care and assurance to the sick.

Virginia Henderson has defined nursing practice as a (quote) “function to assist the individual (sick or well) in the performance of those activities contributing to health or its recovery, strength, will or knowledge” end of quote

What does that mean for you today?? What does the community around you expect of nursing today??

You are expected to be competent in problem solving, administration and management of activities, applying clinical judgment researching nursing problems, teaching both patients and nurses, promoting good interpersonal relationships, caring and applying ethical principles.

Since the very first program was developed in 1860 by Florence Nightengale, much has changed but the moral principle remains the same. The expectation of increasing the scientific basis for nursing practice continues to be the responsibility of nursing population.

The profession you are entering prides itself on the ever challenging existing knowledge and expanding that knowledge through research directed activities. You will work under changing and challenging circumstances. Sometimes your work will take you to happy places where families are welcoming new babies or where patients are well on the road to recovery-----other times you will be surrounded by people who are extremely ill or dying. It takes a special person with special skills to have the strength and dedication to ultimately help shape a better society which embraces the values that promote a more compassionate place to live and raise our families.

Through your beginning tonight and your continuing involvement in Sigma Theta Tau you indicate that you also want to be involved in... quote “improving the health of people worldwide” end of quote... One small step, although at the time seems so insignificant may be just that breakthrough in the knowledge base that will touch the lives of many more than ever thought. So again, I say to you.....begin again with....

To touch the Wind:

To pursue a dream is to touch the wind—  
To reach out and fly on the wings of the breeze to new horizons, never before seen, but often and lovingly imagined. To capture that spirit and keep it always alive in the heart is to know true fulfillment, for it brings every dream within reach!

### Board Members

The outgoing board members are:  
Mary Anne Cox – Vice President  
Diane Fuhrman – Treasurer

The current board members are:  
Luann Fife – President  
Rosemary Macy – Faculty Counselor  
Dawn Weiler – Faculty Counselor  
Patricia Mahrt – Bylaws

The new board members are:  
Karen Ray – Vice President  
Mary Anne Cox – Secretary  
Ellie Hilvers-Bristol – Treasurer  
Eldon Walker – Fund Raiser

### **Mu Gamma Scholarships**

In an effort to encourage nurses in the community to further their education and pursue advanced degrees, Mu Gamma Chapter of Sigma Theta Tau awarded two scholarships for the 2003-2004 school year.

- \* Melanie Nash - \$1000 award for a Mu Gamma member and
- \* Mikal Black - \$500 award for a qualified nurse applicant.

Melanie is attending Gonzaga University where she is completing her Family Nurse Practitioner degree and planning her doctoral research.

Mikal is also attending Gonzaga University where she is completing her Nursing Educator degree. She will continue working at BSU.

### **Sigma Theta Tau, International Bi-annual Convention**

The Sigma Theta Tau convention will be held this year in Toronto, Canada from November 1<sup>st</sup> through November 5<sup>th</sup>. Five members will represent mu Gamma at the convention. The agenda is full of interesting and thought provoking presentations. Excerpts of the convention will be brought back for presentation at future chapter meetings.

### **Do you know a Nurse Leader who would like to join Mu Gamma Chapter, Sigma Theta Tau?**

Members of Sigma Theta Tau International are nurses who have demonstrated personal commitment to nursing excellence. For more information, go to:  
<http://www.nursingsociety.org>

#### **How can they apply for membership?**

Complete the Membership Intent Form and return to:  
Rosemary Macy  
1910 University Drive  
Boise Idaho 83725

Induction will be in spring of 2004

## **Mark Your Calendars**

### **Fall Program**

Saturday, November 22, 2003  
Simplot Academy  
Registration form enclosed

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We encourage all of you to plan to attend this wonderful program in November. It should prove to be a unique and enjoyable evening.

Boise State University  
Sigma Theta Tau  
Department of Nursing  
Boise, Idaho 83725

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