



College of Nursing

SOUTH DAKOTA STATE UNIVERSITY

Spring 2015



Obtaining and Physical Activity

Physical activity lowers cholesterol, blood pressure, and increases HDL (good) cholesterol.

Get a checkup to see what affects your cholesterol. Your doctor can help you understand what you can do to improve it.

Being overweight can increase LDL (bad) cholesterol. Losing weight can help lower it.

Get 150 minutes of exercise for get good health. Walking, swimming, cycling, or even dancing will help.

Make it a habit to do something every day. Start with 10 minutes a day and build up to 30 minutes a day. Get all the benefits of staying fit and active.

Don't skip meals. Eat a healthy diet. Get all the benefits of staying fit and active.



GET UP AND GO!

Simple Ideas for Getting Exercise



IMPACTING PUBLIC HEALTH

Crow Creek



Dear College of Nursing Alumni and Friends,

The College of Nursing has officially reached the milestone of 80 years of exceptional education (1935-2015). I send my warmest regards to our alumni, partners, students and friends who are reading this issue. Thank you for all of the exceptional ways that you represent the college. Your accomplishments and support are cause for celebration! We are immersed in preparation for the 80th Anniversary Celebration of Excellence Gala that will take place April 10 on campus. I hope you will join us as we pay tribute to the first 80 years, recognize alumni and friends with awards for excellence and envision the future. Information about the celebration events will be available very soon on the SDSU Alumni Association website.

Impacting public health is the timely theme for this issue. The very foundation of professional nursing practice and research is grounded in an understanding of the complex interplay between personal, biological, social and environmental factors that impact health status and quality of life. Regardless of role and practice setting, our students, faculty, professional staff and alumni apply their knowledge to improve population health outcomes. This issue features partnerships with culturally diverse communities that are essential to impacting health inequities among the people we serve.

In 1935, the United States was in the midst of a serious economic depression. That same year, the first-ever National Health Survey was initiated and its focus was on chronic disease and disability. The survey was driven by a need for health-care reform, and the data generated showed that quantifiable information on morbidity and disability provided a broader view of the pressing public challenges than the previous use of mortality data only. The focus on chronicity identified that lower health status in a population was in part due to poverty.

Fast-forward 80 years and the entire U.S. health-care system is under intense transformation. Due to the rising cost of care and the need for improved quality and patient satisfaction, population health has emerged as an effective and essential health-care management strategy. Advanced practice and registered nurses have managed population health for more than a century. Those populations may be people living with a particular chronic illness or perhaps they are people who share a common geography or cultural background. Regardless of the people served, nurses have consistently provided quality population-based care that has led to improved health indicators. As our entire health-care system embraces this reality, we know the role of professional nursing in managing population health will be upheld as an exemplar of quality.

As our alumni and friends, you represent a population that will lead us into the future of better health for all. Your past, present and future work is inspiring.

With best regards,

Nancy Fahrenwald, Ph.D., RN, APHN-BC, FAAN
Dean and Professor
SDSU College of Nursing (BS, '83)

College of Nursing

SOUTH DAKOTA STATE UNIVERSITY

Winter 2015

Cover photo:

Brittany Raap and Lindsey Clem, a pair of December 2014 graduates, review a brochure during their time with the Indian Health Services Center in Fort Thompson. They were part of a group of eight students who spent a week on the Crow Creek reservation as a public health clinical opportunity. To learn more about their visit, see page 2.

The College of Nursing

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IMPACTING STUDENTS' CULTURAL UNDERSTANDING

Work on Crow Creek Reservation

impacts community through sustained programs

Crow



“I realized that we were trying to help patients but we had no idea what was realistic to ask of them. We were asking patients to follow treatment plans but we had no idea how feasible it was for them to follow through. I wanted to learn what resources are available on the reservation.”

Kayla Feuchtenberger
Morris, Minnesota

College can be about experiencing different things. Eight College of Nursing students did just that when spending one week on the Crow Creek Reservation.

In addition to working at the Fort Thompson Indian Health Service, the students also visited homes and immunized students at the Crow Creek Tribal School. Nursing students have been going to Fort Thompson since 2008.

All stated they came away with a different perspective not only of life on the reservation but also of nursing and health care.

“I would encourage others to step outside their comfort level and participate,” said Brittany Raap, a senior from Montrose. “I feel it opened my eyes as a student to a different way of living, and I learned a lot from participating. I got to see how creative and dedicated the health-care workers are at an IHS clinic. They don’t have easy access to

resources. I learned some resourcefulness skills that will help me to be a better nurse. Even if other students don’t feel like the outreach effort is anything they would ever want to do, I encourage them to go and participate because in the end you can say you’ve experienced something unique and it may strike an interest in something completely new.”

“Being aware of the limited access to health care is an eye-opener,” Rapp continued. “It made me rethink what path I want to take after I graduate.”

Like Raap, others were eager to learn about health care and life on the reservation. Several students—Kayla Feuchtenberger, Morris, Minnesota; Shauna Foor, Chesterton, Indiana; Zachary Gebhart, Mitchell; and Ryan Guthmiller, Yankton—worked with Abby Bacon (BS ’07/MS ’12) at the Crow Creek Tribal School.

“I hope to teach the students what rural health and public service can mean to a

Creek



Destiny Hildebrant spent her time on the Crow Creek Reservation working with residents on controlling their asthma.

population, along with its challenges and benefits,” said Bacon. “Although it is an intense week, I am always a bit more inspired at the end of the experience. The students seem to bring new life to the everyday workweek, and it’s nice to see their enthusiasm.”

Bacon is no stranger to the college’s outreach efforts. As an undergraduate, she traveled to Biloxi, Mississippi, in 2006 after Hurricane Katrina—the deadliest and most destructive Atlantic tropical cyclone of the 2005 Atlantic hurricane season—struck the city and many others in the Gulf of Mexico.

Faculty member Becky Maurer, who was with Bacon in Biloxi, continues to work with Bacon during the week at Crow Creek.

“I enjoy seeing the people at Crow Creek and working together on health initiatives,” said Maurer, who has overseen the outreach efforts since retiring in 2011. “I’ve made a lot of friends in Crow Creek. They always seem to be able to make our experience very

rich and always ask when I’m coming back, they’re always excited to have us come.”

Different interests, perspectives

The students were unsure what to expect when making the trip. For example, Raap was interested in seeing how rural health care was different in addition to seeing what daily life was like on the reservation.

“I was also anxious to see IHS and how it was run and operated,” she said. “IHS seemed well organized and very busy the entire week. They were telling us how they recently expanded their hours which I feel would be very helpful.

“Knowing that there is minimal access to health care on the reservation made me think a little about what I want to do in the future,” Raap continued. “I have done a mission trip out of the country and I could relate this experience to that. There is a lot of help needed by volunteers, especially those with qualifications to serve health-care needs. I would love to be able to serve on

medical missions in the future, whether it be in the state of South Dakota or out of the country again.”

Commissioned Corps

Destiny Hildebrant, a Rapid City native, spent her week doing home visits with a public health nurse. She taught the patients how to take care of their inhalers and various other aspects of asthma control.

“As I interacted with the people in their homes, I started to see a glimpse of what a typical day in their lives might look like, and any preconceived notions I had started to fade away,” she said.

“Honestly, my week at Crow Creek was a once-in-a-lifetime experience. I was able to make personal contact with people in the community in their homes and go to most of the neighborhoods throughout the reservation. I had contact with people throughout the age spectrum.

“One of the greatest parts of my experience was the opportunity I had to

IMPACTING STUDENTS' CULTURAL UNDERSTANDING



work with the public health nurse. She took me under her wing and really made an effort to educate me about the community and the public health nurse perspective,” Hildebrant continued. “My experience at Crow Creek allowed me to step outside my comfort zone and understand health from their perspective. I will always remember my week at Crow Creek and will be more culturally mindful during my nursing care in the future.”

For Hildebrant, that future might include joining the Commissioned Corps. Overseen by the Surgeon General, the U.S. Public Health Service Commissioned Corps is a diverse team of more than 6,500 highly qualified public health professionals. She does see herself starting her career by providing bedside care at a hospital but can see herself later working in a public health nurse role.

Rapid City’s Emilie Hamilton also was paired with a public health nurse, Shelly Paynter, a 1989 State graduate.

“During one home visit, I was overcome with the feeling that it is the responsibility of us who have been given so much to use our gifts to help those who need it,” Hamilton said. “I cannot really think of any place that needs help more than the reservations and they are right here in South Dakota.”

Like Hildebrant, Hamilton is researching a position with the Commissioned Corps.

“I understand that this type of nursing is not for everyone, but there is such a critical need for nurses in this area,” she said. “I expected that this clinical experience would have an impact on my life and it really was life-changing. Growing up in South Dakota, I have always seen the reservations and heard about how different life is there, but until you are truly immersed in the culture,

you cannot understand the complexity of daily life. It is astounding to me that people are living in such poverty. It made me so grateful for the things and opportunities that I have been blessed with and it really helped to put life into perspective.”

“My desire to continue on to become a nurse only got stronger after spending this week on the Crow Creek Reservation,” said Lindsey Clem of Sioux Falls. “This week was very eye opening; a very rewarding and humbling experience.”

“My thoughts before going out there were just to keep an open mind and to gain as much knowledge about Native culture as possible,” said Guthmiller, who worked with countless school-age children with Bacon. “I have told friends and family it was a very humbling experience. The hardships and poverty that exist were a sobering reality for me.”

After working with various Native American patients prior to the school year, Feuchtenberger wanted to do more.

“I realized that we were trying to help patients but we had no idea what was realistic to ask of them,” she said of her summer experience. “We were asking patients to follow treatment plans but we had no idea how feasible it was for them to follow through. I wanted to learn what resources are available on the reservation.

“This experience did not change where I want to work, but it did change how I will care for my Native American patients,” Feuchtenberger said. “Because of this experience, I feel like I have a better understanding of how to relate to my Native American patients and what lifestyle changes and resources I can recommend for them. It also gave me a stronger desire to do more volunteering and find more outreach efforts.”

Sweat lodge ceremony

The students were invited to participate in a traditional Native American sweat or Inipi Ceremony with various Crow Creek community members. The Lakota term for the sweat lodge is Inipi which is a purification rite and helps to reach state of humility and a balance of body, mind, spirit and spiritual rebirth.

“It was interesting to be involved with some of the cultural traditions with the community members. It helped me better understand Native American spirituality and their culture,” Raap said.

“It was an experience I will always cherish and be grateful for being invited to,” said Hildebrant, noting it was the first thing she told friends about when returning to Brookings. “During the sweat, I learned that prayer plays an important role in health care for the people of Crow Creek.”

Hildebrant’s summarized her week by saying:

“I felt very welcomed and well received throughout the entire week. I feel a sense of responsibility to educate my friends and classmates about what Crow Creek Reservation is really like to help stop some of the preconceptions that are wrong. If you’re even slightly interested, just do it. You won’t regret it. Every person in my group had a vastly different experience at Crow Creek, but I don’t think any of us regret going. No matter what you do while you’re there, you will take something away from the experience. So, if you feel like you might want to, just do it!”

Matt Schmidt

Above: From left, the students hosted a walk/run event while working at the Fort Thompson IHS Health Center. Kayla Feuchtenberger (left) and Shauna Foor pack supplies after immunizing students at the Crow Creek Tribal School. Emilie Hamilton finishes reports after a day of home visits. Opposite: Ryan Guthmiller takes one’s blood pressure at Crow Creek Tribal School.



IMPACT OF A NATIONAL INSTITUTES OF HEALTH GRANT

Strengthening Native American families

to improve children's health

Red



Strengthening Native American families will help improve their children's health—that's the premise behind a research study targeting 3-, 4- and 5-year-olds and their caregivers on the Pine Ridge Reservation.

"We are trying to lift up the parents in their roles as caregivers and teach the children how to best respect that," said professor Marylou Mylant of the College of Nursing in Rapid City. Her research focuses on the mental health of children, adolescents and young families and attachment. As principal investigator, she works with co-investigator Mary Isaacson, an assistant nursing professor who specializes in Native American health care.

While doing health assessments in 2010 at the Red Shirt School near Hermosa,

Isaacson identified a dramatic increase in the number of children who were overweight or obese. In 2009, 60 percent of the children had normal BMIs, she explained. By 2010, only 30 percent had normal BMIs.

That trend has continued, noted Isaacson. Now only 23 percent of Red Shirt preschoolers have normal BMIs.

The one-year pilot study will determine whether an evidence-based Strengthening Families Program for preschoolers can improve the children's social, emotional and nutritional health. The research is made possible through a nearly \$100,000 grant from the National Institute on Minority Health and Health Disparities of the National Institutes of Health through the Collaborative Research Center for American Indian Health.

Group leader Ben Good Buffalo, an elder in the Red Shirt Village community, helps Conner Red Cloud, grandson of school counselor Vanessa Roubideaux, with a lesson about eating fruits and vegetables. Roubideaux has been instrumental in starting the Strengthening Family Program at Red Shirt School. The involvement of community elders, such as Good Buffalo, will help make the program sustainable.

"Historically, we have not had great success with obesity prevention programs with Native American school-aged children," Mylant said. However, research has found that "secure, healthy caregiving is just as important as genetic factors in preventing further physical and emotional problems."

Native American families tend to be headed by younger, first-time caregivers with fewer resources and a greater likelihood of adversity, such as trauma and loss, according to Mylant. Through this program, the families can gain more coping mechanisms.

"The kids can learn how to deal with stress and the parents as well," she added.

Adapting program to community

Mylant and Isaacson worked with Red Shirt school personnel and community leaders to adapt the Strengthening Families Program to their specific needs while incorporating the Lakota culture.

"The community has to decide what will work best for them," Isaacson said. "We are the facilitators and that's it."

Though Principal Evaleen Brave Heart is in her first year at Red Shirt School, Mylant said, "she has embraced this research and engaged the community."

"They [school staff] go above and beyond what happens in other places, which is a real gift," she added. "The school is a protective factor for these children and families."

When the head start program was discontinued, Red Shirt School added a preschool curriculum, Mylant explained. Approximately 80 students in preschool through eighth grade attend the rural reservation school.

SDSU doctoral nurse practitioner student Jennifer Cuny Heil, a Pine Ridge native, is also part of the research team. She wrote a

Shirt School

paper on nutritional health and the Pine Ridge Reservation for a graduate course in health promotion and disease prevention under Mylant's tutelage.

Though Isaacson, who has worked with the Red Shirt School community since 2007, established the foundation of trust needed to launch this project, she said, "Heil's family connection and cultural background are invaluable resources to the team, allowing her to easily connect and establish relationships with select Red Shirt community members."

The team has identified the leaders of the community, Heil explained, "We are guiding them to see the influence that they have—they have strengths within themselves that they might not even recognize."

Mylant added, "She has been a blessing for the program."

Modeling behaviors

Beginning in October, the first intervention group—10 3- and 4-year-olds and their caregivers—began meeting each Friday afternoon. In February, preschoolers who have been on a wait-list and some 5-year-olds and their caregivers will begin the 14-week program.

Caregivers and children come together for a meal. Following that, they separate for instruction and later come together for a combined activity. For instance, parents look at positive ways of helping their family be happier by learning to get along better, including how to talk about and understand each other's feelings, Mylant explained.

Children might then talk about foods that they like and don't like and how they react when their caregivers serve these foods. Mylant encourages them to be open to new foods.

When the caregivers and children come together for a joint activity after the meal, a puppet show might demonstrate how to promote and reward positive behaviors.

Children learn lessons about "doing nice things, saying nice things for what you like and ignoring what you don't like," Mylant said. That applies to both foods and relationships.

Incorporating Lakota culture

The researchers also use the Eagle book series, designed to combat diabetes and promote wellness among Native Americans. These are available free from the Centers for Disease Control and Prevention.

The book titled "The Color of Your Plate," for instance, talks about what a child's portion should look like, Mylant explained. In addition, Red Shirt Village elders teach the children and caregivers Lakota words, such as green for lettuce or blue for blueberries. A

Lakota blessing is also provided by the elders before each meal and after the family session or close of the weekly group.

The project is about empowering people, Heil explained, "finding a specific family-centered path for each family and child."

Above right: Susanna Swallow helps her granddaughter Aden Shippacase choose just the right colors and emphasizes the importance of eating vegetables and fruits. Swallow, an elder in Red Shirt, also teaches the children Lakota word for the color green, t ózi.

Darell and Courtney Janis join in as daughter Wakinyan (Bella) learns how she should eat a "Plate Full of Color" to stay healthy. The instruction brings together caregivers and their children as the culmination of each Friday lesson.

If this intervention proves successful, the program can then be used in other Lakota reservation schools, Mylant explained.

Christie Delfanian



IMPACTING INFORMED HEALTH DECISIONS

Storytelling:

An effective way to connect with Native Americans



Pamphlets filled with medical jargon won't likely prompt a kidney transplant conversation between American Indians and their families, but the cultural tradition of oral storytelling may encourage it.

With help from a tribal community advisory board and clinical advisory group, Nancy Fahrenwald and Shana Harming created educational material that may prompt a family conversation about kidney donation and transplant.

College of Nursing Dean Fahrenwald, research coordinator Harming and faculty investigators Robin Peterson-Lund, Mary Isaacson and Howard Wey are working together on the five-year research grant to develop a culturally targeted education program about living kidney donation and transplantation. The team set up focus groups and conducted individual interviews with Native Americans to uncover the most effective ways to reach the tribal communities.

The materials will be tested as an education program on three reservations and in areas with high Native American populations in South Dakota.

After evaluating the outcomes of the program, Fahrenwald and Harming plan on

making the materials available to health-care organizations across the country that serve Native Americans.

"This topic touches so many people's lives, which is unfortunate, but it's reality," said Fahrenwald. "Prevention is so very important, but we can't ignore the chronic conditions that exist right now. Individuals with chronic conditions need to make informed decisions about their treatment options."

Through discussions with community members, Fahrenwald and Harming found that videos and brochures were the best media to reach Native Americans, but the messages needed to speak to their culture.

"We learned that it was important to limit the clinical focus of the program and instead, focus on family and daily life," said Harming. "The advisory board for the project recommended focusing on the benefits of living kidney donation and transplant, and overcoming barriers and fears."

"Even though the journey through kidney failure is not ideal, people who share the experience of living kidney donation and transplant are important and their stories can bring inspiration and hope to those who are going through the same journey."

After conducting focus groups and individual interviews, Fahrenwald and Harming worked together with the community advisory board to help tailor the messages to resonate with Native Americans. The board includes members from each of the three reservations involved with the project.

"I think our project has really moved people to tell their stories," said Harming. "People felt the need to share with us so that others can learn from their experiences."

Almost all of the material in the DVD and brochure are personal stories from Native Americans who have either received a living kidney donation or donated a kidney.

"They want to connect with other tribal members with these same issues," said Harming. "It's important to hear how a friend or family member arrived at the decision to pursue a transplant and came out successful. The cultural tradition of storytelling is an important way to make this connection while relaying valuable information."

Lakota student respects messaging

Ernest Weston Jr., a political science senior and member of the Pine Ridge Indian Reservation, saw the DVD and brochure, and is grateful for the support the college has provided the tribes over the years.

Weston is confident the messages will be well received in the tribal communities.

"It creates a bridge that connects communities and the modern-day health and science, which can be hard for Native Americans who may be out of touch with everything taking place outside the communities," said Weston, who is president of the SDSU Mihdowiya Society (formerly Native American Club).

"I strongly believe this type of work will resonate with dialysis patients as well as those who have or may be at risk of diabetes," Weston continued. "The

reservations have high diabetes rates, which lead to more people having to have dialysis treatments. One of the biggest problems we have is educating people on how to prevent these diseases. Educating the population is important, especially in a way where people can connect to the material.”

Help from community members

“We couldn’t have made the video or brochure as targeted and meaningful without the leadership of the community advisory board,” said Harming. “We are so appreciative and happy that our collaboration with the community was inspiring and resulted in a very meaningful education program.”

Jerry Clown is a member of the community advisory board and lives in Eagle Butte.

Clown was asked to be on the board because a relative who serves on the board knew he was looking for a kidney donor, and mentioned his name to Fahrenwald and Harming.

“I’ve been going to a lot of doctor appointments trying to get on a transplant list,” said Clown, who contracted the rare autoimmune disease Wegener’s Granulomatosis in 2001.

“Shana called and asked if I wanted to try and make a change in the Native American community. I said ‘yeah, absolutely,’ and went to a meeting.”

Clown said when Fahrenwald and Harming began meeting with the community advisory board, they didn’t have any plans for how to get the information out. “They just came and really listened to us,” Clown said. “I could tell they didn’t know what to expect, but we just started shooting ideas out at them. I was excited to help.”

The group decided to make a video with personal accounts of patients who were on dialysis treatments, had a kidney transplant or donated a kidney. The goal was to educate

on the importance of donating a kidney or being screened.

“From there, we started to shoot interviews on the reservation,” said Clown. “When it was my turn to speak, I just started telling from the heart. I talked about experience I went through just like I was talking to a friend.”

Hope for a donor

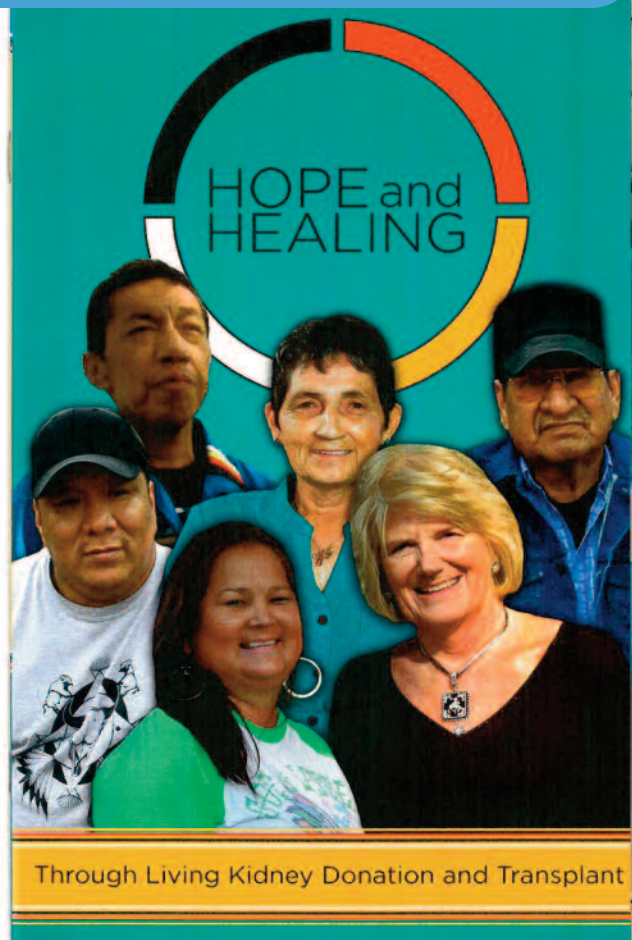
Clown said he knew the work he was doing with the College of Nursing would impact others to see a doctor, and in turn, he knew he was on a good road to getting on a transplant list.

“Basically, the doctors told me that the disease would start to attack my lungs, and eventually take over my kidneys. I found a donor, and was in the final stages of going forward with the transplant when doctors decided not to go through with it. In my situation, doctors said the chance of my other kidney failing during the operation was too high.”

Clown said, now, he is restoring hope, and looking for different routes for treatment. “I am keeping my hopes up,” he said. “I want to be an example for others in that I won’t give up hope.”

In the video, Clown suggested setting the background music of him playing the flute. “I played by the river and in the Eagle Butte culture center, and the video just felt a lot more comforting to me.”

Clown said the video will help people all around the country, not just Native Americans. “It has a lot of great information for anyone,” said Clown. “Seeing us and



hearing our personal stories will help others make that important connection.

“But it does speak to my culture in a great way. It gives our people hope. Seeing other Natives involved and willing to talk and participate in dialysis screenings and procedures will help them talk about it with family and a doctor to start with.”

Clown wants to continue his involvement in education about kidney donation and screening. “I want to generate hope in others,” he said. “And it all starts with our stories.”

Karissa Kuhle

Opposite: Jerry Clown believes the new educational program on living kidney donations and transplants will help everyone, not just Native Americans.

IMPACTING END-OF-LIFE DECISIONS

Mary Isaacson

Palliative care at Pine Ridge



Palliative care—focusing not on curing, but caring for the mind, body and spirit—wasn't in anyone's vocabulary when Mary Isaacson, an assistant professor of nursing in Sioux Falls, approached a group of Pine Ridge Reservation tribal elders in May 2013.

"When I went there, they didn't even know what (palliative care) was. It was me bringing the definition to them," Isaacson said. "It is not uncommon for persons to not know about palliative care—it just isn't well understood in the U.S."

But she quickly discovered that palliative and end-of-life care wasn't a foreign concept to the Lakota and was, in fact, "compatible to their ways," Isaacson said. However, it wasn't being implemented into formal care organized by tribal health or the Indian Health Service, Isaacson said.

The group of four elders and one tribal health executive would like to see that change, Isaacson said.

She said the group met monthly from May through October even though Isaacson's proposal only called for four meetings. In addition, the group didn't want to leave it an academic exercise. Plans were developed to approach the tribal council to support a resolution to allow the group to begin discussions with Indian Health Service about how to offer palliative and end-of-life care on the reservation and late this fall the council put its support behind the effort.

The key to this is that the Indian Health Service now needs to buy into the concept, Isaacson said.

"For me, this is like a new frontier. I have not actually worked within the Indian Health Service administration," Isaacson said. She doesn't expect quick changes, but is excited that the initiative is coming from the talking circle she created for her study—Health Promotion and Palliative Care on South Dakota Reservations.

Advanced care directives

More immediately, Isaacson and the talking circle will encourage tribal members to create advance directives.

Advance directives put in writing a person's wishes for medical care in case they become unable to direct their own care.

Those can be established on an individual basis without having to coordinate with multiple health agencies, Isaacson said. There are plans to include tribal legal services in the process so the directive can be completed at the time of explanation if people are interested, she explained.

Isaacson also desires to have one male and one female travel to the reservation's scattered communities to explain advance directives and living wills. That's because a Lakota male is much less likely to explain his concerns to a female than a male, Isaacson learned through the male elder in the talking circle.

"I want to stay with them (the talking circle) and hope to gain grant funding to go to the next step," said Isaacson, who has worked with the Lakota since 2007.

Patricia Catches the Enemy, a longtime Pine Ridge resident and a member of the talking circle, said Isaacson "went to a lot of trouble to be more culturally sensitive" with palliative care language because "there are sensitive issues with end-of-life, the attorney and making wills."

Dawley Seed Grant enables study

Her recently completed study was financed through a Dawley Seed Grant, which is administered by the college through funds given by Delores Dawley to help a faculty member launch a research project and collect preliminary data in order to pursue funds for a long-term research project.

The first \$2,500 award was given Sept. 11, 2011. Dawley, a 1956 College of Nursing grad, died Oct. 1, 2013, in Sioux Falls.

"I am very thankful to have the Dawley Seed Grant to provide the resources to get this project launched," Isaacson said. Part of the funds were used to buy gas cards for study participants to compensate them for driving to Pine Ridge. In addition, Isaacson cooked a healthy lunch for each meeting.

Barriers to palliative care

She would like to take the results of this study and present it at other reservations. Original plans had her also going to the Cheyenne River and Rosebud reservations.

Those plans were dropped when limited interest was shown there. However, members of the Pine Ridge talking circle discussed approaching neighboring Rosebud about advance directives and palliative and end-of-life care. It is that kind of interest that excites Isaacson about continuing the project.

"Working with this group has been very fascinating. I'm essentially the facilitator and they're the driver. They took it on and wanted it to go further," Isaacson said.

This study was a follow-up to one she conducted in 2013 that explored the lack of palliative care services on South Dakota reservations from the perspective of Native and non-Native health-care professionals. The providers expected there would be an interest, but it needed to be assessed, Isaacson said.

Implementing palliative care will require overcoming some barriers, such as the fact that there isn't any formal home health care on Pine Ridge reservation and there isn't likely to be a funding source to expand care, she said.

"We have to look at how do you set up programs that are needed and use what resources we have," Isaacson said.

Currently, there is not even housekeeping service available for elders on the reservation, Catches the Enemy said. So the possibility of providing care to elderly living at home makes talking circle members excited, she said.

Dave Graves

IMPACTING STATE'S PUBLIC HEALTH Honors

College receives 2014 SD Comprehensive Cancer Control Coalition Impact award

Collaboration weaves richness into the fabric of projects—and the College of Nursing received an award for doing just that.

Recognized as a dedicated partner of the South Dakota Comprehensive Cancer Control Coalition, the College of Nursing received the 2014 Impact Award.

“When we work with other organizations, we can do more with less,” said Rebecca Randall, assistant nursing professor at the Sioux Falls campus. “Often, health-care agencies have similar concerns and goals, and working together allows organizations to meet their goals and avoid duplication of services.”

Since 2002, the college has worked with the coalition, which strives to reduce cancer’s impact on South Dakotans through collaborative cancer prevention and control programs.

South Dakota’s Comprehensive Cancer Control Program, a program of the South Dakota Department of Health, is one of the 50 states, the District of Columbia, seven tribes and tribal organizations, and seven U.S. territories supported by the Centers for Disease Control and Prevention through the National Comprehensive Cancer Control Program.

Prevention, early detection, treatment and quality of life are the four priority focus areas of the coalition.

“One agency might look at a concern from a much different perspective than another,” said Randall, who specializes in underserved populations. “Yet, when two agencies work together, the programs are fuller and richer.”

Connections impact success

The college has been a dedicated partner of the coalition since its inception and has led numerous projects that have advanced the work of the state cancer plan.

“We are passionate about the health of people in South Dakota, and we seek out projects that add value,” said Nancy Fahrenwald, the college’s dean. “When we work across organizations and share our strengths, we can provide better health care across the state. It’s a win for everyone.”

The college was recognized for their list of contributions, including:

- Leading a study of South Dakota women diagnosed with early-stage breast cancer and identifying factors that influenced

their treatment decision making;

- Assessing the availability of palliative and end-of-life care in the state;
- Evaluating colorectal cancer screening practices and capacity indicators statewide;
- Exploring health-care provider knowledge, attitudes, practices and beliefs related to colorectal cancer screening in S.D; and
- Conducting 10 community listening groups in three communities to assure the South Dakota Comprehensive Cancer Control Plan is congruent with the needs of the state’s residents.

“Collaboration is one way to improve health, sustainability, build relationships and make wise use of resources—both time and financial,” said Randall. “Public health is improved because issues are treated holistically rather than as separate silos. And community participation is an approach that improves sustainability of projects.”

Faculty dedication

The nursing faculty’s relentless work with public health in South Dakota throughout the past 10 years positioned them as impactful partners in the coalition.

Nursing professors recognized for their impacting community projects were:

- Linda Burdette, assistant nursing professor, Randall and Gina Rowe, graduate nursing instructor: Listen to People: Perceptions of the South Dakota Cancer Control State Plan.
- Linda Herrick, associate dean for undergraduate nursing: Assessment of Provider’s Knowledge, Practices and Beliefs about Colorectal Cancer Screening;
- Mary Minton, associate dean for graduate nursing: Assessment of Palliative and End-of-Life Care in South Dakota; and
- Randall, Capacity to Conduct Colorectal Cancer Screenings in South Dakota.

Additional projects that contributed to the College of Nursing’s impact were a research study on treatment decision-making for women with early stage breast cancer, led by Fahrenwald and research associate Jennifer



Kerkvliet. Kerkvliet and Jenna Cowan, research coordinator, also lead the annual evaluation of the coalition and participate in public health research projects with various coalition partners.

“We maintain a strong commitment to addressing rural health needs through collaboration with our coalition partners,” said Minton, a steering committee member for the coalition. “Outcomes are richer when we work together and when we maintain a statewide focus that allows us to consider both the rural and urban geographic areas of South Dakota.”

Alum serves as coordinator

Lexi Haux ’12 serves as the SDCCC program coordinator for the South Dakota Department of Health. As a graduate of the College of Nursing, she was inspired to continue her work with public health.

“Through the public health courses I took as a student, I realized this was something I’d enjoy in a future career,” said Haux, originally from Mina, in northeastern South Dakota.

“SDSU prepared me very well for population-based health care,” said Haux. “I had a dynamic clinical experience working with the Flandreau community, really getting a first taste of implementing a community health needs assessment. Throughout my nursing experiences, I realized a large portion of the disease burden is preventable. I want to help populations prevent disease and stay healthy.”

Haux also sees the value of collaboration first hand.

“Our real aim within the program is to work together to reduce the burden of cancer,” said Haux. “The coalition has more than 50 organizational partners—from government organizations to medical facilities and universities. We certainly know there are evidence-based cancer interventions available, but in order to implement them, it’s important to have partners in diverse sectors.”

Karissa Kuhle

At apartments, schools

Partnering with health department to examine smoke-free housing policies

“An important finding was that property owners who had smoke-free housing policies in place perceived many related benefits.”

— Linda Burdette, assistant professor

Armed with survey results by SDSU nurse researchers, the South Dakota Department of Health is trying to reduce exposure to secondhand smoke for residents of multiunit housing.

The survey of 324 owners and operators of multiunit housing facilities in South Dakota showed that 54 percent had a written smoke-free policy. An additional 10 percent reported having a smoke-free policy, but the policy was not included in the lease agreement. About one-third (32 percent) of owners surveyed reported no smoke-free policy.

The overwhelming majority did permit smoking on the grounds. Only 8.5 percent prohibited smoking on the grounds, assistant professor Linda Burdette said.

She and Gina Rowe, an adjunct assistant professor, coordinated the study on behalf of the Department of Health.

“An important finding was that property owners who had smoke-free housing policies in place perceived many related benefits. These benefits could be shared with owner/operators who didn’t have policies. Those without policies were concerned about losing tenants and market share. However, those with policies didn’t find that to be true,” Burdette said.

Owners with smoke-free policies reported no adverse effects related to turnover rates, rental fee, vacancy rates, management time and insurance costs. Owners also reported a decrease in maintenance cost and no difficulties enforcing the policy, she reported.

Owner-identified policy benefits were decreased maintenance costs, improved safety and tenant health, Burdette said.

Among owners without a smoke-free policy, 70 percent anticipated that adding such a policy would decrease maintenance costs but 38 percent anticipated it would increase turnover and 34 anticipated it would increase vacancies. Among those with policies, only 1 percent thought it increased turnover rate and 3 percent thought that it increased vacancy rates.

Owners with smoke-free policies could become policy champions in advocating smoke-free policies to those without the policies, Burdette reported.

She added that the Department of Health could play a role by using social media to educate owners, operators and tenants of multiunit housing about the benefits of a smoke-free policy, and partnering with like-minded organizations.

Rural areas lead the way

The survey was mailed to 780 owner/operators in 27 of the state’s 66 counties for a response rate of 41.5 percent.

The facilities were split proportionally among the seven urban, 21 rural and 38 frontier counties. The area with the highest rate of smoke-free policies (written or verbal) was in the rural areas, such as Brown and Brookings counties, at 74 percent. Rates for urban (Sioux Falls and Rapid City areas) and frontier were nearly identical, at 54 and 56 percent, respectively.

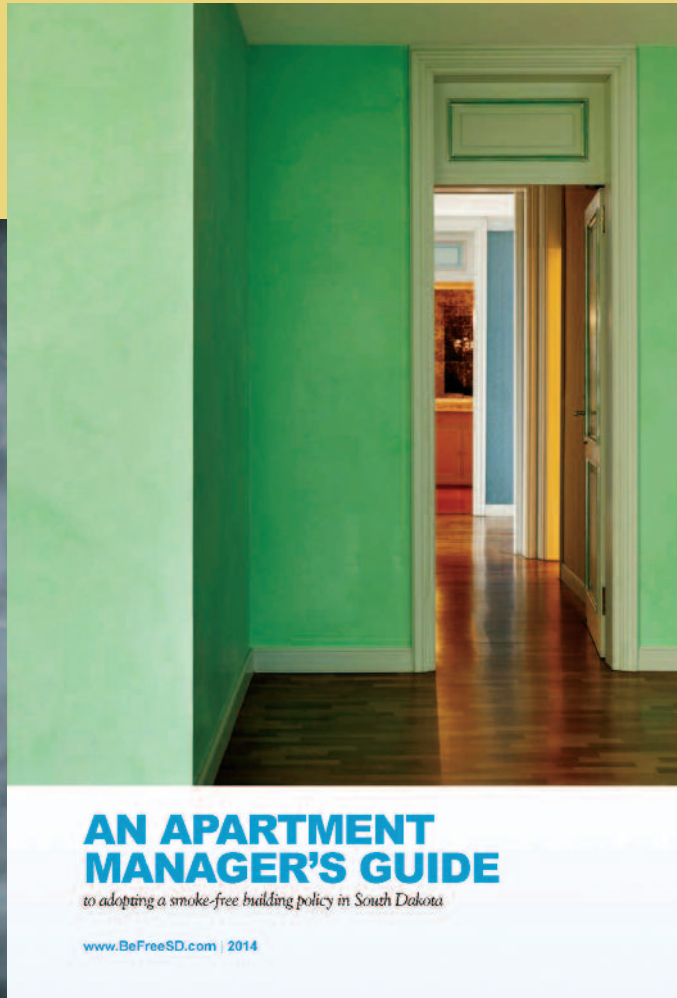
Owners without policies were twice as likely to manage a low-income, government-subsidized unit and three times as likely to be current smokers.

Burdette noted it was the first statewide survey on the topic and now gives “the Department of Health prevalent data on smoke-free policies in multiunit housing. The findings provide opportunities for development of community-based education and social marketing to increase voluntary smoke-free policies.”

State puts recommendations in action

Dee Dee Dugstad, tobacco program coordinator for the South Dakota Department of Health, said the study recommendations have been taken seriously.

An Apartment Manager’s Guide to Adopting Smoke-Free Building Policy was developed and distributed to 121 owners who expressed an interest during the survey in adopting a smoke-free policy. In addition, the department developed and distributed



no-smoking signs and window clings with tobacco-free messaging, Dugstad said.

The Tobacco Program partnered with the Sioux Empire Tobacco Free Coalition and Live Well Sioux Falls on an event for multi-unit housing owners. The 2014 event focused on the benefits of adopting a smoke-free policy, and featured speakers from the American Lung Association, Sioux Falls Fire and Rescue, Rainbow International Cleaning and Restoring and owners and managers who have adopted a smoke-free policy. This was the third year for the event, Dugstad said.

The department has worked closely with the Live Smoke-Free program in Minnesota to draft a smoke-free multiunit housing model policy that is available to anyone interested in adopting a policy. Once a policy has been adopted, free signs and window clings are available to assist with enforcement.

Resources to promote the toll-free South Dakota QuitLine are also available. QuitLine resources, available at 1-866-SDQUITS or 1-

866-737-8487, include cessation medication and coaching calls.

Dugstad added that all efforts are to encourage voluntary implementation of smoking policies. Legislative action isn't on the agenda, she said.

Presents at national conference

Burdette also presented the study at the 41st annual policy conference of the American Academy of Nursing in Washington, D.C., Oct. 18, 2014.

She said she considered it a privilege to present an electronic poster at the prestigious conference, even though her electronic poster presentation was at 7:30 a.m. Saturday in a hallway on the conference's final day. Rather than carrying a poster on the airplane, she loaded her PowerPoint presentation on one of five television monitors in the presentation area.

It was her first time to make such a presentation and it came off well in addition to being favorably received, she said.

School tobacco study just completed

Burdette now is focused on updating a 2011 survey coordinated by Nancy Fahrenwald, the college's dean, on tobacco-free policies in South Dakota's 220 public, private and tribal school districts. That work, also under contract with the Department of Health, was completed Nov. 30.

Since the 2011 study on the completeness of tobacco-free policies, the Department of Health's Tobacco Program has developed a Tobacco Prevention Toolkit K-12 and a Tribal Tobacco Policy Toolkit. The Associated School Boards of South Dakota has a sample model comprehensive tobacco-free school policy.

The department is interested in policy development progress since 2011, Burdette said.

Each school district is to receive a report card based on the strengths and weaknesses included in the policy, she explained.

Dave Graves

Eight individuals join faculty



Victoria Britson

Though her mother was a nurse, Victoria Britson originally wanted nothing to do with the field. However, she eventually felt a natural pull toward nursing and followed it. She received a diploma from St. Luke's School

of Nursing in Sioux City, a nursing degree from Briar Cliff College in Sioux City, Iowa, and master's and doctorate degrees from SDSU. Britson also received a post-master's certificate from Briar Cliff, making her a family nurse practitioner.

"I never thought that I would be a teacher," said Britson. "It wasn't until I realized that nurses were primarily teachers for their patients. I can teach other nurses just like I can teach patients to be independent."

Britson taught 12 years at Briar Cliff, acted as the chair of the Bachelor of Science in nursing program for National American University in Sioux Falls and Rapid City for three years and now serves as an assistant professor at SDSU, primarily working in the graduate nursing program.



Tiffany Cross

Tiffany Cross was inspired to pursue nursing after a student nurse assisted with her care following the birth of her first child. She earned her bachelor's degree in nursing from the University of Iowa.

Her interest in nursing education developed as she realized a passion for coordinating orientation of new nurses, being a student nurse mentor and teaching clinicals. Cross received her master's in nursing education from Indiana Wesleyan University.

"I love the critical thinking aspect of nursing," said Cross. "It is not all black or white decisions. I enjoy each day being different and not knowing what to expect. I also love that there are so many directions that a nursing degree can take you."

Cross serves as a nurse educator on the College of Nursing's Sioux Falls campus.



Karin Emery

Alongside Karin Emery's background in pediatric and adult emergency nursing and nursing leadership and administration, she has been teaching nursing students for 10 years, focusing on leadership

and management. Emery received an RN Excellence in Leadership Award and an honorable mention in Virginia's 40 Under 40 Nurse Leaders.

After earning her bachelor's degree from the Medical University of South Carolina, she completed a master's program in nursing administration and leadership at Virginia Commonwealth University and is now enrolled part time in VCU's nursing biobehavioral research doctoral program. Her focus is biobehavioral research in diabetes.

"I am so excited to be a faculty member here at SDSU," said Emery. "I have had a wonderful time during this transition and have really enjoyed the students and faculty."



Mary Beth Johnson

Mary Beth Johnson earned her bachelor's degree in nursing from Luther College in Decorah, Iowa, and her master's and certified nurse practitioner in women's health degrees from the University of Minnesota. She has been working as a nurse for more than 34 years.

Most of Johnson's nursing experience is in women's health—labor and delivery, postpartum care, gynecology and neonatal intensive care. She now serves as an instructor in obstetrics, traveling between Sioux Falls and Brookings to teach future nurses.

"I love to educate others," said Johnson. "It is my passion. Whether patients or students, the light in their faces when they finally 'get it' is an awesome experience."



Katherine Logan

Katherine Logan knew she wanted to be a nurse and a teacher since she was 5 years old. She graduated in 2002 with both a bachelor's degree in nursing and a minor in psychology from the Blessing-Rieman College

of Nursing and Culver-Stockton College dual degree program in Quincy, Illinois. Her master's in nursing education is from Thomas Edison State College, and Logan plans to complete her doctorate in nursing education from the University of South Dakota this year.

"I am looking forward to being 'Dr. Logan' and seeing what sort of adventure that this new role makes available," said Logan. "I love finding out what is around the next corner in nursing and teaching, and I look forward to each new challenge."

Logan currently teaches the mental health portion of the West River Nursing Program.



Melody Parsons

Melody Parsons became interested in nursing during her teen years when she worked as an office assistant in a small-town clinic. She had a supervisor who served as a mentor and encouraged her to

explore health care as a career option. Parsons received her associate degree from the University of South Dakota and her instructing credentials from SDSU.

Most of her nursing experience is in maternal-child health, including labor and delivery. As a member of the West River nursing faculty, Parsons teaches maternal-child and women's health and instructs second- and third-semester students in on-campus labs and clinical practices.

"One of the things I've really enjoyed so far is the opportunity to work in the simulation skills lab," she said. "Though I've done some simulation instruction before, SDSU's West River simulation skills lab is a state-of-the-art facility and it provides a great environment for learning."

College honors Worth



Danielle Schielbein

Danielle Schielbein is no stranger to SDSU. She earned both her bachelor's and master's with an emphasis in nurse education from State before going to work in both the

neonatal intensive care unit and heart and vascular admissions at Sanford Health in Sioux Falls. She also served as an education and training specialist for the cardiovascular service area.

Since her first semester as a nursing student, Shielbein knew she wanted to be a nurse educator.

"I am looking forward to growing as an educator. I will always have something to learn and I am looking forward to continuing to learn," she said. "I love SDSU and am a Jackrabbit at heart. I have really enjoyed getting to know the students and faculty."



Penelyn Tilton

As she pursued her education in nursing at Dakota Wesleyan University, Penelyn (Penny) Tilton knew she wanted to make a difference in others' lives. She had instructors who

inspired her, and she wanted to do the same for other nurses-in-training. She received her master's degree in nursing education from Kaplan University.

Tilton has experience working in labor and delivery, home health and nursing informatics.

"Nursing is an ever-changing profession," said Tilton. "I love that as a nurse you have so many options—anywhere from being a bedside nurse to nursing informatics."

Madelin Mack

For her work in welcoming refugees to South Dakota and helping College of Nursing students play a role in that initiation, Debra Worth was chosen as the college's annual distinguished service award recipient.

Worth, a social worker and the associate director of the Center for New Americans at Lutheran Social Services of South Dakota, started at LSS in 2001—the same year associate professor Tom Stenvig created a new approach for the college's community nursing experience. Shortly after the fall semester started, 9/11 attacks took place, slowing the progression of refugees entering the U.S. for resettlement.

Worth, then a caseworker, Stenvig and the students continued working with the individuals present at that time.

"She's a remarkable woman," Stenvig said of Worth. "She is passionate about this work. The people are so thankful to be in the United States and to have the opportunity to live the American dream. She helps them do that."

Stenvig said LSS works with resettling refugees in Sioux Falls but also with Burmese Karen refugees in Huron.

Since the original meeting, Worth has progressed through LSS.

"I still go to some of the meetings where the volunteer coordinator has to introduce the students to the families, overcome the fear of lack of communication barrier, the racial and religion barriers," Worth said. "But, over time, you see friendship and trust develop to reach across the barriers. I miss shepherding them through it. I miss the hands-on experiences."

Worth has told the students about why refugees flee their home country, why they choose the United States and how LSS serves them. She knows both the students and refugee families gain from the experiences.

Worth has seen how the students, after graduating, evolve into more caring nurses.

"They have a different way of interacting with patients compared to others," Worth said, recalling visits she made with the refugee families. "They look at them, talk directly to them and encourage the doctors and other nurses to do the same."

Stenvig has heard that, too.

"I know that the students are better nurses from this experience," he said. "I hear about it repeatedly whether they take a job at Avera or Sanford and there are refugee people who come in not speaking much or any English—these students are at an advantage in being able to problem solve and get to the bottom of things."

"Deb has been a key facilitator to help all that happen."



Distinguished Service Award recipients

| | |
|-----------|---------------------------|
| 1979/1980 | R. Esther Erickson |
| 1980/1981 | Inez Hinsvark |
| 1981/1982 | Joy Nelson |
| 1982/1983 | Anna Haugen Berdahl |
| 1983/1984 | Alice Olson |
| 1984/1985 | Mary Fuller Schnelker |
| 1985/1986 | Bernice Wittkopf |
| 1986/1987 | Carol J. Peterson |
| 1987/1988 | Genevieve Johnson |
| 1988/1989 | Margaret Cashman |
| 1989/1990 | Cathy Wasem |
| 1990/1991 | Beth Hanson |
| 1991/1992 | Barbara Klug Redman |
| 1992/1993 | Betty Shiefelbein |
| 1993/1994 | Maralee Dennis |
| 1994/1995 | Evelyn Peterson |
| 1995/1996 | Phyllis Newstrom-Niimi |
| 1996/1997 | Barbara Goddard |
| 1997/1998 | Bonnie Frederickson |
| 1998/1999 | Patricia Gross |
| 1999/2000 | Rebecca Nelson |
| 2000/2001 | Gloria Thompson |
| 2000/2001 | June Peterson Larson |
| 2001/2002 | Diana Berkland |
| 2001/2002 | Noreen Davis |
| 2001/2002 | Rita Haxton |
| 2002/2003 | Dr. Mary Helen Harris |
| 2003/2004 | Joan Nelson |
| 2004/2005 | Nancy Nelson |
| 2005/2006 | Adele Jacobson |
| 2006/2007 | Dr. R. Maclean Smith |
| 2007/2008 | Leonard Little Finger |
| 2008/2009 | Caral Joffer |
| 2009/2010 | Edward R. Mailloux |
| 2010/2011 | Dr. Carole & Alan Johnson |
| 2011/2012 | Linda Kropenske |
| 2012/2013 | De Ann Eastman-Jansen |
| 2013/2014 | Debra Worth |

Mary Minton

makes the transition from faculty to administration



“Even though I wasn’t formally connected to SDSU, these nursing colleagues were great support in those initial doctoral statistics courses.” Minton recalled. “(Then) Dean Roberta Olson was also a continual source of support and mentorship.”

Mary Minton

One thing has stayed consistent during Mary Minton’s path from candy striper to nurse to faculty member and researcher to now administrator, nursing is a caring role in the health-care profession.

Recently named the associate dean for graduate nursing, Minton has been a member of the college’s West River faculty since January 2007.

“I was passionate about patient care as a candy striper in junior high in

Minneapolis and that passion has continued over a 30-plus year nursing career which has encompassed roles in the hospital, community, the church and now a university,” Minton said. “The thread that is continuous is the purpose and the shape of the care I deliver, while different according to the setting, but always around the inherent dignity of each human being. Whether it’s patients, parishioners, students, and now faculty, I see this as a caring role.”

While caring takes precedence, she also strives to see each student or faculty member reach one's potential.

"Nurses advocate for the patient. I was an advocate as a staff nurse, as a home health nurse and as a parish nurse," she said. "As a faculty member, I'm a strong advocate for the student and now I add being a strong advocate for our faculty ... I believe in the potential for growth and transformation that accompanies lifelong learning, practice and research. It is a privilege to help facilitate that growth among my colleagues.

"The difference in this role is while I'm still an advocate for the student in facilitating learning, I'm now an advocate for the graduate faculty and the goals they set for their teaching and their research," Minton continued.

Research emphasis

As a nurse researcher, Minton's recent collaborative projects cover quality of life areas related to breast cancer patient navigation, palliative and end-of-life care, abdominal massage for constipation, and nurse's comfort with patient request for prayer. She believes the graduate faculty benefits from protected scholarship time and also seeks to extend the scholarly impact of the college's master's, doctor of nursing practice and doctor of philosophy students.

Minton was honored as the college's 2014 recipient of the Faculty Award for Excellence.

"Our graduate faculty research endeavors represent diverse interests and design approaches as well as a strong investment in interprofessional collaboration," she said. "I am proud to promote and showcase their achievements."

Minton holds a bachelor's degree from Augustana College, a master's degree from the University of Michigan and a doctor of philosophy degree from the University of Nebraska Medical Center's College of Nursing.

Family influences

Minton's academic career got a push from her husband, Tim, during his ophthalmology residency in Ann Arbor, Michigan.

"Tim said I should get my master's degree while there was a university in our backyard because when we get to Rapid City you wouldn't have one," recalled Minton, breaking into a laugh. "This was before the advent of online education."

"I had to agree his idea was a good one. I was an oncology nurse at the time and was taking a chemotherapy certification course at the university. I realized what an exciting and progressive learning environment I was in," Minton said.

After the couple returned to Rapid City, Minton worked as a nursing instructor, home health nurse and parish nurse while raising four sons. It was during that time she decided to pursue a doctorate from the University of Nebraska Medical Center. While she valued achieving the terminal degree, she also knew its pursuit would take away time from her family, not counting the required travel time.

"My husband questioned me long and hard about pursuing the doctorate. He wanted me to be really solid about why I was doing it," she said. "He probably knew better than I what a long haul this would be. It took me seven years because I went part time."

Several faculty members of the SDSU West River program were also working on doctorate degrees then.

"Even though I wasn't formally connected to SDSU, these nursing colleagues were great support in those initial doctoral statistics courses," Minton recalled. "(Then) Dean Roberta Olson was also a continual source of support and mentorship.

"My family was very supportive," she continued. "Prior to one lengthy written exam I assured our youngest sons, twins Ross and Trevor, that even though I would be holed up in the basement writing all day I was still available if an emergency developed. Ross rather sternly said, 'for Pete's sake, Mom, do what you have to do, don't mess it up now.'" My oldest son, Ryan, had a similar tone when I was contemplating quitting. He said, 'Well now, that's just not a discussion we're going to have.' I realized I was accountable to others who were invested in my education and cared about me reaching my goal."

Now Minton gets to put her care into seeing both students and faculty work toward their goals.

Matt Schmidt

Opposite: Mary Minton, left, explains what needs to be finished on a grant proposal to Amanda Mitchell, the college's assistant to the dean. Minton, who was recently promoted to an administrative role, plans to keep research as a focus of her role.

DNP students introduced to rural life and primary care

Spend summer in Custer and Miller



Doctor of nurse practitioner students Kimberly Schmidt and Becky Hruby already had years of experience working at hospitals in Oklahoma City, Minneapolis, La Crosse, Wisconsin, and Sioux Falls.

But to grow professionally they thought they needed even more experience and they found it spending a month in rural South Dakota thanks to the Rural Experiences for Health Professions Students Program.

Schmidt, 34, has worked as a nurse since 2003. Her resume began as a critical care nurse at an Oklahoma City intensive care unit. She also worked at a Minneapolis ICU and a La Crosse pediatric and neonatal ICU before starting work at Sanford in Sioux Falls in 2008.

Hruby (pronounced Ruby), 30, earned her bachelor's degree from State in 2008 and spent a year working at a cardiac unit in Arizona. In 2009, she moved to Sioux Falls and worked at Sioux Falls Surgical Hospital in post-anesthesia care unit.

So neither were green when they enrolled in SDSU's bachelor's to DNP program in 2011 and 2010, respectively, and they've gained more experience through their clinicals in the DNP program.

But both saw gaps in their training they wanted to fill before becoming a nurse practitioner.

"I knew I would experience that which I wouldn't get otherwise—time in a lab, with physical therapy, speech therapy, occupational

therapy—things we don't get in our usual clinicals," said Hruby.

Schmidt added, "I thought it would be a good way to get some more experience." She acknowledged that she was already an experienced nurse, "But there's always more to learn. Call me a go-getter. I would rather continue to get experience. Pretty soon I'm going to be a nurse practitioner out on my own and not have any one to look over me."

Hruby, a Spearfish native, spent June at Custer Regional Hospital and Clinic. Schmidt spent July at Avera Hand County Memorial Hospital and Clinic in Miller.

DNP, pharmacy students paired

The Rural Experience for Health Professions Students Program was started in 2011 by the state. It draws physician and physician assistant students from the University of South Dakota Medical School, SDSU pharmacy students and advanced nursing practice students from SDSU and Mount Marty College.

SDSU's DNP program began participating in 2012 and has had five participants, DNP program coordinator Nicole Gibson said.

In 2014, there were 21 participants paired in 11 communities. Schmidt was paired with pharmacy student Catherine Creech. Often their schedules didn't overlap, but "we got to see it all," Schmidt said. "Even though I am going to be a nurse practitioner, we literally saw every

department—physical therapy, occupational therapy, respiratory therapy, lab and pharmacy."

The pharmacy was Rexall Drug in downtown Miller. The students also spent time playing bingo at the assisted living center and with nurse practitioners and two physicians.

Their role was mostly as observers, witnessing emergency room patients, a colonoscopy and a cataract surgery, as well as assisting in the transfer of patient to Sioux Falls by helicopter.

A lesson in e-emergency room

While Schmidt has had emergency room experience, at Miller she learned about Avera's eCARE system, in which the health-care team in satellite facilities like Miller are connected with medical personnel in Sioux Falls via computer. Cameras let both sides exchange audio and visual image as well as monitor patient data.

In Schmidt's experience, the Miller physician received assistance inserting a chest tube on the patient.

"It went pretty smooth," she said. "It was nice to have the other set of eyes that has dealt with chest tubes more often than the physicians in the rural community. In the rural communities, you're still going to have emergencies, but not see them as much. You need to learn how to deal with them."

Looking back at her four weeks, Schmidt said the highlight was "getting to know the people and the community. I really like a rural community and it reassured me that a rural community is the place to be. Small-town living is the place to be."

While she has always worked in big cities, she said she has always lived in smaller towns. Schmidt grew up in Tea and now lives in Dell Rapids.

Assisted with SDSU Extension project

The pair also worked together on an SDSU Extension project to assess local resources for healthy eating and physical fitness. That was a required project through the Rural Experiences for Health Profession Students Program.

Schmidt and Creech found that the people thought there were adequate resources for healthy eating, although "people felt like at the small-town grocery store, the prices were a little high for fresh produce and fruit. At the same time, they realize the store owners have a tough time getting people to buy the product, too."

Outstanding graduate student Hruby honored for stellar sleep apnea study



Becky Hruby

Becky Hruby didn't see this one coming.

When her name was called at the August 2014 pinning ceremony as the outstanding graduate student in her doctor of nurse practitioner class, Hruby (pronounced Ruby) may have been the most surprised one in the audience. The announcement was not a surprise to associate professor Jo Voss.

Voss, the West River instructor who nominated Hruby, said the Spearfish native could qualify for graduate student of the decade.

"I nominated her for that award because of her evidence-based practice project. I have sat on several committees and I have never seen such a project. It was far above any other projects I have seen. She was already working at the level of a doctorate-prepared nurse practitioner," Voss said.

Hruby's project was titled The Assessment, Identification and Management of Sleep Apnea Perioperatively.

How the 30-year-old, SDSU-trained nurse went about the project left Voss amazed.

"Becky gained the trust and support of the nurses, physicians and management at the health-care facility (Sioux Falls Specialty Hospital). She did an amazing job in communication with other health-care providers," Voss said. "Becky was credible, she was knowledgeable" about sleep apnea.

One would have never thought that the project was Hruby's first experience as an expert on sleep apnea, Voss said.

Nearly 1,800 patients screened

The study consisted of sleep apnea screening for 1,772 patients who visited Sioux Falls Specialty Hospital between February and April. All patients age 18 or older who were entering the hospital participated in the survey, which was implemented into the hospital's electronic intake assessment.

"If they met certain risks factors, like age, weight and snoring, we then suggested they get a formal sleep study done," Hruby explained.

The fact that the hospital permitted screening of all its patients for Hruby's study attests to her networking, credibility and concern for patients, Voss said. "She's an amazing communicator and very trustworthy. The staff felt it was an important project, too."

On top of all this, Hruby secured a \$2,500 grant from the American Association of Nurse Practitioners to cover costs. That funded a research assistant to compile data, costs for those requiring an overnight stay, and two \$25 gift certificates to thank the nurses for their help.

Study results meet expectations

Hruby said survey results matched expectations.

Of the 1,772 screenings, 13 percent previously had

been diagnosed with sleep apnea. Another 10 percent were found to be at risk. "We then suggested they get a formal sleep study done" in which they were connected to monitoring devices, Hruby said.

That part of the testing was done by a sleep specialist physician with whom Hruby was working.

In her research for the study, Hruby found "a study showing that people who have sleep apnea but don't realize it are more at risk to have a heart attack as well as to stop breathing at night after having surgery."

There was no cost to the study participants. "It was a great service to the patient," Voss said.

Began DNP program in 2010

Hruby, of Sioux Falls, entered the bachelor's to DNP program in 2010. After earning her BSN at State in 2008, Hruby worked at a cardiac care unit in Arizona for a year. When she moved back to Sioux Falls, Hruby went to work at Sioux Falls Surgical Hospital in the post-anesthesia care unit.

She worked there throughout the 4 1/2-year graduate school program, finishing with a 3.97 GPA.

In June 2014, Hruby participated in the Rural Experiences for Health Professions Students Program at Custer Regional Hospital and Clinic. (see page 18)

This June, she was chosen to present a poster on the sleep apnea project at the American Association of Nurse Practitioners Conference in New Orleans, where more than 5,000 nurse practitioners will be present. "It is an honor to be chosen," she said.

Voss noted, "She was sought for employment by several hospitals because of her involvement in this sleep apnea project."

Dave Graves

Regarding physical fitness, there is a bike trail and the hospital has a wellness center, but the challenge is to get people to use them, Schmidt said.

The challenge was the same in Custer, where a YMCA and the hiking and biking trails of Custer State Park offer underutilized beauty, Hruby said.

She and SDSU pharmacy student Ashley Pederson drove through Custer State Park and fed the donkeys as well as climbed Harney Peak. During the workweek, they spent most of their time together with the majority of that being with physicians while they saw patients at the Custer Clinic.

'Kind of a wild ride'

While touring the ambulance service, a call came in and the students rode along. "We were going over hills and through sharp curves. It was kind of wild ride," Hruby said.

Hruby's stay was during her final round of clinicals, so she was able to count her Custer time toward her clinical requirements. Schmidt's stint was during a summer break in her nurse practitioner education, so she wasn't able to use the hours toward clinicals. All participants receive a \$2,500 stipend and have housing provided.

"I learned a lot about other areas of medicine—how the lab works, what it is like to be a rural provider. You never know what is going to come through the door and you're on your own," Hruby said.

What the future holds

Upon graduation in August, Hruby was named the college's outstanding graduate student and received a job as a nurse practitioner at Neurology Associates in Sioux Falls.

Nonetheless, she doesn't regret the month spent in Custer even if though it meant being away from her husband. "I really liked the rural setting. I think someday that might be an option. Right now it just worked for me and my husband to stay in Sioux Falls and I got a wonderful job."

Schmidt won't graduate until August 2015.

She said, "I am leaving the doors open to see what opportunities are presented. My idea would be to work in the smaller community in family practice working with all ages. I do believe my time in a rural area reassured me that's where I'd like to be," recalling fond memories on her grandparents' farms.

"It feels like a good fit being in a rural facility," she said. And that's what the Rural Experience Health Profession Student Program is all about.

Dave Graves

Opposite: Kimberly Schmidt and Catherine Creech stand at the drive-in theater in Miller. Schmidt and Creech, a pharmacy student, were paired as part of the Rural Experiences for Health Professions Students Program.

Jonas Scholars

National initiative to develop nurse leaders

As part of a national effort to stem the faculty shortage and prepare future nurses, the College of Nursing and the Jonas Center for Nursing and Veterans Healthcare have teamed to provide two-year scholarships to exceptional graduate students. Julie Kittelsrud and Kelli Hinsch each received the scholarship for the 2014-15 academic year.

Kittelsrud is working on a doctorate of philosophy degree while Hinsch is pursuing a doctor of nursing practice.

Kittelsrud originally earned a bachelor's degree in German before making the switch to nursing. After receiving her bachelor's degree in nursing from Augustana and a master's degree as a family nurse practitioner from Clarkson College, she started working for the Avera Institute for Human Genetics.

Genetics interest

Kittelsrud had always been interested in research but wanted patient interaction. Working in the field of genetics has almost allowed her to fulfill both. She spent the past summer doing a genetics course with the National Institutes of Health.

"Genetics is growing fast, very innovative and yet so new. There is still a lot of research to be done," Kittelsrud said. "It directly affects patients lives. Within a week, you can have a pharmacogenetic result and get answers on the clinical impact ... you see the clinical utility of it—that's what is different about this and gets me excited about it, too.

"For example, when looking at medicine. If you have patients who are having pain difficulty, you take a sample of blood, run genetics on it and have a better idea of what medications will work for that patient," she continued. "As a result, you are able to impact patients' lives with some of the basic science of genetics."

More than a scholarship

Kittelsrud looks at the Jonas scholarship as more than an opportunity to get a degree.

"It's not only the ability to continue in school without a financial burden, but also an opportunity for leadership in nursing," she said. Like Kittelsrud, Hinsch is appreciative of the scholarship but not just because of what it can mean for her.

"I thought it was not just about the money but the purpose of what I'm doing with that



Kelli Hinsch



Julie Kittelsrud

money," she said. "When I served, I saw a lot of broken souls come back from Iraq."

Hinsch's interest in nursing came when she was 14 and a brother, Kurt, was in an accident. She later shadowed a nurse practitioner and was hooked.

"I asked 'what do I need to do to do what you do?' I was told 'be a nurse, get my feet wet and then go back to school to be a NP,'" said Hinsch, who enrolled in the U.S. Army after earning a bachelor's degree in nursing. "I started my career as an Army nurse. Like a lot of nurses, I've seen a lot of bad stuff and feel helpless at times."

Hinsch is pursuing a goal to improve identification of military sexual trauma in primary care.

"We can look at veterans and learn from their situations," Hinsch said.

Goodale scholar an endowed nursing student scholarship

While having coffee one morning, Gene and JoAnn Goodale were reminiscing and talking about how, "if we each had not had that little piece of paper called a scholarship, we wouldn't have come to State. We looked at each other and said we really need to do more."

JoAnn then called Nancy Fahrenwald, dean of the College of Nursing, and told her about their latest scholarship idea to create a distinctive endowed scholarship. What Goodale did not expect was silence on the other end of the line.

"I was stunned by their generosity," Fahrenwald recalled. "They find such joy in giving, and this new generous scholarship is a legacy gift that will impact the future of nursing by awarding a generous financial gift to a student in the final year of their program, at the graduate or undergraduate level, for generations to come."

Both Goodales call State home, JoAnn graduating in 1959 with a bachelor's degree in nursing and Gene, who was active with the U.S.

Air Force ROTC when receiving a bachelor's degree in civil engineering in 1957. While Gene was the first one to graduate from State, JoAnn knew she was going here for many years.

"I had known since I was 5 years old that I wanted to be a nurse and I wanted to come to this university," said Goodale, who grew up on a dairy farm north of Huron and was the oldest of eight children. "I had an uncle, Harlan Olson, who managed the student union when it was in Pugsley and we always came for Hobo Day, not to see the game, but to see the parade and hear the band. I knew that I wanted to come here. There wasn't ever any doubt at all."

The couple started providing scholarship gifts in 1993.

"We started the scholarships because we wanted to see others have the opportunity that



Nancy Fahrenwald (left) dean of the College of Nursing, is joined by JoAnn (Olson) Goodale (second from left) and Gene Goodale (right) in honoring Karissa Hielkema as the inaugural Goodale Scholar recipient.

we had," JoAnn said. "It's an opportunity to say thank you."

"I think the nursing profession is evolving into one of the most important parts of our health-care system," JoAnn continued. "Without nurses to manage and get people where they need to be, they're pretty lost. Somebody has to be there on the ground floor to organize how patients get through the system. We nurses can do that and we can do that very effectively and very efficiently."

Distinguished Alumni

Two graduates among the university's class of Distinguished Alumni

Two of the eight members who formed the 2014 class of Distinguished Alumni at SDSU hailed from the College of Nursing.

Roxie Romness Foster, of Arvada, Colorado, is a member of the class of 1967. Michael Relf, of Durham, North Carolina, is a member of the class of 1988. Both were honored in the professional achievement category.

Roxie Romness Foster, Ph.D., RN, FAAN

An expert in the assessment and treatment of children's pain, Foster has been principal or co-investigator on more than 20 research studies on pain, several funded by grants from the National Institutes of Health.

Recently retired, she held a joint appointment from the University of Colorado and Children's Hospital Colorado. The unique, collaborative appointment allowed her to pursue faculty responsibilities and incorporate research findings in practice.

In 2000, she was selected as a fellow, the most prestigious honor in nursing, in the American Academy of Nursing.

Her list of honors begins in 1967, when she was inducted into the Sigma Theta Tau National Honor Society of Nursing at SDSU. In 1994, she was named one of "90 Nurses Who Have Made a Difference" during the 90th anniversary celebration of the Colorado Nurses Association.

She became the first endowed chair of pediatric nursing at The Children's Hospital in 1998 and Colorado Nurses Foundation presented her with the Nightingale Award for Excellence in Human Caring in 2004.

At the children's hospital's pain center, she provided direct pain-relieving care for children with recurrent and long-term pain. The team she co-directed provided rapid response to staff who had urgent patient pain concerns, helping staff revise the plan for care for pain treatment.

However, when Foster graduated from SDSU in 1967, health-care disciplines paid little heed to pain management, especially in children.

As awareness of the need for pain-relieving care grew, Foster became a recognized expert in the assessment and treatment of children's pain. Through practice, research, education and policy development, she has improved pain management practices for children around the world.

Academically, she was co-editor of the textbook "Family Centered Nursing Care of Children," which was awarded American Journal of Nursing Book of the Year in 1990. The book focused on the holistic care of children within the context of the family and with a particular focus on providing home care.

Also, serving as editor, Foster guided the "Journal for Specialist in Pediatric Nursing" from a fledgling journal to one with international impact. In retirement, she continues as editor-in-chief.

Writing on behalf of Foster's nomination, Karen Miller, the former vice president of nursing at Children's Hospital Colorado, stated, "One of the hallmarks of success for Dr. Foster's research program was her ability to involve members of other health-care professions in addition to nurses. Dr. Foster developed teams of clinicians who worked together to manage the most complex patient-care situations."

Raised on a farm in northwest South Dakota near Hettinger, North Dakota, Foster and her husband, Ron, have two daughters, Kristen Overstreet and Andrea Foss, and six grandchildren.

Michael Relf, Ph.D., RN, ACNS-BC, AACRN, CNE, FAAN

Relf is a nationally recognized HIV/AIDS nurse clinician, scientist and leader, who in 2008 was elected a fellow of the American Academy of Nursing.

While serving as president of the HIV/AIDS Nursing Certification Board in 2001-03, he led a successful effort to develop a national certification exam in advanced HIV/AIDS nursing for advanced practice nursing. The exam and certification exists to this day, according to Adele Webb, former executive director of the board.

As president of the board, Relf led the national work group to define the practice of HIV/AIDS nursing by advanced practice nursing students. Through this effort, he and colleagues established the scope of practice in this domain, developed an examination blueprint to match the scope and developed the certification exam.

Relf also worked with colleagues from six southern African countries in the development of the essential nursing competencies related to



Roxie Romness Foster



Michael Relf

HIV/AIDS for nursing endorsed by the International Council of Nurses.

He is now associate dean for global and community affairs at the Duke University School of Nursing in Durham, North Carolina. He joined Duke in 2008 after serving as the chair of the department of nursing at Georgetown University.

His research has focused on the psychosocial aspects of HIV/AIDS. To date, he obtained more than \$5.9 million in external funding to support his work. The results of his work have appeared on the front pages of the Boston Globe (Dec. 18, 2002), The Washington Post (May 30, 2005) and the Toronto Star (Feb. 15, 2003).

The scholarly work of the Rapid City Stevens High School graduate also has been cited in a report by the World Health Organization and the Institute of Medicine.

Since becoming assistant dean at Duke in August 2008, the number of underrepresented groups has grown to constitute between 25 and 30 percent of each bachelor of nursing class.

In December 2010, Relf was chosen by graduating seniors for the Excellence in Teaching Ward honor. His commitment to engaging the next generation of nursing scholars also is seen in having mentored more than 25 undergraduates in scholarly writing and including them as co-authors.

Back at SDSU, Relf was appointed to a three-year term on the SDSU Foundation Council of Trustees Jan. 1, 2013, and more recently was appointed to the College of Nursing's Dean Development Council.

Raised in Black Hawk, it is noteworthy that he is the first member of his family to graduate from high school and college.

Relf and his partner, Shawn McKenna, a lawyer, reside in Durham, N.C.

Randee Mason

Rapid City Regional Hospital's director of clinical integration values trust and relationships



“When looking at standardizing processes throughout the system, (the care continuum, and utilizing Lean methodology, a teamwork approach) you’re building relationships with colleagues and physicians through trust and partnerships,”

Randee Mason

For someone who admits her first major in college was basketball, health care jumped into focus for Randee Mason, who is now Rapid City Regional Hospital’s director of clinical integration.

Mason was a member of the women’s basketball team at South Dakota School of Mines and Technology when a friend was diagnosed with cancer. As a result, she spent a lot of time at a hospital. Seeing the care

and compassion shown by nurses in the oncology unit, she quickly changed her career plans.

At the time, she was in the first week of her fifth semester at Mines. To figure out if she could make the transition, Mason visited the College of Nursing’s West River site.

“I said I want to be a nurse. What do I do?” Mason recalled, noting Barbara Hobbs, the college’s assistant dean, reviewed her

classes and thought Mason could enter the program in the spring. “I went back and changed all of my classes. I picked SDSU because it had a really good reputation. I also wanted a four-year degree not only because of the clinical experience but also the business and leadership aspects. That was really important to me.

“It was challenging and rewarding all at the same time,” she said. “I was deadset on

being a hospice nurse. It was the reason I went in to nursing. I then did an externship on the monitored acute care unit (MACU), a step-down unit from ICU, and the rest is history.”

After graduating from State in 2002, Mason continued working in MACU before becoming a case manager. She then received a call stating that James Keegan, Rapid City Regional’s vice president of quality, wanted to meet with her. Keegan was starting RCRH’s quality division.

“I did not know what quality meant at the time. I knew about giving high quality care but did not know what the quality department would do,” Mason said. “We six coordinators built the department from the ground up. I was the cardiac clinical quality coordinator.”

With the focus on meeting the Centers for Medicare & Medicaid Services core measures, she looked at the process when a patient entered a hospital after suffering a heart attack, broke it into steps, identified barriers and helped to design the ideal state.

“We were applying Lean methodology in the quality division in 2006,” Mason said. “In six months of starting the STEMI (segment elevation myocardial infarction) program, Rapid City Regional Hospital was leading the nation in STEMI care.

“Consequently, we decided to extend this process to all Regional Health hospitals. At that time the five Regional Health hospitals had individual processes to transfer a heart patient,” she continued. “We standardized the STEMI program throughout the system. For example, when a patient presents with a heart attack in Sturgis, the goal was to administer necessary medications and transfer to the RCRH cath lab within 30 minutes. These results along with collaborative relationships lead to partnering with other state hospitals, the S.D. Department of Health, and the American Heart Association in developing a Heart and Stroke Advisory Board for the state of South Dakota.”

From there, Mason’s role developed into a clinical integration coordinator and then into her current position as its director.



She said a large part of her job is building trust and relationships with others in the field.

“When looking at standardizing processes throughout the system (the care continuum, and utilizing Lean methodology, a teamwork approach), you’re building relationships with colleagues and physicians through trust and partnerships,” she said. “Looking at systems, processes, patient flow, transitions of care, wellness from a community perspective—they’re all building blocks to get us to where we’re going—population health. The main goal is to create a healthy environment—that’s our whole focus.

“For me, the drive is doing the right thing,” Mason said. “My focus is to ensure patients are receiving the right care, at the right place, at the right time. I don’t just reach one person at a time, I’m reaching a whole population. That’s what drives me.”

After making the statement, Mason looks across her office at a picture containing her, her husband Thad and sons, Jackson, 10, and Talon, 4.

“They’re the reason ... you always have to find that personal reason that makes you want to do things, that desire,” she said. “I say that because I have family here and I have extended family in the area. When they need health care, I want to make sure they’re getting the best care possible, that’s the reason for what I do.”

Mason’s latest career turn almost did not happen. She had been accepted to nurse practitioner school at the University of Nebraska Medical Center in Omaha.

“It just didn’t feel right when I was driving down to orientation. I stopped and turned around,” she said. “Had I not turned around, I wouldn’t have the job in the quality division. I’m actually very thankful I didn’t go that direction. (Quality) has opened so many doors for me.”

While she had second thoughts about her nursing career at that point, she does not regret making the choice to get her nursing degree from State.

“It has given me the basic fundamentals in the clinical aspect of nursing and health care to help guide me to make better decisions,” Mason said. “It’s given me a broader understanding of health care.

“I would suggest they look at what their passion is and what really drives them,” replied Mason about the field of nursing. “There are people who are very nurturing and compassionate, they just fit at the bedside with the patients, holding their hands and just being there with them. There are others who are more technical, they’re working in health care but maybe they’re behind the scenes, working with technology. There are people who are doing research, creating best practices, creating the best way to do things. Really, in my job, the goal is to effectively communicate with others. If you can build relationships ... it’s the key.”

Matt Schmidt

Opposite: Ranee Mason gives a presentation on Rapid City Regional Hospital’s recent activities. She started a college basketball career at South Dakota School of Mines and Technology but switched to nursing at SDSU’s West River campus.

Award winners

Three graduates receive recognition for work



Olson selected for the Sr. Bernadette Armiger Award

Roberta K. Olson, dean and professor emerita for South Dakota State University's College of Nursing, received the Sr. Bernadette Armiger

Award from the American Association of Colleges of Nursing in October 2014.

Olson, who is the first recipient of the award from South Dakota State, was honored at AACN's Fall Semiannual Meeting in Washington, D.C.

"I am humbled to be selected for this prestigious recognition by the AACN Board of Directors," Olson said. "It was my privilege when serving as the dean of nursing at SDSU for nearly 20 years to serve four of those years on the AACN board of directors. I was also invited or elected to provide leadership for a variety of committees and task forces, and present information on mentoring for professional development and leadership."

The award recognizes a nursing leader who has made significant contributions to AACN and its goals, to nursing education and to the advancement of the profession. It was created to honor Sr. Bernadette Armiger for her distinguished service to AACN and to recognize and encourage efforts toward the advancement of nursing education and practice.



State graduate chosen for prestigious hepatology fellowship

Rebekka Klemme, CNP, in conjunction with Avera Medical Group Liver Disease

Sioux Falls, has been selected for an NP/PA Clinical Hepatology Fellowship with the American Association for the Study of Liver Diseases.

Klemme received a Master of Science degree from State in 2010 with specialization as a family nurse practitioner, after earning a Bachelor of Science in nursing from SDSU in 2003. Since 2010, she has worked with Avera Transplant Institute, providing care to patients undergoing kidney and pancreas transplantation with the Avera Transplant Institute, and in December 2013 shifted her focus to the Avera Liver Disease program, in care of patients with liver disease and its complications.

The AASLD Liver Research Fund has committed \$1.587 million in funding to health care institutions for the 2014 Research and Career Development Awards. This level of funding represents the largest single commitment in support of liver research and advanced hepatology training by any professional organization.

Klemme is one of four to be awarded the prestigious NP/PA Clinical Hepatology Fellowship, with a \$78,000 stipend agreement through Avera's Liver Disease program, and one of 16 overall selected to receive Research and Career Development Awards based on professional potential, experience and commitment of their faculty mentors, quality of the proposed research project or clinical program, and the clinical and/or academic environment of their institution.



Letcher receives the Becky Nelson Fellowship

Deborah Letcher, the academic affairs enterprise executive director for clinical and team development at Sanford Health, has been named the

inaugural recipient of the Becky Nelson Fellowship at Sanford.

Letcher, who graduated from South Dakota State in 2013 with a doctorate of philosophy in nursing, provides oversight for the onboarding of new nurses to

Sanford Health. She also leads a clinical academic partnership project in concert with South Dakota State and North Dakota State. The collaborative work between Sanford and the two universities guides learning and development for nurses who serve as preceptors for newly hired registered nurses and preceptors who aspire to become adjunct faculty members for nursing students.

The Becky Nelson Fellowship was created by Sanford to honor Nelson's contributions to Sanford Health during her 40 years of service. The fellowship provides a yearlong experience of leadership development and integration, representing her passion for lifelong learning and sharing of knowledge. Nelson, a 1992 State graduate with a master's in nursing, was a member of the 2002 class of Distinguished Alumni by SDSU. Nelson retired in summer 2013 as senior vice president and chief operating officer. Nelson joined Sanford in 1975 as a nurse and also served as president of the Sanford USD Medical Center.

Letcher also provides leadership support and mentoring for the directors of the Centers for Learning in Sioux Falls and Bemidji, Minnesota, and in the North Dakota cities of Fargo and Bismarck. Her leadership role is also responsible for simulation-based learning activities as well as patient and community education endeavors across the enterprise.

The fellowship will allow Letcher to pursue interests in population health management, patient education science and transitions of care. She will hold her current position but is able to devote 20 percent of her time in activities related to the fellowship, which started Jan. 1.

"We look forward to having Deb 'pave the way' for future fellows and to help us build a strong foundation for innovatively developing and advancing nurse leaders across the enterprise," said Diana Vander Woude, enterprise vice president of academic affairs at Sanford.

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Stacey Tait-Goodale

After 80 years of excellence in nursing education, the College of Nursing looks forward to continue building upon that tradition of success. Your investment in the college is crucial as it looks to expand the opportunities for students and faculty, further develop its ability to advance knowledge and discover solutions that contribute to the overall health of our community.

You can make an impact by investing in one or more of three vital areas:

• Scholarships

- Competitive scholarships help attract and retain outstanding students and support their pursuit of a degree. Rising enrollments increase the need for student support.
 - Multiyear scholarships would allow the college to offer students consistent support throughout their nursing education.
- Many students have made the commitment to help others achieve their educational and career objectives.
 - We see how JoAnn Goodale (p. 20) attended State with the benefit of a scholarship and has returned the favor. Endowed scholarships can be created from a one-time gift or installment payments over five years of at least \$25,000.

• Faculty Chairs and Professorships

- Endowed chairs and professorships are prestigious academic positions that honor and recognize scholarly excellence.
 - The college is focused on creating an endowed Chair for Rural Health and Nursing and an endowed Dean's Chair.



• Programs

- Our programs offer excellent real-world educational opportunities for students, research that enhances improved health outcomes in society, and affordable care options to some of the most vulnerable populations in our community.

We encourage you to consider making an impact in honor of the college's 80th anniversary celebration. Please contact me to explore an option that best fits your area of interest or one or more of the vital areas the college needs to be successful and grow for the next 80 years and beyond.

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Celebrating



Dean Nancy Fahrenwald is joined by former deans Roberta Olson and Carol Peterson at the college's tailgate event in September.