

S.O.N. TIMES

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SCHOOL OF NURSING

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CLINICAL HOT TOPICS

Evidence-Based Practice: A Passion for Change

Evidence-Based Practice is centered in evidence obtained from careful review of the research to provide safe and effective interventions. Based on good science, it would follow that both healthcare policies and guidelines for practice should grow directly from the evidence. But do they?

The following paper submitted by Meredith Geers RN, Parent Child Health Class of 2009, illustrates how this may not always be the case:

“At age 23, I was well-informed on the subject of birth choices and looked forward to following through on my belief that home was the best place for me to give birth. I was expecting my first child and had been preparing myself for birthing at home for no less than 4 years through active investigation of the subject. Knowing the importance of good prenatal care in preparation for a safe and responsible home birth, I began my search for a prenatal care provider. My desire to be honest regarding my home birth plans proved to be a mistake. After about the tenth rejection, my frustration led me to keep my home birth plans to myself. Once I withheld the information, I immediately found a group that would provide care to me, although they were located over an hour’s drive away. I continue to regret the compromise I had to make regarding my own ethical convictions but felt I was between a rock and a hard place.

Ten years later and pregnant with my fourth son, I experienced, yet again, the discrimination of the medical community as I prepared for another home birth. After establishing care with a Certified Nurse Midwife, I soon received a certified letter in the mail from the obstetrician she was affiliated with. It advised me that I was no longer welcome in his office due to my plans to have a home birth. The letter stated I was considered too high a risk due to my home birth intentions. I also learned the next day from the midwife that her contract with this physician was terminated at the same time.

In this age of evidence-based medicine where high quality controlled trials, systematic reviews and observational studies can be cited which support the safety and validity of home as an appropriate choice for some (ACNM 2008), the climate could not be more hostile. Obstetricians have sought to discredit home birth safety by citing studies that are flawed and skewed. (MANA, 2003) The following excerpt is taken from the twenty-

CALENDAR

2008

November 3— Student Forum for Presidential Search

November 8—last day for removal of incompletes

November 11—winter/spring registration

December 15—Kappa Gamma Induction Ceremony

2009

March 3—Albany Day, Limited Activities

March 16—Research Day Lecture Hall 1

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IN THIS ISSUE

Clinical Hot Topics	1	Faculty/Staff/Student Achievements	5
Goals: A Student Perspective	3	Back to the Future	6
Community Outreach	3	DNP Launch	7
Students in the Spotlight	4	Alumni	8
New Courses	5	Simulation Lab	8

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second edition of William's Obstetrics by Cunningham et al which cites the flawed research in question:

"The results of studies comparing neonatal and perinatal mortality associated with intended home deliveries and with that of hospital deliveries have been conflicting, *with most suggesting an increased risk with home delivery*. Pang and co-workers (2002) analyzed birth registry information from Washington State during 1989 through 1997 and found that newborns of planned home deliveries were at increased risk of neonatal death. Moreover, prolonged labor and postpartum bleeding were increased in women giving birth at home."

The intention of the above cited study was to compare neonatal outcomes for planned home births with planned hospital births. (Pang, et al, 2002) This study relied on birth certificate data that did not include information on the intended place of birth. The study did not differentiate between unplanned or unattended home births and well-planned, well-screened ("risky out"), professionally managed home births. Even babies born precipitously in taxis were included in the "planned home birth" group of this study. This alone would render the study unreliable and skewed since unplanned, unattended home births are prone to bad outcomes. (MANA, Press Release, 2003) Sadly, this misinformation is being represented as reliable in one of the most common references utilized in medical schools today. It is negatively influencing the opinions of the present and future obstetrical community who rely on this text.

This year, the American Medical Association (AMA) and the American College of Obstetricians and Gynecologists (ACOG) have adopted resolutions which seek to eliminate some sites-of-birth choice and are also an attempt to try to limit professional midwifery independence. (ACNM, 2008) The recent resolutions have already affected insurance company decisions to deny reimbursement for home birth. The AMA and ACOG passage of resolutions 204 and 205 appear to be attempting to encourage legislation as it pertains to the site of birth choices for women and their families. Could it be that this might ultimately lead to legal actions against women who to choose to deliver their babies at home? I believe so.

On February 6th, 2008, ACOG released its position statement on home birth. In this position statement ACOG stated it "does not support programs that advocate for, or individuals who provide, home births". (ACOG, 2008) Their statement goes on to remark on childbirth decisions being influenced by "fashion, trends or the latest cause célèbre". ACOG does acknowledge that "it should be emphasized that studies comparing the safety and outcome of births in hospitals

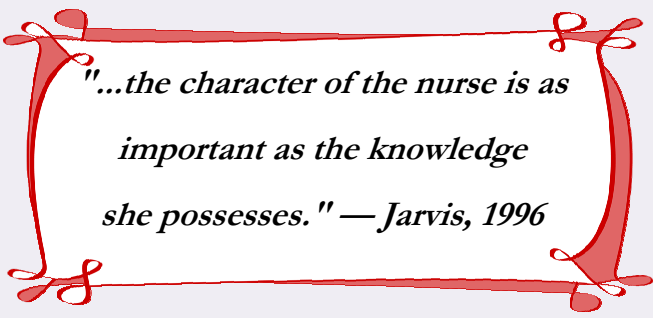
with those in other settings in the US are limited and have not been scientifically rigorous." (ACOG, 2008) They must be referring to their own colleagues' studies since the ACNM cites no less than twelve high quality controlled trials, systematic reviews and observational studies in their position statement in support of home birth choice. (ACNM, 2005)

These resolutions and position statements appear, in part, to be a knee-jerk response to the public interest in home birth stimulated by the Ricki Lake film, "Business of Being Born". The ACOG position statement refers to the "rosy picture painted by home birth advocates". This film by a high profile celebrity is a very public promotion of home birth as a viable choice for consideration for healthy women seeking to avoid the often dangerous and high tech, impersonal approach offered by mainstream obstetrics today.

Prenatal care is not just the responsibility of care providers though. Women today need to take back the control of their pregnancy and birthing needs. Unfortunately, the medical system in the United States is gravely lacking in support of promoting this concept. Today's nurses can not afford to be uninvolved in the politics of birth. My personal experiences have caused me to keep alive my desire to make a difference and have given me a passion for change.

Editors Note: A 2008 Cochrane Database review of home versus hospital births concluded "there was no strong evidence to favor planned hospital birth over planned home birth for low-risk pregnant women". The review further stated "planned hospital birth may even increase unnecessary interventions and complications without any benefit for low-risk women".

The National Perinatal Association (NPA) is comprised of obstetricians, neonatologists, perinatologists, pediatric nurse practitioners, midwives, respiratory therapists and parents. Based on the Cochrane Review, NPA released a position statement this August that it "supports and respects families' right to an informed choice of their birth setting".



"...the character of the nurse is as important as the knowledge she possesses." — Jarvis, 1996

Goals: A Student Perspective

To paraphrase an ancient Chinese proverb, “a journey of a thousand miles begins with the first step”.

What follows are two views on why our students chose to pursue and enhance their nursing careers. The first is from one of our RN students. The second is from the perspective of three of our DNP students.

“After three intense years of working with the mentally retarded and developmentally disabled population, I found a deep fulfillment of satisfaction in knowing that I was helping individuals achieve goals of progress. Within two years of graduating with my first Bachelor's degree in Clinical Informatics, I was able to work full time and take the necessary pre requisites to apply to the Stony Brook University One Year Nursing Program, my alma mater. During that time, I was very nervous wondering when or if I would be chosen. On June 6th, 2008, I finally got my seal of approval to begin the program; my sense of happiness was fulfilled beyond belief! Although I stepped down from my position at my employment, I am able to continue a full-time work schedule and balance my school schedule. It is definitely a difficult task and I know my limits, but so far I am able to handle it. I know the appropriate times to prioritize my scholastic assignments. As time progresses, I am closer to the month of May 2009, a time that will shine light on all the hard work and the future patients I will help”. — Kimberly Renee Brown, Class of 2009

“When opportunity knocks” is an expression which advises us to take advantage of situations that arise that allow us to grow personally or professionally. Last March one such opportunity presented itself to us in the form of acceptance into the first class of the Distance Learning Doctorate of Nursing Practice Program at Stony Brook University. The notion of disrupting the status quo of work, family, and life was daunting, but now, several months later, we find ourselves fully immersed in scholarly activities. Texts, research papers and computer programs have replaced home cooked meals, DVDs and afternoon naps.

Despite this radical, albeit temporary, change in lifestyle, we are happy to report that we are very satisfied with our decision. The exposure to new ways of critically thinking about long-standing issues and the chance to interface with similarly motivated candidates has been energizing. Although we anticipate that the road ahead may not always be smooth, we are grateful

to be among the pioneers on this journey and look forward to all of the challenges and rewards that are inherent in an inaugural program of this kind. See you at graduation!!!

— Susan Altman, Chris Kocis & Heather Findletar

Community Outreach

by Carol Della Ratta

During this 2008 season of Flu Immunization, I have begun taking the 2-year Fundamental students to several sites for Flu immunizations. We were in Hampton Bays on Thursday, October 16th with the Suffolk County Department of Health, at the Senior Nutrition Center. The 8 nursing students had the opportunity to immunize 360 senior citizens! There are two more days planned for Senior Immunization Clinics and once again, the School of Medicine has asked our help in immunizing the medical students. This is the third Flu season that I have been taking the Fundamental Students for this community outreach experience. What I had hoped for was to give the students good practice in administering intramuscular injections, but there were two additional benefits. The students have expressed their interest in working with the Elderly population, an area that is not usually a student's first choice; and the students themselves were able to receive their Flu Immunization at the site if they so chose. At present, only 40% of health care workers are currently receiving the Flu vaccination each year.

Stony Brook University Pre-Nursing Society Information E-Board

Faculty Advisor	Dr. Lenore Lamanna	School of Nursing Faculty
President	Ronn Callada	rcallada@ic.sunysb.edu
Vice President	Pamela Gymiah	pgyimah@gmail.com
Secretary	Jessica Thomas	nymalugr17@gmail.com
Treasurer	Simone Hamilton	enomis9@yahoo.com
Public Relations	Linda Tung	linda310@gmail.com

Website

This site will keep you updated on our community service events, meetings, and reminders.

http://www.xanga.com/SBU_Pre_Nursing

Students In the Spotlight

Well, I did it. I graduated. I can't believe I did it. I mean, I've been telling my 7 & 9-year-old boys, "Mommy has to study right now," for 2 years. I'm not even counting the first year in which I had to take classes in order to apply for Nursing School.

I have to say that I consider myself a very lucky person. Let me tell you...going back to school, full time, while having to raise a family and maintain a household, well, basically, it really does '*Take a Village*'. The people in my village not only include my husband and wonderful family, classmates and professors, it also includes Elmo, Dora, the Wiggles and, dare I say it, Xbox 360.

There were many times when I would come home and ask myself, should I be doing this *right now*? My purpose in life at this time is to be a mom. It's to provide love, comfort, care, and support to my children. I should be concentrating on trying to shape and mold them into the kind of people that will make a difference in other people's lives; to be contributing members of society. Can a married, 37-year-old mother of two actually go back to school full time and raise a family? With the constant support and encouragement from those around me, why not?

You see, I decided to go back to school for nursing, after my son, who was diagnosed with Shwachman Diamond Syndrome at the age of one, had been hospitalized many, many times. It is an extremely rare bone marrow failure syndrome for which there is little research and no known cure. I had the opportunity to deal with many healthcare providers from many different specialties, yet, it was the nurses who stood out the most. Their kind words, their look of understanding, and their compassion, went a long way. I decided I wanted to 'pay it forward'.

I went back to school. I took one class at a time. I then went full time to Stony Brook School of Nursing. My class was an eclectic group. There were about 50 of us. All from different backgrounds. All from different demographics. Many were what I considered 'kids' in their 20s and then a few old folks like me. All having the same goal. The dynamics of this future group of nurses were very

intriguing. Everybody had their own story of why they wanted to be nurses. There were retired NYC Fireman, Naval cadets, moms, and the traditional students who "knew their whole life" that Nursing was what they wanted to do.

Stony Brook School of Nursing did an amazing job in providing a solid and diverse education. Our professors forever instilled in us the realization that education doesn't stop once you have your degree in hand. It is only the beginning. Go and lead by example. Inspire people. Extend kindness and provide the care that people need.

I graduated just a couple of weeks ago. Unbeknownst to me, my fellow graduates had raised \$2000 for research into Shwachman Diamond Syndrome and presented it to me on Graduation Day. These are the kinds of nurses that inspire. These are the kinds of nurses that provide the care and comfort people need. Stony Brook School of Nursing, Thank You for doing a great job in producing nurses that can and will continue to make a difference. I said it before and I'll say it again...I consider myself a lucky person.

— Jennifer Kolar, Class of 2008

A Day Well Spent

On Monday, September 15, 2008 I came to class excited. I was prepared for class and noticed a title that stood out to me on the guest lecturer's power point. It was a title of JD. I was in awe when I saw this title on the printout because it is rare for me to meet a nurse that has a juris doctorate. After class, I took the opportunity to speak to Professor Snow.

After speaking to Professor Snow, she blessed me with the opportunity to see her daily activities as an attorney. I was so thankful and thrilled to be able to see her in action.

The day came and I met with her at Nassau/Suffolk Law Services. This magnificent Tuesday was filled with eventful activities. I took a look at some of her cases and even sat in her interview with a client at the Coram Health Center. This confirmed my decision to one day attend law school. This day

meant a lot to me. She gave me a true insight on working as an attorney as well as her past role as a midwife. She is a true supporter for the patients.

She has extended her role as a nurse by going above and beyond the bedside to the courtroom and being the forefront of legal issues faced by clients. She provided me encouragement and hope that I can succeed. She allotted me the time and opportunity to see what I can become in the future and I am forever grateful.

— Elizabeth Prosper, Class of 2009

Opening Doors to the Operating Room

This year the SON added an exciting new senior clinical and capstone practicum via the operating room! Several students who participated in this senior clinical and capstone rotation last spring were subsequently hired and are currently working!

The SON has also added a new 2-credit clinical elective “Introduction to Peri-Operative Nursing”. This course will be offered throughout the year including winter intercession and is designed to introduce the student to the role of the peri-operative nurse and includes a clinical practicum in University Hospital’s new state-of-the-art operating rooms!

The course content is presented in an asynchronous distance learning format. The clinical practicum consists of four 8-hour days. Students will be guided by expert peri-operative nurse preceptors. The clinical practicum is provided Tuesday and Thursday’s over a two-week period.

If you think you might enjoy an exciting career in peri-operative nursing, come join us and earn 2 credits!—Barbara Ann M. Messina, PhD, RN, ANP



FACULTY/STAFF/STUDENT ACHIEVEMENTS

*Congratulations to **Dean Lenora McClean** on the birth of her sixth grandchild! Aengus Hayes McClean was born on August 6, 2008 and weighed in at 6 pounds, 9 ounces.*

*Congratulations to **Stacy Carey** on the birth of her daughter Allica Genevieve Don who was born on April 29, 2008, and weighed 7 pounds, 2 ounces.*

*Congratulations to **Matt Silverstone** on the birth of his son James who was born on June 19, 2008, and weighed 8 pounds, 4 ounces.*

*Associate Dean and Professor **Ora James Bouey** has received the AFT’s 2008 Living Legacy Award which is presented to women who have provided leadership and demonstrated interest in issues of women’s rights and are recognized as a leader in her own community.*

*Professor **Denise Snow** was recently honored by The Center for Public Health & Policy Research and The Suffolk County Minority Health Action Coalition for her diligent work in addressing the needs of Suffolk County’s underserved communities.*

*Dr. **Elaine De Simone** has been appointed President of the American College of Clinicians and serves on the Board of National/International organizations including Center for Nursing Advocacy (International), Certification Board of Obesity Educators.*

*Dr. **Mary Anne Dumas** has been appointed by President George Bush to the medical ethics sub-committee of the Defense Health Board, and is the first of several nurses ever to be appointed by the President to this position.*

*Dr. **Marie Marino** is the new President-elect of the International Association of Forensic Nurses (IAFN).*

We Practice What We Teach

On Friday, October 17th, Midwifery Program Director, **Nichole Rouhana**, was walking through the University Hospital lobby when she heard the distinctive sound of a woman in labor. As a nurse midwife, she has heard that sound thousands of times and knew just what to do. With the help of a former labor and delivery nurse, and a neonatologist who also just happened to be walking by, she quickly instructed the woman to lie down and then skillfully delivered the baby, wrapped him in her sweater to keep him warm, and placed little Augusto on his mother’s abdomen. Great job Nicci!

From the School of Nursing Archives: 1975

**BACK
TO THE FUTURE**

Recently we came across a 1975 edition of *P.R.N.* This was the original School of Nursing newsletter written by nursing students. The US was just getting over a gas crisis where costs of gas (40 cents a gallon) doubled over night and the crash of the stock market. 1975 saw the invention of liposuction and Post-it Notes. Tuition was about \$480 a year and nursing salaries were about \$19,000 annually. The students were probably listening to the Bee Gee's *Jive Talkin'* or Barry Manilow's *It's a Miracle*. Or, perhaps

they were watching teen heart throb, John Travolta on *Welcome Back Kotter*. One thing is certain, their issues look a lot like our 2008 students' concerns.

PRN STUDENT NEWSLETTER SCHOOL OF NURSING S.U.N.Y. at STONY BROOK VOL. I, NO 1, MAY 5, 1975

STUDENT GOVERNMENT

Student Government has ventured into such areas as graduation, orientation, curriculum development, bulletin board arrangement, intra and inter school communications. At the present, we are focusing on organizing ourselves in order to become a unified force for next year.

A few of our goals for next year are:

- to promote regular systematic communications (between faculty & students, faculty & administration, administration and students, etc.)
- to gain direct access to polity funds already allocated for the school of nursing.
- to have input and impact on faculty evaluation, curriculum development, etc.
- planning for and funding speakers, parties, etc.
- hear complaints, help students resolve their problems and become a vehicle for positive change.

Elections for voting representatives will be held shortly within the teams. Student government meetings are held every Monday at 3:00 P.M. in the conference room and are open to all.

ASSESSMENT

This newsletter begins because it is my belief and that of the Editorial Board that one of the problems basic to many of the other problems of this school, is the lack of communication among students, faculty and administration. PRN is an attempt to provide a vehicle so that such communication may be facilitated. The goals of this publication include:

1. To increase dissemination of factual information about courses, course requirements, faculty and student committee meetings and all other events and activities of possible interest to the community
2. To be a forum where opinion about all aspects of school life or professional nursing may be aired and where individual experience may be shared.
3. To raise issues or bring attention to issues or questions which the Editorial Board or other individual(s) in the community feel need discussion or clarification.
4. To present articles of general interest to students, nurses and/or educators which we think might be pertinent or thought provoking.
5. To introduce, if absolutely necessary and unavoidable, a touch of humor into

*SCHOOL OF NURSING
DOCTOR OF NURSING PRACTICE LAUNCH
JUNE 2, 2008 TO JUNE 6, 2008*



Christina Kocis and Dean Lenora McClean
DNP Adult Health

CEO Steven Strongwater

Patricia Jacobowitz, Sharon Placella

Noreen Giordano, Virginia Coletti

University President Shirley Strum Kenny

**DNP Class of 2009
with Dean McClean and
Associate Dean Bouey**

**Seated: Dean McClean, Jeanette Coane,
Patricia Long, Verna Dachinger, Jane Yahil**

**DNP Psych/mental Health
DNP Midwifery**

**Susan Altman, Christina Kocis,
Heather Findletar**

Gene Mundie & Lee Xippolitos

**Arleen Steckel, Marge Wenz,
Mary Beth Petraco**

Calling all Alumni: Stay Connected to Stony Brook

The Stony Brook Alumni Association seeks to reach, serve and engage all Stony Brook alumni and students to foster a lifelong connection between the University and its graduates, and to provide the University with goodwill and support. All Stony Brook alumni are eligible for full access to Alumni Association benefits including a free University library card, discounts on travel and leisure, and discounts on services, merchandise and entertainment. You can view a complete list of benefits on the Stony Brook website: www.stonybrook.edu/sb/alumni. Click on The Stony Brook Alumni Association under Stay Connected.

The School of Nursing is committed to keeping alumni connected to the school and has a dynamic group of dedicated alumni who serve on the School of Nursing Alumni Chapter of the Stony Brook University Alumni Association. The purpose of the Chapter is to advance the interests of the School of Nursing and, through the School, the interests of professional education in nursing and to promote and challenge vital nursing issues affecting the health of all people. The Chapter fosters professional and social contacts among alumni and students and supports the fundraising activities of the School.

A special thank you to the current officers and members of the School of Nursing Alumni Chapter:

President: Liv Peterson, MS '86, BS '78

Vice President: Elisa Mancuso, MS '88, BS '86

Secretary/Treasurer: Genine Schwinge, MS '91, '96, BS '84

SBU Campus Representative: Karen Coburn, MS '92, BS '77

Nominations Committee Chair: Patricia Jacobowitz, MS '86, BS '79

At-Large Out of State: Gail Fox-Seaman, MS '88, BS '80 (Florida), Rita Collins, BS '73 (Washington, D.C.)

At-Large:

Patricia Andronica, MS '00

Dr. Michael Chiarello, MS '93, BS '88

Margaret Culhane, MS '81

Alice Finkle, MS '88, BS '83

Dr. Veronica Henry, MS '81, BS '79

Margaret Kelly, BS '77

Doris Weisman, MS '87, BS '86

Loretta Butler, BS '79

Janet Clarke, BS '89 MS '91

Patricia Darcey, BS '89

Karen Halpern, BS '85

Diane Hitchings-Tiernan, BS '72

Janice Orshan, BS '82

If you are interested in learning more about becoming involved with the Alumni Association and the School of Nursing please contact Rachel Schnabl, Development Officer, Office of Advancement at 631-444-2604.



Above Left to Right —
Scott Manning, Laerdal
Representative, Interim Executive
Dean Craig Lehmann, SON Dean
Lenora McClean, Fred Sganga,
Dr. Arleen Steckel,
Ken MacDowell.

Right — Fred Sganga accepts an
Award of Appreciation from Dean
McClean and Interim Executive
Dean Lehmann



The Long Island State Veterans Home Partners with the School of Nursing to Enhance the Education of Nursing Students

Thanks to the generous support of the Long Island State Veterans Home (LISVH) a new state-of-the-art Simulation Lab was completed in June 2008 and is housed in the School of Nursing. Realistic high-quality adult, child and infant manikins are available for students to learn and practice critical life-saving skills that can be simulated in a controlled environment. Scott Manning, from Laerdal Medical, provided a comprehensive demonstration for the supporters of this project who including Fred Sganga, Executive Director of the LISVH.

To learn more about the lab or how to support the purchase of additional equipment, maintenance and upgrades, please contact Rachel Schnabl at 631-444-2604.