

S.O.N. TIMES

FALL 2009

SCHOOL OF NURSING

VOLUME I, ISSUE 8

COMMUNITY ADVOCACY

"I come to present the strong claims of suffering humanity. I come to place before the Legislature of Massachusetts the condition of the miserable, the desolate, the outcast. I come as the advocate of helpless, forgotten, insane men and women; of beings sunk to a condition from which the unconcerned world would start with real horror." - Dorothea Dix (American Philanthropist and social reformer, 1802-1887)

The faculty, staff, and students of the School of Nursing total roughly one thousand people, and in this issue we wish to highlight the thousand different ways in which the School of Nursing community members serve as advocates. Knowing that every person involved with the school contributes and advocates in some manner in his or her community, we asked our members to share their experiences with us. Below is a sampling of the responses.

Nurse Practitioner and DNP student April Plank founded and co-facilitates the Monthly Support Group for Patients and Families with Lung Cancer.

Nurse Practitioner Joan Nathan participates in the Jones Beach Breast Cancer Walk and started a scholarship dinner and talent show in her community.

Prof. Patricia Voelpel serves as team leader for the Center Moriches Relay for Life and the LI Lupus Walk each year. She also serves as chairperson for the annual major fundraiser for Our Lady of the Apostles Regional Catholic School in Center Moriches and is involved with the Residency Program at SBUMC.

Dr. Arleen Steckel has served on the Health Advisory Board of Long Island Head Start for over 20 years. Her responsibilities include writing and reviewing medical policies to be implemented at all Head Start Centers.

Dr. Barbara Messina has served as a member of Congressman Bishop's LI Breast Coalition for the past 4 years.

Dr. Nancy Balkon is involved with the Boy Scouts of America, Daytop Village Substance Abuse Program, New York State Dept. Of Health Medicaid Pharmacy and Therapeutics Committee, and the Huntington High School Blue Devil Marching Band.

Prof. Barbara Sprung is involved with several breast cancer advocacy groups.

Prof. Nicole Rouhana provides care for rural women at South Central Planned Parenthood of New York, and serves as a supporting member of the American Civic Association assisting those here on refugee status.

Prof. Catherine Sullivan ran two "Go Red for Women" programs in 2008 and 2009. Held in early February, "Go Red for Women" is an annual national event sponsored by the American Heart Association to draw attention to the ever growing number of women with heart disease.

CALENDAR

2009

December 22
Graduation
Sports Complex
DNP Reception
HSC Galleria

2010

March 1
Research Day
Wang Center

April (date tbd)
Kappa Gamma
Induction Ceremony

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STATE UNIVERSITY OF NEW YORK
STONY BROOK
A FLAGSHIP UNIVERSITY

Professors Sharon Placella and Cynthia Kealey are involved with SPAN (Statewide Peer Assistance for Nurses) serving as advocates for nurses who have had issues with impairment from alcohol and/or drug abuse, and related mental health issues.

DNP student Jane Corrarino, RN, serves as the only nurse member of the Brookhaven National Laboratory's Community Advisory Council, helping ensure that employees and neighbors of the Lab work in a safe environment where their health is protected and that the environment is protected from potential contamination.

Senior-year basic baccalaureate students Juan-Carlo Medina, Xian Li, Endurance Osei-Poku, wearing their clinical whites, joined School of Nursing staffer Irene Stern and HSC Research Assistant Jake Wicks at Representative Stephen Englebright's Office in Setauket. The group advocated for SUNY by discussing the potential impact of the New York State budget cuts to SUNY, Stony Brook University, University Hospital and the surrounding communities on Long Island.

Dr. Philip Tarantino and Professor Gene Mundie are actively involved in the Boys and Girls Club of Suffolk County, the mission of which is to inspire and enable all young people, especially those who need the organization the most, to reach their full potential as productive, caring and responsible citizens.

Two-year student Nora Moore is in her 5th season with the Leukemia and Lymphoma Society's Team in Training where she trains and runs marathons in honor or memory of those with blood related cancers, as well as fundraising for the search for a cure for these cancers.

One-year student Beverly Costello serves with the Holbrook Fire department as an EMT, advocating for the people in her community.

Two-year student Julianne Walton-Rantz serves with the Blood Bank at Stony Brook University ensuring that every patient in need of a blood transfusion has an adequate supply of blood. She also works with other organizations on campus to plan and put together blood drives to help the patients of Stony Brook University Medical Center.

School of Nursing faculty also advocate on the following Stony Brook University Medical Center Committees:

Dr. Nancy Balkon	Clinical Practice Council, Patient Safety Committee, Medication Safety Committee, Pain Management Committee, Flu Clinics for Regional Resource Center for Emergency Preparedness
Dr. Pat Bruckenthal	Equal Employment Opportunity Committee
Dr. Marijean Buhse	IRB Committee (CORHIS – University-wide), Magnet Task Force—Magnet Ambassador, Magnet Writer
Prof. Jeanette Coane	University Hospital Professional Advancement Committee
Dr. Virginia Coletti	Bereavement Committee – Past Chair
Prof. Carol Della Ratta	Facilitator - Nurse Residency Program, Flu Clinics for Regional Resource Center for Emergency Preparedness, New Preceptor Education Program – Co-Developer and Presenter, Preceptor Refresher Program – Co-Developer and Presenter
Prof. Janet Galiczewski	Facilitator - Nurse Residency Program, Flu Clinic for Regional Resource Center for Emergency Preparedness, New Preceptor Education Program – Co-Developer and Presenter, Preceptor Refresher Program – Co-Developer and Presenter
Dr. Kathleen Gambino	Flu Clinics for Regional Resource Center for Emergency Preparedness
Dr. Corrine Jurgens	General Advisory Committee for the GCRC
Dr. Marie Marino	UH Research Committee
Dr. Barbara Messina	Facilitator - Nurse Residency Program, UH Research Committee, Magnet Task Force—Magnet Writer
Kathleen Shurpin	Advisory Committee – LI Geriatric Education Center, Cancer Center Cancer Support Group - Volunteer
Dr. Arleen Steckel	UH Professional Advancement Committee, UH Research Committee
Patricia Voelpel	Co-Chair - Nurse Residency Program, Co-Author - CCNE Post Baccalaureate Residency Program, Advisory Committee - Post Baccalaureate Residency Program, Facilitator – Post Baccalaureate Residency Program, New Preceptor Education Program – Co-Developer and Presenter, Preceptor Refresher Program – Co-Developer and Presenter, Magnet Task Force—Magnet Ambassador, Magnet Writer

Dean's Corner

From the very beginning, Nurses have influenced the political landscape in many ways. It began with Florence Nightingale, who during the Crimean War used her governmental contacts to obtain supplies and personnel to care for the wounded men under her supervision. Then, there was Lilian Wald, the first public health nurse in the nation, who founded the Henry Street Settlement House in 1893 on the lower east side of Manhattan. Wald became actively involved in using epidemiological methods to campaign for health-promoting social policies and also led the development of payment structures to insurance companies for nursing services. In 1917, Lavinia Dock, another nurse advocate, was clearly committed to the woman's suffrage movement. She shared her vision at which was probably the first political speech addressed to a nursing organization at the annual convention of the Nurses Association of Alumnae of the United States. She challenged nurses to "rise up and join other women" to obtain the vote. These women, along with others, have set the stage for nursing advocacy in our country.

Today, Nurses are intimately involved with the national conversation on health care reform. The Gallop poll tells us that Nursing is one of the most trusted professions. Public perception drives public policy and good policy requires the support of those who are familiar with the facts. Nursing's opinion counts! At the 2009 fall meeting of the American Association of Colleges of Nursing, Department of

Health and Human Services Secretary, Kathleen Sebelius was the keynote speaker. She recognized that Nurses are key individuals who have a pivotal role in influencing health care reform. Secretary Sebelius said:

"Nurses are the healthcare professionals patients most often see. You're the ones conducting important research on issues like obesity. You're the ones who give patients the personal contact, interventions, and education they need to help them heal. You pull healthcare teams together and coordinate patient care. You check back with patients to make sure they're doing what's important to stay well. And you're on the front lines, so you know better than anyone that we need to act to quickly to reform our healthcare system."

Secretary Sebelius' remarks touched those of us who were present. She reminded us that, as Nurses, we need to give voice to our patients and their families experience by communicating our views with legislators. Our advocacy expertise is needed, perhaps more now than ever before. To quote "West Wing" writer, Aaron Sorkin, "Decisions are made by those who show up."

Yes, Nurses have always been and continue to be involved in defending or promoting the rights of others. We work diligently to change systems to meet the needs of our patients and families, and continually support the autonomy of social groups in a respectful and dignified manner. And, right now, it is important for each of us "to show up" and become part of the health care reform debate.—Dr. Lee Anne Xippolitos
Interim Dean

Dean Lenora J. McClean Retirement Luncheon — June 23, 2009



It was a full house as SON faculty & staff gathered to celebrate Dean Lenora McClean's leadership and years of service to the School of Nursing, and to wish her well in her retirement..



SUNY BUDGET CUTS

OUT OF SIGHT BUT NOT OUT OF MIND



The New York State budget (what budget?) may temporarily be out of sight but it is certainly not out of my mind. I work with financial uncertainty everyday and I see a large, very dark ominous cloud drawing nearer to SON's pristine halls. This could very well be the lull before the inevitable budget storm. New York State is in financial exigency and is facing a more than three billion dollar budget deficit. And our legislators, being consummate political animals, resort to rhetoric instead of working toward bi-partisan solutions to address this all too real crisis. Keep your head low; Try not to make the tough calls; Bad guys (unpopular decision-makers) don't get reelected. All are unspoken mantras. Where has our leadership gone?

SUNY and Stony Brook University are New York State agencies. There is a trickle-down effect in State support when budgets are cut. To a very large extent we survive through the largesse of the State.

F.Y.E 6/30/10 started out with a SON budget reduction of 10% along with the admonition that there could be further budget cuts this year and a possibility of layoffs as well. Unlike the prior fiscal year, there will be no partial budget restorations at Stony Brook University. And unlike the Federal government we are not allowed to print money or borrow from taxpayers. Still, SON is more fortunate than some other Stony Brook University schools in that we have at least three viable ways to balance our budget.

We can:

- Increase Revenues;
- Decrease Expenditures; and
- Increase Revenue and Decrease Expenditures.

At SON we use all three ways to balance our budget. We will enjoy increased revenues from DNP and RNBP program expansions as well as increasing recoveries from new research grant endeavors. We are decreasing expenditures with more appropriate service contracts on our equipment, controlling personnel costs, and utilizing used but serviceable office equipment. We also have begun a "Go Green" initiative to enhance our record-keeping efficiency and support contract compliance. By utilizing new scanning technology, planned software upgrades and other EDP tools, we better position the School to respond to fiscal crisis. When fully implemented this "Green Initiative" will save space, reduce supply costs, save employee time by enhancing record accessibility, and reduce equipment wear and tear. And of course save trees.

The SON faculty and staff deserve kudos for their energy and initiative in addressing our budget crisis. With their continued assistance we will **ALL** get through this crisis.—Howard Cooper, Director of Finance and Administration

Editor's note: For more information on the budget crises, and to find ways to advocate for Stony Brook University, please visit:

<http://www.stonybrook.edu/sb/advocacy.shtml>

Heart Walk — October 14, 2009

The Pre-Nursing Society E-Board members and I organized a team from the School of Nursing to walk in the Heart Walk on Sunday, October 25th. Our team was called "Team School of Nursing." The Pre-Nursing Society E-board members also designed and sold t-shirts which said Stony Brook University, School of Nursing and were available for purchase to wear during the walk. We had an exceptional number of Pre-Nursing Society members participate in the walk as well as faculty and staff. Thank you to Arjuna Schutt, Tashania Leard, Keshlay Faeldonia, Betsy Varghese and Carlo Medina for their diligence in organizing and assistance in promoting the Heart Walk. In addition to the Pre-Nursing Society members who walked, the "Team School of Nursing" members included Dr. Kathy Bratby, Dr. Michael Chiarello, Jennifer Coppola, Valerie DiGiovanni, Kathy Miller and Barbara O'Connor. Thank you to all who donated, but were unable to participate in the walk.

Among many activities throughout the morning, there was face painting, caricatures and a magician for children, healthy snacks, and several tents where health promoting literature was distributed. The Stony Brook Marching Band and Wolfie entertained and energized us for the walk. It was a fun-filled family event for a worthy cause.—Dr. Lenore Lamanna

FACULTY/STAFF/STUDENT ACHIEVEMENTS

Dr. Bruce Zitkus has been awarded the 2009 Nurse Practitioner Association New York State Nancy J. MacIntyre, PhD, FNP, Nurse Practitioner of the Year Award.

Dr. Bruce Zitkus has also been elected to the Governance Committee of the Sigma Theta Tau International Honor Society of Nursing and reappointed by the AANP Board of Directors to an additional year on the Nominations Committee.

Professor Sharon Placella, DNP(c), RN, PMHCS-BC, NPP received an Excellence in Clinical Practice Award from Sigma Theta Tau International Kappa Gamma Chapter.

Professor Mary Beth Koslap-Petraco received the Distinguished Alumna Award from the Hunter

Bellevue School of Nursing Manhattan for her work on immunization.

Congratulations to staffers **Barbara O'Connor, Linda Sacino, and Lisa Lent** for becoming "first-time" Grandmas!

Congratulations to staffer **Dolores Bilges** for earning a Master of Professional Studies with a concentration in Human Resource Management .

Perinatal Women's Health student Carrie Semelsberger had an article on Neonatal Central Catheters and Infections published in the Nov/Dec 2009 issue of Neonatal Network. To read the full article, please visit <http://neonatalnetwork.metapress.com/content/w05xw371u7641814/fulltext.pdf>

Kappa Gamma Awards Ceremony —June 14, 2009



Dr. Bruce Zitkus, Dr. Kathleen Bratby, and Ronn Callada



Professors Cynthia Kealey and Sharon Placella



Dr. Zitkus with Student Volunteers Regine Alcius, Betsy Varghese, Tashania Leard, Juan Carlo Medina, Michelle Morales



Dr. Zitkus, Dr. Arleen Steckel, and Professor Mary Beth Hayden.

MAY 2009 CONVOCAATION ADDRESS BY RICKY TAING

Good Morning Dean McClean, Prof. Bouey, Dr. Tarantino, perspective professors and graduates. It gives me great honor to stand here before you, to share with you of the nearly twenty years of life as a student at the University. Before I attempt to plunge into my life as a Stony Brook student, I'd like to share with you my biography. In 1975 my country was conquered by the communists. Scholars were killed and the ignorant were left to serve the regime. Families were disjoined: parents were forbidden to keep any contact with their children, and identities were erased. Children were trained to the liking of the regime. Starvation was everywhere, to a point that family members sold one another so that they could be fed one meal, consisting of rice porridge that had perhaps twenty grains of rice and the rest was water. Every night, from a thatched widow, my family and I witnessed the line-up of "suspects" tortured in the most heinous manner: some were beheaded, some were shot, and some were stabbed, and thrown into the ground that they have dug for the past weeks. This was all too vivid for a child to witness, but yet it was not unique to me only.

The country succumbed to diseases, starvation, and deaths. I watched my father and sister die before my eyes. My father died from an infection and my sister of starvation—foam was coming out of her mouth, and her spirit fled. In a matter of one month, one heart was torn twice.

My decision to pursue a degree in English literature was influenced by my early experience in this country. In the early '80s America was not as familiar with foreigners. At school children made fun of me because I could not speak the English language. In a classroom with four Chinese students (there were only 6 Asian students in the entire school), one of them was asked to translate but I did not understand her Chinese dialect. I was labeled as a quiet person by the teacher. What a mistake that proved!

After I graduated with a BA in English literature, I knew that there was something missing within me. I felt incomplete. I spoke with a friend who then encouraged me to go into Respiratory Care. Without a thought, I heeded to her suggestion, and two years later I became a Respiratory Therapist. Though it was a wonderful experience, I felt that my calling was not done. The memories of my childhood lurked in my head. I could hear my sister and my father telling me to further my education. At that point, Mitch, a good friend of mine, introduced me to Prof. Bouey, the lady who is responsible for me becoming a Nurse. I chose to go into Neonatal Nursing, and a few years later became a Neonatal Nurse Practitioner.

I dream that one day I will be able to go back to Cambodia, to serve the people whom the government had stripped away their youths and education, but not their spirit. With a Family Nurse Practitioner and Neonatal Nurse Practitioner degrees, I am able to provide care to all ages. I realized that "if I can see further, it is from the shoulder of giants" like: Dr. Dean McClean, Prof. Bouey, Prof. Mundie, Dr. Sansoucic, Dr. DeSimone, Dr. Dumas, and Dr. Shurpin, just to name a few of the individuals whom have helped to carve my Nursing experience.

If someone were to ask me why I have chosen to stay with Stony Brook for these many years, I would say, "It takes a legend to discover a hero." Stony Brook is my alma mater. It is through the majesty of the visionaries who have carved Stony Brook into what it is today, that people around the country and the world pursue the excellence of our university.

I like to take this opportunity to thank my friends Cuong and Trina, and my niece Thic, for taking the day off from their busy schedule. I thank you for your support in all aspects. Pat, congratulations on your final graduation. I thank my mother, a woman with an indomitable spirit who believed in the strength of her son, even at times when he was at his lowest. She is a woman who has taught me how to spell independence, hope and freedom.

Graduates, this is our moment, your moment to represent Stony Brook's Nursing school, the leader in the field, and visionary of the century. We should proudly declare our victories, our successes, directed by our professors, as evident by our high passing rates on the registry exam, and those who have returned to pursue their masters and doctorates.

Let me end this with a thought from Shakespeare's sonnet:

"Like as the waves make towards the pebbled shore,
So do our minutes hasten to their end;
Each changing place with that which goes before,
In sequent toil all forwards do contend.
Nativity, once in the main of light,
Crawls to maturity, wherewith being crowned,
Crooked eclipses 'gainst his glory fight,
And Time that gave doth now his gift confound.
Time doth transfix the flourish set on youth
And delves the parallels in beauty's brow,
Feeds on the rarities of nature's truth,
And nothing stands but for his scythe to mow.
And yet to times in hope my verse shall stand,
Praising thy worth, despite his cruel hand."

Congratulations on your achievement!

SCHOOL OF NURSING STUDENTS GET TIED UP IN KNOTS

In July of 2009, the School of Nursing one-year students participated in a teambuilding exercise run by Dr. Virginia Coletti called “The Knot.” The objective of the exercise is for the students to join hands in a circle and then untie “the knot” without letting go (or twisting any arms). The exercise helps to develop trust, leadership, caring, and empathy. It is also a lot of fun!



**Student Governments –
2-Year Program Juniors: Class of 2010
Class E-Board**

*President: Cassie Whitney
Vice President: Silvia Martin
Treasurer: Sherilyn Batista
Secretary: Rose Tse*

Class Representatives/Project Managers:

Crystal Wagner
Marie McKenzie
Nana Acheampong
Cindy Auguste
Gabrielle Herard
Comfort Asare
Trish Swezey
Kate Fenwick

Stony Brook University — Pre-Nursing Society Information

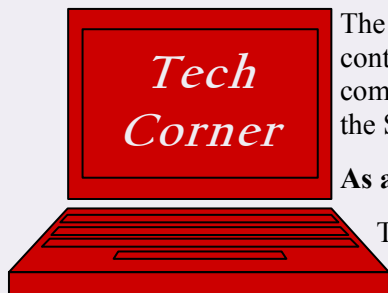
E-Board

Faculty Advisor	Dr. Lenore Lamanna	School of Nursing Faculty
President	Arjuna Schutt	Ahjanuh@gmail.com
Vice President	Tashania Leard	TweetyTL2000@aol.com
Secretary	Keshlay Faeldonia	kfaeldon@hotmail.com
Treasurer	Betsy Varghese	Betsy_Varghese@hotmail.com
Public Relations	Carlo Medina	Carlo.Medina@gmail.com

Website

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

http://www.xanga.com/SBU_Pre_Nursing



The School of Nursing's Office of Computer Services is pleased to be a new regular contributor to this newsletter with its Tech Corner. Please feel free to send your questions, comments and ideas for future Tech Corner articles to the Tech Corner e-mail address in the SUNYCON Address Book or to tech_corner@notes2.nursing.sunysb.edu.

As a School of Nursing Distance Education student do you know?

The School of Nursing's Distance Education Program was one of the pioneering distance education programs in the country. From its inception in the mid 1990's, which was shortly after the introduction of the world wide web, it was then, and continues to be the only distance education program for nursing students that is designed by nursing school faculty exclusively for nursing students.

As a current School of Nursing Distance Education student, the School's Distance Education Program electronically stores and organizes each of your semester's course curriculum, started and completed assignments, papers, as well as attached files. This way they don't get lost as you work from different computers and eventually upgrade and replace computers. It's not left up to you to keep track of these files and copy them from computer to computer over time as it is with other distance education programs. This task of storing and organizing is done for you.

After each semester, and even after graduation, the School of Nursing Distance Education Program provides you with easy and ongoing access to all of your past course curriculum, completed assignments, papers, as well as attached files, without you needing to do anything other than your usual logging in to access them. It is not left up to you to know to archive this material, keep track of what you named it, which folder you put it in, or even which computer you saved it to. This archiving is done for you.

After graduation, you can keep in touch with your alma mater, the friends you've made, your faculty, and School of Nursing Department staff with an ongoing School of Nursing Distance Education provided e-mail address and account.

Many of our School of Nursing Distance Education graduates return to the School for advanced degrees such as Masters, Master Completion, Post Masters and Doctorates, using guess what?...the familiar School of Nursing Distance Education Program! As a returning student now seeking more advanced education, all of your academic work is here for you to reference and to build upon.

The School's Office of Computer Services staff, working with faculty, strives to continually improve the School's Distance Education Program. The Distance Education Program is currently migrating from the original client-based version of Lotus Notes to a web-based version. This new version, which has been in development for two years, incorporates many continuous quality improvements from the original client, a result of recommendations offered by faculty and students. We continue to be very interested in recommendations for improvements from our students and look forward to hearing from you.

—Keri Hollander and Ken MacDowell, Co-Directors, Office of Computers Services

A Special Thank You To Dean Lenora J. McClean

This is an acknowledgement of the last official meeting of the Faculty Assembly School of Nursing that Dean McClean will attend. On behalf of the Faculty Assembly, we appreciate the years of dedication afforded us such that we have moved to this level in the SON.

The SON opened with the notion of having a PhD program and multiple research projects. Along the way, in 1973, Dr. McClean developed one of the first Nurse Practitioner programs in the country. Thanks to the faculty under the tutelage of Dean McClean, we now have a DNP program up and running two-to-three years planning and implementation and a PhD program well along in its development. Research and programmatic grants are being written and funded. The Learning Resources Center has an updated clinical skills laboratory thanks to the resources provided the SON by Fred Sganga, Executive Director of the Long Island State Veteran's Home. This is much like hospitals who have given resources for SIM labs to Farmingdale and other nursing schools. We are most grateful for this as the Dean has stated many times over.

Much has occurred between 1973 and 2009 for which Dean McClean will always be remembered. We initiated the Hall of Honor before she left and will continue to add the portrait of subsequent Deans.

We thank you Dean McClean.—Professor Ora James Bouey