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RN to BSN

A newsletter from
THE DEPARTMENT OF NURSING

AT SOUTHWEST MINNESOTA STATE UNIVERSITY

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MSN News Update

Greetings

The Department of Nursing at SMSU is busy developing the MSN program to start in the 2022-23 academic year! The following are updates about the MSN program:

- The MSN program has a Nurse Educator role track aimed at preparing contemporary nurse educators.
- The MSN program is flexible to meet the needs of nurses who may attend part-time or full-time.
- The MSN program will seek nursing education accreditation for the first graduating class!
- The MSN program curriculum is moving through the approval steps currently.
- Key concepts of the MSN core courses include
 - Holistic nursing theories
 - Health promotion, including self-care
 - Rural nursing
 - Safety and Quality
 - Interprofessional Collaboration
 - Informatics
 - Health Assessment, Pathophysiology, and Pharmacology,
 - Global and Societal Health
 - Leadership
- Key concepts of the Nurse Educator curriculum include
 - the use of instructional technology and informatics
 - culturally responsive teaching practices with diversity, equity, and inclusion skills
 - educational theories,
 - learning methods and strategies
 - educational evaluation

As soon as we know more about our approvals of the MSN program, we will share this information!

Nancyruth Leibold
Acting Chair, Associate Professor of Nursing

Submitted by Nancyruth Leibold



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Spring 2022 RN to BSN Day



For ALL RN to BSN Program nursing students

Wednesday, January 19, 2022

9:00–10:30 a.m. via Zoom from SMSU in Marshall, Minn.

We are so excited for our upcoming virtual **RN to BSN Day at SMSU!** The goal of this virtual conference is to allow students to get to know their instructors, peers, and surround themselves with resources to help facilitate their success in the RN to BSN program.

Opportunities at the **RN to BSN Day at SMSU** will start with a greeting followed by break-out sessions throughout the morning.

During the breakout sessions, students may choose from many sessions, with a partial list including:

- an overview of each NURS course, including the major assignments
- information about nursing elective courses
- help with APA style writing, as well as using the Writing Center and Tutor.com
- plagiarism prevention and the use of Turn-it-In
- help with reading your DARS/uAchieve Grad Plans

Attendance at the **RN to BSN Day at SMSU** is totally optional to meet the needs of those students who feel they would benefit from this conference. Students are not required to attend but are strongly encouraged to take advantage of this opportunity, if that would be beneficial, and there will be no 'points' lost if a student is unable to attend. We hope they will be able to take advantage of this opportunity.

Exciting – the **RN to BSN Day at SMSU** will close with door prizes – students must be present at the 10:20 AM Closing Session to win! We have great door prizes!

Lastly, this event **will not be recorded** in order to assure the privacy of all the participants of the breakout sessions.

Please **RSVP** to help provide how many participants will be attending and if you have any questions – looking forward to our **RN to BSN Day at SMSU** on 1-19-22.

SP2022 Omega Omicron Education Webinar Patient Centered Care: A Term Widely Used But Often Poorly Understood Presented by: Dr. Ruth VanHeukelom, DNP, RN

About the Presenter: Dr. Ruth VanHeukelom has decades of nursing experience in a variety of healthcare settings. Ruth recently earned a graduate certificate in aging studies. Please join us as Dr. VanHeukelom shares her expertise on Patient Centered Care.

Date: Tuesday, February 1, 2022 at 6 p.m. CST

Virtual Information: [Zoom link](#), **Passcode:** 080661, **Phone:** 1-312-626-6799, **Webinar ID:** 910 7473 5930

Webinar Objectives: define patient centered care, discuss practices associated with patient centered care, & apply patient centered care principles in common healthcare scenarios

Contact Hour: Avera Marshall is proud to sponsor **1 FREE contact hour** for webinar attendance & evaluation completion

For more details and login information: please contact Laura Hoffman at laura.hoffman1@smsu.edu

Submitted by Laura Hoffman



Burnout Syndrome and Resilience in Nurses

This news story reviews research about burnout syndrome and resilience in nursing during the COVID-19 pandemic by Rivas et al. (2021). The impact of COVID-19 on nursing and healthcare is of vast significance, and this study focused on burnout syndrome and resiliency. Rivas et al. (2021) used a cross-sectional descriptive design with 101 hospital-based nurse participants to assess nurses' burnout and resiliency during the COVID-19 pandemic. Some nurses in the study were temporary, while others were interim or permanent nurse employees. Measures were the Maslach Burnout Inventory (reliability of 0.72-0.90) and the Scale of Resistance of Conner-Davidson (reliability of 0.85). The Maslach Burnout Inventory includes three primary constructs: emotional fatigue or burnout, cynicism, and personal fulfillment. The Maslach Burnout Inventory (MBI) uses a 3-level value of high, medium, or low. The temporary nurses had lower rates of burnout and cynicism and higher personal fulfillment rates than the permanent nurses. Nurses who worked in units caring for patients with COVID-19 had significantly higher rates of burnout than nurses who did not care for patients with COVID-19 (Rivas et al., 2021). The Scale of Resistance of Conner-Davidson is a 4-point Likert Scale questionnaire and did not show a difference between nurses who work in units caring for patients with COVID-19 and those without COVID-19. Rivas et al. (2021) report that the total score of the MBI did not relate significantly to the resiliency measure. Overall, the researchers found that the construct of burnout was high in nurses during the COVID-19 pandemic, with a negative relationship to resiliency (Rivas et al., 2021). Rivas et al. (2021) note that a high resiliency was present in nurses who were best able to cope with demanding experiences. Resiliency is a crucial stress coping mechanism that is vital to develop in nurses.

Reference

Rivas, N., López, M., Castro, M.-J., Luis-Vian, S., Fernández-Castro, M., Cao, M. J., García, S., Velasco-Gonzalez, V., & Jiménez, J.-M. (2021). Analysis of burnout syndrome and resilience in nurses throughout the COVID-19 pandemic: A cross-sectional study. *International Journal of Environmental Research and Public Health*, 18(19), 10470, 1-8.
<https://doi.org/10.3390/ijerph181910470>

Submitted by Nancyruth Leibold

Message from BSN Student

Hello, SMSU RN-BSN Students,

My name is Danielle Zimmerman. I am a busy mom of two children, three years old and one year while in the program. I also was pregnant with our third baby throughout the program. I have been an RN for a year. I started in Urgent Care and then transitioned to Home-Care during the program. However, right before graduation, I accepted my dream job in the Family Birthing Unit. I cannot express my excitement enough to join this amazing team and continue to expand my knowledge.

My BSN program has helped me understand the many opportunities that nursing offers, both rural and urban. There is quite a difference between the two, and I think you would be amazed at what you find out while exploring these classes. I encourage you to take at least one course. There are many benefits to doing this program; it is flexible if you are a busy mom who has kids to raise, a job to work, and a family to care for. This program not only allowed me to be a mom to my kids, work, and get my degree in my goal time of one year. You can also take your time achieving this program whether you are attending full-time or part-time.

Some other essential things to consider while school for your BSN is to make time for yourself. Self-care is an essential aspect of making us successful, also being organized with your studies is essential. One thing that worked for me was keeping a calendar and writing out my assignment, and when they were due, this can sometimes help decrease your stress. The teachers are open and always available to answer any questions, so do not be afraid to reach out and ask them for clarification or have them look at your assignment. They can help provide feedback to help guide you. Remember, there is no wrong to do school; you just need to find what works for you to help make you successful and stick to it.

Good luck, and you will do great! Keep a positive attitude and reach for your goals!

Danielle Z
RN, BSN, CLC



Danielle Zimmerman
(BSNU Student)

Application Process:

- Apply to [SMSU](#)
- Apply to RN to BSN Program

Being a Flight Nurse

Flight nursing is a unique and specialized area of nursing. It combines critical thinking skills with the added complications of aircraft operations and weather. It is also very autonomous. During transport, flight nurses and their paramedic partners operate under a set of guidelines that are built by the organization's medical director. Though a physician is available via phone or radio for guidance, this is a rare occurrence and typically happens only under the worst of circumstances.

Sound like fun? It is!

Here's what you'll need to know to pursue a career as a flight nurse.

Most services operate with a medical crew that consists of a nurse and a paramedic. There are some services that operate with a nurse-nurse team, and others that are a physician and a nurse, but these crew configurations are rare overall in the industry. The paramedic-nurse team is an ideal mix of skillsets and experiences. Paramedics are highly skilled in pre-hospital medicine. Their background includes procedural, triage, and scene management skills that the typical nurse does not possess. Over time, we nurses learn from these extraordinary professionals, but their skill and expertise in managing very sick or injured patients in austere environments cannot be overstated. The typical paramedic comes to a flight team with a minimum of three years of experience in a high-volume area. Nurses come to a flight crew with a minimum of three years of experience in an ICU setting. This is important because a vast majority of patient transports are from a smaller hospital to a larger one. This "interfacility" type of transport makes up approximately 80% of our call volume. Additionally, some of these interfacility transports are from one large hospital ICU to another large hospital ICU. These are the very sickest patients that we care for, and the ICU background of our nurse crewmembers is crucial in the success of these transports. These patients are typically on multiple vasoactive medications, a ventilator, and sometimes a balloon pump or Impella device.

Beyond the medical experience required to become part of a flight crew, there are other traits that contribute to the success of a flight crew member. One trait is flexibility. Every day at work is different than the last. We have days that are jam-packed all shift long, and others where we aren't needed at all. This variability can be frustrating for some. Another trait is self-motivation. On those days when there are no calls, the best flight clinicians spend time training or studying to stay prepared. We work with a lot of equipment and are responsible for a vast amount of knowledge. It is difficult to stay prepared adequately if one doesn't spend time doing so. Lastly, a positive mindset is also a very crucial trait to possess. The shifts can be long. It can be quite cold at times (or very hot). There are plenty of days when you will not get off work on time. Remaining positive and embracing the hardship of the situation helps you as an individual to perform better, but also makes you a strong member of the team. Our success relies heavily on the team working well together.

I hope this has shed a little light on the unique aspects of flight nursing. I have found my time as a flight nurse to be demanding, but very rewarding. Even after sixteen years in this area of nursing, I still feel incredibly lucky to have the job that I do.

Thank you, and my sincere congratulations to my fellow classmates who will be graduating from this great program this year. Well done!

Submitted by Keith Velaski (BSNU Student)



Keith Velaski
(BSNU Student)

RN to BSN Applications

The SMSU RN to BSN Nursing Program continues to admit nursing students every fall and spring semester. We are still accepting applications for spring 2022 and fall 2022. Information is available at <http://www.smsu.edu/academics/programs/rntobsn/>.

Associate Degree nursing students may apply in the last semester of their nursing program, with acceptance into the program contingent upon successful completion of their NCLEX-RN exam.

Nigerian Jollof Rice

Submitted by Stella Nwachukwu

Jollof Rice is a typical African dish prepared by many African countries during a celebration. You can't have an event without having Jollof rice on the menu. Every country, tribe, or individual has unique ways of preparing this delicacy meal. Nigerian Jollof rice is very nutritious and incredibly delicious.

Here is how I prepare my Nigerian Jollof for a celebration or party.

Ingredients

Chicken (family pack of chicken thighs)

5 c whole grain rice

10 large fresh tomatoes

16 oz tomato paste

2-3 Habanero peppers (quantity or spice of pepper depends on how spicy you want it)

5 red bell peppers

3 white or yellow onions

4 c of cooked chicken broth/stock

¼ c of oil (Olive, Vegetable, or Canola, etc.)

Spices (4 bay leaves, 2 Tbsp curry powder, 4-5 garlic cloves, 1 Tbsp fresh ginger, 1 tsp thyme, 1 tsp turmeric)

4-5 Knorr chicken bouillon cubes

Salt to taste

Preparation

Wash the ingredients: rice, tomatoes, red peppers, onions, ginger, and bay leaves

Season the chicken with spices (half of amount noted), 1 onion, and 1 habanero pepper. Cook on medium heat until you can see the broth from the chicken, then add water to cover the chicken mixture a little.

Precook rice and wash with warm or hot water until water from the rice is clear. Leave the rice in the sieve to drain liquids.

While the chicken is cooking, blend the 10 tomatoes, 2 red bell peppers, 1 onion, and remainder of habanero peppers. Pour blended ingredients into a pot, add 1 Tbsp oil and cook until oil starts floating on top.

Blend remaining 3 red bell peppers and set aside.

Preheat oven to 350°F.

Check on your chicken. Remove chicken from the pot and place in a pan in preheated oven (I prefer to grill or bake my chicken in the oven, or the chicken can be fried). Set chicken broth/stock aside.

Sauce

Add remaining oil in a pot to Sautee 1 chopped onion, salt, and remaining spices

Add the remainder of the blended red pepper and stir for about 2 minutes

Add the tomato paste and stir until cooked

Add the cooked blended mixture of tomatoes, red bell peppers, onion, and habanero peppers until mixed, as you should perceive a cooked aroma from the sauce

Add the cooked/drained rice to the broth/stock from the chicken and boullion

You can complete the cooking on a low-medium heat covered on the stove-top or pour the final mixture into a glass pan or foil pan, then cover with foil paper and bake in the preheated oven for 30 minutes or until cooked. (I prefer to bake my jollof rice. It is more confident, tastes better, and is not overcooked.)

Serve with fried plantain, coleslaw, and a drink...Yummy! I hope you get to try it out 😊.



Jollof Rice

Healthier Cowboy Caviar Hot Dish

Sauce:

1 c plain nonfat Greek yogurt
½ c sugar free BBQ sauce
¼ c spicy brown mustard
2 T Worcestershire sauce
2 T hot sauce
Mix all ingredients in small mixing bowl & set aside

Main dish:

2 lbs ground beef (or turkey)
1 large head cauliflower, riced in a food processor
1 (15.25 oz) can whole kernel corn, rinsed and drained
1 (15.25 oz) can black beans, rinsed and drained
2 cups cherry tomatoes, halved
1 ½ cups sharp cheddar cheese (fat free cheese, if desired)
1/3 c green onion, finely chopped
1/3 c fresh cilantro, finely chopped
½ tsp garlic powder
½ tsp smoked paprika
½ tsp onion powder
1 tsp cumin
¼ tsp red pepper flakes

Kosher salt and freshly ground pepper, to taste

Brown hamburger and drain any excess grease. Add riced cauliflower and cook for 2-3 minutes on medium high heat. Add all remaining ingredients except for tomatoes and cilantro. Stir and cook an additional 5-7 minutes. Add the sauce mixture and stir until well incorporated and heated through. Just before serving, add the tomatoes and fresh cilantro.

Submitted by Laura Hoffman

SMSU Nursing T-shirt - SMSU Nursing Students or Alumni who refer a nurse to the SMSU RN to BSN Program will receive a SMSU Nursing t-shirt once the student is enrolled in the nursing program!

