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Department of Nursing

A newsletter about the RN to BSN & MSN Programs

AT SOUTHWEST MINNESOTA STATE UNIVERSITY

Inside This Issue

MSN News Update &
Scholarship Alert Pg. 1

Faculty Spotlight & Research
Study Summary Pg. 2

Omega Omicron Pg. 3

SMSU Alum & Student
Spotlight Pg. 4

Healthy Recipe Pg. 5

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MSN News Update

We are currently accepting applications in our MSN (Nurse Educator) program with start dates in January 2023 and August 2023! The program is innovative, flexible, 100% online, and is suited for working registered nurses. Full and part-time options are available.

[Request Information](#)

Submitted by Tracy Hadler

Scholarship Alert!

If you or someone you know is considering the RN to BSN program at SMSU, check out this Scholarship Alert! Two opportunities are available for RN to BSN students at SMSU! One is the **Mustang Transfer Scholarship** for \$2000 over two years and is for transferring students who attend full time.

The second scholarship alert is the **SMSU Phi Theta Kappa Scholarship** for \$1000 for active members who attend full time. For more information about both scholarships, visit the [Admissions webpage](#).

Please consider these scholarships for yourself or share them with someone you know!

Submitted by Nancyruth Leibold



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Faculty Spotlight

Hello!

My name is Tracy and I excitedly started at SMSU this semester as an Assistant Professor and the Director of the MSN program.

I have spent the last 10+ years educating adult learners and love every minute. I believe in the importance of helping nursing students advance in their careers and extend their influence. I also believe in the importance of leadership in nursing and know that students who were provided with a meaningful education experience will influence the healthcare profession greatly. I have a passion for teaching, research, and mentoring students.

When not spending time teaching my time is spent with my family! We live in Sioux Falls, SD. My husband Zach is a Certified Public Accountant (CPA). We have four children (Oaklee, Otto, Olive, & Odelle) and a dog, Ozzie. :) Nursing is such a wonderful profession. I wish you all the very best!

Submitted by Tracy Hadler



Above: Dr. Tracy Hadler
MSN Program Director/
Assistant Professor

Experiences of Rural Registered Nurses During the COVID-19 Pandemic

During the 2021/22 academic year, I had the privilege of conducting a study about the experiences of rural registered nurses. I found there was a paucity in research surrounding the impacts of the COVID-19 pandemic on practicing rural registered nurses, and felt a need to better understand these experiences. Thus, my study sought to better understand the experiences of practicing rural registered nurses living in rural communities along with how the COVID-19 pandemic affected them physically and/or psychologically.

The study results led me to a better understanding of the multifaceted physical and psychological strains rural nurses experienced during the COVID pandemic. Among the study findings were experiences dealing with staffing concerns, occupational strains, and the actual experiences of practicing nursing including challenges with communication and witnessing suffering. One participant shared: "I grew up in this town . . . These folks who were so sick were my friends' dads and moms, so they certainly knew who I was....Buried 12 of them. They never came around. It's a nasty, nasty virus." This is one quotation I can share out of a plethora of experiences that touched my heart.

My gratitude goes out to the participants in my study, and their contributions to better understanding this important topic. The ability to understand rural nurses' lived experiences may lead to future strategies supporting nurses and the people they serve when they are immersed in situations such as the COVID-19 pandemic.

Submitted by Laurie Johansen

RN to BSN Program Application Process

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

Omega Omicron February 2023 Educational Webinar: Suicide Prevention

Please join us for a free professional continuing education one contact hour offering for a session on Suicide Prevention. The Webinar is on February 9, 2023, from 7 to 8 pm central time via Zoom. All nurses are welcome to attend! No registration necessary.

Speaker: Dr. Beverly Henkel, PsyD in Clinical Forensic Psychology

[Join Zoom Meeting](#) (hyperlink)

Meeting ID: 984 6817 1241

Passcode: Omega

Dial +1 312 626 6799 US (Chicago)

We will post more details closer to the date of the Webinar at the Omega Omicron website:

<http://omegaomicron.org/>

Submitted by Nancyruth Leibold

MSN Applications

The SMSU MSN Nursing Program continues to admit nursing students. We are still accepting applications for spring 2023 and fall 2023. Information is available at <https://www.smsu.edu/graduatestudies/programs/msn/index.html>.

Sigma's Omega Omicron Chapter Virtual Summit March 28, 2023 – SAVE THE DATE!

Omega Omicron is proud to offer our Spring Summit on March 28, 2023 from 8 a.m.-1 p.m. CST – mark your calendars now and plan to attend virtually via Zoom.

We are delighted to be joined by nursing leaders from around the country who will present on the topics of social and emotional intelligence, workplace violence, shared governance, and cultural humility. There are four peer-reviewed contact hours pending for this conference.

All nurses (RNs, LPNs, NPs), nursing leaders, and nursing students are invited to attend.

Cost is \$40 for Omega Omicron chapter members and \$60 for Non-Omega Omicron members.

Nursing students attend for FREE!

Registration and payment instructions forthcoming.

Questions? Contact Laura Hoffman at laura.hoffman1@smsu.edu.

Submitted by: Laura Hoffmann



SMSU Nursing Alum Spotlight!

Rachel Stenerson (SMSU BSN '18) reports that life has been great following graduation from the RN to BSN Program. The RN to BSN Program taught her so much for her career and also helped her with personal growth. She states that her advanced education has helped her to look at situations with more of an open mind. She recommends to nurses that if there is an opportunity for teaching, embrace it!

Rachel attributes her advanced education to allow her to advance to her dream job as a homecare and hospice nurse. Her love for the many fields of nursing continues, but always wanted to have an opportunity to practice nursing in homecare and hospice.

Rachel concludes by stating that whatever the future holds for her, she's up for the challenge. "Maybe a master's degree?!" (Good thing we have our Masters in Nurse Education starting next semester!)

Thanks for sharing, Rachel!

Submitted by Laurie Johansen

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 2023 and fall 2023. 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.

SMSU Student Spotlight!



Andrew
Johansson, RN

Andrew, what inspired you to become a nurse, and what are your areas of expertise? One thing that inspired me to become a nurse was having a flexible, unorthodox schedule. I have worked in restaurants for years so I am used to such a schedule. I liked the idea of working long hours on a few days and having more days off. Also, I wanted to be in a helping profession and have a skill that could easily help me to find work in a variety of settings. I am a new nurse so I don't have an area of expertise yet!

How did you learn about SMSU? I learned about SMSU by researching RN to BSN completion degrees in Minnesota.

What made you choose SMSU RN to BSN Program? I liked that the program was online and that it allowed me flexibility to either take one course at a time or a few. I also really appreciated the staff, as they were quick to respond to my emails and were exceptionally friendly. Last of all, I was able to get into the program within a few days from the start of my application.

So far, can you share a few of your experiences at SMSU? I am in my first course at SMSU and I really like the independence of the course. Assignments have included discussions posts, a paper, and there is one group or individual project depending on preference.

What do you look forward to in this program and upon graduation? The degree will get me a small increase in wages which will be great upon graduation. I look forward to reflecting on the profession in the program and brainstorming what other opportunities there may be for me in my career.

What are your personal interests and hobbies? I very much enjoy swimming in the Minnesota lakes in the summer. In the winter, I enjoy playing basketball.

Thanks Andrew for sharing!

Submitted by: Stella Nwachukwu

Deli Sandwich Salad

This is a quick and easy salad to make. It can be a main dish or a smaller amount of side salad. I have made this recipe for decades and it is a crowd pleaser! The recipe is a lower carbohydrate version of a deli submarine sandwich. You may cut up a few pieces of bread, use croutons, or no bread/croutons, depending on how carbohydrates you wish to consume. All the ingredients may be adjusted to your favorite preferences.

One way to prepare this dish is to think of your favorite deli sandwich and use it as the inspiration for the ingredients you select.

Ingredients and Instructions

In a large mixing bowl or dish add the following ingredients:

- ✓ Lettuce-amount should be for the number of people you are serving. Iceberg, butter, romaine, or shredded iceberg all work well for this salad.
- ✓ Select 3 types of meat, sliced deli meat. Select your favorites! Examples are sliced chicken breast, sliced pepperoni, sliced turkey, sliced roast beef, sliced pastrami, or sliced honey ham. The amount is your preference, but we use about one half cup of meat per person. ** Omit the meat for a vegetarian version.
- ✓ Cheese-use your preferred shredded cheese and add the amount to your liking to the salad; suggestions are Swiss, Cheddar, or Colby Jack
- ✓ Diced onions, as desired
- ✓ Optional, but you may add any item you like on a deli sandwich, such as banana peppers, green peppers, tomatoes, carrots, celery, etc.
- ✓ You may cut up a few pieces of bread, use croutons, or no bread/croutons, depending on how many carbohydrates you wish to consume.
- ✓ After adding all the ingredients, toss in a large bowl or dish to mix.
- ✓ After tossing the salad, add your favorite oil or dressing. Sometimes I use oil and vinegar for deli sandwiches and sometimes I use poppyseed dressing. Add your favorite! Individual plated salads with individual choice dressings can be used, or one dressing mixed into the entire salad to be served soon thereafter.

Submitted by Nancyruth Leibold

Slow Cooker Sweet and Sour Chicken

- 1 medium onion, sliced
- 1 medium carrot peeled, sliced
- 1 medium celery stalk, sliced
- 1 ½ pound of skinless, boneless chicken (white or dark) cut into bite sized pieces
- 1/3 cup packed brown sugar
- 1/3 cup Catalina dressing
- ¼ cup soy sauce
- 1 teaspoon grated gingerroot
- 1 8oz can pineapple chunks, drained (reserve liquid)
- 1 tablespoon cornstarch
- 1 medium green pepper sliced
- 1 medium red pepper sliced
- 4 cups cooked brown rice

Place onions, carrots, and celery in slow cooker; top with chicken

Add combined brown sugar, Catalina dressing, soy sauce, and ginger.

Cover crockpot. Cook on low for six to seven hours (or high for three to four hours). If cooking on low, turn to high the last 30 minutes of cooking time.

During last 30 minutes of cooking time, stir cornstarch into the reserved pineapple liquid. Add to crockpot along with the pineapple and peppers. Cook for 30 minutes or until the peppers are crisp-tender and sauce is thickened.

Serve over rice. Enjoy!!

Submitted by Ruth Van Heukelom

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!