



# SIGMA THETA TAU INTERNATIONAL

## The Honor Society of Nursing Iota Sigma Chapter Newsletter

Fall, 2005

### Chapter Officers and Leaders

President:	Kathleen Taylor
Vice President/ President Elect:	
Key Award Chair:	Marilyn Klakovich
Vice President:	Susan Elliott
Immediate Past President:	Cathy McPhee
Secretary:	Viann Duncan
Treasurer:	Janice Barlow
Treasurer:	Lina Kawar
Eligibility Chair:	Renee Pozza
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Student Intern:	Emma Perkins
Newsletter:	Vicky Bowden
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### IOTA SIGMA CHAPTER 232 FALL 2005 PRESIDENT'S REPORT

By Kathie Taylor

Greetings everyone. It is that time of year when, even in California, the weather subtly changes to the wonderful fall season. After a busy summer Iota Sigma is now looking ahead to another especially busy time of year---Fall 2005.

In July your current board of directors along with Past President Leslie Van Dover and Past Undergraduate Student Leadership Intern Gena Favero met for two evenings at the lovely home of Susan Elliott, Vice President for our annual new officer training and strategic planning meetings. The discussions were lively and enlightening as Susan, Claire Mouw – Faculty Counselor and Governance Committee Chair, and Lina Kawar – Treasurer were given insight into the operations of Iota Sigma and Sigma Theta Tau International. An attempt was made to update the Iota Sigma Chapter Strategic Plan, but as you can well imagine....work is still to be done as we begin the fall term. Note the pictures including Marilyn Klakovich, President Elect explaining the coveted Chapter Key Award Application being reviewed by Lina Kawar. Emma (aka Amanda) Perkins, Undergraduate Student Leadership Intern for 2005-2006, was able to participate by e-mail from her home in Romania where she spent the summer with her missionary parents.

During the July Strategic Planning meetings newly graduated Gena Favero volunteered to be Iota Sigma's lead for Fundraising Activities in and around her new position at Children's Hospital of Los Angeles. Keep your eyes and ears open for some fun events out ahead. If you would be interested in assisting Gena she can be reached at [gfavero@apu.edu](mailto:gfavero@apu.edu).

Other Iota Sigma volunteers include Jerome Babate (newly inducted international member from the Philippines); Norene Bowers, Nurse

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## FALL 2005 PRESIDENT'S REPORT, CONTINUED FROM PAGE 1

Administrator Riverside Community Hospital, and Dianna Zenner, Nurse Administrator Foothill Presbyterian Campus of Citrus Valley Healthcare Partners. These members will serve as our Financial Advisory Council. Thank goodness for the internet and these willing volunteers. We also want to thank Susan Hermann, Anita Rosebrough, Leslie Van Dover, and Cathy McPhee for serving on our Past President Advisory Council. As you can see there are lots of ways to be involved in Iota Sigma and we welcome input from any of you.

Several Iota Sigma Faculty Members from Azusa Pacific participated in and attended the Sigma Theta Tau International Research Congress and Evidence Based Practice Conference on the big island of Hawaii in July. Of significance is the move by International to include more information regarding nurses in clinical practice arenas in the presentations. Be sure and look for the conference reports.

Following International's lead and your voiced interest in last springs survey to include more evidence based practice from the clinical arena is the upcoming Nursing Odyssey Conference put together by twelve Southern California Sigma Theta Tau International Chapters. New to the conference this year are poster and podium presentations regarding current and proposed interventions in the clinical arena. Marilyn Klakovich and I have served on the planning committee filled with dynamic leaders from the other 11 chapters. If you haven't already registered for the two day conference at the Cerritos Sheraton October 20 & 21, please complete the enclosed registration and mail or fax to Marlene Ruiz from Gamma Gamma Chapter.

Again this fall we will be participating in the Alzheimer Association Memory Walk to be held at the Hollywood Race Track on Saturday October 22, 2005. Current Undergraduate Student Leadership Intern, Emma Perkins and her predecessor, Gena Favero have been busy putting the team together. The Memory Walk is a great family activity for a wonderful cause supported by Sigma Theta Tau International as one of its primary recognized philanthropic organizations.

Marilyn Klakovich, Emma Perkins and I will attend the 38th Sigma Theta Tau International Biennium in Indianapolis, Indiana, November 12-16. Be sure and check out the winter newsletter for more information regarding the happenings in Indianapolis.

One of the new directions proposed by your board is to have a mini induction for Community Nurse Leaders in December. Therefore, if you have some one at your worksite or within your circle of friends that you would like to nominate for membership in Iota Sigma please complete the enclosed nurse leaders application after reviewing the criteria for membership.

Have a great year and we are looking forward to seeing you at some of our functions.....

## ODYSSEY 2005 CONFERENCE: “NURSING, THE RHYTHM OF THE UNIVERSE”

By: Marilyn Klakovich, President Elect

There were some exciting new features for the 2005 conference held in Cerritos on October 20 and 21. First, in addition to research and education sessions, this year's conference included sessions reporting on innovative projects in evidence based clinical, educational, or administrative practice. In this category, the Second Careers and Nursing (SCAN) leadership team presented a symposium on “The Logic Model: A Framework for the Development, Implementation, and Evaluation of an Accelerated Master's Entry into Nursing Program” and Merry Taheri, our 2005 Iota Sigma community service award recipient displayed her poster on her work in Afghanistan with “Orphans International”.

Dr. Felicitas dela Cruz also present her study on “Factors in the Control of Hypertension in Filipino Americans” in one of the research sessions. Our 2004 Iota Sigma research grant recipient, Robin Clifton-Koeppel won 2nd place in the research poster session for her study on “IV Extravasations in the Newborn: A Survey of Assessment and Treatment Practices” and our chapter president, Kathie Taylor, presented an educational session on the “Coordinated School Health Program” with her colleague Marilyn Alexander.

The second new feature was having a raffle instead of a silent auction. All conference attendees received a raffle ticket each day when they signed in, and eight registrations were raffled to Odyssey, 2006. I was fortunate enough to win one of the registrations and we plan to use that to send a couple of students next year.

The last new feature was a dynamic closing session for each day of the conference. On Thursday, we had leaders from research, education, administration, and clinical practice participate in a “fishbowl” panel discussion on “The Rhythm of Leadership.” In keeping with our theme for this year, our Friday closing session was “Beating of the Drums” and featured use of drumming for stress reduction. It was both an exhilarating and relaxing (as well as fun) way to end the two-day conference.

As in previous years, the planning committee invited dynamic speakers for the keynote address each day. On Thursday, Ron Norby, Director of VA Long Beach Health Care System presented “Orchestrating the Health Care Symphony.” And on Friday, Carol Picard, the President Elect of Sigma Theta Tau International (to be installed as President at the biennial convention in Indianapolis in November this year) presented “My Call to Action Will be. . .” She informed the audience that this would be the talk she presents at the convention, so we were the first to hear it!

We were pleased to have many undergraduate and graduate students attend the conference on Friday, and many of them had an opportunity to visit with Carol before the opening session and during the breaks. In addition, Viann Duncan, Iota Sigma chapter secretary served as a moderator for one of the sessions, and Felicitas dela Cruz and Susan Elliott were two of the many poster judges.

Be sure to mark your calendars for Odyssey 2006 to be held at the Doubletree Hotel in Ontario on October 26 & 27, 2006. If it was anything like this year's it should be fantastic!

Planning Committee members from Iota Sigma:

Kathie Taylor, President and Marilyn Klakovich, President Elect

## MEMBER NEWS

Many of our members are doing outstanding things. Here are a few of them. If we've missed noting your latest achievement, contact us. You can reach Kathie Taylor at [kltwtrswmr@aol.com](mailto:kltwtrswmr@aol.com).

Congratulations to [Cathy McPhee, MSN, RN, FNP-C](#) for her book chapter entitled Distance Learning: One Strategy for Furthering Nursing Education and Easing the Nursing Shortage, published in *Professional Issues in Nursing; Challenges & Opportunities* (2006). Huston, C. (Ed.) published by Lippincott Williams Wilkins.

[Maria Rivera-Klein, RNC, MSN](#), district nurse for the West Covina Unified School District was named the CSNO 2005-2006 School Nurse of the Year for both the state and the Southern Section. River-Klein, an adjunct professor of nursing at Azusa Pacific University, has served as President of the CSNO Southern Section and the Orange County Chapter of the National Association of Hispanic Nurses.

Congratulations to [Clair Devries Mouw, MSN, RN, FNP-C](#) who has received her Family Nurse Practitioner certification.

Congratulations to doctoral students [Pam Cone MSN, RN, CNS](#) and [Renee Pozza MSN, RN, CNS, CFNP](#) for passed their qualifying exams. They will both be awarded their doctorate next spring from the University of California San Francisco.

Welcome to member [Phyllis Gallagher RN, JD](#) and her husband Dr. Gallagher who are both teaching the senior undergraduate nursing ethics course at Azusa Pacific University.

Congratulations to [Vicky Bowden, DNSc, RN](#) in her new role as Director of the Honors Program at Azusa Pacific University.

President [Kathie Taylor](#) is running for Region 2 Coordinator which includes Southern California, Arizona, New Mexico, West Texas and Australia.

## CHAPTER ANNOUNCEMENTS

- Save the Date: Annual Spring Iota Sigma Chapter Meeting: February 15, 2006 in the VIP Room, Felix Event Center. 6 pm
- Iota Sigma is seeking Nominations for President Elect for the years 2006-08.
- Iota Sigma has an ongoing fund raiser - Dutch Mill Bulbs. We will be handing out order forms at the next faculty meeting. All faculty and staff are invited to purchase the bulbs. Fifty percent of the cost will come back to the organization.

# IOTA SIGMA CHAPTER HOLDS THE KEY TO SUCCESS

By Marilyn Klakovich

I am pleased and excited to announce that Iota Sigma received the 2005 Chapter Key Award. We did not receive any information on a score or specific items, but these are the judges comments:

**Design/Presentation:** The judges said your entry was “absolutely wonderful.” They said your extra time and effort to organize everything with colored tabs allowed for easy review.

**Documentation:** The judges said your information was easy to locate as well as relevant and appropriate. They also said your entry was extremely thorough.

**General Comments/Suggestions:** The judges had no suggestions for your chapter.

**Other:** “Congratulations on earning a key award! It is evidenced by the time and care put into this entry as well as all met criteria that Iota Sigma is a chapter that cares for its members. Your chapter obviously works hard and succeeds in striving for excellence. Thank you for proving Sigma Theta Tau International to be a professional organization worth being a part of.”

Many thanks to everyone who contributed materials for the key award, and special thanks to the key award committee: Viann Duncan, Cathy McPhee and Kathie Taylor.

The award will be presented during Plenary Session III from 9:30 am to 10:45 am on Tuesday, November 15, 2005. Our chapter will have several representatives accept this prestigious award.

# RESPONDING TO HURRICANE KATRINA: NURSING NOTES

By: Leslie VanDover

What did you see and feel as you watched TV reports of Hurricane Katrina's destruction in the Gulf States?

- Sympathy and sadness for people who lost their homes, their lives?
- anger at lawlessness of some and apparent slow response of relief efforts?,
- impotence that you could do nothing directly to help?

I felt that too. But this time was different for me. I knew I had nursing skills that would be useful, and that I should go. Anita Bralock, Susan Elliott and I signed on at Red Cross in Pasadena September 2nd. I asked many friends and family to pray for us.

One week after Katrina hit, we were driving to Baton Rouge, Louisiana from Houston. The flat, swampy land shows its vulnerability to severe weather. U.S. Army and Red Cross vehicles moved together to flood ravaged areas. Local Churches across Louisiana open their doors and house hundreds of Red Cross workers and evacuees. We slept on cots or the shelter floor for the first three nights. From Baton Rouge, I was sent to Lake Charles, LA

September 4 - The Civic Center shelter at Lake Charles had 3,000 evacuees from New Orleans. Burton Coliseum and "Tent City" (started by 2 Christian families in a local State Park) holds 1,000 more. Community volunteers worked with R.C. shelter staff to provide everything people need. Hundreds of people are in local hotels as well.

As I arrived, there was confusion and disorganization at the health clinic. Who was in charge? Only one former military corpsman has disaster health training. As more Red Cross RNs arrived, we planned how to work effectively with doctors and pharmacies in the community to provide health and medical care for 3,000+ people.

We had electrical power and a public address system at the Command Center. Communication among medical staff improved when we received a set of 8 walkie-talkies from a church in Kentucky.

Red Cross RNs were on 12 hour shifts – 12 on, 12 off, with 1 day off in 8.  
We sleep in a local Inn – 2-to-a-bed in "rotations."

There was plenty of food and clean water provided at the shelter by Red Cross and Southern Baptist feeding program; staff on day shift eat shelter food, being served last. The food was adequate, but we yearned for salads and fresh fruit. Cold cereal was in short supply. I shared my bag of dried prunes with the other nurses.

We gave care in our clinic or called EMTs to transport patients to a local hospital for emergencies like chest pain or a serious asthma attack.

Typical Health Problems we saw in our shelter & clinic:

- Strep throat
- Conjunctivitis
- Diabetics without blood sugar testing equipment or medicines
- Adults and Children with asthma
- People needing replacement medicines for those left behind at home
- Impaired vision and hearing from lost glasses or hearing aids
- Incontinent stroke victims and their caregivers needing supplies and relief from 24/7 care.
- Toothache and broken or damaged teeth
- Elderly group home residents with chronic mental health problems

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## RESPONDING TO HURRICANE KATRINA: NURSING NOTES, CONTINUED FROM PAGE 7

We started a First Aid Station to dispense Non-prescription drugs/items

1. Antihistamines/decongestants for colds
2. Cough medicine
3. Pain pills
4. Ear plugs to help people sleep
5. Vitamins

What did I do?

I worked nursing “float” on all 3 floors of the Civic Center, making continuous “rounds.” We called this “case finding” and supportive care – I walked many miles each day: My motto was: “No job’s too big, no job’s too small.”

1. I visited and chat with residents, listen to their “stories,” inquire about their health
2. Focused on women with young children and elderly folks
3. Notice who was in bed at odd hours and might be ill
4. Send people to clinic or take them there in wheelchairs
5. Asked “What is worrying you?” or “what do you need?” 100 times/day
6. Got diapers, clothing, bedding, medicine, water, ice, etc. for people from RC stores
7. Prayed with those who expressed a need for it
8. Helped those in wheelchairs attend Sunday worship at shelter chapel

Residents were very thankful for R.C., FEMA and others being there to help; they showed hundreds of kindnesses to one another; helped one another and became shelter volunteers themselves.

What did I see? I saw:

1. People caring for one another - volunteers from many States, many organizations, working together in harmony to care for people affected by Katrina
2. Prayers answered – for family reunion, food, shelter, jobs
3. Health restored – people recovered from strep throat, conjunctivitis, chest pain, reactive depression.
4. Hopes revived – children playing games in the shelter, adults receiving Holy Communion, smiles and hugs.
5. Lives changes forever – some families decided to relocate permanently, moving to Ohio & Alaska.

I said EACH ONE OF US CAN MAKE A DIFFERENCE! What will you do?

- Turn off the TV and get active?
- Get training and “go” as a relief worker?
- Take over responsibilities so someone else can “go”?
- Pray for those affected and for the relief workers?
- Give money toward disaster relief?
- Care for evacuees here in California?
- Work with your local church to send people and relief materials? or
- Maybe you’ll do “all of the above.”

It does make a difference when you care. You will never forget the feelings; the rewards this work brings.



## Sigma Theta Tau International Nurse Leader Nomination Form

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The Eligibility Committee of Iota Sigma Chapter at Azusa Pacific University is seeking nominations for membership in the **Nurse Leader** category. Candidates are eligible for membership if they hold a minimum of a baccalaureate degree and have demonstrated achievement in nursing in at least one of the following areas: administration, education, practice, publication or research.

We encourage each of our current members to identify nurse leaders who demonstrate excellence in nursing. Please complete the form below and submit to Renee Pozza, Eligibility Committee, 626-815-5403, RPozza@apu.edu Following receipt of nominations from the Iota Sigma Chapter membership, identified candidates will be sent an application packet, which includes endorsement for membership forms.

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I am an active member of the Iota Sigma Chapter and I wish to nominate the following Nurse Leader for membership in Sigma Theta Tau International.

Candidate Name: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip

Phone: \_\_\_\_\_

Place of employment: \_\_\_\_\_

Position: \_\_\_\_\_

Brief description of achievements: \_\_\_\_\_

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 Signature of Chapter Member

Return to: Renee Pozza  
 Azusa Pacific University School of Nursing  
 901 Alost, Azusa, CA. 91702  
 RPozza@apu.edu