



Iota Sigma Chapter

Sigma's 44th Biennial Convention



Pictured from left to right: Iota Sigma Chapter's Research Chair -Marilyn Klakovich, President-Elect/VP-Patricia Esslin, President-Tiffany Montes & Planning Committee Member-Kathleen Taylor.

From 28 October- 1 November 2017, your chapter President, Tiffany Montes and President-Elect/VP, Patricia Esslin, traveled to Indianapolis, IN to attend Sigma's 44th Biennial Convention. We accepted our SEVENTH Chapter Key Award (CKA)! The CKA honors Sigma chapters that excel in chapter-related activities such as: membership recruitment and retention, publicity and programming, professional and leadership development. Sigma's newly elected president presented her call to action: Connect, Collaborate, Catalyze.

1

CONNECT

Connect with fellow nurses and partners and work together to share a common goal.

2

COLLABORATE

Expand our collaborative work with other nurses and non-nurses.

3

CATALYZE

Be a catalyst for action. Produce fundamental change.



Opening Plenary Flag Processional



Your chapter leaders standing with Sigma's Past CEO Patricia E. Thompson and Past-President Cathy Catrambone



Your chapter leaders serving as delegates in the House of Delegates

Introducing Your New Chapter Leaders!

Tiffany Montes, BSN, RN, President

Hello fellow members. Thank you for allowing me to serve as your President. I have been on the Iota Sigma Chapter board since I was an undergraduate nursing student. I currently work as an Emergency Room trauma nurse at Loma Linda University Medical Center and as an adjunct clinical professor for Azusa Pacific University (APU). I am also a full time Family Nurse Practitioner student at APU as well. Lastly, and most importantly, I am a mother to two wonderful children. I look forward to working closely with our chapter board to implement ways to achieve Sigma President, Beth Tigges' Call to Action: **Connect, Collaborate, and Catalyze!**



Pictured above: President, Tiffany Montes and President-Elect/VP, Patricia Esslin.

A MESSAGE FROM YOUR PRESIDENT . . .

I would like to introduce **Dr. Patricia Esslin PhD., APRN-CNS, CNE**, our President-elect for 2017-2019. Dr. Esslin has been a Sigma member for 19 years beginning during her BSN education years. She has been an active member of various chapters and is currently a dual member of Iota Sigma and Gamma Psi at-large. Dr. Esslin has been our Iota Sigma Chapter Vice President for four terms. She has been faculty at APU SON for 10 years, primarily teaching in the undergrad traditional program, although has taught in the 2+2 HD program, the LVN-BSN, MSN, and early SCAN programs (currently known as the ELM program). She is married with a multi-generational family consisting of children, stepchildren, grandchild, and great-grandchild. Dr. Esslin enjoys teaching, dark chocolate, four legged fur-babies (cats/dogs), and long walks on the beach.

22nd Annual Odyssey Research Conference

On October 5 & 6, 2017 the Iota Sigma Chapter of Sigma joined with 14 other chapters to present the 22nd annual Odyssey Research conference for nursing at the Doubletree Inn in Ontario, CA. Over 200 nurses and students attended this valuable and educational conference one or both days to learn from the presentations and network with colleagues. The theme of the event was **“21st Century Nursing: Scholarship, Leadership, Service.”**

The first day keynote speaker was Richard Ricciardi, PhD, NP, FAANP. Dr. Ricciardi is Acting Director, Division of Practice Improvement, AHRQ and Vice President, STTI Board Of Directors. He spoke about



Pictured: Dr. Patricia Esslin

implementation science for practice change. The closing speaker for day one was Dr. David Schonfeld, MD, FAAP. Dr. Schonfeld is a developmental-behavioral pediatrician and the Director of the National Center for School Crisis and Bereavement. He had just come from Las Vegas where he worked with children affected by the tragic shooting incident.

Day two started with a presentation by Abigail Yablonsky, CDR, NC, USN, PhD, NP-C. Dr. Yablonsky is a Nurse Scientist for the Naval Health Research Center and



Pictured on left: Kathleen Taylor

shared her research on military women’s health. Day two closed with a panel of former students who have had success in their careers. They shared their “Pearls for Success in Practice and Research.”

Podium and poster presenters from Iota Sigma included Dr. Patricia Esslin, Dr. Patricia Hanes, Dr. Elaine Goehner, and Dr. Valerie Willis who was a recipient of an Iota Sigma research grant this past year.

Lydia Usry also served as abstract reviewers, poster judges, and volunteers at the event.

In addition, there were various exhibitors who attended and their booths were popular with the attendees. Kathie Taylor hosted an exhibit table for Michelle’s Place Breast Cancer Resource Center. Valerie Floyd-Davis, Director of Recruitment and Enrollment for the

School of Nursing hosted a recruitment table for APU. Dr. Anita Boling had a lovely exhibit from her Village Network Africa non-profit



Pictured on left: Dr. Patricia Hanes at Odyssey

Iota Sigma members Dr. Lena Kebaso, Dr. Rose Liegler, Dr. June Rondinelli, Dr. Mary Lynne Knighten, Dr. Erlinda Palaganas, Dr. Janet Smith, Dr. Edna Domingo, Dr. Lynda Reed, and Professor

organization. In addition, Dr. Boling had the winning ticket for the lovely painting donated by artist and first Iota Sigma President, Anita Rosebrough.

Kathie Taylor and Marilyn Klakovich represented Iota Sigma on the Planning Committee and coordinated the sponsors and exhibits. It is a tribute to the wonderful Odyssey Planning Committee for the outstanding conferences they hold each year and very fine coordination that makes it a valuable experience for nurses and the many students who attend.

Collaborating Chapters:

- Gamma Gamma
- Iota Sigma
- Omicron Delta
- Rho Beta
- Nu Mu
- Gamma Tau at Large
- Xi Theta
- Gamma Alpha
- Upsilon Beta
- Zeta Mu at Large
- Phi Alpha
- Phi Theta
- Psi Theta
- Chi Mu



Pictured: Dr. Anita Boling

Please join us October, 2018 for the 23rd Odyssey conference. We will share additional details on the Circle and in our spring newsletter.



Pictured: Valerie Floyd Davis- APU Recruiter

Member Spotlight



Jana Parrish French is a 2005 graduate from Azusa Pacific University School of Nursing. After graduation she left the southern California area, moving to Washington, DC to be closer to her sister. “I went there because it was one of the only places hiring new grads into a specialty area at that time.” Jana began her career as a staff nurse in the emergency department of MedStar Washington Hospital Center. She continues to work there and has expanded her patient care activities to focus on those that arrive in the ED due to sexual assault, intimate partner violence, and trauma. Jana obtained her Master of Science in Forensic Medicine in 2014 and has been the guest presenter at the International Association of Forensic Nursing and the American Association of Legal Nurse Consultants, at the United States Marine Corps, Camp David, and to her hospital staff at MedStar. She can now add to her speaking engagements the fall induction event for Iota Sigma chapter of Sigma Theta Tau, International. Ms. French also presented to the current nursing students attending lecture in Community Nursing and Psych Mental Health Nursing on campus at APU. We were delighted to induct Jana French into Sigma Theta Tau, International as a nursing leader and to honor her with the award for Excellence in Leadership, Clinical Practice, and Education. One of her leadership roles is to educate nurses and health care providers about best practice when caring for sexual assault patients, intimate partner violence patients, and trauma patients. While Jana was visiting here at APU a special event was held called [Guard Rails]. Jana and three other faculty and staff from APU presented in a panel discussion. The topic of discussion was about the process that APU uses if a coed reports a sexual assault. The chaplain spoke about confidentiality, the faculty from the Bachelors of Arts in Criminal Justice spoke on Title IX, and the nurse practitioner from the health center explained the steps in care at the health center. The [Guard Rails] event was the brain child of two nursing student, Gracie Keim, one of our new inductees this fall, and Gretchen Cardova, and was open to the entire student body of the university. Jana Parrish French will be a name to watch for within nursing circles as she continues to lead and educate nurses to better care for patients in the emergency department and other areas.

Maasai Traditional Birth Attendants in Rural Tanzania

Tanzania, part of Sub-Saharan Africa, has one of the highest infant and maternal morbidity and mortality rates in the world (<http://www.who.int/mediacentre/factsheets/fs348/en/>).

Village Network Africa (ViNA) founded by Dr. Anita Boling, is currently working in rural Tanzania. ViNA was requested by our partners on the ground to begin work in a new very remote rural area to assist in reducing the abysmal perinatal situation. In July, Dr. Gloria Nwagwu and I traveled to

Simanjiro to perform a health needs assessment for the village of Loibosirat populated by the semi-nomadic Maasai Tribe. As difficult as pregnancy and childbirth problems are in Sub-Saharan Africa, they are amplified in this remote village. Factors that increase problems include female circumcision and child

marriage as the accepted way of life, distance from health services, low numbers of skilled health workers, frequent lack of prenatal visits as well

as numerous comorbid illnesses e.g., Malaria. In addition, no family planning is employed, so children are born in rapid succession.

As part of our needs assessment effort, we interviewed two traditional birth attendants (TBA). Their role is to oversee normal pregnancy and delivery and to refer

any abnormality to the local hospital which is over an hour away by car in an area without cars! TBA's are required by the government to have all pregnant women register at a clinic or dispensary for pre-natal care and to assist with birth certificate registration. Many do not register at all, thus are without prenatal care.



Pictured: Anita Boling with Traditional Birth Attendants

TBA responsibilities are to diagnose labor, manage labor using oral herbs and water, and externally massage the abdomen during contractions. Additionally, TBAs diagnose fetal distress. No internal exams are done at any time. Prior to delivery, pregnant women are required to purchase a clean razor blade for cutting the umbilical cord and to request and pick up gloves from the dispensary. Previously, HIV transmission during delivery was spread by use of the same razor blade by the TBA, leading to a government mandate that women purchase a new blade!

The delivery takes place with the woman lying on a cow skin at home. During labor, the TBA massages the woman's abdomen with sheep fat to prevent stretch marks. If an infant is not in the proper position, the TBA attempts to turn the baby. The woman is requested to push when crowning occurs with the TBA massaging the vulva with sheep fat to facilitate the birth. The umbilical cord is cut then tied with twine made from tree bark and sealed with sheep fat. When the baby is born, mucus is sucked out by the birth attendant, the same procedure used when animals are delivered. The placenta is buried. The cow skin on which delivery occurred is "cleaned" afterwards with soil and dry cow dung and then sundried.

The post-natal period is the only time a woman is pampered in the Maasai culture. The mother is to stay indoors for 3 months and be given good food in a special bowl and rest. A goat is slaughtered for her to eat. We saw some very happy new mothers enjoying their time of relaxation! The normal schedule for a woman is to walk long distances to gather water, build the homes of mud and sticks then seal with cow dung, cook the little



Pictured: Young Tanzanian Mom and her child

food available (meat, milk and blood) and tend to the children and husband.

Needs identified for the TBAs were gaps in education about best practices and hygiene, care of the newborn, perinatal management, early referral, collaboration with medical providers to avoid delay in care, and Infection prevention. The UN in association with the World Health Organization began the Global Strategy for Women's, Children's and Adolescents' Health, 2016-2030 (New York: United Nations; 2015) to address many of these problems. In particular, the goal of reducing maternal mortality addresses all of these issues.

Our partners on the ground, the Sisters of Notre Dame missionaries, have told us of the numerous deaths and illnesses secondary to lack of perinatal care. The stories break your heart. If any of you are interested in doing research and teaching to assist in our work, please contact me at anitaboling@gmail.com.

Teal Steps Success!



Pictured: Teal Steps 2017 Participants

This Sunday was unlike any other Sunday in San Diego, California as men and women gathered in sparkly tennis shoes, teal bead necklaces, and teal tutus for the second time in San Diego history. There were smiles, tears, and laughter on Sunday, September 10, 2017, as **“Teal Steps”** 1K/5K for Ovarian Cancer Awareness took place in Coronado Tidelands Park.

While most of the public recognizes pink ribbons as breast cancer awareness, very few recognize teal ribbons for ovarian cancer awareness. This walk was organized and implemented by a very small committee of less than ten members, which included ovarian cancer survivors and two nursing school faculty members. It was an honor and a privilege to serve this committee as an Iota Sigma Chapter member and Azusa Pacific University (APU) faculty in San Diego. Iota Sigma Chapter members began offering their support from the infant stages of planning this event. When the committee contacted Iota Sigma's own Marilyn Klakovich and Kathleen Taylor, for potential sponsorship, they were welcomed with enthusiasm and encouragement as well as one of the very earliest financial sponsorships. Peg spoke words of praise to our Iota Sigma Chapter for not only our financial support, but also our commitment to the committee and to the cause.

The love and support had only just begun at this point. By the event date, we were greeted with hugs and strength from Iota Sigma members of near and far. Gail Reiner and Renee Dierking, MSN Director and ELM Program Manager, respectively, drove to Coronado and joined the mass of smiling faces. APU Nursing Alumni and students served on our medical stations during the walk. Current APU students and Iota Sigma members of all semesters came to the walk and brought their families to support. The event was a huge success once again!

"The Second Annual Teal Steps Walk, held on Sunday, September 10th at Coronado Tideland Park at 8 AM was a huge success that attracted nearly 800 registrants and raised over \$47,500! We are thankful to our sponsors and exhibitors for their outstanding support! We hope you were able to be there and experience the enthusiasm of the attendees!!" – Peg Ford, President of Ovarian Cancer Alliance of San Diego

For this success and many others, our committee has Iota Sigma Chapter and all of its members to thank. We look forward to an even bigger event next year! -Melinda McLaughlin, ELM Faculty in SDRC

Save the Date!



MARK YOUR CALENDAR
APRIL 19, 2018



Keynote Address by **Dr. Bernadette Melnyk**

April 19, 2018	Double Tree	Monrovia, California
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A one day conference focusing on igniting and sustaining evidence-based practice.

Registration opens
JANUARY 2018
Additional speaker information coming soon!



Iota Sigma members are encouraged to save the date for this important conference geared to “ignite your practice” and enable you to sustain evidence-based practice in your organization.

Our keynote speaker, **Bernadette Mazurek Melnyk**, PhD, RN, CPNP/PMHNP, FAANP, FNAP, FAAN – is recognized nationally and globally for both her clinical knowledge and her innovative approaches to a wide range of health care challenges. She serves as Vice President for Health Promotion, University Chief Wellness Officer, and Professor and Dean of the College of Nursing at The Ohio State University. She also is a professor of pediatrics and psychiatry at Ohio State’s College of Medicine.

Dr. Melnyk’s groundbreaking work spans evidence-based practice, intervention research, child and adolescent mental health, and health and wellness. A frequent keynote speaker at national and international conferences, she has consulted with hundreds of healthcare systems and colleges worldwide on improving quality of care and patient outcomes by implementing and sustaining evidence-based practice.

For more information about Dr. Melnyk, visit

<https://nursing.osu.edu/faculty-and-staff/faculty-directory/melnyk-bernadette.html>

Sessions will feature our academic partners and their evidence-based practice projects.

Members in the News!

Kathy Ruccione, PhD, RN, MPH, CPON, FAAN is the Chair of the Doctoral Programs in the School of Nursing at APU. She is also the President of the Association of Pediatric Hematology/Oncology Nurses (APHON). As such, her expertise is in demand when it comes to educating the general public about her specialty. She noted "USA Today has an annual supplement on advances in cancer research and care. They wanted to include a nursing 'voice' and reached out to me." The article that was printed was entitled, "How nurses are creating a new paradigm of cancer care." In the article, Kathy noted that "funding support for nursing research that emphasizes symptom science, caregiving research and self-management will be needed to build precision nursing in pediatric oncology. A great example of such an opportunity is the Childhood Cancer Survivorship, Treatment, Access, and Research (STAR) Act which, among other things, would expand opportunities for childhood cancer research in order to improve the understanding of these cancers and of the effects of treatment.

Additionally, **Kathy was taped for an online panel discussion** (<http://www.futureofpersonalhealth.com/education-and-research/an-interdisciplinary-conversation-with-cancer-care-experts>). She responded to these questions: (1) What are the major differences in treating cancer in adults versus cancer in children? (2) What kind of success are you seeing with the increase in personalized medicine in the cancer care space? (3) What recent innovations are you seeing improve the patient experience? (4) What do you foresee the future of pediatric cancer care may look like? (5) What are the major challenges of childhood cancer survivorship?

Kathy also presented a keynote address at a conference.

Ruccione, K. (2017, May). Untold stories of pediatric oncology nursing: Caring, curing and connecting in clinical trials. Keynote address for the annual conference of the Southern California Association of Pediatric Hematology-Oncology Nurses, San Diego, CA.

Kathy also shared her expertise at an annual meeting.

Ruccione, K. S. (2017, June). The nurse-patient/family relationship: Building the best patient experience. Discussion presented at the 2017 CAC2 Summit and Annual Meeting, Chicago, Illinois.

Members in the News!

The expertise of **Dr. Gail Reiner**, Director of MSN Programs, School of Nursing, San Diego Regional Center, was shared at two international conferences.

Manase, F., Bwemero, O., Reiner, G., Victorina, L., Sangu, W., Hassan, M.,... Julius, M. (2017, April). Public and Private Partnerships [PPP]; a sustainable CCP medicine model of primary prevention of non-communicable diseases in a low resource setting. Poster accepted at the 14th annual Global Health & Innovation Conference, New Haven, CT.

Sharpe, C., Davis, D., Haas, D., Reiner, G., Lee, L., Gld, J., ...Harbert, M. (2017, May). Assessing the feasibility of providing a real-time response to seizures detected with continuous long term neonatal EEG monitoring. Poster presentation at the annual meeting of the Pediatric Academic Societies, San Francisco, CA.

Additionally, a **grant was awarded to Gail and her colleague.**

Haas, R., & Reiner, G. (2017, March). [Grant recipients], The impact of breastfeeding in high risk neonates with hypoxic ischemic encephalopathy on fetal maternal bonding and neurodevelopmental outcome. NIH Community Outreach Grant, Altman Clinical Translational Research Institute, San Diego, CA.

A presentation by **Dr. Pamela Cone**, School of Nursing, was shared at an international conference.

Cone, P.H., & Giske, T. (2017, June). Utilization of open journey theory to integrate spiritual care into nursing education. Invited podium for the Innovate Nursing 2017 Educational Summit, Sydney, Australia.

Additionally, **Pam participated in a panel discussion at a local conference.**

Cone, P.H., & B. Artinian. (2017, May). [Panel member], Artinian Intersystem Model: A fireside chat with Dr. Barbara Artinian. For the Omicron Delta Chapter of STTI Nursing Theory conference, Costa Mesa, CA

Members in the News!

A dissertation by **Dr. Jill Olausson**, Chair and Director of Healthcare Administration and Leadership Education Programs, School of Nursing, was published in a journal.

Olausson, J. M., Clark, L., Morse, J. M., Hammer, M., Allen, N., & Grant, M. (2017, July). Psychosocial response to new-onset diabetes as a long-term effect of allogeneic hematopoietic stem cell transplantation. *Qualitative Health Research*. doi:10.1177/1049732317719434

Abstract: Currently, little information is available to guide health care practitioners on how to facilitate positive outcomes in individuals who develop new-onset diabetes after allogeneic hematopoietic stem cell transplantation (allo HSCT) for treatment of hematological cancers. Results from this constructivist grounded theory study provides a theoretical framework explaining the psychosocial process of change that middle-age and older adults experience when developing new-onset diabetes in this context. Two predominant factors influenced this change: treatment burden and perception of diabetes. Key findings were that participants with ongoing complications, primarily graft-versus-host disease, experienced a high degree of treatment-related burden and unclear perceptions of diabetes when compared with those with no or few post-alloHSCT complications. These factors limited their capacity to positively respond to and selfmanage their condition. Implications for practice are to thoroughly consider these two factors when developing patient-centered interventions for middle-age and older adults with new-onset diabetes after allo HSCT.

WE APPLAUD **YOU**, OUR MEMBERS!

Iota Sigma is pleased to announce our
14th Annual Research Symposium
sponsored by the
Azusa Pacific University School of Nursing and Iota Sigma.

RESEARCH SYMPOSIUM

**BRIDGING
TRANSITIONS**

THROUGH RESEARCH AND
EVIDENCE BASED PRACTICE

3.22.18

KEYNOTE SPEAKER:
DR. JUDITH F. KARSHMER

School of Nursing
Sigma
Iota Sigma Chapter
AZUSA PACIFIC
UNIVERSITY

Please visit the Research Symposium website for information about our keynote speaker, the schedule for the day, and a link to the community call for abstracts. <https://www.apu.edu/nursing/researchsymposium/>

The community call is geared for nurses who work in School of Nursing partner organizations. Faculty and students can contact Marilyn Klakovich mklakovich@apu.edu for the faculty or student call for abstracts. The abstract deadline is February 9, 2018.

DECEMBER '17

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11 Board Meeting
17-31 Winter Break

JANUARY '18

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1-7 Winter Break
8 Board Meeting
15 MLK Birthday

FEBRUARY '18

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12 Board Meeting & Information Meeting
19 President's Day

MARCH '18

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12 Board Meeting
5-11 Mid-Semester Break
17 Spring Induction
22 Research Symposium
29-31 Easter Break

APRIL '18

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1 Easter
9 Board Meeting
19 Evidence-based Practice Conference (APU)
19-21 Sigma Nursing Education Research Conference

MAY '18

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14 Board Meeting
28 Memorial Day

JUNE '18

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TBD Transition Meeting

JULY '18

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4 Independence Day
19-23 International Nursing Research Congress Melbourne, Australia

AUGUST '18

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SEPTEMBER '18

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3 Labor Day
10 Board Meeting
15-18 Leadership Connection Indianapolis, IN

OCTOBER '18

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8 Board Meeting
TBD Odyssey Conference

NOVEMBER '18

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12 Board Meeting
19-25 Thanksgiving Break