



# SIGMA THETA TAU INTERNATIONAL: IOTA SIGMA CHAPTER NEWSLETTER

FALL NEWSLETTER | NOVEMBER 2019

**Look for us online!**

APU Chapter Website: <https://www.apu.edu/iotasigma/>



Newsletter Editor:

**Jenny Chuang** | RN BSN | Co-Vice President of STTI Iota Sigma Chapter

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## About the Chapter |

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We are Iota Sigma Chapter #232 of Sigma Theta Tau International Honor Society of Nursing.

The mission of the Honor Society of Nursing, Sigma Theta Tau International, is advancing world health and celebrating nursing excellence in scholarship, leadership, and service.

The Iota Sigma Chapter of Sigma Theta Tau International established its charter at Azusa Pacific University in 1988. It was preceded in 1980 by the Nursing Honor Society of Azusa Pacific College. The chapter currently includes approximately 593 active members.

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## Presidential Welcome: Introducing Your New Chapter Leaders

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Hello chapter members. Thank you for allowing me to serve as your Iota Sigma Chapter President. I have a long history with SIGMA, stemming from my undergraduate education at USC Nursing, Iota Lambda, in which I was Nominations Chair and selected to be a Convention Delegate back in 1998. Switching chapter membership to Xi Theta ('03-06), then on to Iota Sigma in 2006. Upon changing chapters I was approached to be on the Board and I did not say no! How could I decline? I have a long volunteer history with other professional nursing organizations such as the Oncology Nursing Society and American Society for Pain Management Nursing. I firmly believe in, and am committed to, serving within professional nursing organizations and am currently a dual member of both Iota Sigma and Gamma Psi at-large chapters. I am a full-time nursing faculty member at Azusa Pacific University and teach across programs (Undergraduate to Master's). I am married with adult children, a granddaughter, a great-granddaughter, and our four-legged boy, Dallas! I enjoy water workouts, dark chocolate, and harvesting from our little farm every summer. This past summer my passion evolved to jam-making!

I look forward to working closely with our chapter board to implement ways to achieve the upcoming SIGMA President Dr. Richard Ricciardi's 2019-2021 Presidential Call to Action: TBA in November at the 45<sup>th</sup> Biennium in Washington DC!

I would also like to introduce Lydia Garcia-Usry, RN, DNP(c), PHN, our President-elect for 2019-2021. Professor Garcia-Usry is nursing faculty at our High Desert Regional Center, Victorville, in the Undergraduate Professional Programs. Lydia has been a member of SIGMA since 2008 and she is looking forward to developing her leadership role as she works alongside current and former leaders of SIGMA. She has been a life-long resident of Victorville and her passion is Community Health Nursing. She is completing her Doctor of Nursing Practice through Azusa Pacific University and her focus of study is *Determining the Impact of Food Distribution Sites in a Rural Community at Risk for Food Insecurity*.

We both desire to bring about an awareness of the importance and the impact that membership to SIGMA provides to new and current members. We look forward to learning more about SIGMA and creating new avenues of recruitment and retention for SIGMA.

Best,  
Dr. Patricia Esslin PhD, APRN-CNS, CNE

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## Marie Podboy – Governance Chair

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Hello Everyone, I would like to introduce myself as the new Governance Chair for the Iota Sigma Chapter. I joined APU in August of 2010 as clinical and lead instructor for Foundations of Nursing Practice (UNRS 105) for the newly opened BSN program at the High Desert Regional Center in Victorville. Since then my courses of instruction are UNRS367 (Pathophysiology), UNRS411 (Advanced Care of Adults and Aging), and UNRS412 (Clinical Residency). I was encouraged to join Iota Sigma from the time that Cohort 1 started their induction invitations and was inducted at that time. I feel that it is important to be able to support the students as they achieve this honor.

My background is in critical care, emergency and transport nursing. I obtained my BSN from the University of San Francisco and returned home to Southern California after graduation. My first employment allowed me to have a variety of experiences from staff nurse, to clinical education, to department director over the 22 years I worked there. I taught for Chaffey Community College as an EMT lead instructor, and was employed for Mercy Air Service as chief flight nurse, clinical educator, and flight nurse for 26 years. I am a member of the American Association of Critical Care Nurses, the Emergency Nurses Association, the National Association for Search and Rescue, and the Air and Surface Transport Nurses Association. In 2010 I received the Medal of Meritorious Service for Leadership from the State of California Emergency Medical Service Authority while serving with the San Bernardino County Sheriff's Volunteer Forces Search and Rescue Services for the last 36 years as a team member and as the Program Director for the Advanced Emergency Medical Technician program.

Thank you for allowing me to be a part of this nursing community.

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## The Benefits of joining STTI

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by Sara Taylor, SN, Iota Sigma Intern

If you are like me, you may be wondering what Sigma Theta Tau (Sigma), Iota Sigma Chapter, is all about. This exclusive membership to the only International Nursing Honor Society is hard-earned and well worth the investment. Sigma offers its members many wonderful benefits to help and support you throughout your nursing career, both during nursing school and as a practicing nurse.

The first obvious benefit is that you get to boast about your membership on your resume, at job interviews, and more because you worked hard to be a part of this great group. Some of the other benefits Sigma offers include: eligibility for scholarships, access to job boards, and free or discounted CEUs. Sigma also hosts several conferences around the world throughout the year where nurses of all specialties can come and share their experiences with each other and help improve nursing care. The Sigma website, the Circle, has even more to offer, including discussion boards with members from your chapter. As a member you can also volunteer to be an intern at your local chapter and get more involved with Sigma on a local chapter level. As a local Iota Sigma chapter member, you have opportunities to give back to the community in a variety of activities championed by the chapter. With opportunities for networking, CE attainment, a local annual conference, Iota Sigma has much to offer its members. More than anything, Sigma offers you a community of nurses to support you throughout your entire nursing career. Welcome to the family, it is an honor to have you!

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## Being a CNA Through Nursing School

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Karen G. Dahlia

I can vividly remember the first time I walked into a patient's room during my Foundations clinical rotation. I remember my patient trying to hold back laughter as I nervously took his vitals for the nurse. I also recall thinking how I was ever going to get over the nervousness I exhibited when interacting with my patients.

I believe that getting a job as a CNA through nursing school is one of the most beneficial activities I have done to increase my patient care confidence in the healthcare setting. I thought the only major benefit to this job was decreasing my anxiety and fear when interacting with patients, but it has given me so much more than that! As a CNA, I've been able to practice my bedside manners, review my general patient care skills, and continue to gain confidence in my abilities. My position as a CNA also helps to build my resume and experience in the healthcare setting in order to increase my competitiveness as a future hiring candidate. Furthermore, I've been able to build relationships with coworkers, managers, and with those who may assist to bridge me into employment as a registered nurse.

I look at the growth in my confidence and ability from that first day in my Foundations clinical rotation and laugh at the thought of where I was almost three years ago. I would highly encourage my fellow classmates to consider working as a CNA through nursing school due to the many benefits towards our future career path. I'm very thankful for the opportunities I've been given so far and am really excited to see where God will lead me next.

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## Increasing Screening for Osteoporosis in Postmenopausal Women

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Karen D. French DNP, FNP-C, RN [kfrench@apu.edu](mailto:kfrench@apu.edu)

**Statement of Problem:** Postmenopausal women are at risk for osteoporosis and historically have not been adequately screened or consistently treated. Risk and cost of osteoporotic fractures is greater than the cumulative risk of strokes, myocardial infarction, and breast cancer combined. Osteoporosis is a silent disease, that only speaks when fragility fractures or debility occur. Approximately 10 million Americans are affected. Physical skeletal loss of integrity predisposes women to increased fall rates and both primary and secondary skeletal fractures. The aging population is at risk for developing osteoporosis and over the next decade they will become a segment of the population with high morbidity and mortality resulting from fragility fractures. Health care provider adherence to treatment guidelines for osteoporosis prevention is waning. Treatment following identification of osteoporotic fractures is declining, rather than increasing. The goal of this project was to increase health care provider awareness to osteoporosis treatment guideline adherence. Adding to the body of nursing knowledge on this very common condition, yet silent epidemic, will aid in reducing fragility fractures in the future.

**Methods:** A convenience sample of 81 female patients, over the age of 51, from a private medical practice in Rancho Cucamonga were given an osteoporotic screening tool, when they presented for care over a two-month period of time in 2018. This triggered a retrospective chart review to determine if there had been any screening for osteoporosis over the previous 24 months. This was to determine if there were women being identified with osteoporosis as a standard of care. To meet the criteria of screening, the patient would either have a documented chart note about bone health, refill of osteoporotic medication, or mention of a DXA screening test. Ongoing education about the importance of screening for bone health was provided during the study.

**Resulting Change:** Provider compliance for offering bone density screening and education, increased to 17.4% from the low of 9.57% pre-intervention.

**Implications and Significance:** The largest increase was in the population over the age of 65. The improved compliance rate of 17.4% is only slightly less than the national average.

**Recommendations:** Screening women for osteoporosis should be included with every annual well exam, and become as regular a part of the screening as questions about mammograms, PAP smears, colonoscopies, and immunizations

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## News Brief for Iota Sigma Chapter:

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**Title of Paper:** *African American women's perceptions of the meaning of support groups for improving adherence to hypertension treatment: A conceptual model*

Fongwa M.N., dela Cruz F.A., & Hays R.D. (2019). African American Women's Perceptions of the Meaning of Support Groups for Improving Adherence to Hypertension Treatment: A Conceptual Model. *Nursing Open*. 00, 1-11. <https://doi.org/10.1002/nop2.266>.

Drs. Marie N. Fongwa (APU), Felicitas A. dela Cruz (APU) and Ron D. Hays (UCLA) in the Los Angeles area conducted this study during 2012-13. In a previous study, African American women with hypertension (HBP) identified support group as an approach to improving their adherence to treatment for hypertension, a silent killer in the population. However, the meaning of support groups and their features were unclear. The study used focus group interviews to learn from African American women with HBP the meaning of support groups, factors that facilitate or hinder participation in support groups and factors crucial in forming support groups. The findings generated a conceptual model depicting the meaning of support groups as information giving/knowledge sharing, emotional or psychological support, instrumental support and coaching; facilitators and barriers to joining support groups; and factors for consideration in forming the groups.

Based on the results of the study, the investigators have developed an intervention study to test the feasibility of the HBP support group model to increase adherence to hypertension treatment. The APU Faculty Research Council has funded this intervention study. Please contact Dr. Marie Fongwa for any questions about the study at [mfongwa@apu.edu](mailto:mfongwa@apu.edu).



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## D. Picella (GACA brief)

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### 2019 GACA Award Goes to Nursing: A First for Nursing

Congratulations to Iota Sigma Member David Picella, PhD, FNP, CNS for receiving the four year Geriatric Academic Career Award (GACA) from the US Health Resources and Services Administration (HRSA).

The purpose of the GACA award is to support the career development of individual junior faculty in geriatrics at accredited schools of allopathic medicine, osteopathic medicine, nursing, social work, psychology, dentistry, pharmacy, or allied health as academic geriatrics specialists and to provide clinical training in geriatrics, including the training of interprofessional teams of health care professionals.

What makes this year's award so significant is that the GACA has never been given to the discipline of Nursing. This year, Dr. Picella is joining Dr. Rachel Zimmer, DNP from Wake Forest Baptist Health in North Carolina as the first 2 nurses to have ever received this award. Congratulations to both of them!

The GACA will contribute to Dr. Picella's career advancement by supporting his development of expertise and skills in the following areas: (1) expand his expertise in the delivery of age friendly care of underrepresented minority older adults in underserved community based settings; (2) achieve regional recognition as expert academician in the field of geriatrics; and (3) develop interprofessional seminars and curriculum revisions for AGNPs that focus on underrepresented minority and underserved older adults in community settings. Dr. Picella has a special interest in developing effective value based interprofessional outpatient systems of healthcare delivery to better meet the needs of our aging population.

To achieve these goals David will be working with Dr. Diana Lynn Woods, PhD, APRN-BC, FGSA, FAAN, Associate Professor in the School of Nursing at Azusa Pacific University and Dr. Pamela Z. Cacchione, PhD, CRNP, GNP, BC, FGSA, FAAN, Associate Professor of Geropsychiatric Nursing the University of Pennsylvania.

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## Members in the News:

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An article written by Dr. Vicky Bowden, Vice Provost and Nursing Professor, and colleagues was published in a journal.

Kuntz, N., Anazodo, A., **Bowden, V.**, Sender, L., & Morgan, H. (2019, July). Pediatric cancer patients' treatment journey: Child, adolescent and young adult cancer narratives. *Journal of Pediatric Nursing*, 48, 42-48. Retrieved from: [pediatricnursing.org/article/S0882-5963\(18\)30591-8/fulltext](https://pediatricnursing.org/article/S0882-5963(18)30591-8/fulltext)

### Abstract:

The National Cancer Institute has acknowledged that for children, adolescents and young adults (AYAs), cancer is a leading cause of disability and death. This population has unique needs and until we fully understand those needs, we will not be able to provide optimal care. The purpose of this study was to understand the self-reported experience of cancer according to children and AYAs. A qualitative descriptive design was used. After obtaining IRB approval, participants were interviewed in Spanish or English. Thirty interviews were conducted with children and AYAs ages 10–22. Questions were asked about the patient's treatment journey and the impact on their lifestyle. The interviews were recorded directly in digital audio files, then transcribed using Verbal Ink®. Themes were derived after the data were organized using Dedoose® and then coded. Children and AYAs described the cancer experience as difficult due to activity challenges and disconnection from school. Patients noted that their physical inactivity led to deconditioning. Children and AYAs reported storytelling as a way to cope with newfound disabilities. Patients reported that their illness allowed them to build closer relationships to family. Feelings on other issues arose, such as communication challenges experienced with transition from adult to pediatric hospitals. The value of altruism emerged as a way to provide purpose in their journey. Children and AYAs have particular concerns that the healthcare community needs to address. These qualitative findings have specific recommendations for practice.

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## Odyssey Fall 2019

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Odyssey, 2019



On October 10 & 11, 2019 Iota Sigma Chapter of STTI joined with 14 other chapters to present the 24<sup>th</sup> 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 “Advancing Nursing and Changing Lives: Addressing Health Disparities and Diversity.” The first day keynote speaker was Mary Wickman, PhD, RN, Professor and Director, Nursing, Vanguard University. She addressed the theme and called for all nurses to get more involved by actively participating in professional organizations, advocating for relevant policy and legislation, and being involved in state initiatives for nursing such as the Health Impact Action Coalition in California. We ended the day with a presentation by Barbara Anderson, DrPH, RN, CNM, FACNM, FAAN on *Health Disparities in the Maternal Child Population*. She noted that maternal health is a public health crisis in the United States. Potential solutions include safety bundles, increasing an educated workforce, and Federally Qualified Health Centers in rural areas.

Day two started with a presentation by Paul Leon, Public Health Nurse, CEO, Illumination Foundation (<https://www.ifhomeless.org/>). He shared what his foundation has done to create a “hub and spoke” service model with recuperative care for the homeless as the hub and micro-communities to provide housing for this population. Our conference closed with a presentation by Stephanie Banka from Your Truth Foundation who presented on *Human Trafficking: Integrating Physical with Mental and Emotional Health*. Stephanie noted that although human trafficking is underreported, the numbers are still high in the U.S.A. She encouraged all nurses to learn how to identify victims of human trafficking as to become familiar with referral resources in their area. To learn more, Sigma has an excellent continuing education webinar titled “Human Trafficking: Providing Meaningful Intervention.” If you are logged in with your membership #, the course is free. Here is a link:

<https://www.sigmamarketplace.org/human-trafficking-providing-meaningful-intervention-online-course.html>

The author of the web-course shared two excellent websites:

Polaris Project <https://polarisproject.org>

Heal Trafficking <https://healtrafficking.org>

*Podium and poster presenters from Iota Sigma included:*

<b>Podium</b>	
Ghada Dunbar, DNP, RN, MHA, CENP, CNML	Mentorship of Investigators and Authors
Karen D. French, DNP, FNP-C, RN	Increasing Screening for Osteoporosis in Post-Menopausal Women ( <b>see abstract included in this newsletter</b> ).
Patricia Frohock Hanes, PhD, MSN, MAED, MS-DPE, RN, CNE, SLSSGB, NEMAA	Death Dirt: The History and Incidence of Valley Fever
Renee R. Johnson, PhD, FNP, PHN, RN	It is NOT a Coming Out Process. A New Language: Coming Forward
Lina Najib Kawar, RN, PhD, CNS	Mentorship and Research Residency
<b>Poster</b>	
Teresa Dodd-Butera, PhD, RN, DABAT	Addressing Environmental Health Equity and Birth Outcomes
Shirley Farr, PhD, RNC, CNS	The Transition of Masters Entry Nurses to Advanced Practice. ( <b>Shirley received 3<sup>rd</sup> place in the Research Poster Category—see photo</b> ).
Virginia Hart-Kepler, PhD, RN, FNP-C	Assisting Mexican Immigrants to Make Diabetes Self-Care Decisions
Lina Kawar, PhD, RN, CNS	Compassion Fatigue Among Nurses in the Acute Care Setting
Nancy Loos, PhD, RN	Patient Perceptions and Outcomes of Nurse Listening Behaviors
Zhanette H. Coffee, MSN-FNP, BSN, RN, PHN	Strategies to Implement Advance Directives in Primary Care

Iota Sigma members Debra Clausen, Karen Dahlia, Ghada B. Dunbar, Patricia Esslin, Lina Najib Kawar, Virginia Hart-Keplar, Jung Eun Kim, Rose Liegler, Charlene Neimi, June L. Rondinelli, Maria Sale-Payumo, Sara Taylor also served as abstract reviewers, poster judges, or volunteers at the event. In addition, there were various exhibitors who attended and their booths were popular

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with the attendees. Kathie Taylor hosted an exhibit table for Michelle's Place Cancer Resource Center. Valerie Floyd-Davis, Director of Recruitment and Enrollment for the School of Nursing hosted a recruitment table for APU and Iota Sigma.

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

Please join us 2020 for the 25th Odyssey conference. We will share additional details on the Circle and in our spring newsletter.

Submitted by Marilyn Klakovich and Kathleen Taylor

## Sigma Theta Tau Odyssey Ontario Conference Review

Karen Dahlia & Sara Taylor, Iota Sigma Student Nurse Interns

Attending the Sigma Theta Tau Odyssey Ontario Conference 2019 was a great choice for us. As student interns, we were able to not only assist the committee members/event planners with the volunteer needs of the event, but we were also able to have the opportunity to talk with experienced nurses in the fields of our interests. The speakers were discussing topics of such importance and we particularly enjoyed listening to Paul Leon with Illumination Foundation on his work with the homeless and Stephanie Banka with the Your Truth Foundation on violence and sex trafficking in the United States.



We were also given the opportunity to review the research projects presented and speak with the experienced nurses and students behind them. So many important topics were covered in these projects from spending one on one time with your patients to implementing advanced directives and so much more. One of the winners of the research projects was one of our very own Iota Sigma members, Shirley Farr, who presented on “The Transition of Masters Entry Nurses to Advanced Practice”. Each of the many research projects can be

easily applied to our nursing practice to better patient care.

From the knowledgeable speakers to the delicious food, we are so glad to have attended the Sigma Theta Tau Odyssey Ontario Conference 2019, to represent the student nurses of our chapter, and take away vital information that we will carry into our future nursing careers.

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## Iota Sigma Chapter Fall 2019 Induction

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### Iota Sigma Chapter

The Iota Sigma Chapter would like to invite current members, faculty, community members and guests to attend our Fall 2019 Induction Event. Please come and support the inductees.



**When: Saturday, November 9, 2019**

**Where: Upper Turner Campus Center, East Campus**

**Time: 9:30 AM – 12:00 Noon**

**Brunch will be served**

**RSVP Instructions: Tear off slip, make check payable to Iota Sigma Chapter, mail to Debra Clausen**

**If you have any questions, please email:**

Debra Clausen, Co-Vice President [diabetesfnp@yahoo.com](mailto:diabetesfnp@yahoo.com)

Jenny Chuang, Co-Vice President [jennychuangg@gmail.com](mailto:jennychuangg@gmail.com)

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\*\*\*\*\*Tear off here\*\*\*\*\*

Name of attendee: \_\_\_\_\_ email: \_\_\_\_\_

\_\_\_ Yes, I am planning on attending the Iota Sigma Spring Induction on November 9, 2019.

Cost: \$25 per inductee and guests \$12.50 children age 12 and under

Amount paid \$ \_\_\_\_\_ Number of RSVPs \_\_\_\_\_

\_\_\_ No, I am unable to attend, but would like to donate to the Iota Sigma chapter: \_\_\_\_\_

Please note: Seating may be limited **Deadline for RSVP: October 25, 2019**

Make payment to: IOTA SIGMA Chapter.

Mail to: Debra Clausen / 13611 Mesa Crest Dr. / Yucaipa, CA 92399

		OCTOBER '19						
		S	M	T	W	Th	F	S
9 Board Meeting 10, 11 Odyssey Conference, Ontario, CA				1	2	3	4	5
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		NOVEMBER '19						
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6 Board Meeting 9 Fall Induction 16-20 45 <sup>th</sup> Biennial Convention, Washington D.C.							1	2
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		DECEMBER '19						
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11 Board Meeting		1	2	3	4	5	6	7
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		MARCH '20						
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11 Board Meeting 21 Spring Induction 26-28 Nursing Education Research Conference Washington D.C.		1	2	3	4	5	6	7
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		MAY '20						
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10 TBD	Board Meeting Board Transition Meeting	<b>JUNE '20</b>							4 23-27	Independence Day International Nursing Research Congress Abu Dhabi, U.A.E.
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TBD 31	Board Meeting Halloween	<b>OCTOBER '20</b>							TBD 26	Board Meeting Thanksgiving
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2019-2020 IOTA SIGMA CALENDAR