



SIGMA THETA TAU INTERNATIONAL

The Honor Society of Nursing Iota Sigma Chapter Newsletter

Fall 2010

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President:	Lourdes Salandanan
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President Elect:	Alison Riggs
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IOTA SIGMA CHAPTER PRESIDENT'S MESSAGE

By: Lourdes C. Salandanan, MSN, RN-BC, FNP
lsalandanan@mail.cvhp.org

Greetings Iota Sigma Members!

It constantly amazes me to witness our chapter members' personal commitment to excellence in academia, research, and leadership. The fall edition of our chapter newsletter depicts the various activities that our astute members are involved in and includes news about our chapter endeavors. I hope that you find our undertakings worthwhile and that you also commit to actively participating in our chapter events.

- Showcase for Regional Excellence Award. The Showcase of Regional Excellence is designed to recognize the good work of chapters in relation to the biennial Presidential Call-to-Action. Recognition is given at the regional level and spans the course of the biennium. All chapter recipients will be posted on the STTI website, a recognition certificate will be issued to the chapter and recipients will be recognized during regional meetings at the 2011 Biennial Convention. *If you would like to submit an application for activities that you have been involved in, please contact me.* Accomplishments being submitted for recognition should represent one of the four areas of Karen Morin's 2009-2011 Presidential Call-to-Action:
 - Creating Welcoming Environments
 - Enhancing Knowledge Resources and Networks
 - Contributing to Global Health
 - Creating a Legacy of Personal Leadership
- To increase participation in potential service activities at the APU SON Regional Sites, we invited key faculty members to serve as liaisons between the Iota Sigma Board and their respective regional sites. We welcome Linda Hansen-Kyle as the liaison for San Diego, Lee Albanese-Alhorn as the liaison for San Bernardino, and Linda

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PRESIDENT'S MESSAGE, CONTINUED FROM PAGE 1

Crawford for the High Desert. During our November board meeting, our liaisons were able to participate through teleconferencing. It was very encouraging to hear new ideas for service activity involvement.

- The Annual Iota Sigma Fall Induction Ceremony is scheduled on Friday, December 17 at 8 am at the East Campus - Upper Turner Campus Center. Our guest speaker is Ms. Sally Bixby, RN, CNOR, Director of Surgical Services at the City of Hope National Medical Center. Ms. Bixby has been named 2012-2013 president for the Annual Pasadena Rose Parade making her the second woman and only registered nurse to hold such a prestigious position. Make sure to take advantage of this opportunity to meet Ms. Bixby. To learn more about her and her efforts to build a float to honor nurses, visit www.flowers4thefloat.org. Our newsletter includes our Fall Induction invitation and nurse leader nomination.
- Cogwheel Rigidity is our topic for our newsletter Clinical Corner. The case study contributed by Sarah Grey and Anne Odell includes the patient history, objective findings assessment, plan, and a comprehensive discussion about cogwheel rigidity and peripheral neuropathy.
- At our Spring Induction, we awarded our Community Excellence Grant to our 2010 Haiti Team. The team was lead by Pam Cone who has also prepared a newsletter article about the Haiti experience.
- The 2010 Nursing Odyssey took place in San Diego in October. We were pleased to see active participation and involvement by APU SON faculty, students, and alumni. Two articles were prepared for our newsletter: one by Marilyn Klakovich and another by our student leadership intern Ms. Jennifer Ewell.
- President-elect Alison Riggs represented Iota Sigma Chapter at the Sigma Theta Tau Leadership Summit in September and has prepared an inspiring article for our newsletter.
- Our chapter continues to be actively involved in the mentoring of advance practice nurses through the SCAN and ELM programs at the SON. Marilyn Klakovich has prepared an article about the various mentorship activities our members have been involved in.
- Join our team: Azusa Pacific University/Iota Sigma for the upcoming Susan G. Komen Walk for the Cure on Sunday, March 6, 2011 at the Los Angeles Dodger's Stadium. Our chapter's active participation in this event has garnered us the Chapter Star Award. Online registration is now open. Click on: http://lacounty.info-komen.org/site/TR/RacefortheCure/PSD_LosAngelesCountyAffiliate?fr_id=2042&pg=entry.
- Our Iota Sigma Board Members have recently decided to increase our chapter's support of the East San Gabriel Valley Coalition for the Homeless Winter Shelter by funding a second nurse practitioner to work during the Thursday evening Shelter Health Clinic. The Coalition's Vice-president and board director, Connie Brehm was pleased to accept the grant. We pray for her and her team's continuous success. The health clinic will start on Thursday, December 2nd and end March 15, 2011. We hope to receive an article about the homeless clinic for the next edition of our newsletter.

Have a wonderful Christmas Season!

ODYSSEY 2010 CONFERENCE: “CREATING A LEGACY OF CARING: FOR THE WORLD COMMUNITY, THE PROFESSION, AND OURSELVES “ BY: DR. MARILYN KLAKOVICH

Iota Sigma and the School of Nursing at APU were well represented at the **October 28 & 29, 2010** conference held at the Town and Country Resort and Convention Center in San Diego. Over 20 students of all levels, 11 faculty, and other alumni and Iota Sigma members were among the 260 + students and nurses who attended the Thursday sessions or the 200+ who attended on Friday.

Attendees enjoyed main session presentations by our keynote speaker on day 1, Carol Huston, Immediate Past President of STTI who spoke about “Creating a Professional Legacy: Addressing Nursing’s Public Image.” The day 2 keynote address was delivered by Lori Burnell: CNO at Scripps Mercy. Each day ended with a special presentation speaker (Captain Angelica Almonte who spoke about her qualitative research on Navy nurses and their caring legacy and Michelle Post from One Legacy who presented on caring for ourselves as nurses and involved the audience in stress-relieving “Laughing Yoga” techniques).

Congratulations to June Rondinelli for being part of the team that created the poster award winner titled: “Unavoidable Pressure Ulcers: Test of a Causal Model” and to Asma Taha and Cheryl Westlake who received a poster award for their poster: “Effect of Nutrition on Pediatric Traumatic Brain Injury Outcomes.” Other poster presentations were submitted by Iota Sigma members Anna Marie Hefner, Renee Pozza, and Jennifer Ewell (in conjunction with the Kaiser Fontana Nursing Research Committee). Presenters at the breakout sessions included Katherine West, Patricia Frohock Hanes, Felicitas dela Cruz, Shirley Farr, Marilyn Klakovich, Phyllis Esslinger, Zarmine Naccashian, Cheryl Boyd, Victoria Winter, Melissa Dyo, Faith Richardson, and Ruth Mielke.

As in previous years, Iota Sigma co-sponsored this conference along with 11 other STTI chapters and one honor society representing a total of 15 schools of nursing in southern California. Representatives on the planning committee for our chapter included President, Lourdes Salandanan and Immediate Past President, Marilyn Klakovich, who coordinated the exhibitors and sponsors for the conference. Funds obtained from these sponsors helps us to keep the student cost for the conference low. Several of our board members volunteered at the conference as session moderators and poster judges (Jennifer Ewell, Alison Riggs, Pam Cone).

Be sure to save the dates for our 2011 Odyssey conference to be held October 20 & 21 in Cerritos. The conferences get better each year, and we hope that our chapter and school of nursing are again represented so well!

ODYSSEY 2010 CONFERENCE, CONTINUED FROM PAGE 3

2010 ODYSSEY SCRAPBOOK



Trish Hanes and Captain Angelica Almonte



Keynote Speaker Carol Huston



Poster Award Winner Asma Taha



Planning Committee Chair Rose Welch and Final Speaker Michelle Post

NURSING ODYSSEY

BY: JENNIFER EWELL, BSN, RN
STUDENT LEADER INTERN

The 2010 Odyssey Conference was held in San Diego at the end of October. The theme was “Creating a Legacy of Caring”. The attendees were predominantly students; students of all levels, baccalaureate, master’s and doctoral students. The air was filled with excitement and innovation.

The opening keynote address “Creating a Professional Legacy: Addressing Nursing’s Public Image,” was given by Past President of STTI, Carol Hudson. Her presentation was enlightening. She addressed our identities as nurses, how we perceive ourselves and how the public perceives us. Yes, we are voted the most trusted profession in America in Gallup’s annual survey of professions; but how else does the public view us? Pictures of handmaidens and the alluring nurse costume flashed on the screen. The encouragement to the audience was to be professional; use evidence based practice and be a critical thinker. Nursing is about collaboration and research, not just following orders. As a community of professionals we are lacking in portraying this image to our patients. Her presentation was a motivational call to action. Her charge was to encourage one another to step it up.

Other presentation topics ranged from simulation to breastfeeding. There was a research session and an innovation session on both clinical practice and education. It was encouraging to see presenters discuss their research. As an undergraduate student I always thought of research as necessary but not dynamic or exciting. As my education has progressed through the masters program I have had the opportunity to change this perception. The Odyssey Conference is one such opportunity. Watching nurses discuss their own research, the practical challenges they have faced, and what they have learned makes the process come to life. Real nurses, solving real problems brought a more refreshing attitude toward the topic.

In sync with the concept of caring Michelle Post from One Legacy discussed caring for yourself. Tools for identifying caregiver burnout were discussed and utilized during the session. Caring for yourself was emphasized as being an integral part of caring for others. The conference ended on this note and brought our time together to a close. A big thanks to STTI for once again putting on a superb conference.



Jennifer Ewell at the 2010 Odyssey Conference

Iota Sigma Chapter 232

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



When: December 17, 2010

Where: Upper Turner Campus Center, East Campus

Time: 7:45 am - 10:30 am

Buffet Breakfast at 8:10 am

RSVP Instructions: Tear off slip, make check payable to Iota Sigma
Return to SON attention: Patricia Perry. If you have any questions, please email:
Patricia Perry, Vice President – Iota Sigma
pperry@apu.edu

.....
TEAR OFF HERE

Name of attendee: _____ email: _____

Yes, I am planning on attending the Iota Sigma Fall Induction on December 17, 2010
Cost: \$25 per person (inductee, family members, preceptors, faculty, and guests)

Amount paid \$ _____

Number of RSVPs _____ *(total number of people coming/paid for with this RSVP note)*

No, unable to attend, would like to donate to Iota Sigma chapter: _____

No, unable to attend, would like to donate to Western Conservancy for Nursing History (WCNH) _____

Please note: *Seating may be limited
Deadline for Final RSVP: December 10, 2010

Make payment to: IOTA SIGMA Chapter.
Mail to: Patricia Perry/Iota Sigma, c/o Azusa Pacific University, School of Nursing, PO Box 7000, Azusa, CA 91702

Do you wish to recognize a nurse for his or her achievement in nursing?

Iota Sigma invites you to nominate and/or solicit applications for the Nurse Leader category of membership for the December 17, 2010 STTI Induction.

The requirements to be considered for induction as a nurse leader include:

Be legally recognized to practice nursing in his/her country

Have a minimum of a baccalaureate degree or the equivalent in any field

Demonstrate achievement in nursing

STTI lists examples of achievements in nursing that would warrant recognition as a nurse leader. A list of sample achievements from previous candidate forms are also listed.

http://www.nursingsociety.org/Membershp/ApplyNow/Pages/nl_memcriteria.aspx

A "submit an application" site is also listed on the same page.

Thank you,

Rose Liegler, RN PhD
Counselor, Iota Sigma Chapter
Sigma Theta Tau International Honor Society
Azusa Pacific University
Phone: 626-815-6000 X 5509
E-mail: rliegler@apu.edu

MEMBERS IN THE NEWS

A book written by Dr. Vicky Bowden, School of Nursing, and two colleagues (2002) was recently translated and published in Indonesian.

Bowden, V. (2010). Indonesian translation of the book *Family nursing: Research, theory, and nursing* by M. Friedman, V. Boden, & E. Jones (5th ed.). Jakarta, Indonesia: Penerbit Buku Kedokteran.



A paper written by Dr. Vicky Bowden, School of Nursing, was presented at a regional conference.

Bowden, V. (2010, October). *Embedding the evidence: Using EBP in everyday clinical practice.* _ Paper presented at the 2nd Annual Southern California (SPN) Regional Conference, Loma Linda University, Loma Linda, CA.



A chapter written by Dr. Pamela Cone, School of Nursing, was published in a monograph.

Cone, P. (2010). Teaching health & hygiene in rural north Haiti. Chapter in J. Fitzpatrick, C, Shultz, & T. Aiken (Eds.), National League for Nursing monograph, *Giving through teaching: How nurse educators are changing the world*. New York: Springer.



A research study conducted by Dr. Felicitas dela Cruz, Ms. Maria Brigitte Lao Nario and Dr. Catherine Heinlein, all of the School of Nursing, was presented at an historic summit.

dela Cruz, F., Nario, M. B. L., & Heinlein, C. (2010, July). *Level of acculturation, food and nutrient intake, dietary changes, and diet-related health indicators of Filipino Americans.* Paper presented at the historic First Filipino American Health Summit, funded by the NIH/ National Center on Minority Health and Health Disparities (NCMHD), Seattle, WA.



The expertise of Dr. Felicitas dela Cruz, School of Nursing, will be shared as an elected reviewer of research grant proposals for a national organization.

dela Cruz, F. (2010). Elected to serve as a grant reviewer for the American Nurses Foundation (ANF) Annual Research Grant Award Program for 2009-2012.

The ANF is the research funding arm of the American Nurses Association.



A paper was presented at a regional conference by Ms. Shirley Farr and Dr. Marilyn Klakovich representing the leadership team for the Entry Level Master (ELM) Program made up of Dr. Felicitas dela Cruz, Professor Shirley Farr, Professor Emeritus Phyllis Esslinger, and Dr. Marilyn Klakovich, ELM Program Evaluator, School of Nursing.

dela Cruz, F.A, Farr, S., Klakovich, M., & Esslinger, P. (2010, October). *Caring for second career students in an accelerated program.* Podium presentation at the Sigma Theta Tau International Honor Society of Nursing - Odyssey 2010 Conference, San Diego, CA.

STTI BOARD LEADERSHIP DEVELOPMENT PROGRAM UPDATE

BY: DR. MARILYN KLAKOVICH

2008-2010 BOARD LEADERSHIP DEVELOPMENT FELLOW

I am pleased to report that I have completed the Board Leadership Development (BLD) Program sponsored by Sigma Theta Tau International. The program began in May, 2008 and concluded May, 2010. The first step was to attend the BLD Institute, held at Sigma Theta Tau International headquarters in Indianapolis, June 2008. The Institute included spending a half-day observing the Honor Society's board of directors meeting. Speakers at the 3-day workshop included current STTI CEO Pat Thompson, former STTI CEO Nancy Dickenson-Hazard, current president-elect Karen Morin, and past president Dan Pesut.

The second phase focused on a mentored experience with a national or international board. Dr. Elaine Tagliareni, President, and Dr. Cathleen Shultz, President-elect of the National League for Nursing (NLN) were my mentors as I worked with and observed the NLN board. I was able to participate in a Governance Task Force Teleconference in August, 2008. At this meeting, new and revised policies to be voted on at the September board meeting were finalized. I was able to attend part of the September board meeting and observe my two mentors in action. I also attended the NLN Education Summit that followed the board meeting, and was able to observe them as they conducted the official annual meeting, town halls, and the awards dinner. I observed skills I can use to enhance the way I organize and conduct meetings. I also observed some effective communication skills that will assist me to grow in my leadership role.

I have since completed the mentored experience, and was able to participate in 4 more board meetings, one of which included a day spent visiting our legislators in Washington DC. I was also able to participate in their strategic planning process, and observe the transition of the board as one of my mentors left office and the other assumed the presidency. Part of the completion process was presenting on the program with my colleagues at the 2010 Biennial Convention in Indianapolis (*“Developing Board-Level Nursing Leaders for the Future”*), and completing a manuscript on the program that is now in press (*“Board Leadership Development: The Key to Effective Nursing Leadership in the 21st Century”* co-authored by nine 2008-2010 fellows to be published in a future edition of *The Journal of Continuing Education in Nursing*).

I have been applying what I learned to my leadership as I continue to work closely with our Iota Sigma board as immediate past president, as chair of the research committee, as coordinator of the ELM Community Mentor program, and in my new role as coordinator of regional site liaisons to the Board of Directors.

It was an awesome experience and I hope that you all avail yourself of this type of opportunity!

For more information on the BLD, please visit

http://www.nursingsociety.org/LEADERSHIPINSTITUTE/OMADA/Pages/omada_main.aspx

SCAN (ELM) AND IOTA SIGMA MENTORSHIP PROGRAM UPDATE BY: DR. MARILYN KLAKOVICH

This year, the Second Degree Program is in the process of merging our SCAN and EENAP programs. Students who started this fall are now in the Entry Level Masters (ELM) Program. Iota Sigma and the ELM Team introduce the mentorship program to a new group of ELM students, Cohort 15, and their mentors on Monday August 23, 2010 in the Felix Event Center Hall of Champions following a full day of orientation to the ELM program.

On October 12, 2010, a networking dinner was held for cohort 6 students and mentors. Grace Wu from cohort 5 shared her experiences with the NCLEX review and testing process, and passed along tips for success in a presentation titled *“From Now to Passing the NCLEX.”*

A networking dinner for cohort 5 students who are now in the graduate program and their mentors was held on October 25. A panel consisting of advanced practice nurses in a variety of specialties (CNM-- Elizabeth Bolaji, NP-- Annie Odell, CNS-- Lee Albanese-Alhorn, all APU faculty and CRNA-- Michael Boytim from Kaiser and CSUF CRNA Program,) shared their experiences with the students. They discussed their education in the specialty role, where they have worked and what they have done in that role, job opportunities available in these specialties, and challenges they have faced in this role in light of healthcare reform.

We will soon be recruiting mentors for Cohort 16. If you are interested in more information about our mentoring programs or are interested in becoming a mentor, please contact Marilyn Klakovich, Past President of Iota Sigma and member of ELM Team: mklakovich@apu.edu



2011 RESEARCH AWARD

If you are planning to do a research study and need some funding to assist with your study, please plan to apply for the 2011 Research Award to be presented at our April 7, 2011 induction. The application deadline is February 28, 2011 and the application information is available on our website at <http://www.apu.edu/iotasigma/research/>.

You can also obtain an electronic copy of the application by emailing Marilyn Klakovich, Chair of the Research Committee mklakovich@apu.edu

The award amount for 2011 is \$1000. So plan now to apply, and contact Dr. Klakovich if you have any questions or need assistance.

HAITI 2010 TEAM REPORT BY: DR. PAM CONE HAITI TEAM LEADER 2010

Thank you so much for your support and prayers for our 27 member August Haiti Global Relief Nursing Team 2010! Iota Sigma Chapter provided \$1000 to the team as part of our community outreach for 2010, and we appreciate those funds. Below is an overview of what all of our nursing students and faculty accomplished while were there for 2 _ weeks. God worked in marvelous ways! We had a wonderful trip, and the entire team was amazing! Their great attitudes and their flexibility in the face of daily, often hourly, change was a huge blessing to Salvador Tafoya and me. I cannot stress enough the tremendous contribution of my Co-Leader, Salvador, as he worked side by side with me from the initial planning through the debriefing of the team. He was definitely a God-send!

Everyone performed well in the different team roles:

Orphanage Team, with student leaders Naisha Louis-Jacques and Glenn Grimes, worked with the CBH orphanage in Limbe, giving the children physical and developmental check-ups, as well as working with Agape school children and their families. Dr Leslie Van Dover, faculty advisor, and the O team also served so well with the babies at the Children of the Promise Orphanage that COTP wants to have a regular connection with APU nursing teams. They really blessed our 2009 nursing graduate, Amy Syres, the nurse in charge of all the children there, by helping with her family clinic days and by providing one-on-one care for the very sick babies. In addition, they helped Triage Team with several mobile clinics when too many were scheduled for that team to do on their own.

Rehab Team worked with leadership at the new CBH Hospital that is serving many patients with spinal cord injuries from the Jan 12 earthquake. APU Prof Judith Kerns and the R Team students spent time interacting with patients, encouraging their mobility exercises and progress toward independence, and providing occupational health activities such as puzzle playing and English lessons. In addition, they helped set up a Central Supply depot in a large “container” and organized the many donations that were piling up and in danger of becoming expired! They also taught with Dr Pam Cone at two Haitian nursing schools, providing the first student nurse exposure to Stress, Crisis/Loss/Grief Theory & Stress Management Strategies content in Haiti in an 8-hour seminar that was very eagerly received by students and teachers alike. In addition, they helped the Triage Team conduct several of the mobile clinics.

Triage Team did an amazing job with multiple mobile clinics, ably guided by Hope Graham, our Canadian advanced practice nurse who joined us when one of our APU nursing faculty members had to cancel her trip. With the help of the other teams, Triage Team tirelessly worked to serve in 11 villages and communities caring for around 1800 people. We conducted brief health assessments, addressing the main concern of each patient, passing out vitamins and other OTC meds, and giving prescription meds (approved by advanced practice nurses in collaboration with our medical supervisors) for acute infections and referrals for chronic and/or major illnesses. In addition, we provided individualized

HAITI 2010 TEAM REPORT, CONTINUED FROM PAGE 12

teaching in nutrition and hygiene as well as information related to each person's primary concern, and we gave spiritual care to all those who demonstrated needs in their spirits. The spiritual care and health education we gave will make lasting changes in the lives of those we served!

Now that we are safely back home, I am happy to report that all our Team members are well, though a number suffered from mild health problems while in Haiti, and four students had moderately severe problems, three with probable dengue fever and one with a systemic infection from a spider bite. All feel grateful for the privilege of having served in Haiti for this life changing experience, and we hope to continue serving in Haiti next year and in the future.

67 Y.O. Female with Progressive Neurological Changes And Cogwheel Rigidity**CHIEF COMPLAINT:**

Patient complains of progressive neurological changes over the past year.

HISTORY OF PRESENT ILLNESS:

Over the past year, the patient is aware of worsening numbness in the bottom of both feet, the left worse. Unsteady gait and balance noted, left side more prominent. Left hip pain radiates laterally to the knee and left shoulder pain. Symptoms are aggravated by long hours working on the computer. The hip pain has improved since starting Lamictal three months ago for seizures. Left shoulder pain is relieved by massage. Past medical history is notable for C5-6 cervical herniation, a single episode of grand mal seizure 12 years ago, and depression, which have improved since starting Lamictal. A neuro-seizure specialist, who is hoping to stop the Dilantin, is following the patient. According to the patient, EEG and brain mapping have been normal. The patient denies tremors, voice changes, difficulty in swallowing, bradykinesia, or gait change.

All recommended screenings are up-to-date and normal except the need for a repeat bone density scan for osteopenia. The patient is self-employed as a portrait photographer and exercises regularly. No alcohol use for the past eight years and no tobacco use. The family medical history is significant for colon cancer. She is divorced, and the mother of one grown son.

OBJECTIVE FINDINGS:

The patient is a 67-year-old female with a blood pressure of 157/87 and pulse 65 bpm. Her height is 5'2"; weight 139.8 pounds with a BMI of 25.4.

General: Well developed, well nourished, in no apparent distress. Maintains good eye contact, is appropriate with good affect.

HEENT: WNL.

Heart: Rate 55-60 bpm. Rhythm regular. EKG confirms.

Lungs: Clear to auscultation bilaterally. No adventitious breath sounds.

Abdomen: Non-distended, non-tender, no organomegaly.

Musculoskeletal: Left scapula tenderness was noted with palpation, with good ROM, stable since last examination.

NEURO: CN II-XII grossly intact. Mild cogwheel rigidity noted in bilateral upper extremities. Difficulty was noted with heel to toe gait, and decreased coordination noted while standing on right foot. Pain sensation intact, but a decreased in vibratory sensation noted in bilateral lower extremities noted in a stocking pattern, left foot more than right. Pin and position sensation were intact bilaterally. Decreased sensation noted in the left greater than right.

ASSESSMENT:

1. Bilateral mild cogwheel rigidity – new finding
2. Peripheral neuropathy
3. Increasing steady gait
4. Left shoulder pain - stable

PLAN:

1. Telephone consult with patient's neurologist with new findings. Neurologist will follow-up with patient.
2. Labs – CBC, BMP, UA, Fasting lipid panel
3. Bone density scan

DISCUSSION:***Cogwheel Rigidity***

In order to test for cogwheel rigidity, one passively moves the proximal muscle of the upper extremity. Positive cogwheel rigidity is noted with a ratchety jerkiness movement in the passive motion. Cogwheeling is a sign of extrapyramidal disease and is often the test performed in the diagnostic workup for Parkinson's disease. It is, however, a rare side effect noted with the use of Paxil and/or Dilantin.

Peripheral Neuropathy

Peripheral neuropathy is defined as damage to the nerves of the peripheral nervous system. Many patterns may exist. The bilateral decreased vibratory sensation; complaint of bilateral paresthesia, and decreased coordination while standing is consistent with polyneuropathy. Possible causes of peripheral polyneuropathy include inflammatory diseases or tumors.

Paxil

Paxil is an SSRI used in the treatment of depression. Numerous side effects have been reported by patients, including cogwheel rigidity.

Dilantin

Dilantin, an antiseizure medication, has numerous side effects, thus requiring plasma level monitoring. Rare side effects include motor twitching, dyskinesias, chorea, and tremors. Sensory peripheral polyneuropathy has also been observed

SIGMA THETA TAU LEADERSHIP SUMMIT REPORT BY: ALISON RIGGS, MSN, RN PRESIDENT-ELECT, IOTA SIGMA CHAPTER

One of the pleasures and privileges of belonging to STTI and Iota Sigma chapter is being invited to attend a convention or conference of the organization. I was fortunate to be sent as a delegate from Iota Sigma to the Leadership Summit in Indianapolis on September 24-25, 2010 which was entitled “Leadership and Career Enhancement in Challenging Economic Times”.

The Summit started off with a well received presentation by Karen Morin, President of Sigma Theta Tau International. She stressed the need for nursing leadership in this time of shortages, technology changes and domestic and global health needs and she stated each and every RN needs to meet the challenges and provide “personal leadership”. We all need to work to ensure that there is leadership succession in the profession and our chapters.

This was followed by various presentations on nursing advocacy, nursing ethics, evidence based practice and more on nursing leadership. Some of the most valuable sessions to me concerned chapter management, leadership and learning to take advantage of the STTI website which has mountains of tools and information.

As with most nursing conferences, networking was a major part of the experience and it was interesting, uplifting and enlightening to speak with nurses from all parts of the country and overseas and from all walks of nursing. One of the best parts was to see how many students were there and I was sorry we were not able to send anyone. While talking to the students one got unanimously enthusiastic responses to what they had learned and they expressed appreciation for being invited.

The conference closed with an address by Patricia Thompson, STTI CEO, who discussed the many initiatives and opportunities of the organization and the fact that STTI is considered a top leader in nursing by government and private organizations. STTI is a major influence on healthcare decisions in the US and around the globe.

One comes away from this summit with the realization that it is really an honor to belong to STTI and that Iota Sigma is a very effective chapter with leaders who focus on increasing and maintaining membership and involving members in various ways, including education and community outreach. They also strive to achieve awards and maintain connection with the organization. We need to encourage attendance at upcoming conferences and conventions and especially have students, our future leaders, involved.

2010-2011 IOTA SIGMA CALENDAR

<p>23 Transition Meeting</p>	<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr style="background-color: #00A0C0; color: white;"> <th colspan="7">JUNE '10</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td style="background-color: #90EE90;">23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> </tbody> </table>	JUNE '10							S	M	T	W	Th	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr style="background-color: #00A0C0; color: white;"> <th colspan="7">JULY '10</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td style="background-color: #FFD700;">5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </tbody> </table>	JULY '10							S	M	T	W	Th	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p>5 Independence Day (Observed)</p> <p>12-16 21st STTI International Nursing Research</p>							
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