



The Nursing Digest



Message from the Chair

Kelly Kuhns, PhD, RN, CNE

Welcome to another edition of our Wehrheim School of Nursing newsletter! This spring newsletter brings lots of incredible information about our programs, expansions, and the amazing work of our students and faculty!

As I complete my third term as Chair, I'm amazed by all that we have accomplished in the past nine years. In that time, we've more than quadrupled the size of our RN to BSN program through the addition of the online option, added numerous MSN options and certificates, and added a DNP program. Earlier this semester, I was re-elected for another term as Chair and I look forward to continuing to grow our programs.

Over the past nine years, I've been able to announce a new or expanding program in every newsletter — this year is no different! I am thrilled to announce that we have launched a new certificate program in telehealth! This fully online program is open to anyone — current students or guest students. It's so exciting to see that in our first offering of the program, we already have multiple majors represented! More information on this exciting opportunity later in the newsletter. In addition, this spring we have proposed the addition of a Nursing Informatics track to our array of MSN options — we are in the final stages of approval of this program and are excited to officially launch the program in the coming months. We are committed to create the degree paths that meet the needs of our community and students. Our Nursing Informatics program will be the only one in the PASSHE system!

For the past eighteen months, the Wehrheim faculty have worked diligently on preparing for the National League for Nursing Commission for Nursing Education Accreditation (NLN CNEA) visit we hosted in February. As part of this self-study process, we examined our programs on a deeper level and found many ways that we are excelling and other ways that we need to continue to grow and develop. During our visit, our visitors met with faculty, staff, students, alumni, and preceptors. I would like to provide a special thanks to all who met with our accreditors to share your Wehrheim experience! While we will not have a final decision until late June, our final report was extremely positive! We have just two areas where potential compliance concerns were noted and we are already working to address them! The team was extremely impressed with all that we do — once again, we are the small school that does big things!

In September, we established our Wehrheim School of Nursing (WSON) goals for this academic year. As a faculty we continue to examine new programs or concentrations that would benefit our community. If you have ideas, please feel free to email me, Kelly.kuhns@millersville.edu. Other goals we've set for ourselves is to continue to offer pharmacology continuing education sessions as well as other continuing education opportunities. In particular, Dr. Minter and post-MSN certificate alum Dr. Cox-Davenport, have created the NP Launch Series. This is an exciting opportunity for nurse practitioners to earn continuing education hours (including pharmacology hours), as well as have hands on practice with various skills. More info later in the newsletter.

Finally, remember, we love to hear from our alumni! Take a minute and let us know what you are doing! Send me an email Kelly.kuhns@millersville.edu

2022 Scholarship Symposium

On Friday, April 29, 2022, Millersville University Wehrheim School of Nursing held the 25th Annual Scholarship Symposium, featuring capstone and scholarly projects of our MSN and DNP students. Fifteen of our DNP students exhibited their projects, six presented their final projects and nine presented their project proposals. Twelve MSN students presented their final capstone projects via podium presentation, while 23 displayed posters. Several of the MSN Nursing Education students served as judges for the event. Congratulations to all the Scholarship Symposium winners!! Following the presentations, the naming of the Wehrheim School of Nursing was celebrated, including comments from Dr. Gail Gasparich, University Provost.

2022 Winners

DNP IV

1st – Tiffany Boyd: *Interdisciplinary Collaboration in Addressing the Needs of Students Diagnosed with Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections*

2nd – Kelly Fetterhoff: *Integrating Evidence Based Screening, Brief Intervention, and Referral to Treatment (SBIRT) into an FNP Program Curriculum*

3rd – Taasha Guillmette: *Utilizing Prenatal Education and the Edinburgh Postnatal Depression Scale to Improve the Detection of Depression Among Men in the Postpartum Period* & Heather Shuker: *Dietary Self-Monitoring for Weight Loss in Adults with Obesity*

MSN Podium

1st – Andrew Glindeman: *Nursing Students' Perspectives on the Most Valued Characteristics of Nursing Clinical Instructors: An Integrative Review*

2nd – Justin McFail: *Evaluating the Use of an Escape Room to Reinforce APA Style*

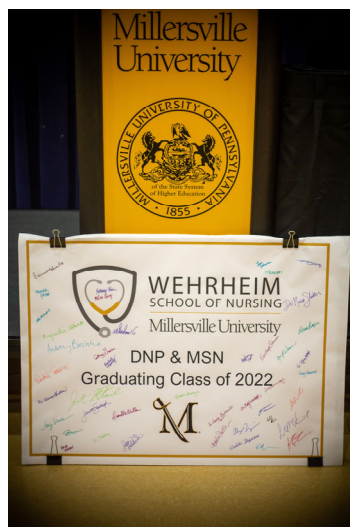
3rd – Nikki Grissinger: *Development and Implementation of a Postpartum Anxiety Teaching Plan for Baccalaureate Nursing Students*

MSN Poster

1st – Erica Lehman: *Utilizing the Teach Back Method in Heart Failure Education*

2nd – Brad Hertzler: *Health Coaching in Type 2 Diabetes: An Evidence-Based Practice Analysis*

3rd – Amy Vedder: *Acupuncture as an Adjunct to SSRIs for Symptom Management in Major Depressive Disorder: A Literature Synthesis*



Recognizing our 2022-2023 Graduate Assistants



Domonique Scott

This is my final year as a Graduate Assistant. I finished my BSN at Millersville, and now currently a Family Nurse Practitioner student. I am also a Clinical Adjunct Professor for Harrisburg Area Community College for their Associates program teaching nursing students. I participated in a few service learning trips here at Millersville. I have two dogs and two cats. I enjoys traveling and spending time with family and friends.

Rebecca Griffith

I am a graduate of IUP where I obtained my BSN in 2016. I have worked for Lancaster General Hospital first in med surg and then transferred to the Emergency Department where I have worked for the past 3 years. I am currently in my 2nd year in the Family Nurse Practitioner program. I am happily married to my husband and together we have a son and a dog. My hobbies are anything you can do outside, particularly hiking and running. I ran competitively in college and continue my love of running with road races and coaching cross country at CV.



Paula Mastroianni



I currently serve as a nursing graduate assistant, Vice-President of Xi Chi Chapter of STTI, and plan to graduate with an MSN in Nursing Leadership in Spring 2023. I enjoy reading, research, traveling, and spending time with family and friends. My son recently moved to Santa Monica, California and my daughter moved to Okinawa, Japan so I'm excited to get the chance to explore these beautiful places. I work at Lehigh Valley Health Network at the Cedar Crest campus in Allentown, Pennsylvania as a medical-surgical nurse and serve as the hospital wide chair of EBP/Nursing Research Council.

Gabrielle Spatz

I graduated from Pennsylvania College of Health Sciences with my ASN in 2020 and my BSN in 2021. I am currently pursuing my Masters of Nursing Education and will finish in Spring of 2024! I currently work at Penn Medicine Lancaster General Health in the Emergency Department and have worked there for almost 3 years. I currently am on the education committee for the ED and am helping to improve our current orientation process. In my free time I love to travel, especially to the beach, read, volunteer on the Lititz Springs 4th of July Planning Committee, and spend time with my family, friends, and my amazing significant other.



Wehrheim School of Nursing Gives Back!

For the 2022—2023 academic year, the incredible endowment of Ms. Liselotte Wehrheim allowed us to give award over \$190,000 in scholarships to undergraduate students! In the giving spirit modeled by Ms. Wehrheim, the faculty have created the *Wehrheim Gives Back* initiative. Each semester, in conjunction with the Xi Chi Chapter of Sigma, the faculty select one community initiative to support. In the fall, our faculty, students, and Xi Chi members donated more than 100 feminine hygiene products to the MU Campus Cupboard.

For our spring 2023 project, we are supporting the UPMC Street Feet mission. Dr. Cayleigh Minter serves on the Board of Directors of this mission and identifies that volunteer nurses, podiatrists, and other healthcare personnel go to homeless encampments and shelters once a month to provide foot care. To support this mission, visit our Amazon wish list to donate. Simply select the Street Feet address to have your selected items delivered to the mission!

https://www.amazon.com/hz/wishlist/ls/3QLHVYYIL40P2?ref=wl_fv_le

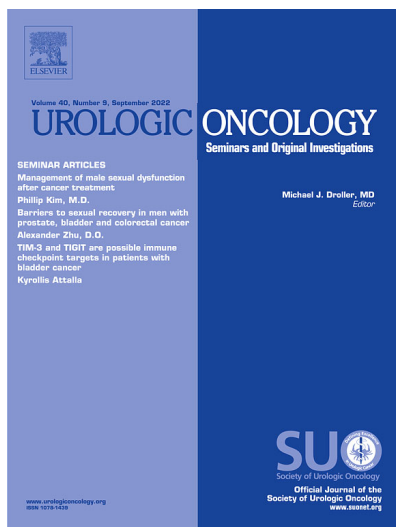
Alumni Spotlight!!

Impact of an Inpatient Advanced Practice Provider on Hospital Length of Stay after Major Urologic Oncology Procedures

by Mike Humphrey, MSN, FNP (2016) in
Urologic Oncology: Seminars and Original Investigations

Read here!

<https://authors.elsevier.com/c/1ftfG3r93nVDdt>



Introducing Dr. Marc Harris

Dean of the College of Science and Technology at Millersville University

Dr. Marc Harris has been named the Dean of the College of Science and Technology at Millersville University, effective July 1, 2022.

Harris's current research focus is on student learning and cognitive development. He has partnered with Educational Testing Services to develop a longitudinal research project to explore how college students' generic skills, domain-specific knowledge, and noncognitive skills change and interact throughout college. He is also investigating the relationship between these skills and other measures of college success and post-college success.

Harris is a graduate of the University of Arizona with a bachelor's in chemistry. He earned his doctorate in inorganic chemistry from the University of Nevada, Reno.



MU Wellness Fair



On October 26, 2022, in collaboration with Millersville University's Health Services, RN to BSN and MSN nursing program students volunteered time providing blood pressure screenings and health promotion education to Millersville University employees at the University's Employee Wellness Fair. The WSON extends a big thank you to these students for sharing their time and expertise to make the wellness fair a success. Pictured from left to right: (Bottom row) Stephanie Grambau (MSN student), Fiona Haines (BSN student), Domonique Scott (MSN student); (Top row) Dr. Susan Moyer (WSON faculty and Employee Wellness Committee member), Jennifer Michael (BSN student), Ashley LaRicci (BSN Student), and Kevin Fritz (BSN student).

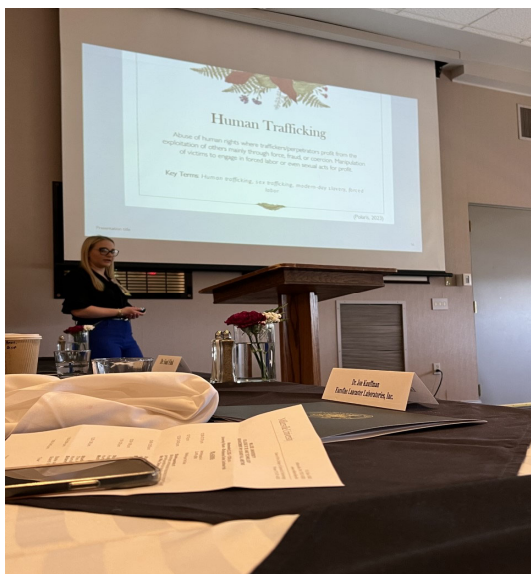
Alumni Highlight

Shirley Bushong, CRNP-BC, PMHNP

Shirley has contributed to the operation and success of the Wellness Express (WE) for many years. Shirley graduated from Millersville University in 2013-Family NP and then took her licensing exam and was certified. She graduated from Liberty University in 2021-Psychiatric Mental Health NP and then took her licensing exam and was certified. She will now be leaving the WE to work with the behavioral health team at LGH. As the CRNP lead for her branch of Crooked Oak, Shirley has been instrumental in improving communication about WE by working with leadership on website information. She has enhanced WE public relations and has taken on the responsibility of completing the NP schedule and overseeing the NP's at the WE. On top of that, she has oriented and been a mentor to other NPs, including several NPs from Millersville. Shirley serves both her community and the profession. Outside of work, she acted as a moderator at her church from 2019-2021, became secretary of Lancaster NPs for 2 years, and has volunteered for Water Street Mission since the 90's and assists in their yearly Water Street Benefit Dinner. She utilizes evidence-base practice in her daily care of patients. Shirley has always displayed an exceptional work ethic, putting her coworkers and patients first. Her patient satisfaction ratings are high due to her interactive approach to patients. Her personal philosophy is "I am not here to make a living: I am here to make lives better." It is an honor to recognize Shirley Bushong as CRNP of the Year 2022 for LGH.



Wehrheim School of Nursing Students Shine!



MU College of Science and Technology Advisory Board

MSN student, Brianna Ensor, was selected by the Wehrheim faculty to present her MSN Capstone Project to members of the MU College of Science and Technology Advisory Board. Brianna's project, Human Trafficking and Reducing Healthcare Provider Disservice in Care and Recognition of Victims, was well-received by members of the board. Many commented they were unaware of the breadth of the problem in central PA!

Mid-Atlantic Telehealth Resource Conference

Kudos to undergraduate students Danielle Miller, RN to BSN student and Gino Martin, Multi-Disciplinary Studies Major for being selected to present their telehealth projects as posters at the Mid-Atlantic Telehealth Resource Conference. Danielle presented *Telehealth for Peritoneal Dialysis* while Gino presented *Teledentistry and Mobile Dentistry for Medical-Dental Integration (MDI)*.

Wehrheim Nursing Students Inducted into Xi Chi Chapter

On April 13, 2023, 20 students were inducted into the Xi Chi Chapter of Sigma Theta Tau, International Honor Society! Students are invited to join Sigma based on their academic performance and potential for leadership. Welcome to our new members:

DNP—Julia Wauchope

MSN—Barbara Bernhardt, Zhanna Demyantsev, Kelly Grimes, Krystle Hosler, Brett Lloyd-Green, Mary McKenna, Kelly Mullarkey, & Domonique Scott

BSN—Alexis Boliek, Suzanne Brown, Fiona Haines, Heather Kreeger, Donna Lalino, Rochelle Martin, Samantha Nace, Shannon Pyne, Grace Anne Stillman, Elisia Vazquez, & Danielle Wah



Xi Chi Chapter

MU Students Selected to Present at the Eastern Nursing Research Society Annual Scientific Sessions

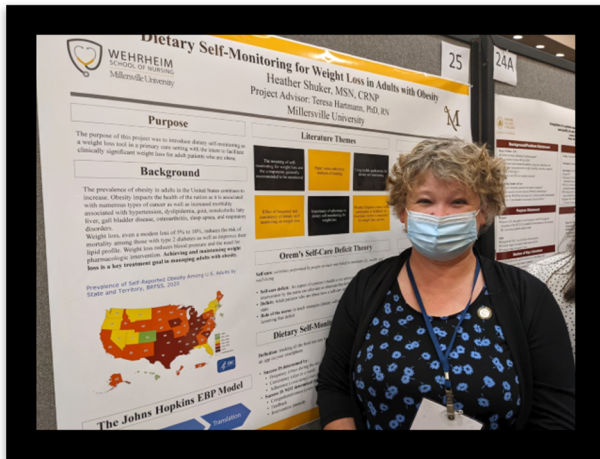
Each year, the Wehrheim faculty are privileged to select one MSN and one DNP student to present their scholarly work at the prestigious ENRS Annual Scientific Sessions. As a part of this honor, MU provides selected students a one-year student membership in ENRS and covers all the costs to present at the conference. Faculty members serve as mentors throughout the process, including attending the conference with the students.



2022 Scientific Sessions

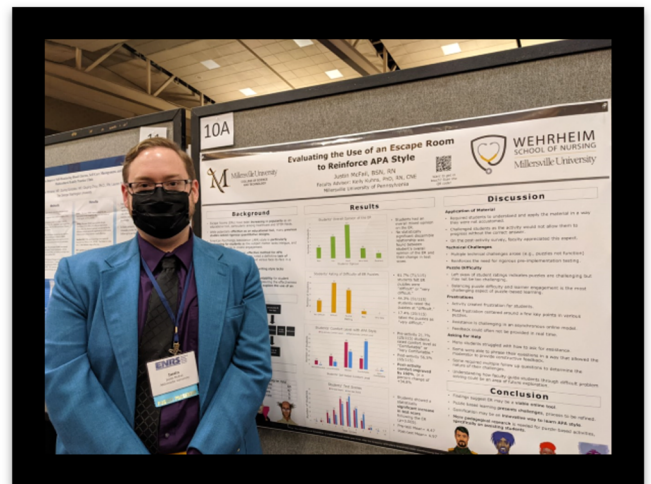
Heather Shuker

Heather presented her DNP Scholarly Project entitled *Dietary Self-Monitoring for Weight Loss in Adults with Obesity*. Dr. Shuker was thrilled to make connections with other practitioners who were passionate about assisting patients with weight loss. As a primary care provider in Reading, Dr. Shuker continues to explore methods to support her patients with their weight loss goals. Dr. Shuker serves as a role model to her patients, having recently lost a significant amount of weight, achieving her personal goal of reaching a BMI within the normal range.

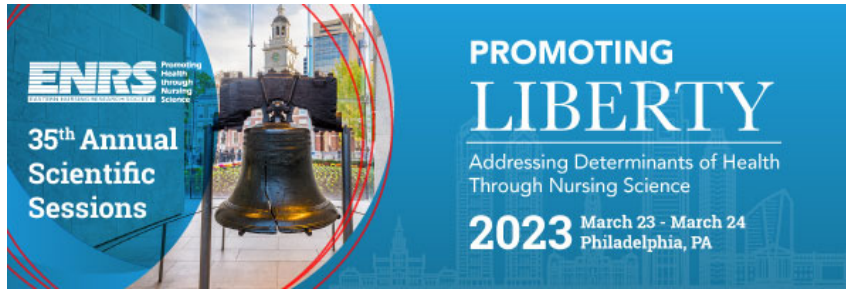


Justin McFail

Justin presented his NURS 698 project entitled *Evaluating the Use of an Escape Room to Reinforce APA Style*. During the poster session, Justin was able to connect with many attendees who were interested in his work and the process he used. Talking with other nursing scholars about his research, as well as his escape room was a great experience. Since the 2022 ENRS Conference, Justin was also selected to deliver a podium presentation at the National League for Nursing Education Research Conference (NERC) in March 2023. At NERC, Justin presented to a full room, including many well-known nursing scholars. In the weeks since his presentation, Justin has continued to connect with others interested in his project!

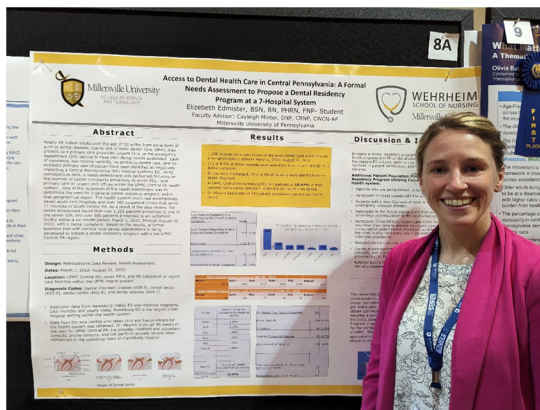


Eastern Nursing Research Society Presentations



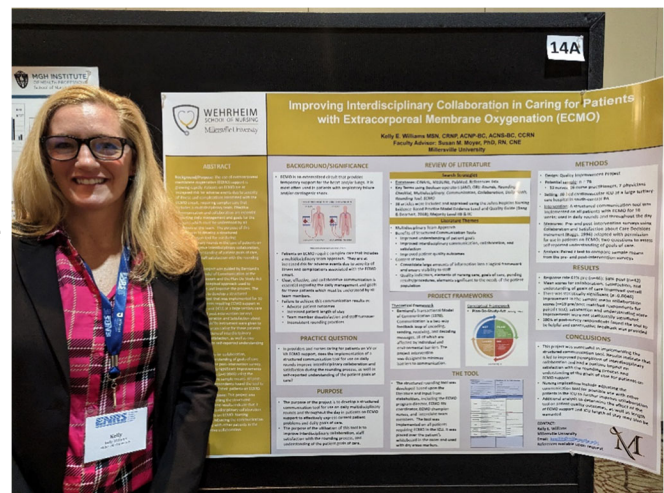
Elizabeth Edmister

Elizabeth presented her MSN capstone project poster *Access to Dental Health Care in Central PA: A Formal Needs Assessment to Propose a Dental Residency Program at a 7 – Hospital System*. While at the conference Elizabeth particularly appreciated the networking opportunities and educational takeaways available there. She particularly enjoyed the PhD students defending their dissertations and educating conference attendees on LGBTQIA health and the importance of providing competent and inclusive care to all. One of her favorite panels was a discussion about incorporating inclusive language in writing. She is excited to incorporate what she learned at the conference not only in her studies at Millersville but also moving forward in her career as an FNP.



Kelly Williams

Kelly presented her poster which summarized her Doctor of Nursing Practice (DNP) project and entitled *Improving Interdisciplinary Collaboration in Caring for Patients with Extracorporeal Membrane Oxygenation (ECMO)*. She found the conference to be interesting as it allowed insight into what nurse scholars from all areas of healthcare are studying in their research. Kelly plans to seek publication as she begins her future practice as a nurse practitioner and found value in a publishing panel workshop that outlined manuscript submissions and how to best navigate the process of publishing. This included tips on journal selection and important writing elements. She also found the session on telehealth education for nurse practitioner students helpful. In a world that is becoming increasingly focused on telehealth the importance of proper education is vital.



New Telehealth Certification at Millersville University

While developed and practiced years prior to the COVID-19 pandemic, the pandemic highlighted the importance of telehealth and providing healthcare virtually. Millersville University students have the opportunity to earn a [certificate in telehealth](#) as a part of their baccalaureate or post-baccalaureate studies.

Telehealth is the broad term applied to healthcare that involves any form of telecommunications. This includes virtual check-ups with a physician but can also include virtual counseling, physical therapy sessions, meetings with dietitians, remote home monitoring for senior care and much more.

The certificate is open to all majors, especially students who are interested in pursuing a career in medicine or looking to enrich their experience in healthcare. Psychology majors, social work majors, biology majors and other students may be interested in the certificate. Junior standing is preferred for undergraduate students who may be considering the program or students with approval from faculty.

Dr. Kelly Rotondo, assistant professor of nursing at MU, explains that integrating telecommunications into healthcare can provide easier access to specialists and will promote efficiency, quality, and safety in the field. Rotondo developed the certificate along with Dr. Kelly Kuhns, professor and chair of the Wehrheim School of Nursing at the University. "One of my life goals was to educate on telehealth, even before the pandemic, so I was very excited," says Rotondo.

In total, there are three courses to earn the certificate for a total of 10 credits, and the entire program is online. These courses are designed to focus on many different aspects of the field, from a broad overview of telehealth and its various uses to the politics and technology behind the practice. Students will gain an understanding of the technology itself, instruction on how telehealthcare differs from in-person communication, and how to ensure quality interactions with patients. "Obtaining the certificate will distinguish your elective credits apart from other nurses and healthcare professionals in the field," Rotondo explains. "Technology is a large portion of the Quality and Safety Education for Nurses competencies and one that many hospitals have adopted."

"Telehealth has been around a long time, but the pandemic has only strengthened the use," she concludes. "Patients are now expecting the option of telehealth in their care, and they want competent, quality, and safe healthcare with providers able to assist them with technology."

Interested in learning more about the telehealth certificate?

Visit <https://www.millersville.edu/nursing/certificate/telehealth-certificate.php>



MILLERSVILLE UNIVERSITY WEHRHEIM SCHOOL OF NURSING



NP Success!

Continuing Education FOR THE BEGINNING NP

- Learn- Experienced advanced practice nurses presenting on family practice topics and skills
 - Earn CEU including pharm credits
 - Sharpen advanced practice skills
- Support- Surround yourself in an encouraging environment to advance your knowledge
- Network- Meet other NP's in your area and advanced practice nurses.
- Meet other new NP's in our area and other advanced practice nurses.

Monthly Meetings- Usually on Thursday evenings
5:30 pm Drinks and snacks Program 6-8pm
Located on MU and Central Penn Campuses

TOPICS

Resistant Hypertension
Back pain
COPD/Asthma
Chest pain last week
Anx/Dep
Dizziness
Headache

SKILLS

Suture Sewing Circle
Skin tag removal
12 Lead reading
Paronychia draining
Finger blocks

This program is dedicated in the memory of
Michael McMahon, Family Nurse Practitioner,
and to his continuous pursuit of knowledge.

M: 717-871-4274 | E: nursing@millersville.edu

Donations accepted for non-MU student/alumni attendees

This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)

Calendar of Upcoming Events:

- **April 20, 2023** — 6:00pm to 8:00pm @ Caputo — *Dizziness & Medications to treat dizziness* — Presented by Tracee Matincheck — Drinks and refreshments will be provided at 5:30pm prior to the program start. (2 contact hours)
- **April 22, 2023** — 1:30 pm via zoom– Opioid Use Disorder Treatment for Primary Care (5 contact hours)
- **May 18, 2023** — 6:00pm-8:00pm @ Caputo — Boards Exams and Test Anxiety & Boards Paperwork and Credentialing — By Dr. Becky Cox-Davenport — Drinks and refreshments will be provided at 5:30pm prior to the program start.
- **September 21, 2023** — 6:00pm-8:00pm @ Caputo — *LGBTQ+ patients definitions and misunderstandings & PREP/PEP Pharmacology* — Presented by Dr. Bryan Weinberg-Wonsidler — Drinks and refreshments will be provided at 5:30pm prior to the program start. (2 contact hours)
- **November 16, 2023** — 6:00pm-8:00pm @ Central Penn — *Wound care in the Family Practice Setting: Complex/chronic wound management and current outpatient therapies & Antimicrobial Update: Outpatient antibiotic prescribing* — Presented by Dr. Cayleigh Minter & Michelle Reed, MHA, MSN, CRNP — Drinks and refreshments will be provided at 5:30pm prior to the program start. (2 contact hours)



Millersville University
Wehrheim School of Nursing
Tell us what you're doing!



Millersville University

Wehrheim School of Nursing

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