



# The Nursing Digest



## Message from the Chair



This Fall, I began my 21<sup>st</sup> year of teaching at Millersville University – and as they say, there is always something new to learn. As we eagerly returned to the classroom in August, many of us have also embraced the new challenge of multi-modal teaching – having Roomers (those in the classroom) and Zoomers (those joining class remotely). We recognize the many challenges being faced by our students right now and using this technology allows us to maintain the personal connection we know our students want, while also respecting the time and safety of our students. And the students have spoken – they love having these options!

Over the past year, we have had some amazing accomplishments. As you will read in a later column, on July 1, 2021, the Millersville University Council of Trustees voted unanimously to create the Wehrheim School of Nursing. This makes us the first named school of nursing in the PASSHE system. Not only does this designation honor the legacy of Ms. Wehrheim's substantial endowment, but it also recognizes value our programs bring to the University. We are planning a reception following our Spring Scholarship Symposium to honor Ms. Wehrheim, and I hope to see many of you there!

This past year, we have continued to expand our program enrollments and our program opportunities. In May 2021, we welcomed our third cohort of DNP graduates to our alumni ranks. We continue to see strong enrollments in all of our programs and we look forward to seeing many of our alumni return to earn their MSN and DNP degrees!

In our ongoing efforts to meet the needs of our community, we have added two additional MSN options – Nursing Leadership and School Nursing. These programs, along with our MSN in Nursing Education, are all offered fully online, and we look forward to seeing our new programs grow!

In the coming weeks, you will receive another email with information about our apparel sale! With a new logo and a new name, now is the time to show your Millersville University Wehrheim School of Nursing pride!

Finally, remember, we love to hear from our alumni! Take a minute and let us know what you are doing! Have you gone on to graduate school? Do you have an amazing job you want to tell us about? Do you just want to share your good news? Please, send me an email [Kelly.kuhns@millersville.edu](mailto:Kelly.kuhns@millersville.edu)

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**WEHRHEIM**  
SCHOOL OF NURSING

Millersville University

## Millersville University Wehrheim School of Nursing

In honor of Liselotte Wehrheim, a nursing graduate of Millersville University, the Department of Nursing has undergone a transformative makeover, and is now known as the Wehrheim School of Nursing at Millersville University. Ms. Wehrheim spent her life in service to others, working as a nurse in Europe and America. Born and raised in Germany, she studied nursing in Germany, France, and England; caring for soldiers as a nurse during World War II. Ms. Wehrheim moved to the United States in 1954, following the war, and initially worked for the State Department as an interpreter before settling in Pennsylvania and becoming a nurse at the Veterans Administration Hospital in Lebanon, Pennsylvania.

At 54 years old, as a non-traditional student, Ms. Wehrheim returned to school, attending Millersville University and graduating with a Bachelor Degree of Science in Nursing at the age of 59 years old in 1974. She spent her entire working career in health care, serving others and her community as a nurse. Retiring in the 1990's to North Carolina, Ms. Wehrheim remained committed to a life of service, active in charities such as the Shriners Hospital for Children, as well as her local church.



In August 2019, Ms. Wehrheim passed away at the age of 103 years old and her estate bequeathed nearly five million dollars to the Department of Nursing at Millersville University. The Wehrheim funds are designated for scholarships for non-traditional undergraduate students, with special consideration given to students who are facing hardships that make it difficult to continue their studies. In further recognition of Ms. Wehrheim's amazing endowment, the Millersville University Council of Trustees unanimously approved the naming of the Wehrheim School of Nursing, becoming the first named school of nursing within PASSHE.

## Promoting Good Health and Well Being in Africa



In keeping with our commitment to sustainability and a better future for generations to come, Xi Chi and the School of Nursing identified UN development goals to promote this year, among them good health and well-being. Over the summer Millersville nursing donated many of its unused medical supplies to the Tumaini Brother's Keeper organization, a charitable Christian ministry affiliated with the Pennridge Christian Fellowship organization based in Perkasie (Bucks County), Pennsylvania. The Tumaini Brother's Keeper serves marginalized people in other parts of the world by organizing medical missions to Africa, especially Kenya, the birthplace of many members in the charity. Members of the ministry were very thankful. One member commented, "We need so many things. Hospitals in Kenya sometimes only have one blood pressure cuff for the entire hospital." Donations from Millersville included:

- 30+ manual blood pressure cuffs
- 12 wall mounted blood pressure cuffs
- 50+ stethoscopes and nasal speculums
- PPE including gowns, gloves, and eye covers
- Bandages, band-aides, gauze, tongue depressors, and cotton swabs



## Celebrating Faculty Leadership and Success

Throughout the pandemic and with so many other issues that affect our communities and your well being, the nursing faculty at Millersville University have continued to serve in a leadership capacity across the Commonwealth. At a time when we are celebrating our transformation into the Wehrheim School of Nursing, and the robust programming offered at Millersville University that make it one of the premier institutions of higher learning in Pennsylvania, we want to acknowledge the contributions of our valued faculty that continue to make a difference during this unsettled time .



*Dr. Kuhns speaking about lead in our drinking water at the capital*

Whether you're discussing the health implications of COVID, lead in water, opioid use disorder, or climate change, people look to the respected faculty at the Wehrheim School of Nursing to intelligently inform the public, educate legislators, and help shape policy affecting the state system of higher education and the broader health care community. For example, Department Chair Dr. Kelly Kuhns has taken on many different leadership roles over the past year. On campus, she served as a key panelist for the COVID Vaccine Townhall meetings and was invited to serve as member of the Millersville University President's Leadership Institute. As an expert on the impact of climate change on human and environmental health, she engaged in ongoing advocacy related to multiple environmental health issues, speaking at different press events, on radio programs, and was also asked to join the Health First Pennsylvania Coalition. Dr. Kuhns served as an expert providing testimony to the state legislature and other policymakers on several issues including to the Pennsylvania Independent Regulatory Review Commission on the positive health impacts of implementing the Regional Greenhouse Gas Initiative in Pennsylvania.

Other faculty members also engaged the broader health care community in a leadership capacity. For example, MU DNP graduate and assistant professor Dr. Linda Lee, CRNP, presented the latest evidence based practice regarding opioid use after total knee replacement at nursing conferences supported by the PA Coalition of Nurse Practitioners and York College.



Dr. Susan Moyer recently had her manuscript entitled "Work-Life Balance of Nursing Faculty" that explores ways to improve the well-being of nurse educators, especially as shortages persist within the nursing profession, accepted for publication in an upcoming edition of *Nursing Education Perspectives*. She and Dr. Lambert have also been leading the movement to incorporate more open ended resources (OER) in academia which creates greater access to materials including textbooks at no cost to students. Their efforts have garnered global attention, co-presenting *Open Education Resources in an Advanced Nursing Course*, during a virtual, international webinar at Open Education Week, a forum to share achievements in the field of OER, where they showcased their efforts to redesign curriculum at Millersville utilizing to free materials.



Other meaningful achievements of the past year worth noting include the promotion of Dr. Cayleigh Minter to Assistant Professor while also earning her board certification in wound care. Meanwhile, Dr. Teresa Hartmann was awarded tenure, after teaching here since 2016 and an integral instructor within the bachelor, master, and doctoral programs offered at MU. Thank you all for your commitment and service.



## Millersville University Welcomes New Nursing Faculty

### Kelly Rotondo, DNP, RN, SCRNP, CTC

Kelly Rotondo is an Assistant Professor at the Wehrheim School of Nursing. Prior to coming to Millersville University, she was an adjunct professor at Eastern Mennonite University, University of Phoenix, and Millersville University. Dr. Rotondo has held various healthcare positions at Penn State Health University, specializing in telehealth, nursing education and professional development. She received her registered nurse diploma from Sewickley Valley Hospital School of Nursing, her Bachelor of Science in Nursing from LaRoche University, as well as her Master of Science in Nursing and Doctor of Nursing Practice from Waynesburg University. She lives in Elizabethtown, with her husband and two girls. In her spare time, you can find her cheering for her daughters' softball teams, traveling, and relaxing by the pool with a good book.



### Rachel Gray, AD, PTA



Rachel Gray is the new Online/Clinical Placement Assistant for the Wehrheim School of Nursing at Millersville University. Rachel earned her Associate degree in Applied Science from Central Penn College and worked in health care as a Physical Therapist Assistant (PTA). For years she specialized in residential long-term care helping foster multidisciplinary collaborations. Recognizing the changing culture of care where more and more people want to remain in their homes, she transitioned to home health where she continued to work as a PTA for the past 14 years. While devoted to a life of service, she also wanted to start a family and is happily married to her husband Adam of 15 years. Mrs. Gray is also a mother to four beautiful children. When she isn't enjoying time with her family, or helping the students at Millersville University, Rachel enjoys reading a good book, having play dates with other mom friends, spending time outdoors in nature, or working on her scrapbooking hobby.

### Earn CE Credits While Helping Those Grappling with Addiction

For years the opioid epidemic has ravaged communities across this nation and when the COVID pandemic hit everyone hard last year the impact on those struggling with addiction was devastating. 2020 marked the first time deaths due to opioid use disorder topped 93,000 according to the Centers for Disease Control and Prevention. This is more than 20,000 more than the previous high in 2019, and emblematic of the severity of this public health crisis.



On November 20, join fellow caregivers like yourself for a free 5-hour training via Zoom from 9:00 am to 3:00 pm, designed to help you in your efforts to support those seeking help. Through the Opioid Workforce Expansion Program (OWEP), Millersville University is pleased to offer continuing education credits to foster your professional development knowledge and skills relevant to the opioid crisis. The OWEP event will include a panel discussion among leaders in the field with topics including but not limited to pain management, medication assisted treatment, and primary addiction care. Participants completing the activity will be awarded a total of five CE credits including four hours of pharmacology credit.

## 2021 Scholarship Symposium

In April of 2021, Millersville Nursing held its 24th Annual Scholarship Symposium featuring the work of our MSN and DNP students. The event was held online via Zoom due to the ongoing COVID-19 pandemic. Although this year's event was a virtual program of posters and presentations that profiled some of the finest scholarship presented by Millersville nursing students. Twelve of our DNP students presented, six presented their final projects, while another six presented their project proposals. Eight of our MSN students presented their capstone projects via podium presentation, while 32 presented posters. Several of our MSN Nurse Educators students served as judges for the event.

### Winners

#### DNP IV:

**Winner - Heather Shuker** - Self-Monitoring for Weight Loss in Adults with Obesity

**Runner Up - Tiffany Boyd** - Treating Students with PANDAS: Implications for School Nurses

#### DNP III:

**Winner – Bryan Weinberg-Wonsidler** - Improving LGBT+ Healthcare Education and Training for Healthcare Professionals

**Runner Up – Jen Marvelous** - Mindfulness Intervention for Opioid Use Disorder Patients at a Family Practice

#### MSN Posters:

**FIRST Jamie Kehler** - Patients with Congestive Heart Failure and Use of Outpatient Palliative Care: Implications for Primary Care Providers

**SECOND (TIE) Hanh Vu** -Physical Activity as an Intervention to Prevent Dementia: Implications for Family Nurse Practitioners

**SECOND (TIE) Michealle Silknetter** - Family Caregivers of Those Affected by Opioid Dependency: Support and Recovery Resources for the Family Nurse Practitioner

**THIRD (TIE) Robert Kinsey** - Medical Marijuana and Chronic Pain

**THIRD (TIE) Melanie Stotzfus** - The Impact of Graduate Nurse Residency Programs on Staff Retention: Implications and Recommendations for Nurse Educators and Future Hospital Programs

#### MSN Podiums:

**FIRST Michelle Reed** - Novel Diagnostic Testing for Lyme Disease Compared to Standard Two-tiered Testing: Are New Diagnostic Technologies on the Horizon?

**SECOND Heather Wagaman** - Rural Access to Mental Health Services via Telemedicine: The Role of the Family Nurse Practitioner

**THIRD Emily Serikstad** - Heart Disease Prevention in the Fire Service

**CHECKOUT THE 2021 E-PROGRAM WITH DESCRIPTIONS OF ALL THE AMAZING PROJECTS**

VISIT: [https://issuu.com/revieweditor/docs/mu\\_nursing\\_symposium\\_2021\\_program\\_-\\_final\\_1](https://issuu.com/revieweditor/docs/mu_nursing_symposium_2021_program_-_final_1)

AND

**SAVE THE DATE: 25TH ANNUAL SCHOLARSHIP SYMPOSIUM ON APRIL 29TH, 2022**

## Make a Difference for Students in Need



When you look in your cupboards and closets, do you see things you no longer eat or can no longer wear? Please consider donating them to the Millersville University Campus Closet and Campus Cupboard. The Campus Cupboard is our university-based food bank for students struggling with enough food to eat. Food insecurity is a nationwide problem and according to research from Feeding America, the problem occurs on campuses across this bountiful nation.

Much like a food bank provides meals to the hungry, the Campus Closet is a professional clothing bank. You can donate your old professional attire so students of meager means can “look the part” when they interview for a job or participate in their field placement. Donating food and clothing not only helps students meet their most fundamental needs but gives them the additional support needed to succeed beyond the classroom. It may not seem like a lot to you, but it



can make a world of difference for students who are struggling to meet their most basic needs. Visit the Hub for more information on both programs at <https://www.hubmillersville.com/>.

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### CALENDAR OF UPCOMING EVENTS

Nov 20, 2021—9am to 3pm: Opioid Continuing Education Event

March 23, 2022—7 pm: The Dynamic Note-Worthy Partnership Book Club  
*The Antidote to Suffering: How Compassionate Connected Care Can Improve Safety, Quality, and Experience.*

April 2022—*date and time to be determined* -- Healthcare Sustainability Summit

April 29, 2022—9am to 4:30 pm: 25th Annual Nursing Scholarship Symposium

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Millersville University Department of Nursing

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**Department of Nursing**

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