



# The Nursing Digest

## Message from the Chair: Dr. Kelly Kuhns



Greetings from the Wehrheim School of Nursing (WSN)! With each newsletter, I'm challenged to find new ways to say – WOW, the WSN continues to grow and shine! This fall is no different! In the last edition of the newsletter, I was able to share that our February National League for Nursing Commission for Nursing Education Accreditation (NLN CNEA) visit went very well. Now I am able to proudly share that we have been fully approved and accredited by the CNEA through February 2029! Six years is the maximum accreditation period for new applicants to CNEA, so we are thrilled to have received this distinction.

Also in the Spring 2023 newsletter, I shared that for the past 9 newsletters, I was able to announce at least one new program/track each year – well, we can make that 10 years! This year, we are happy to announce that our MSN Nursing Informatics track has been fully approved. This 37-credit program provides students with the skills needed to interpret, analyze, and use electronic health record technology to promote quality and patient safety. The program has been developed based on Nursing Informatics: Scope and Standards of Practice (ANA, 2022) and graduates will be well-prepared for the informatics certification. The fully online Nursing Informatics program is available as an MSN track or can be taken as a post-MSN certification. Dr. Kelly Rotondo (Kelly.Rotondo@millersville.edu) is the program coordinator.

As I begin my fourth term (10th year) as chair and my 24th year at Millersville, I continue to reflect on all that we have accomplished since I started at Millersville in 2000. While there have been many changes to the curriculum, the faculty, the programs, and the University, one thing that has remained constant is our focus on student success. Our faculty are truly invested in the success of our programs, but more importantly, in the success of our students. One way we continue to grow in this area is through our commitment to continue to increase the number of students we support in attending and presenting at professional conferences, as well as through publishing. Among our DNP students who completed their degrees in Spring 2022, nearly all of them have published their scholarly project or had the opportunity to present it at a national conference. We are so proud of the work being done by our students and we want to continue to show others the amazing things you are doing.

We would love to hear from our alumni about the great things you are doing! Have you presented or published? Been appointed to a special project? Use the QR code provided and take a minute to fill out this brief form to let us know about it! Have a great idea but don't know quite how to get started? Please reach out to us – we would love to support and guide you!

### Alumni Accomplishments



# Graduate Assistants

**Jessica Borthwick, MSN, RN, AGCNS-BC, CMSRN, CHFN-K** is a graduate assistant for the 2023-24 school year and in her final year of a DNP degree. As a clinical nurse specialist, Jessica focuses on patient safety and quality care while role modeling relationship-based care delivery. With nursing practice and logistics a passion of Jessica's, the decision to focus on critical incident stress management and debriefing was chosen for her doctoral project. Jessica plans on advancing her career into academia and is inspired by and proud to work with the professors at Wehrheim School of Nursing. In her free time, Jessica can be found chasing around her three young sons in the backyard and stand-up paddleboarding on Arrowhead Lake.



**Krystle Hosler, BSN, RN-BC** is part of the FNP program and currently in her third semester. She is excited to see what her journey may hold within the program and as a graduate assistant. She is focused on contributing as much as she can to Millersville University over the course of her education. Krystle is a strong asset and expert professional staff nurse to her current position as a bedside nurse on a Neurology unit. She finds the most joy in advocating for her patients and novice nurses. Krystle's current project is focusing on how patient advocacy affects patient outcomes. In Krystle's free time she enjoys boating and spending any amount of time possible outdoors with her husband, Nathan, daughter, Lorelei, and German Shepherd, Copper.

**Rebecca Griffith, BSN, RN** is in her final year of the FNP program and is thrilled to be entering her second year working as a graduate assistant. She is also currently working as an RN in the Emergency Department at LGH and as an assistant coach of cross country at Conestoga Valley High School. She has a passion for the holistic nature of nursing and hopes to advocate for both patients and fellow providers to take steps to care of themselves completely. When not working Rebecca enjoys spending time outdoors with her husband, young son, and dog.



**Rachel Mowry, MSN, CRNP, FNP-C, CEN** is enthusiastic about offering her support to the faculty and students as a graduate assistant for the 2023-24 academic year. With pride, she obtained her MSN degree from the Wehrheim School of Nursing at Millersville University in 2022. Due to her commitment to lifelong learning, she is currently in the last year of pursuing a DNP degree. Her DNP scholarly project centers on mindfulness and its impact on reducing stress among firefighters. In her role as a nurse practitioner, Rachel has a strong interest in addressing healthcare disparities and advocating for patients that experience inequalities in their healthcare experiences. When not dedicated to her patients or studies, she finds joy in being with her husband and three children: traveling and embracing life's offerings.

## STOP THE BLEED®

## Expanding Education

Minutes count! Over the last several months Dr. Kelly L. Rotondo and Professor Justin McFail have been teaching STOP THE BLEED® to the faculty and students at Millersville University. STOP THE BLEED® is a nationally recognized certification program to teach bystanders how to quickly respond in the event of a catastrophic situation. The program teaches medical and non-medical people how to quickly pack a wound, hold pressure, and apply a tourniquet to a bleeding victim. Students were given a chance in the classes to learn how to use these skills on a mannequin and were given the opportunity to apply a tourniquet. Students typically started out a bit uneasy, but quickly became enthusiastic about the new skill they had learned, that one day may save a life. Millersville University along with the Wehrheim School of Nursing hope to have the STOP THE BLEED® kits next to every AED in the future! If you are interested in taking a class sign up by going to, <https://www.millersville.edu/nursing/stop-the-bleed.php>, and click the HERE icon under Registration.



## Summer Science Programs at the College of Science and Technology at MU

**6/29/23: Dr. Kelly Rotondo** hosted Stroke- It's All about BE(ing) FAST at the Summer Science Training Program Workshop for 15 middle school students. They learned the signs and symptoms of stroke (BE FAST), reviewed anatomy with a cadaver brain, created a metal thrombectomy device and "retrieved" a clot from a simulated artery.

**7/11/23: Professor McFail and Dr. Minter** hosted Basic First Aid for the Outdoor Enthusiast and Basic First Aid for Trauma with STOP THE BLEED®. This was attended by 24 middle and high school students and four MU camp counselors. Throughout the full day clinic, students heard lectures about common outdoor emergencies and basic first aid including splinting, wound care, and scene safety. All were successful in obtaining their STOP THE BLEED® certification.





## Expanding Education

### NP Launch

We're excited to announce that our NP Launch series will be continuing this year! Our first session was held on September 21 at main campus in Caputo 128 (Skills Lab). Dr. Bryan Weinberg-Wonsidler presented on unique needs of the LGBTQ+ Patient, and a pharmacology topic discussion on PREP/PEP.

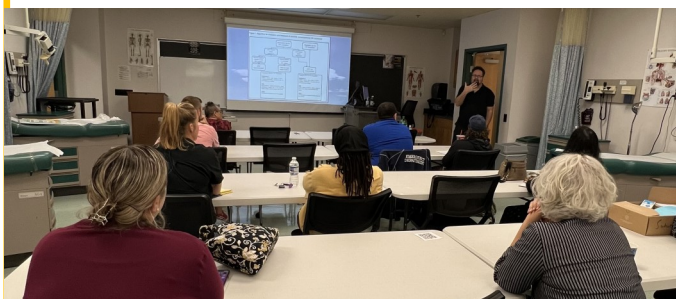
Dr. Rebecca Cox-Davenport guided us through the skill practice of I&D of an loculated abscess simulated with abscesses made from green pistachio tapioca pudding under tortilla shells. It was a realistic simulation and participants enjoyed it! Join us at 5:30pm for networking, with the program running from 6:00pm to 8:00pm.

Next in the series:

November 16, 5:30 networking, 6PM program -- at Central Penn campus -- **Wound Care in Family Practice, Antimicrobial Update/ Outpatient Antibiotic Prescribing, and Wound Debridement**

Please email Cayleigh.Minter@millersville.edu with any questions and click [here](#) for the link to register.

Please feel free to share this event with other interested colleagues!



## The Launch of Wehrheim School of Nursing's Telehealth Certificate Program

It is with great pleasure we congratulate the first cohort of the Wehrheim School of Nursing's Telehealth Certificate Program. The Millersville University students that completed the academic requirements for this additional credential were, Gino Martin, Jordan Miesner, Danielle Miller, Susan Sams, Alexandra Seiger, and Makenzie Strohecker. The telehealth certificate program is 3 courses, totaling 10 credits. Telehealth has expanded into being referred to as digital, virtual, electronic, and mobile healthcare. The courses are NURS 370 *Telehealth Foundations*, NURS 460 *Telehealth Policy, Advocacy, and Clinical Application*, and NURS 461 *Advanced Telehealth*. This certificate is open to any student and is a great addition for majors, such as nurses, allied health, psychology, social work, and business. If you are interested in taking this certificate, please email Kelly Rotondo (Kelly.rotondo@millersville.edu) to learn more! We hope to run this in accelerated format over the Summer of 2024.

Pictured: Gino Martin, holding his Telehealth Certificate of Completion, May 2023



# ANA Hill Day



**WEHRHEIM**  
SCHOOL OF NURSING  
Millersville University

DNP students, **Jessica Borthwick** and **Sarah Keller** (pictured to the right) had the privilege of attending the American Nurses Association Hill Day in Washington, DC on Thursday, June 15, 2023. The day started with a conversation with Congresswoman Jen Kiggans, serving Virginia's Second Congressional District in the House of Representatives who is also a Geriatric Nurse Practitioner. Throughout the day, they met with staff from Senators Fetterman and Casey's offices, as well as numerous PA representatives. They were able to share statistics and personal stories about nurses' experiences with workplace violence and burnout, the current work environment in healthcare, and the importance of valuing nurses and APRNs as the indispensable members of the healthcare team that they are.

They advocated for the following specific bills:

- **Improving Care and Access to Nurses (ICAN) Act**, striving to remove federal barriers to full practice authority for Advanced Practice Registered Nurses (including physician authorization for DME and home health care for Medicare/Medicaid patients)
- **Workplace Violence Prevention for Health Care and Social Service Workers Act**, which would require the Department of Labor to issue occupational safety and health standards to protect healthcare workers from workplace violence
- **National Nursing Workforce Center Act**, providing federal legislation for Nursing workforce centers and establishment of centers in the 11 states that do not have one. Pennsylvania has the PA Action Coalition which has current initiatives in diversifying the workplace, expanding nursing education, and fostering interprofessional collaboration.



Scan the QR code to read  
the ANA fact sheets





# Faculty and Student Spotlight

## Faculty Receives National Recognition

Dr. Lambert coordinates the Certified School Nurse program in the Wehrheim School of Nursing and was instrumental in developing the School Nursing track for the MSN program. She has been working with WSON for the past 6 years

After receiving the Pennsylvania Southeast Regional Award for School Nursing Excellence in 2022, Dr. Lambert was then selected as the School Nurse Administrator of the Year for the state of Pennsylvania in 2023. The National Association of School Nurses recognized assistant professor, Dr. Dawn Lambert, for this achievement at the national conference in Orlando, Florida in June. Dr. Lambert's passion for educating school nurses and supporting them in their role is evident through the receipt of this prestigious award.



## GRAMBAU WINS NIGHTINGALE SCHOLARSHIP

Stephanie Grambau, BSN, RN, was chosen as the recipient of the Pennsylvania Nightingale Awards of Pennsylvania MSN Scholarship for 2023. Chosen from a large pool of applicants, Stephanie's significant qualities in leadership, professionalism, academic achievement, community service, and personal commitment to the profession of nursing put her above others as a worthy recipient.

In describing her career trajectory, Stephanie identified herself as a "jack of all trades, master of none" in that she worked in many different settings due to moving frequently while her husband served in the military. While she initially considered this a hindrance to her professional career, she learned that it has its benefits. Stephanie currently works as a Team Lead of Mobile Vaccine Clinics across a nine-county region in Southcentral Pennsylvania Medical Reserve Corp. She came into this position after working in various settings during the COVID pandemic. Her clinical unit was closed temporarily to move staff resources toward priority areas added due to the pandemic. Stephanie worked in COVID testing tents, provider offices, urgent care settings, and vaccination clinics for over two years.

After reflecting on these experiences and her prior career involvement across many different settings, Stephanie realized that she had a lot of beneficial skills! In her various roles, she was drawn to reviewing all aspects of patients' health rather than just the specific focus of the specific clinical area. Over time, she recognized that she could impact even more people as a Nurse Practitioner. This led Stephanie to Millersville University's Wehrheim School of Nursing where she started the Family Nurse Practitioner in Fall 2022. She anticipates graduating with her Master of Science in Nursing (MSN) in 2025.

Along with other scholarship and award winners, Stephanie will be honored at the Nightingale Awards of Pennsylvania Gala on Friday, October 27, 2023. The Nightingale Awards of Pennsylvania started in 1989 when nurse leader Jane Felgen and other visionary leaders organized to recognize exemplary nurses in the Commonwealth of Pennsylvania by granting scholarships and awards. Over the past 33 years, over \$450,000 have been awarded in scholarships.



# Faculty Retreat

The faculty of the Wehrheim School of Nursing rarely finds collective time to get together outside of Tuesday Faculty meetings during Fall and Spring terms. This past year, the WSON was challenged with placing all our MSN tracks (Nursing Education, School Nursing, Nursing Informatics, Nursing Leadership, and Family Nurse Practitioner) into fully online format proposals. This required complete revamping of our MSN courses,



including the sequencing, format, and content of each. Finally, with our newly acquired CNEA accreditation, the faculty needed to map our courses by program outcomes and course outcomes to satisfy accreditation requirements.

The faculty rented a beautiful colonial farm house known as the Stauffer House in Campbelltown for the weekend of June 2-4, 2023. Although the faculty could have fully enjoyed no alarm clocks, sleeping in, being lazy, and distractions from our colleagues, all of the participants engaged in three days of

course work and program overhaul! The faculty enjoyed brain-breaks that included yoga, charades, trivia, and lots of fine catering courtesy of the multi-talented Professor McFail. The restful, yet productive weekend was enjoyed by all. We were successful in mapping all our FNP courses and generating 6 new course outlines, outcomes, and syllabi. During this time, important course proposals, Board of Nursing requests, and other administrative tasks were also accomplished. Further, the nursing courses 501, 502, 511, 512, 513, 504, and 506 were updated and reviewed. The faculty and the retreat was a effective, but also a great team building experience. Special thanks to Dr. Kuhns and Professor McFail for hosting.

Attendees: Professor Matincheck, Dr. Lee, Dr. Weinberg-Wonsidler, Professor McFail, Professor Brown-Kishbaugh, Dr. Chronister, Dr. Monn, Dr. Moyer, Dr. Rotondo, Dr. Kuhns, & Dr. Minter.

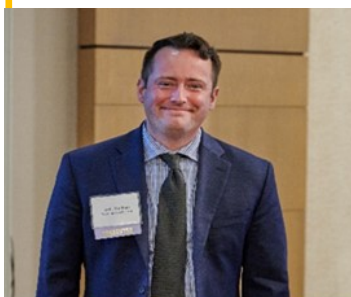




## Faculty and Students Represent the Wehrheim School of Nursing at the Wellspan Research and Innovation Council

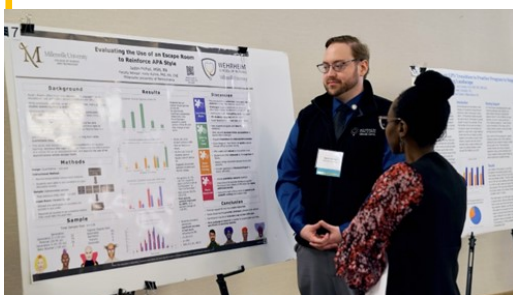
The 17<sup>th</sup> Annual Wellspan Health Collaborative EBP and Nursing Research Conference was held in Harrisburg on April 18, 2023. The focus of the conference was "EBP and Nursing Research: Finding a Better Way."

There were 333 registrants from across PA representing 12 different healthcare organizations and educational institutions. This was the largest conference attendance to date. The keynote speaker, Dr. Lynn Gallagher-Ford, chief operating officer and clinical core director of the Fuld Institute for EBP spoke about "Evidence-based Practice; Moving the conversation to ACTION!". She also presented "A New and Essential Tool in your EBP Toolkit: The Jigsaw Journal Club for EBP" and "The Keys to Advancing Evidence-based Care; A Solid Plan, Engaged Leadership, and Intentional Infrastructure".



Javin Williams, MU BSN alum, provided a podium presentation entitled "Nurses Versus Anemia: What Can Nurses Do?"

MU faculty and DNP Program coordinator, Dr. Kelly Rotondo, conducted a conference break-out session entitled, "Can Technology Really Help Nurses Find a Better Way?"  
Check out that cool wig!



Adjunct faculty member and MSN Nursing Education alum, Justin McFail, presented a poster entitled "Evaluating the Use of an Escape Room to Reinforce APA Style."

Drs. Cayleigh Minter and Kelly Kuhns connected with attendees and provided information on the many educational opportunities available to nurses at Millersville.





# Wehrheim Wellness

## Walking to Wellness: The Wehrheim Walkers *Take A Hike*

Every Spring, the Millersville University Employee Wellness Committee sponsors an event called *Take-a-Hike*. The event provides an opportunity for MU employees to gather a team and



see how far the team can “hike” in the selected location. Teams usually consist of 12 employees and each team member is tasked with recording their weekly miles accrued of physical activity. At the end of each week, the team captain reports out the total weekly miles accrued by the team. The goal of the event is to promote camaraderie, teamwork, and physical activity among the MU community and see how far each team achieves on the hike. This year, the goal of the hike was to walk around the distance of the Great Lakes. For the past two spring semesters, the faculty and staff in the Wehrheim School of Nursing have participated in *Take a Hike*, led by facul-



ty member, Dr. Susan Moyer as team captain. The WSON team name is the Wehrheim Walkers and in two seasons, they have accumulated over 5500 walking miles. Way to go, Wehrheim Walkers! We can't wait to see where the next hike takes you.

## Wellness Fair

On Wednesday, September 27, Millersville University hosted a "Fall Into Wellness" Fair to promote health and wellness across the campus community. The fair was attended by over 600 employees and students who had opportunities to visit over 60 vendor tables, each representing one of the nine dimensions of wellness. The Wehrheim School of Nursing participated in the fair where WSON faculty member, Dr. Susan Moyer along with five WSON students assisted in blood pressure screenings and provided heart health education and games. The students who assisted were Natalie Travitz



(RN-BSN student), Valerie Jones (RN-BSN student), Krystle Hosler (MSN student and WSON graduate assistant), Jessica Borthwick (DNP student and WSON graduate assistant), and Rachel Mowry (DNP student and WSON graduate assistant). The WSON thanks these students for volunteering their time and expertise to make the day a huge success!



# Wehrheim Wellness



**Breast-A-Ville** is an annual event held at Millersville University that has been created through the Breast Health Initiative to educate students on the importance of breast health and promote breast cancer awareness. The Breast Health Initiative is a program that was founded by retired professor Dr. Dennis Denenberg and retired professor Dr. Richard Frerichs. They began the event in honor of Dr. Denenberg's late sister and MU alumna Diana Denenberg Durand and Dr. Frerichs late wife Marsha Frerichs. Both women were diagnosed with breast cancer and battled for many years. Programs included in the Breast Health Initiative include Breast-A-Ville, the Diana and Marsha Breast Cancer Awareness Center, the Diana Denenberg Durand Spirit Garden and Diana's Dreamers.

On October 4, 2023, Millersville University held the 12th annual Breast-A-Ville-event on the promenade outside of the Student Memorial Center. Since the inaugural year in 2011, Breast-A-Ville has engaged students and the Millersville community in informative and fun activities to increase awareness about breast health and breast cancer for both men and women. Local health agencies and experts came from the surrounding area to serve as exhibitors at the event. The Wehrheim School of Nursing hosted a table where Dr. Michele Chronister (WSN faculty member) and Rachel Mowry (DNP student and WSON Graduate Assistant) provided education to attendees regarding self breast exams. The table also featured educational handouts and giveaways!



Education and early detection of breast cancer saves lives. To see how you can get involved, visit the Millersville's Breast Health Initiative website. <https://www.millersville.edu/breasthealthinitiative/index.php>

## Wehrheim Gives Back

The Xi Chi Chapter of Sigma Theta Tau, International Honor Society for Nursing, is collecting personal hygiene products for the Campus Cupboard at Millersville University. Campus Cupboard is located in The Hub at Millersville Community Church. Much like the founder of professional nursing, Florence Nightingale, we believe that basic hygiene is the first step to basic health. Scan the QR code to the left to reach the amazon store to choose products you would like to donate. Once items are in your cart please choose "Rachel Mowry's Gift Registry" for shipping address. Under gift options please leave a note saying "Wehrheim Gives Back". Donations are due by November 30th, 2023. Thank you for your contribution!





# 2023 Symposium



The last Friday in April is historically special at The Millersville University Wehrheim School of Nursing. The 26th Annual Scholarship Symposium was no exception as on April 28th, 2023, graduate students' success was on display. MSN students presented capstone projects with focus on research and evidence-based practice. Twelve MSN students prevented podium presentations throughout the day and the remainder were proud to disseminate poster presentations on the walls throughout the ballroom. Six graduating DNP students presented a summary of the post dissertation defenses and six first year DNP students presented dissertation topic proposals pending approval. Expectations of networking, collaboration, and intra-professional and generational dissemination were exceeded.

Alumni, current students, and faculty are invited to attend The Millersville University Wehrheim School of Nursing 27th Annual Scholarship Symposium on April 26th, 2024!

Pictured above: MSN podium presentation winner Kim Martin

Pictured below: '23 graduate assistants: 2 MSN podium presenters and 2 judges



Pictured above: DNP students



## 2023 WSON Scholarship Symposium Winners

### DNP Podium Presentation Winners

1st Place: Julia Wauchope: *The Impact of Substance Use Disorder Education on Nurses' Knowledge and Attitudes*

2nd Place: Kelly Williams: *Improving Interdisciplinary Collaboration in Caring for Patients with Extracorporeal Membrane Oxygenation (ECMO)*

3rd Place: Jocelyn Ramirez Harrell: *Improving Child Sex Trafficking Education in an Emergency Department*

### MSN Podium Presentation Winners

1st Place: Kimberly Martin: *Effect of Music Therapy on Agitation in Older adults with Cognitive Impairment: A Nonpharmacological Intervention for Family Nurse Practitioner Consideration*

2nd Place (tied): Bethany Schwartz: *Understanding Cutaneous Manifestations of Gastrointestinal Conditions in the Family Practice Setting*

Katie Folkenroth: *Prescribing and Drug Availability for the Family Nurse Practitioner: Moderate to Severe Plaque Psoriasis*

Rachel Sensenig: *Strategies for Primary Care Nurse Practitioners to Facilitate Early Detection of and Effective Treatment for Pediatric Anxiety*

3rd Place: Caitlyn Kristich: *Eating Disorder Screening Tools for Patients with Type 1 Diabetes: Recommendations for the Nurse Practitioner*

### MSN Poster Presentation Winners

1st Place: Lindsey Smith: *The Efficacy of Pulmonary Rehabilitation in Reducing the Risk of Readmission and Mortality in Patients with Chronic Obstructive Pulmonary Disease*

2nd Place: Anetta Czar: *Understanding the Needs of Cancer Survivors Post-Treatment to Improve Quality of Life: Recommendations for Nurse Practitioners*

3rd Place: Christina Trees: *The Stigma of Substance Use Disorders: Provider Bias and the Impact on Care*



**Save the Date**



**Wehrheim School of Nursing  
27th Annual  
Scholarship Symposium**

**April 26th, 2024**

**8:00–15:30**

**Student Memorial Center**



# 2023-2024 Scholarships Awarded

We are thrilled to present our 2023-2024 Scholarship awardees. For the 2023-2024 academic year, we will award nearly **\$228,000 in scholarship funds**, the majority of which is from the Wehrheim scholarship. For the fall 2023 term, more than 60 students received funds and we will have another round of Wehrheim awards in the spring 2024 term. We have six other endowed awards with recipients listed below:

**Lt. Col. Jo Ann Cashman Scholarship** - Jocelyn Rodriguez-Bello

**Margaret K. Shenk Scholarship** - Barbara Bernhart, Anet McPherson Melendez, Jennifer Finkenbinder, and Ernesto Matos Tase

**Forty et Eight Endowment** - Auroa Bosch Perez, Samantha Nace, Enmanuel Sotomayor Tabaras, Idalis Macceo Herrera, Kayla Grim, and Ashley LaRicci

**Luelle Hamilton Scholarship** - Na Wu-Arnold

**Martha B. & Bradley J. Culbertson Scholarship** - Rachel Mowry

**Lockey Nursing Scholarship** - Elisia Vazquez

## December 2023 Graduation

Wehrheim School of Nursing is excited to announce two MSN graduates for the 2023 December commencement. Holly Greer will graduate with an MSN in Nursing education and Kelly Mullarkey will be our first MSN in leadership graduate. This is the first time in recent history that MSN students have been able to participate in December commencement. Please join us in cheering these ladies along with numerous BSN students on to their degree completion and celebrating their accomplishments on

December 9, 2023.



### Alumni Accomplishments



Alumni! Don't forget to share your accomplishments with us using the QR code below. We love hearing about the great work you are doing and would love to share your stories in the upcoming spring newsletter!