



# The Nursing Digest



## Message from the Chair



As I reach the mid-way point of my seventh year as the Chair of the Department of Nursing, I am struck by all that our small Department has accomplished – this is truly a testament to the dedication of our incredible faculty! Since 2015, we have more than tripled our student enrollment, launched three new programs (RN to BSN online, MSN Harrisburg cohort, and the DNP program), and have been able to expand our faculty numbers.

At the risk of sounding like a bad infomercial, *but wait --there's more!* This spring, we are excited to announce several new curriculum initiatives – each designed with our students and the future workforce in mind. First, we have created a **seamless path from RN to MSN**, specially designed for students pursuing non-clinical MSN options. Students are now able to take up to four MSN level courses as BSN students (in place of other BSN level courses). The credit requirements remain the same for BSN program (31 required nursing credits), but students who remain at MU for their MSN will need as few as 25 credits to achieve their MSN degree! The benefit of this program is greatest for those students pursuing the non-clinical MSN paths, but students who plan to enroll in the FNP program can benefit as well!

Also, this spring, our MSN in Nursing Education has moved to be a fully online program. With this change, our Nursing Education students will take an Advanced Clinical Knowledge course designed to meet the needs of these students. In addition, we have created a new course entitled Nursing for Sustainable Global Health. I'm especially excited to offer this course that is built around the United Nations Sustainable Development Goals!

We also have two additional MSN tracks in the curriculum process. First, we will be creating a new track to build on our already successful School Nurse Certification program. Students will be able to earn their MSN in School Nursing; this program will allow student to enter the MSN program directly or to obtain their certification first and then continue in the MSN program!

Finally, we are proposing an MSN in Nursing Leadership. Many of our BSN grads have requested a program like this and we are listening! Finally, we are pleased to be offering several continuing education events this spring and we hope to offer even more moving forward! We love to stay connected with our alumni, so please consider joining us for an upcoming event – and let us know what kind of events you would like to see in the future!

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## 2021 Spring Scholarship Symposium

On Friday April 30th, 2021 The Millersville University Department of Nursing will hold their 24th annual scholarship symposium. This event enables Millersville DNP and graduating MSN students to profile their academic achievements with a presentation of their final scholarly projects. This year, again due to the pandemic, the event will be held virtually via Zoom beginning at 8am and consist of both a morning and afternoon program. The events of the morning will consist of both cohorts of our amazing DNP students presenting either their final projects or project proposals. During the afternoon, our hardworking MSN students will present their capstone projects. We also invite our MSN nurse educator students to participate in judging the panel and poster presentations. This is a free event and 6 continuing education contact hours will be offered! We hope you can join us to celebrate scholarship at Millersville! Register for this event by 4/28/2021 at [https://millersville.qualtrics.com/jfe/form/SV\\_eEUIRG2DBNqkCrP](https://millersville.qualtrics.com/jfe/form/SV_eEUIRG2DBNqkCrP).



## MASCUP as MU Partners with the PA Department of Health and the CDC

Wearing face masks remains a standard mitigation strategy to limit the spread of COVID-19 among the broader community and on campus at Millersville University. In an effort to gauge mask compliance and better understand mask use on MU's campus, this Spring, Dr. Moyer and Dr. Hartmann, Assistant Professors in the Department of Nursing have teamed up with the PA Department of Health and Centers for Disease Control and Prevention (CDC) to investigate mask use on the Millersville University campus. This collaboration is part of a national effort, guided by the CDC, to better understand and improve mask use at institutions of higher education across the country. As university Co-Principal Investigators (Co-PIs) on the project, entitled MASCUP!, Drs. Moyer and Hartmann are responsible for project management and implementation of the MASCUP! protocol. This project was reviewed and approved by the university Institutional Review Board and entails observing mask use and correct mask use within the campus community.



As part of this project, Drs. Moyer and Hartmann are also working with volunteer student observers who are helping to conduct the observations and collect the data. At present, there are approximately seven university students who are actively collecting data for the project. Each of these students engaged in training provided by Drs. Moyer and Hartmann, represent undergraduate and graduate students from a variety of disciplines across campus including nursing, psychology, biology, and education, to name a few. Drs. Moyer and Hartmann are excited to be working with students on this project. Students are getting the opportunity to participate in public health research and gain valuable skills in data collection techniques. Data collection started in early March and will extend until May. Locally, the results of this collaborative project will be used to identify mask use on campus and support the development of additional strategies and messaging needed to increase mask use at MU. Nationally, the results will be used by the CDC to inform national efforts to improve mitigation strategies among participating colleges and universities. The CDC started MASCUP! in Fall 2020 when six universities participated in the initial data collection. This project has grown and now includes over 60 different colleges and universities around the country, including Millersville. A report on the national data collected from Fall 2020 has been reported in the CDC's February 2021 edition of *Morbidity and Mortality Weekly Report (MMWR)* and can be viewed at the following link: [https://www.cdc.gov/mmwr/volumes/70/wr/mm7006e1.htm?s\\_cid=mm7006e1\\_w](https://www.cdc.gov/mmwr/volumes/70/wr/mm7006e1.htm?s_cid=mm7006e1_w)

## Distinguished Lecture Series Returns

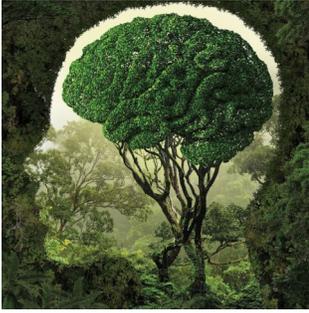


The Millersville University Department of Nursing and Xi Chi, the local chapter of Sigma Theta Tau International, the Honor Society of Nursing, is pleased to announce the return of the Distinguished Lecture Series. Join us via Zoom at **7PM on Wednesday March 24, 2021** for Dr. Richard Ricciardi's, PhD, CRNP, FAANP, FAAN, presentation on the Sigma Call to Action, Infuse Joy, and its connection to three essential elements – the ABCs – that promote joy: Awareness, Balance & Purpose, and Co-Creation. In the nursing profession and as Sigma members, we are well positioned to infuse joy into practice to drive creativity and innovation in clinical, educational, administrative, research, and policy settings. Participation including completion of an evaluation earns you 1.5 contact hours. All are welcome but please register for the event at: [https://millersville.qualtrics.com/jfe/form/SV\\_cZPrL20sukKXkO](https://millersville.qualtrics.com/jfe/form/SV_cZPrL20sukKXkO)

In continued support of the United Nations Sustainable Development Goal of No Hunger, Xi Chi is asking for donations to support the Millersville University Campus Cupboard. This vital service provides nourishment and other vital supplies to food-insecure students. All those donating will be entered into a drawing to win a copy of *The Book of Joy* by the Dalai Lama and Archbishop Desmond Tutu. Make your contribution using Venmo: @MU-XiChi (use 8938 to confirm account) or Mail checks to Xi Chi/MU Dept of Nursing, PO Box 1002, Millersville PA 17551.

This activity has been approved 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)

**Thinking Globally - Acting Locally—Making a Difference for Marauders**

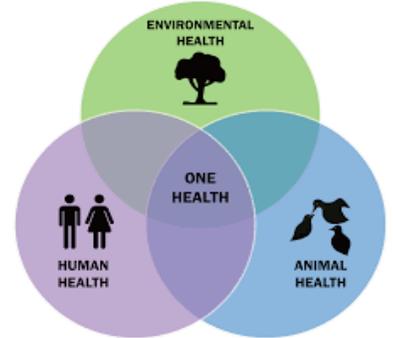


Spring is nearly here reminding us of our physical, psychological, and spiritual connection with nature. Our relationship with the Earth is an existential one, as **a planet in poor health threatens the health of humanity**. More aware than ever of the interconnectedness between human health and planetary health, it is imperative that we care for the environment, just as we care for people. This connection between all living things is core to the concepts of Sustainability and One Health.

In the context of global health, sustainability at its core is about **living within our means in terms of natural, economic, and social resources, ensuring future generations also have the necessary resources to meet their needs**. The concept of One Health aligns with sustainability because the health of humanity is very closely connected to the health of animals and our shared environment. In

terms of global health security, One Health supports **improved coordination, collaboration, and communication at the human, animal, and environmental levels** to address shared health threats such as zoonotic diseases and food security. If anything, this past year truly **illustrated the interconnected health, economic, and social impact** of environmental challenges including climate change and infectious disease.

Climate change, deforestation and development diminish biodiversity and contribute to the spread of pathogens. Lyme disease and Ebola are examples of pathogens that jumped from one species to another as humans encroach on animal ecosystems, and COVID-19 may just be the latest incarnation. These examples underscore that the current conditions and our contemporary approach to life on Earth is unsustainable. The intertwined concepts of Sustainability and One Health offer a path forward by promoting development in ways that allow humanity and nature to exist in harmony, supporting present and future generations, while understanding that the health and wellness of all living things on this planet is interdependent.



This heightened awareness and urgency of the threats facing humanity and the planet has unified the global community around change. Adopted by all member nations including the United States, the **United Nations Sustainable Development Goals** serve as an integrated framework for the global community, including institutes of higher learning, to promote Sustainability and One Health while improving human and planetary wellness. The 17 goals are: No Poverty, Zero Hunger, Good Health and Well-being, Quality Education, Gender Equality, Clean Water and Sanitation, Affordable and Clean Energy, Decent Work and

Economic Growth, Industry, Innovation and Infrastructure, Reducing Inequality, Sustainable Cities and Communities, Responsible Consumption and Production, Climate Action, Life Below Water, Life on Land, Peace, Justice, and Strong Institutions, and lastly Partnerships for the Goals.

Among the seventeen interdependent goals, **Goal #2 is to end hunger, improve nutrition, and achieve food security by 2030**. You might think these issues affect others living abroad in underdeveloped countries, but these problems exist right here at home. Events including the pandemic and the recent debilitating snowstorms in Texas, underscore how easily our neighbors can lose everything and struggle just to provide food on the table. Hunger, poor nutrition, and food insecurity may be global health problems, but these concerns also affect students right here on the Millersville University campus, and the past year was especially hard for many.



Established in 2012, the Millersville University Campus Cupboard, located on the lower level of the A-frame church at 121 North George Street, is a market-style food pantry for students that provides enough food for 2-4 meals each week. Students select preferred items from a variety of canned and boxed nonperishable products as well as fresh staples like milk, eggs, bread, and cheese. In addition to the pantry, the Campus Cupboard also provides a weekly community meal, helping students struggling with hunger get enough to eat. With growing season nearly upon us, let us give thanks that better weather and a sense of normalcy will soon be here, but not forget that hunger and food insecurity is a serious problem right here on campus with the need truly greater than ever.

The membership of Xi Chi identified UN SDG #2 as a priority and encourages you to help end hunger, while promoting food security and better nutrition. Please consider donating in anyway as the Campus Cupboard is supported solely by the generous contributions of donors like you. You can contribute nonperishable food items at the Campus Cupboard during regular hours Monday through Friday noon to 9PM. If you prefer to volunteer and help serve the weekly meal, just call (717) 584-4204 for more information. However, if you are just too busy, maybe making an online financial donation is the most convenient option. Even better, through a partnership between the Campus Cupboard and the Central PA Food Bank, your cash donation multiplies 15 times. In support of the mission of Sigma, Xi Chi is collecting donations for the MU Campus Cupboard using Venmo: @MU-XiChi (use 8938 to confirm account) or you can mail checks to Xi Chi/MU Dept of Nursing, PO Box 1002, Millersville PA 17551. We thank you for your understanding and support. One person can make a difference and together we can bring about change for the better.



## The Book of Joy

### *Lasting Happiness in a Changing World*

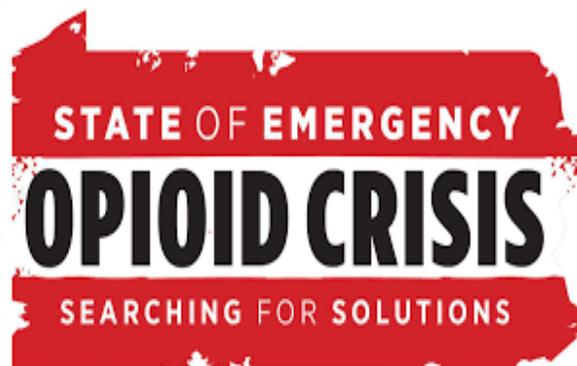
The Millersville University Department of Nursing and the Xi Chi chapter of Sigma Theta Tau International invite you to join us via Zoom on **April 22, 2021 at 6:30PM** to discuss the *Book of Joy*. This *New York Times* bestseller explores the true nature of happiness, how negative emotions function as barriers to joy, and the eight pillars that bolster our ability to experience lasting happiness.

Suffering in its many forms including grief, despair, loneliness and fear are all unavoidable feelings built into the human condition. Over the past year, so many of us have faced hardship and loss, one begins to question how can we cultivate joy in the face of enormous suffering. The *Book of Joy* is based on seven days of conversations between Nobel peace prize winners Archbishop Desmond Tutu and the Dalai Lama, capturing the shared insights and wisdom of two of the worlds most influential spiritual leaders. As Archbishop Desmond Tutu says “every day we have the opportunity to create, and re-create our lives. This is the power we yield. No dark fate determines our future.” The *Book of Joy* serves as a guide for re-creating our lives in more fulfilling ways and show us that joy is a state of being versus a transient feeling one experiences.

In The *Book of Joy*, these renowned spiritual leaders underscore that experiencing feelings like fear and despair are a natural phenomenon, but they also show us how to cope with these negative emotions in more constructive ways. The Dalai Lama and Archbishop Desmond Tutu explain that joy is a state of being, in one’s mind and heart, and more a byproduct of living life in accordance with our values and avoiding unnecessary suffering. The lessons these spiritual leaders teach us illustrate how to increase our capacity for joy in the face of adversity by developing qualities of the mind, such as perspective, humility, humor, and acceptance, as well as qualities of the heart, including forgiveness, gratitude, compassion, and generosity. Join us for an inspiring discussion and learn how to experience joy in the midst of tremendous hardship or suffering. Register for this event at: [http://millersville.qualtrics.com/jfe/form/SV\\_bmcALFvgeG9wige](http://millersville.qualtrics.com/jfe/form/SV_bmcALFvgeG9wige)

## Opioid Workforce Expansion Program (OWEP) Grant Update

As we appear to be gaining the upper hand with the COVID-19 pandemic, and our economy is beginning to bounce back, we remain focused on the opioid crisis afflicting so many of our fellow citizenry. This past year has proven more deadly as those struggling with chemical dependency experienced more isolation and lack of access to support than ever before. “The disruption to daily life due to the COVID-19 pandemic has hit those with substance use disorder hard,” explains former CDC Director Dr. Robert Redfield. According to the Pennsylvania Department of Health, 10 Pennsylvanians now die every day from substance use disorder, underscoring the importance of effective outreach and intervention.



In August 2019, the Department of Nursing, in collaboration with the MU School of Social Work received a \$3.5 million HRSA grant to address the shortage of professionals working in the area of opioid abuse prevention, treatment, and recovery. This grant allows us to provide interdisciplinary educational events, as well as to provide qualified MSW and DNP students with stipends following the completion of the program requirements. Qualified DNP students must be psychiatric nurse practitioners, with an interest in working the field of substance abuse treatment. We are thrilled to have our first OWEP DNP student, Kelly Fetterhoff. Kelly is a psychiatric nurse practitioner and is planning to implement SBIRT (Screening, Brief Intervention, and Referral to Treatment) in her practice to improve patient adherence to treatment. On Friday 3/26/21, Kelly will be presenting her project concept as part of an interdisciplinary OWEP meeting. In addition, another DNP student, Anne Hinkle has recently completed her DNP project focused on increasing the rate of medication-assisted treatment (MAT) prescribed in the emergency department. Anne will be presenting her project findings to an OWEP Interdisciplinary meeting on 3/19/21. Please contact Dr. Kuhns, if you would like the information to attend either of these meetings!

## Upcoming Events

March 24 7PM 8:30PM -- **Annual MU/Xi Chi Distinguished Lecture Infusing Joy** featuring Dr. Richard Ricciardi, President, Sigma International (1.5 contact hours)

Register here: [https://millersville.qualtrics.com/jfe/form/SV\\_czPrtL20sukKXkO](https://millersville.qualtrics.com/jfe/form/SV_czPrtL20sukKXkO)

March 25 and April 29 6PM - 8PM **Online Book Club-- Chasing the Scream: The First and Last Days of the War on Drugs** (2 contact hours for each session)

Register here: [https://millersville.qualtrics.com/jfe/form/SV\\_1Hrbbk0XkCbTEjk](https://millersville.qualtrics.com/jfe/form/SV_1Hrbbk0XkCbTEjk)

March 31 6:30PM - 8:30PM **Online Book Club -- Atomic Habits** (2 contact hours)

Register here: [https://millersville.qualtrics.com/jfe/form/SV\\_6XptltwDU667rrE](https://millersville.qualtrics.com/jfe/form/SV_6XptltwDU667rrE)

April 22 6:30PM to 8:30 PM **Online Book Club -- The Boy of Joy** (2 contact hours)

[https://millersville.qualtrics.com/jfe/form/SV\\_bmcaLFvgeG9wige](https://millersville.qualtrics.com/jfe/form/SV_bmcaLFvgeG9wige)

April 24 9AM to 12:30PM -- **APN Pharmacology Update** (3 contact hours)

\*\* free to MU students, alumni, faculty, and preceptors

Register here: [https://millersville.qualtrics.com/jfe/form/SV\\_5aS2q2mN5z9ThY2](https://millersville.qualtrics.com/jfe/form/SV_5aS2q2mN5z9ThY2)

May 30 8:30AM - 3:30PM -- **Annual Department of Nursing Scholarship Symposium** (6 contact hours awarded,)

Register here: [https://millersville.qualtrics.com/jfe/form/SV\\_eEUIRG2DBNqkCrP](https://millersville.qualtrics.com/jfe/form/SV_eEUIRG2DBNqkCrP)



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