



The Nursing Digest



Dr. Kuhns Earns Prestigious Distinction of Full Professor



Congratulations to Dr. Kuhns on achieving Full Professor status after teaching at Millersville University in various roles for twenty years. As chair to the Department of Nursing, her passion for education in healthcare is evident through the many roles she has undertaken, both within the university and in the community. She is responsible for the development and implementation of MU's online RN to BSN program, the Dixon University Center's MSN program, and the DNP program. She has created and taught nine new courses at MU and continues to drive advancement of educational opportunities available to students at both the undergraduate and graduate levels.

Regarded by her colleagues and students as an innovative educator, she enriches student engagement through a stimulating learning environment. Dr. Kuhns is actively involved in multiple research initiatives, and her expertise within the nursing profession has been recognized and utilized by leaders within the community for healthcare advancement projects. She remains active, and has held board positions, in several professional nursing organizations at the local, state, national, and international levels including the PA State Nurses Association, PA Higher Education Schools of Nursing Association, Sigma Theta Tau, and South-Central PA Consortium for Evidence-Based Practice.

Dr. Kuhns is an outspoken advocate for environmental health and actively educates communities about issues related to climate change as it affects population health. Her dedication to the health and success of her community is evident through the substantial educational and scholarship opportunities she has developed. Dr. Kuhns' work is a testament to her passion for nursing as a profession and the future of nursing practice. As a full professor, there is no doubt she will continue to shape nursing education at MU and in the broader professional nursing community.

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Dr. Zimmerman Announces Retirement

After more than 30 years of teaching, Dr. Barbara J. Zimmerman, PhD, RN, FNASN retired from Millersville University this spring. While she will be missed immensely, her indelible imprint on the Nursing Department, the profession overall, and countless communities will be felt for generations to come.

Since joining the MU faculty in 1987, Dr. Zimmerman has been instrumental in shaping the Nursing Department into the premiere program within the PASSHE. Recruited for her background in maternal and child health, she was instrumental in reviving and redesigning the School Nurse Certification program, and helped other schools in the state system offering a SNC track align with Pennsylvania Department of Education regulations. While at Millersville, Dr. Zimmerman played a key role in developing courses, revising the curricula, and repeatedly obtaining accreditation, as well as expanding the BSN program to a second site in Harrisburg, and cultivating collaborations with the Harrisburg and Reading community colleges.

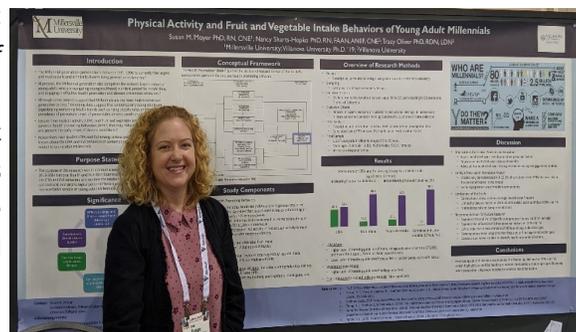
As an advocate, she represented nursing in several capacities serving on numerous committees within the department, APSCUF, the University Senate, and remains active in multiple professional organizations such as the state and national associations for school nurses. Through her leadership in the area of school nursing, Dr. Zimmerman was selected to spearhead groundbreaking research studies, authored numerous publications, and led many professional presentations at the local, state, national, and international level highlighting best practice in the area of school nursing.

Among her countless rewarding experiences, those involving service to community remain among her fondest memories, such as the Peter's Porch initiative she led that enabled nursing students to provide health screenings and counseling to families in need at local food banks. With the birth of her first grandchild, and the MU Department of Nursing experiencing tremendous growth and success, Dr. Zimmerman decided to pass the role to a new generation of nurse educators. Now she embarks on a new journey as a fulltime "Gramms."



Leadership in Public Health

Susan Moyer, PhD, RN, CNE, Assistant Professor in the Department of Nursing, recently published a manuscript in the *Western Journal of Nursing Research* titled, "Leisure-time Physical Activity and Fruit and Vegetable Intake of Young Adult Millennials." She also presented her work at the 2019 American Public Health Association Annual Meeting that was held in November 2019 in Philadelphia, PA. Her study examined the relationships between select biological, sociocultural, and psychological personal factors and leisure-time physical activity (LTPA) and fruit and vegetable intake (FVI) among young adult Millennials ages 20 to 32 years old. Dr. Moyer utilized data collected from the 2013-2014 National Health and Nutrition Examination Survey and found that contemporary young adults would benefit from health promotion efforts. Approximately 47% of young adult Millennials met the recommendations for LTPA, and only 13% and 17% met the recommendations for intake of fruits and vegetables, respectively. Engagement in LTPA was associated with being male, race/ethnicity, and increased education and income. Obesity, measured by body mass index, and poor perceived health status were associated with not meeting the recommendations for LTPA. Increased education was the only factor associated with meeting the recommendations for vegetable intake. No other regression models were significant.



Reference for the article:

Moyer, S. M., Sharts-Hopko, N., & Oliver, T. (2020). Leisure-time physical activity and fruit and vegetable intake of young adult Millennials. *Western Journal of Nursing Research*. Advance online publication. doi: <https://doi.org/10.1177/0193945920907995>

Millersville University Nursing Department Welcomes Three New Faculty



**Assistant Professor
Michele Chronister**
DNP FNP-BC IBCLC

Dr. Chronister began her career in nursing at the University of Pittsburgh Medical Center as a nursing assistant while also

earning her BSN at the University of Pittsburgh. Gaining a variety of valuable experiences as a RN within the UPMC system (i.e. medical/surgical, cardiac unit, etc.), Dr. Chronister sought to specialize in a field she was passionate about, continue her education, and start a family.

Specializing in maternal health, she relocated and began working on the Postpartum Unit for Wellspan Health in 2006 while earning her MSN FNP from Millersville University in 2014. Now a full time Nurse Practitioner for the Wellspan Health Breastfeeding Services Outpatient Practice in York, and with more than 25 years of experience, Dr. Chronister is a 2020 graduate of the DNP program at MU. She currently teaches 340 and 512 and is a Clinical Supervisor for the NP students at Millersville.

Dr. Chronister's hobbies include golf and travel, but outside of work her favorite activity is spending time with her family and friends.



**Assistant Professor
Linda Lee**
DNP, NP-C

Dr. Lee started her career in professional nursing by earning her BSN from East Stroudsburg University. Her experiences are

diverse including outpatient pediatrics, adult med-surg, case management in orthopedics, and various educator positions which prompted her to pursue a Clinical Nurse Specialist credential.

Dr. Lee earned her MSN - Clinical Nurse Specialist at the University of Delaware and among her previous positions, Dr. Lee was the Clinical Nurse Specialist for the Department of Orthopedics at Hershey Medical Center, as well as Director of the Orthopedic/Oncology Unit at St. Joseph Hospital.

Not only is Dr Lee a graduate of the FNP Certification program at Millersville Univ. but she is also a 2020 graduate of the DNP program at MU, where she previously served as adjunct faculty. Now as an Assistant Professor with MU teaching 522, Dr. Lee is also serving as one of the Clinical Supervisors for NP students.

Dr. Lee made the most of the COVID pandemic this summer, hosting "Nana Camp" for her granddaughter. She is now anxiously awaiting a new grandson this fall.



**Instructor
Tracee Matincheck**
MSN, FNP-BC

With 18 years of experience including four as a NP, she currently serves as a Clinical Supervisor.

Ms. Matincheck began her career in nursing, fulfilling various roles in the emergency department of a Level One trauma center where she spent 10 years, gaining valuable experience.

Transitioning into a leadership position, she spent the next 5 years as a nursing house manager supervising nursing staff in the hospital, as well as coordinating nurse staffing and patient placement. Now as a 2016 graduate of the Millersville University MSN-FNP, program she currently works full-time as a family nurse practitioner in a family practice clinic with UPMC Pinnacle.

Ms. Matincheck joined the MU Nursing Department in 2019 as a per diem clinical supervisor. This year she is supervising nine CRNP students and begins teaching courses in the spring. Her hobbies include water activities such as wake-boarding and water skiing with her husband and children.

Millersville University Nursing Program Ranked Among Top Five in State

For years, the demand to have Registered Nurses with at least a BSN has led many professionals to return to school, and those with their degree report better patient outcomes, as well as improved job performance, and satisfaction. Traditional classroom-based learning often overlaps with work or familial activities, and many professionals prefer the flexibility of an online program that can be completed around their work and personal lives. With countless programs across the nation and throughout the Commonwealth, Millersville University was recently identified as one of those institutes of higher learning that provide an exceptional professional development experience for those pursuing a career in nursing.



According to RegisteredNursing.org, a California based organization of Registered Nurses that promotes excellence in the profession by providing education and employment information for nurses, the online RN to BSN nursing program at Millersville University is ranked in the top-five web-based programs among all colleges in Pennsylvania, and the only state school program to make the rankings. Recognized for its flexibility, the online RN to BSN program at MU offers nine courses, totaling 31 credits that cover essential curricular components including technology, ethics, research, and evidence based practice. Committed to student success, the MU nursing faculty connect with students through a variety of synchronous (i.e. Zoom) and asynchronous activities (web-based discussion boards). Along with a flexible delivery of curriculum, the program examines the intersection of environment and health at a local, national, international, and global level. These attributes, and a faculty that helps individualize learning for every nursing student are among the many strengths of the MU Department of Nursing. In addition to the online learning opportunities for the BSN, there are multiple online courses offered for the various advanced degree programs, all of which contribute heavily to the continued achievement and growth for the Department of Nursing and Millersville University.

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Retrieved: <https://blogs.millersville.edu/news/2020/09/11/online-nursing-program-ranked-as-one-of-pas-best/>

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MU Alumni and Former Nurse Gives University Largest Philanthropic Gift Ever



Late last year Millersville University received a gift nobody anticipated yet everyone appreciated. From the estate of Liselotte R. Wehrheim, MU class of 1974, came the donation of \$3.5 million – the largest gift in Millersville's history. Until her 2019 passing at the age 103 years, Ms. Wehrheim had been Millersville's oldest living alumna. Born in Germany, Ms. Wehrheim served as a military nurse in Poland and Russia during World War II before being injured. Fluent in German, French, English, Russian and Polish, the U.S. State Department recruited her to become an interpreter after the war, and in 1955 she immigrated to America.

Committed to a career in nursing, Ms. Wehrheim attended Millersville as a non-traditional student, graduated with a nursing degree at the age of 59 years, and continued practicing well into her 90's. Twelve years ago Ms. Wehrheim was interviewed for the *Millersville Review* magazine and shared that her experience at MU was incredibly rewarding. She remarked, "Millersville was a gift to me as a mature, older person. It was a wonderful experience. They accepted me, and it was a joy for me to be able to function on the level of 20-year-olds when I was more than twice their age." In her namesake, the "Liselotte R. Wehrheim Scholarship in Nursing" endowment is designed to help other non-traditional nursing students. Through her generous gift nursing students who experience circumstances that affect their ability to complete their nursing degree, such as caring for children or an ailing parent, can receive scholarship assistance to alleviate any financial hardship that undermines completion of their academic pursuits.

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Murphy, J. (2019). Millersville University Receives Historic \$3.5 Million Gift for Nursing Scholarships.

Retrieved: <https://www.pennlive.com/news/2019/12/millersville-university-receives-historic-35-million-gift-for-nursing-scholarships.html>

Scholarship Symposium Highlights



On May 1, 2020 the Millersville University Department of Nursing held their 23rd Annual Scholarship Symposium. However, due to COVID-19 the program utilized an online format. While this year's event was a virtual program of posters and presentations, like every year the program profiled some of the finest scholarship presented by Millersville nursing students. The 2020 event included 23 posters and 11 oral presentations (15 minutes each) from students in the MSN program. This year the symposium highlighted many captivating poster and presentation entries covering a variety of salient concerns affecting communities across America.

Among the many well designed entries, the winning poster entitled "Survivorship Care Plans and Oncology Patient Outcomes" by Andrea Castillo addressed issues affecting patients fighting cancer after their treatment ends and the recovery phase begins. While survivorship care plans emerged to address the many lingering issues that effect quality of life for patients fighting cancer including their follow up care, Ms. Castillo's analysis indicated that there is no consistent evidence in the literature that such care plans actually improve patient outcomes.

Much like the posters showcased in the symposium, the presentations covered relevant issues in contemporary society. Among the many health concerns impacting the country, the opioid epidemic has gained increasing attention of late and the winning presentation by Jen Barner addressed the opioid epidemic from the perspective of the provider and their risk of exposure. The findings highlighted by Ms. Barner in "Opiate Exposures in Hospital Staff: Evidence Based Practice Analysis and Practice Recommendations for the Nurse Practitioner." underscore the importance of education and prevention, including testing protocol recommendations from the Centers for Disease Control and Prevention.



Congratulations DNP Class of 2020



Back Row (left to right): Dr. Lisa Fedora, Dr. Cayleigh Minter, Dr. Linda Lee, Dr. Michele Chronister. **Front Row** (left to right): Jill Buchle, Karen Kimball and Lauren Ermentrout.

On Friday, April 24, 2020 the seven NP students (in photo) enrolled in the Millersville University Doctoral program successfully defended their projects. Unlike face to face programs of the past, the 2020 event utilized an online format with the students virtually presenting their work via Zoom. Following each presentation that was viewed by faculty, family, and friends of the Doctoral candidates, the students then discussed and defended their projects to the faculty in a private Zoom session.

While the projects differed immensely, all of them underscored and implemented existing evidence to evaluate outcomes which the various findings indicated were positive for both patients and providers. Most of the projects resulted in statistically significant findings, others demonstrated a clear clinical significance, and all of them were incredibly educational. The seven Doctoral candidates covered issues affecting patients across the lifespan and included the following topics:

- Lisa Fedora: Postoperative Care of the DBS Patient: RN Self-Efficacy Score After Implementation of a Specialized Educational Module
- Cayleigh Minter: Musculoskeletal Injuries as an Occupational Risk in Nurses
- Linda Lee: Opioid Use after Total Knee Arthroplasty
- Michele Chronister: Balanced Breastfeeding: A Proactive Approach
- Jill Buchle: Introduction of an Online Mindfulness Program in a Doctor of Nursing Practice Program to Reduce Perceived Stress
- Karen Kimball: Effectiveness of a computer-based comprehensive stroke education module on newer nurses' knowledge and self-efficacy
- Lauren Ermentrout: Adverse Childhood Experiences: Screening Practices in Psychiatry

In the midst of the pandemic, this year's event was challenging for the faculty and candidates but all of them grew academically, professionally, and personally during their time together. From prenatal breastfeeding referrals, to specialty nursing education, from opiate-considerate discharge plans to safe patient handling programs, the DNP candidates learned a lot from their projects and from one another. Congratulations to all!

Millersville University FNP Student Awarded Nightingale Scholarship

The Department of Nursing at Millersville University wishes to congratulate Dr. Rebecca Cox-Davenport on being named a recipient of a PA Nightingale Scholarship. Dr. Cox-Davenport is currently a student in Millersville University's Family Nurse Practitioner (FNP) program and plans to graduate in May 2021.



When asked why she chose to pursue further education to become a FNP, Dr. Cox-Davenport shared an experience that set her career trajectory. Eight years ago, she met a girl who identified as transgender and was challenged to find comprehensive healthcare to meet her individual needs. This experience inspired Dr. Cox-Davenport to return to school so that she could provide healthcare for those who identify as transgender. Dr. Cox-Davenport acknowledged that healthcare opportunities for those in the LGBTQ+ community in Southcentral PA are good, and therefore she is interested in serving in an area that is underserved. In addition to teaching part-time at PA College of Health Sciences, Dr. Cox-Davenport volunteers with the LGBT Center of Central PA and Volunteers in Medicine in Lebanon, PA.

The Nightingale Awards of Pennsylvania is a non-profit organization sponsoring a scholarship program dedicated to supporting Pennsylvania residents who are pursuing nursing education in a Pennsylvania State Board of Nursing approved program. Applicants are chosen based on their professional leadership, academic achievement, community service, and personal commitment to the profession of nursing. We can all agree that Dr. Cox-Davenport shines in all those categories!

Millersville University offers not only a master's degree in Family/Individual Across the Lifespan Nurse Practitioner (FNP) but also a post-master's certificate in this area of study. Additional programs include an RN-BSN, MSN in Nursing Education, a Doctor of Nursing Practice (DNP), and certificate programs in Certified School Nursing and School Health Supervision.



Millersville Student — Nightingale Award Finalist



Congratulations to Millersville University graduate nursing student Laxmi Bajagi for being a finalist for the Nightingale Awards of Pennsylvania in the area of Community Nurse. Laxmi began his professional journey fifteen years ago in a refugee camp in eastern Nepal. He states, "I grew up in a community that lacked access to both electricity and healthcare. Seeing first-hand the loss of innocent lives from simple illnesses motivated me to become a nurse." He graduated with honors from Harrisburg Area Community College with an Associates of Arts in Nursing, at which time he was awarded the "Outstanding Achievement in Nursing Practice Award."

Laxmi then worked as a graduate nurse on the intermediate care unit at UPMC Pinnacle Harrisburg Hospital. There he excelled at providing meaningful and culturally competent bedside care. He has been recognized by his patients and peers for his dedication to excellence in nursing and was the recipient of the Outstanding Service and Devotion to the Patients and Doctors Award, as well as multiple DAISY Awards. He obtained certification as a medical interpreter to better serve the community. Inspired by his patients, Laxmi decided to further his education, and completed Millersville University's BSN program. He states, "I had the best teachers who provided mentorship and motivation to further my education. I could not have chosen any educational institute other than Millersville University for my FNP degree." He will graduate from Millersville's FNP program this May.

In the wake of the COVID-19 pandemic, Laxmi recognized cultural, racial, and socioeconomic factors leading to a disproportionate impact of the virus within local Nepalese and Bhutanese communities. In response, he initiated a local branch of the Bhutanese Response Assistance Volunteer Effort (BRAVE) project to support local communities. The project aims to help provide screening services, to provide personal protective equipment and food, and to educate members of the community on infection prevention measures. Laxmi has coordinated with local hospitals to support this cause. Because of his commitment to community health, he is being recognized as a finalist for the Nightingale of Pennsylvania Community Nursing award.

Congratulations to the 2020 Nursing Award Winners

The Department of Nursing at Millersville University offers numerous scholarships and awards each year to students in the various nursing programs, thanks to the generous support of alumni and organizations in our community. Among the many awards presented in 2020, the Department of Nursing congratulates and recognizes the following scholarship and award recipients for their exemplary academic work and commitment to the nursing profession:

This year, the beneficiary of the Antone K. Fontes Health Professions Award is Mary Silveira Pelin, for demonstrating outstanding ability in the area of premedical, nursing, or allied health programs.

In 2020, there are two recipients of the D. Joan Godfrey Nursing Award which recognizes students for their participation in the nursing program and other campus activities, and involvement in the nursing profession. Congratulations to MSN student, Morgan Christy, and BSN student Kaitlyn Richartz.

The beneficiary of the 2020 Lt. Col. Jo Ann Cashman Award for students in good academic standing who are enrolled in one of the MU nursing programs and is Titus Leitro.

This year there are four recipients of the CVS Health Family Nurse Practitioner Scholarship for students in good academic standing who are enrolled in either the FNP or PA programs and work with organizations that support underserved populations. Congratulations to Rosa Gingrich, Titus Leitro, Afolake Ogunfuwa, and Michaela Silknetter.

In 2020, there are seven beneficiaries of the Forty et Eight (Voiture 42) Endowment for Nursing Education which is awarded to students enrolled in either the BSN, MSN, or the Nurse Practitioner Certification program and demonstrates commitment to the profession and academic achievement.

Congratulations to Jocelyn Ramirez-Harrell, Cierra Hynson, Felipe Rivera, Nathan Mitz, Kristl Molina, Becky Troutman, and Michaela Silknetter.

This year the recipient of the Margaret K. Shenk Scholarship Trust Endowment for nursing students from Lancaster County who successfully complete two semesters of the nursing degree program is Farida Aliyeva.

The beneficiary of the Luelle Hamilton Scholarship in Nursing Award for students in the MSN program who are pursuing multi-disciplined alternative methods of healing is Beth Freeman.

In 2020, there are two Martha B. Gross Culbertson and Bradley J. Culbertson Nursing Scholarships for students in good academic standing. Congratulations to Hannah Erwin and Julia Chapman.

In addition to these winners, MU awarded additional scholarship assistance to 78 students through the Liselotte R. Wehrheim Scholarship in Nursing endowment designated for non-traditional students experiencing unusual or special circumstances affecting completion of their education.

Ranked among the best Nursing Programs in Pennsylvania, the faculty and students at Millersville University wish to express their gratitude to the generous and continued support of the various benefactors committed to assisting the next generation of nurses. Thank you as we are truly grateful for your support!



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