



Sigma Theta Tau
International
Honor Society of Nursing

Rho Chapter

University of Michigan
Chartered 1957

www.nursing.umich.edu/info/current-students/clubs-organizations/sigma-theta-tau

Spring 2020, VOLUME 20

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Chapter Web page The Circle: <http://rho.sigmanursing.org>
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Bailey Abney	Halle Hassett	Sahra Kiely Mckinnon	Hana Shin
Emma Barr	Karen Tavalacci Holman	Sarah Mintz	Rita Marie Sidhu
Rebecca Barrie	Misook Hong	Abbie E. Moccio	Kathy Sliwinski
Eric Beedle	Michelle Jonik	Mikayla Morgan	Natalie Tanzy
Grace Bontrager	Carlin Koch	Naomi Nichols	Chloe Velasquez
Courtney Buckley	Carsen Koviak	Tessa Quinn Nosanchuk	Jessica Viale
Grace Ann Cheng	Morgan Krupic	Kate O'Sullivan	Emma Vollmer
Reagan Cloutier	Heather Kudialis	Sarah Grace Peper	Chelsea Wagner
Lindsay Cossey	Madeline Laurencelle	Kelsey Postler	Toby Waldman
Chloe Crowley	Joyce Lee	Rachel Quigley	Emily Watkins
Yashodhara Enz	Ayla Raye-Leonard	Jennifer Riske	Lauren Yake
Lizbeth Fender	Emily Leong	Timothy Schaublin	Weijiao Zhou
Brianna Finley	Ivy Li	Erica Segura	Miriam Zick
Lauren Guindi	Wei Vivian Li	Carri Ann Shafley	

INTRODUCING NEW RHO MEMBERS

Even though our chapter was not able to celebrate our new members with the usual Induction Ceremony, Rho is honored to announce our 53 new members. Their names are listed on our cover page. Read on to learn more about some of our newest colleagues and their accomplishments and interests. Welcome to all of you!



My name is Halle Hassett. I am a rising Senior and a midshipman of the U of M Naval Reserve Officers Training Corps (ROTC) battalion. Upon graduation, I will commission as an Ensign in the United States Navy Nurse Corps. I look forward to the challenges and new experiences

this path will afford me with.



My name is Ivy Li and I have recently graduated with a BSN). My interest is working with new mothers and newborns in the labor and delivery department, and I plan to continue with graduate school in the coming semester. I am very excited to be part of the Sigma Rho Chapter and am looking forward to meeting individuals with similar interests within this community!



My name is Emma Barr and I am entering my senior year this fall. I am incredibly passionate about psychiatric services and pursuing research opportunities. I have come to love the pediatric population, and I look forward to practicing my nursing skills in the future to provide culturally-sensitive and trauma-informed care!



My name is Kathy Sliwinski and I am an incoming senior nursing honors student. In the fall, I plan to apply to nursing PhD programs. Although I was supposed to be at St. Jude in Memphis, TN for a pre-doctoral research externship this summer, I'm now spending my time home in Chicago working at an urgent care clinic and doing some

COVID-19 research. I'm also on the figure skating team here at U of M!



Hi. I'm Jen Riske. I have been an RN since my graduation from U-M in 2005. I work in adult oncology chemo infusion. I am currently a graduate student at U-M getting my FNP-DNP with a nursing education certification. I plan to continue working in oncology as an NP and to share my passion for nursing with the next generation.



My name is Mikayla Morgan and I am a new Rho member! I'm an incoming senior in fall 2020. I have a passion for pediatrics, specifically neonatology. I want to work in a NICU after graduating!



My name is Rebecca Barrie and I'm a new Rho member! In the fall I will be a senior nursing student at UofM, Class of 2021. I have many interests including Pediatrics, Travel Nursing, ICU, ER, Oncology, and Nursing Education. I hope to practice as a pediatric nurse for several years before returning to school to earn my DNP!



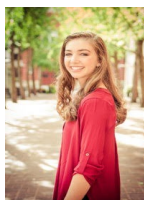
My name is Naomi Nichols and I am a 2020 BSN graduate. I have a big interest in pediatric critical care. I want to gain experience as a PICU nurse, then work as a travel nurse before going back to school to become an acute care pediatric nurse practitioner. I am looking to beginning my career at Mott, either on the unit that I currently work on as a tech, or as a new grad in the PICU.



"My name is Chelsea Wagner. I am studying for a MSN specializing in Family Practice and I anticipate graduating in May 2021. I have been a RN for five years. I started my career on the Progressive Care Unit, quickly moving to open heart recovery. My real passion was for labor and delivery and in 2017, I began a very rewarding career, in that specialty. Recently I was promoted to House Supervisor where I guide the daily operations of the hospital. After graduating I plan to help my local community of Niles, Michigan by working in family practice. I am a wife and a mother and I'm also somewhat obsessed with our four dogs. I am excited to be a part of the Rho family!"



Hello! My name is Joyce Lee. I am a senior in the fall and will be graduating in May 2021. I currently work as a tech on a transplant floor and an office assistant for the Office of Global Affairs. I am interested in adult critical care nursing after graduation. My future ambition is to go into higher education for women's health and global health.



My name is Carsen Koviak. I am very happy to be a part of the Sigma Rho Chapter! I am now a rising senior in the School of Nursing. My interests include anything Michigan athletics and finding the best desserts in town! My career goals include becoming a NICU nurse and providing the best care possible for my future patients and their families!

CONGRATULATIONS RHO AWARDS RECIPIENTS

Each year Sigma Rho Chapter nursing honor society recognizes excellence in nursing with its chapter awards program. Due to the “Stay Home Stay Safe” order, Rho was unable to hold our annual Awards ceremony that was planned for April 5. A ceremony is planned for Fall 2020 to recognize Awards recipients. Until then, Rho Chapter salutes our 11 awardees. We are so proud to call you Rho members and thank you for your leadership in our nursing community:



Excellence in Research
Christopher Friese, PhD, RN, AOCN,



Excellence in Leadership
Bonnie Hagerty, PhD, RN



Excellence in Education
Rhonda Schoville, PhD, MSBA, RN



Excellence in Practice
Regi Freeman, MSN, RN, ACNS-BC, FCNS



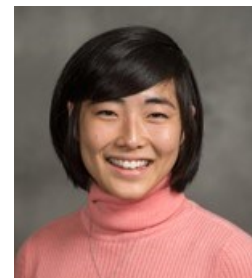
Friend of Nursing
Geoffrey Hoffman, PhD, MPH



Student Leadership
Hayley Flores



Drickamer Student Mentorship
Michelle Keefer



Rising Star Award
Grace Kanzawa-Lee, PhD, RN



Distinguished Service
Ann Kruszewski, PhD, RN

Not Pictured

Student Leadership: Brianna Finley, senior nursing student

Drickamer Student Mentorship: Heather Kudalis, senior nursing student

Rho Chapter maintains several grants to support members' scholarship. This year's recipients are:

- Research/EBP Grant Award* to support research and evidence-based practice projects: Misook Hong
- Project Dissemination Grant*- to support presentations of scholarly work: SeoYoon Woo & Haeun Lee
- Global Health Grant* to support international health projects: Kristiana Hila and Nathan Stefanovsky
- Professional Development Grant* to support conference attendance: Sara Hortsch and Naomi Evans
- Ketefian Grant* to support membership dues for international students: Xinyi Chen and Weijiao Zhou

President's Column



President
Laura Struble, PhD, GNP-BC

As I reflect on my message for this newsletter, I'm challenged to find just the right tone. All of us have been affected by the pandemic in some way. Although it is difficult to find anything good in this global health crisis, COVID-19 has brought the crucial role nurses play to the forefront of the news. It is fitting that in a year in which nursing's contributions to the nation's health has come into sharp focus, the World

Health Organization (WHO) has designated 2020 the Year of the Nurse and the Midwife. I am so proud to be a nurse and I am even prouder of the many ways that Rho members have responded with their very best skills, whether giving direct care as providers, supporting direct care providers as administrators or educators, teaching in new and creative ways as nursing faculty, or taking on new learning modalities as nursing students.

While many of the events and service activities that Rho Chapter had planned were cancelled, the Rho Chapter board discussed how to best support our members and our nursing community during the pandemic. It became clear that students had experienced significant financial and emotional strain. Front line care providers were coping with mental health distress. And all of us were feeling the fallout from social isolation and worry about loved ones. Stress will be with us for awhile. Rho has partnered with the School of Nursing to support students. Rho has also partnered with Michigan Medicine to make their self-care resources available to members. Stay tuned to your email for announcements about webinars and other support services that you can use.

You can read more about these partnerships on page 7 of this newsletter. The School of Nursing CAPS counselor, Kristen Adams, has posted an excellent article about self-care that can be helpful to all of us. <https://nursing.umich.edu/about/news-portal/202005-self-care-midst-a-global-pandemic>

Nurses are very good at caring for others, but reluctant to care for themselves. During this time of strain, feel free to unplug from the news cycle for a while, and continue to take care of your physical health, connect with others, use strategies to manage strong emotions, and use your problem-solving and creative skills to do what needs to be done. This pandemic may be formidable, but we nurses have always risen to challenges. In this Year of the Nurse and Midwife, we will continue to use our creativity and resilience to care for our patients and ourselves.

RHO CHAPTER OFFICERS

President: Laura Struble, PhD, GNP-BC (lstruble@umich.edu)

President-elect: Julia Morrissey, MSN, RN (julmorri@umich.edu)

Past President: Deborah Price, DNP, RN (debprice@umich.edu)

Vice-President: Paul Edick MSN, RN (edickp@med.umich.edu)

Treasurer: Cristina Wojack, MS, RN, AGACNP-BC, CCRN (wojackc@umich.edu)

Secretary: Norma Sarkar, MPH, RN (nsarkar@umich.edu)

Faculty Counselor: Penny Riley, PhD, RN (riley@umich.edu)

Faculty Counselor-Elect: Melissa Bathish, PhD, RN, CPNP-PC (mbathish@umich.edu)

Student Leader Intern: Lizzie Flood, SN4 (lizflood@umich.edu)

COMMITTEES

Governance Committee (Membership & Bylaws)

Chairperson: Alex Fauer, BSN, RN (ajfauer@umich.edu)

Member: Susan Maycock, DNP, RN, CNS-BC (smaycock@umich.edu)

Member: Diane Accurso, MBA, BSN, RN (accursod@umich.edu)

Leadership Succession Committee

Chairperson: Julie Buser, RN, CPNP-PC (jbuser@umich.edu)

Member: Raja Issa, DNP, RN (rajaissa@umich.edu)

Member: Deanna Bitner, MSN, RN, NEA-BC (dbitner@umich.edu)

Excellence in Nursing Awards Committee

Chairperson: Corinne Lee, DNP, RN, ACNS-BC (leeco@umich.edu)

Member: Mary Sue Webb, BSN, RN (mswebb@med.umich.edu)

Member: Suzanne Knight, DNP, RN (knightn@med.umich.edu)

Newsletter/Publicity Committee

Chairperson: Ann Kruszewski, PhD, RN, (annkrusz@umich.edu)

Social Media: Julia Morrissey, MS, RN (julmorri@med.umich.edu)

Student Social Media: Athena Lievens, SN4 (alievens@umich.edu)

Research/Special Projects Committee

Chairperson: Deb Lee, MSN, FNP, ACNP-BC (webdeb@umich.edu)

Member: Carol Loveland-Cherry, PhD, RN (loveland@umich.edu)

Membership Involvement Committee

Chairperson: Victoria Bearse, BSN, RN, (vbearse@umich.edu)

Member: Ann Kruszewski, PhD, RN, (annkrusz@umich.edu)

RHO CHAPTER RESEARCH AND EBP GRANT RECIPIENT--PROJECT SUMMARY

Each year, Rho Chapter provides grants to support members' scholarly work. This year's grant recipient was Misook Hong, who received her DNP in May. Rho Chapter was pleased to support her scholarly project for her DNP. Read a summary of her project here:

Improving Medication Adherence in Older Adults with Hypertension by Implementing a Text Messaging Reminder



Misook Hong, DNP, RN

Hypertension is a major public health problem and a leading modifiable risk factor for development of coronary artery disease, stroke, congestive heart failure, kidney failure, and retinopathy (Morawski et al., 2017). In older adults, nonadherence rates to antihypertensive medications are from 40% to 75% (Haugh, 2014).

Medication nonadherence accounts for 125,000 deaths annually in America (Million Hearts, 2016). It has been estimated that only half of the people with hypertension are adherent to prescribed medication regimens (CDC, 2013). The use of technology may provide an innovative, practical, and inexpensive method to promote medication adherence in older adults with hypertension.

The purpose of this Quality Improvement project was to implement and evaluate the effectiveness of a mobile telephone-based text messaging reminder to improve medication adherence in older adults with hypertension. A pre-intervention medication adherence scale was administered before implementing a six-week text messaging reminder. A post-intervention medication adherence scale was administered to evaluate if the text messaging reminders were effective. Results of the intervention were improvement of medication adherence from 92.17% to 100% compliance after the text messaging reminders. SMS messages also led to improved blood pressure. In total, 87% (20/23) of participants achieved blood pressure below 130/80 mm Hg after six weeks of text messaging reminder intervention. Satisfaction with the intervention was also assessed. Satisfaction with the intervention was greater than 80%. The overall mean satisfaction rating was 4.7 out of 5 with an overall satisfaction percentage of 94.38%. Results of this project indicate that an educational intervention using mobile telephone text messaging reminders can improve self-reported antihypertensive medication adherence and reduction in blood pressure in older adults with hypertension in senior independent living apartments. Text messaging is effective, user-friendly, cost-effective, and can be a powerful tool to influence long-term behavior changes. Future research should examine whether text messaging has positive consequences and improves medication adherence in older adults with hypertension in other community settings. Limitations of this project include high adherence rates before the intervention (92.17%), use of a self-reported measure, small sample size (n=23), short duration (six weeks), limited diversity (91.3% of participants were Asian), and random blood pressure measurements.

2020—THE YEAR OF THE NURSE AND MIDWIFE



When the World Health Organization (WHO) designated 2020 as the "International Year of the Nurse and the Midwife," it could not have anticipated how the COVID-19 crisis would bring nurses' work to the forefront in the news media. The year 2020 was chosen to honor nurses in memory of the 200th anniversary of Florence Nightingale's birth. Nightingale was a visionary nurse and leader and her work as an early epidemiologist is more significant in light of the current pandemic. In the United States, nursing is ranked as the most trusted profession, according to Gallup's polls. But in many countries, nurses and midwives are considered less important and treated with less respect. Hopefully the recent pandemic will illustrate the essential nature of nurses' work and change this view. Our desire is that WHO's 2020 International Year of the Nurse and the Midwife celebration will elevate nursing throughout the world and lead individuals to recognize the many roles that nurses fill in global healthcare.



SELF-CARE AND COVID-19—IT'S OK NOT TO BE OK

Although nursing has received a great deal of positive publicity for our work during COVID-19, many of us are experiencing great stress. Students have had their learning experiences disrupted, faculty have been asked to develop new learning modalities overnight, and all of us are experiencing social isolation. Those on the front lines have experienced very difficult care situations and decisions, sleep disruptions, and fear for personal safety. The Rho Chapter board decided to focus service activities on caring for our members and our nursing community. We hope that you were able to take part in the webinars on moral distress and on sleep hygiene. We have also designated a Rho liaison to the School of Nursing for the purpose of supporting students who have financial needs. And we have partnered with Michigan Medicine to offer resources to Rho members from the COVID-19 Well-Being Help Center.

Nurses are very good at caring for others. We are often not good at caring for ourselves. And we are particularly reluctant to ask for help when we need it most. Please take advantage of the resources at Michigan Medicine <https://wellnessoffice.med.umich.edu/covid-19-well-being-help-center/emotional-health-well-being>

Finally, thank you to all of the Rho members who are serving on the front lines of COVID-19 and those who are supporting their work. Read a few of their stories:

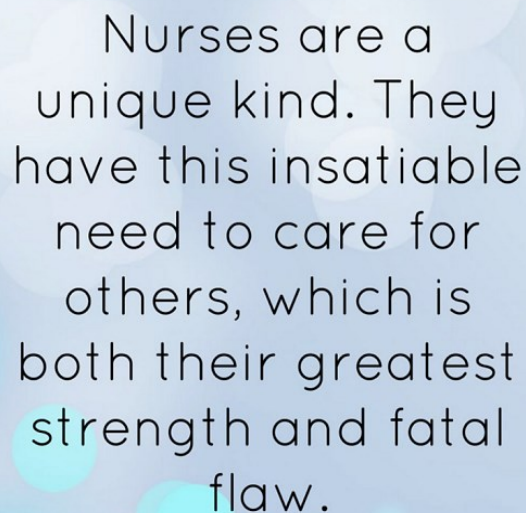
Patient care: Deb Lee

Worker safety: Chris Friese

Policy development: Deena Costa

And many more stories on the School of Nursing web page: <https://nursing.umich.edu/about/news-portal/school-nursing-news-archive>

To all Rho members providing service--you are truly the leaders and best! Offering sincere wishes that all of our Rho members stay well, physically and emotionally.



Nurses are a
unique kind. They
have this insatiable
need to care for
others, which is
both their greatest
strength and fatal
flaw.

Dr. Jean Watson, RN, Doctor,
Author and Professor

RHO CHAPTER GRANTS

Did you know that Rho has support for members to continue their education, pursue specialty certifications, and travel to conferences, as well as support for international projects that benefit the health of global communities, and help for international students to pay membership dues? These grants are all part of Rho Chapter's efforts to increase member benefits. Visit the Rho web page for information on applying for these grants: <https://nursing.umich.edu/about/nursing-michigan/sigma-rho-chapter/chapter-grants>

NOW ACCEPTING APPLICATIONS FOR STUDENT LEADER INTERNSHIP 2019-20

Are you an undergraduate student Rho Chapter member? Applications are being accepted for the 2020-21 Student Leader Intern position. Deadline is June 30. Click on this link for more information and to view the application: <https://nursing.umich.edu/about/nursing-michigan/sigma-rho-chapter/student-leader-intern>

NOMINATE A COLLEAGUE FOR NURSE LEADER MEMBERSHIP

Do you know a nurse who displays leadership, creative work, support for professional standards and commitment to scholarly nursing? Faculty—do you work with nurses in your practice settings who show these qualities? This nurse should become a member of Sigma! The "Nurse Leader" membership category is for practicing nurses who hold at least a bachelor's degree, and whose professional work exemplifies the purposes of Sigma Theta Tau International. To nominate a nurse for membership, use the nomination form on the back cover of the newsletter OR visit the Rho chapter website, and download the membership form:

www.nursing.umich.edu/rho-chapter

Click on "Become a Member" tab and then scroll down and click on the "Nurse Leader" link.

The prospective member will be asked to complete an application and provide a C.V. Nominations are due **September 15, 2020**

RESEARCH AND EVIDENCE-BASED PRACTICE PROJECTS GRANTS:

Grants up to \$1000 are available to Rho members. Total grant funds awarded by Rho Chapter are limited, so apply early! Application deadline is September 30, 2020. Visit our website at www.nursing.umich.edu/rho-chapter. Click on "Research and Project Grants" for more information and the application form.



Rho Chapter

SIGMA EVENTS AND RESOURCES

New Graduates—Resources for You

Surviving Your First Years as a Nurse is a free program to support nurses in their first few years working in a clinical setting. You will learn how to minimize legal risks, manage relationships with patients and co-workers, foster professional growth, and utilize social media. Visit Sigma Marketplace SigmaMarketplace.org

Webinar: Transitioning Into Practice: Myths vs. Reality June 18, 2020, 11:00 a.m.- noon EDT

NEW GRADS—Here is your opportunity to ask questions and get fact-based answers from two seasoned expert nurse educators. Their expertise spans career development, NCLEX, clinical practice roles and environments for new nurse graduates/nurses, and more. Register at: <https://register.gotowebinar.com/register/5288797571692337424>

ACCESS YOUR FREE SIGMA MEMBER CNE

Sigma members have access to many free continuing nursing education (CNE) courses through the Sigma Marketplace, like the newly released course below.

Visit <https://sigmamarketplace.org/CNE/memberfreece> to see what's available.

Earn free CNE through SigmaCasts

Sigma's new podcast is designed to help nurses keep up with current events, learn new facts from the latest research, find common ground with other nursing professionals from around the world, and discuss today's challenges for the nursing profession.

Sigma members can earn free CNE with every episode! Take a look at the first few episodes of the series and check back often for new additions. Listen now <https://sigma.nursingrepository.org/handle/10755/18548>

31ST INTERNATIONAL NURSING RESEARCH CONGRESS July 22-24, 2020—Transforming Global Nursing Research and Scholarship Through Connections and Collaborations

Registration deadline July 8, 2020

Due to the COVID-19 pandemic, Sigma is hosting Research Congress 2020 as a virtual event. Join Sigma as we connect and engage with over 500 nurse researchers, students, clinicians, and leaders who are focused on evidence-based research. Registration and information: <https://www.sigmanursing.org/connect-engage/meetings-events/congress-2020/registration>

CHAPTER LEADERSHIP CONNECTION

September 11-13, 2020

Chapter Leadership Connection is Sigma's biennial chapter leadership training conference!

Registration and information:

<https://www.sigmanursing.org/connect-engage/meetings-events/clc/registration>

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NOMINATE A COLLEAGUE FOR NURSE LEADER MEMBERSHIP
Sigma Rho Chapter

Do you know a RN leader who deserves membership in Sigma? The Nurse Leader membership category is for RNs with at least a Bachelors degree who have demonstrated leadership, creative work, support for professional standards and commitment to scholarly nursing. See the Rho Chapter web site for more information: <https://nursing.umich.edu/about/nursing-michigan/sigma-rho-chapter/membership> and click on the "Nurse Leader" link. Prospective members will be contacted by the Faculty Counselor to submit an application and a CV.

NOMINEE:

Name: _____
Address: (street address, city, state, zip) _____
Email Address: _____ Mobile Phone: _____

NOMINATED BY:

Rho Chapter Member Name: _____
Address: (street address, city, state, zip) _____
Email Address: _____ Phone: _____

Please return completed form **by September 15**

By Mail:

Mary DeBardleben (attn: Rho Chapter)
Professional Development & Education
300 North Ingalls, Room 6B12
Ann Arbor MI 48109-5436

By FAX: Call 734-764-5315 to request FAX number

By Email: mbathish@umich.edu

