

The University of  
Virginia  
June 2017



BETA KAPPA  
CHAPTER  
SIGMA THETA TAU  
INTERNATIONAL

## The Newsletter

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### The President's Pen

Dear Beta Kappa Members,

It has been an exciting year for Beta Kappa! As we reflect on our Chapter's many accomplishments, you would be pleased to know that we have a strong chapter with dedicated volunteers.

This newsletter issue is a special one because we are highlighting some of the research that our members have presented at national meetings in the past year. We have members who have presented research in Africa, Europe, and across the continental United States in some important venues. Also, we have had students—"Rising Stars"—who have presented their research at STTI conferences.

Our Vice President and President-Elect, Gina DeGennaro, presented her work on healthy work environments at the STTI conference last Fall.

We continue our research focus this summer with several members presenting their research at STTI's International Nursing Research Conference in Dublin, Ireland. Also, Professor and Associate Dean Christine Kennedy will be inducted into the Research Hall of Fame.

Do let us know when you are engaged in research and when you present your research at conferences. We would like to recognize your commitment to research in future editions of the newsletter.

In the service of nursing and Beta Kappa Chapter,



Ken White, PhD, ACNP, FACHE, FAAN, President

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*Chapter Leaders:*

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**President:** Ken White  
**Past President:** Deborah Conway  
**Vice President:** Regina DeGennaro  
**Treasurer:** Vickie Southall  
**Secretary:** Jennifer Kastello  
**Counselor:** Richard Westphal  
**Administrative Assistant:** Renee Breeden

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## Undergraduate Students Present Research Projects in Indianapolis

*UVa Undergraduate students presented research projects at the STTI Leadership Connection on September 17-20 2016 as an extension of their Research, Ethics, Advocacy, and Leadership (REAL) curriculum*

Claire O’Friel (UVA BSN ’17) developed a project entitled, “Faking a Crisis: Examining the Effectiveness of Simulation Training for Emergency Situations”. O’Friel searched the Cochrane Library and OVID MEDLINE databases to determine if healthcare professionals with simulation training for emergency situations have higher clinical competence than healthcare professionals without simulation training. The results of her research suggested that all educational interventions for emergency situations (which included simulations, case study-based learning, or didactic lecture) improved outcome scores. However, the simulation interventions improved knowledge retention over time.

Angelica Henry (UVA BSN ’17) completed a review of literature, influenced by her experience as a Patient Care Technician on the Medical Intensive Care Unit at the UVA Medical Center. The purpose of the review of literature was to investigate the value of napping for night shift nurses to reduce nurse burnout and counteract its effects on intent to leave and ultimately nurse- sensitive- patient outcomes in nurses working the night shift. Henry found that it was evident that nurses working night shifts had disrupted sleep patterns. She then linked those disrupted sleep patterns to emotional and physical fatigue, burnout, intent to leave, and poor nurse- sensitive- patient outcomes through literature reviews. Henry found that 20 to 30 minute naps allow for sleepers to achieve the first two of the four total stages of the sleep cycle. Henry urged nurse scientists to research napping as a solution to reduce fatigue and improve performance in the workplace.

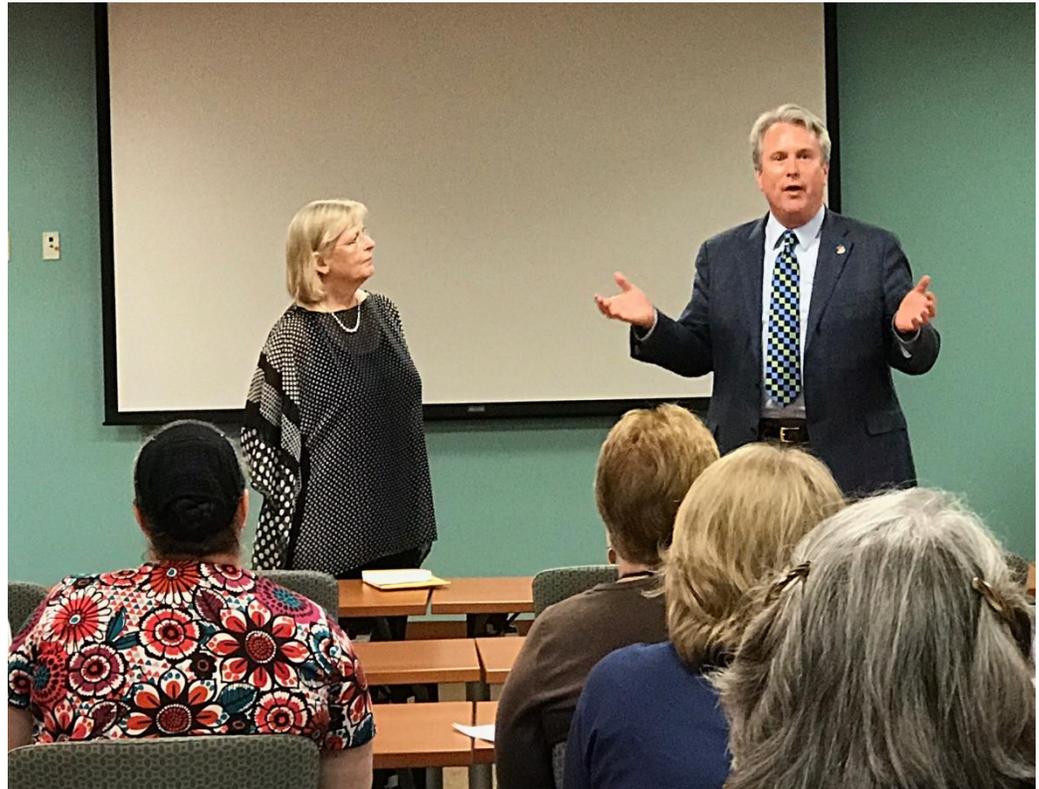
*Chapter Chairs:*

**Governance:** Sharon Veith  
**Membership:** Pam Kulbok  
**Awards:** Sharon Bragg  
**Newsletter**  
**Editor/Intern:** Jane Muir  
**Research:** Randy Jones  
**Heritage:** Ann Taylor  
**Fundraising:** Clara Winfield  
**Publicity:** David Strider  
**Leadership Succession Chair:** Cathy Campbell  
**Philanthropy:** Deborah Conway

## Fontaine, White Advise On Career Development

UVa School of Nursing Dean Dorrie Fontaine and Kenneth White presented to nurses at Martha Jefferson Hospital (MJH) on June 14 regarding career goals and development, organized by Beta Kappa member Ashley Mangum. Fontaine and White discussed the importance of finding the skills one thrives in and continuing to flourish such skills. Fontaine and White gathered information from the book they collaborated on, entitled “Boost Your Nursing Leadership Career,” for opportunities and career advice to current nurses in the Charlottesville area.

*Dorrie Fontaine and Kenneth White collaborated on a book entitled “Boost Your Nursing Leadership Career,” which offers expert advice from leaders in the nursing field. Fontaine and White offer easy to digest tips with actionable steps, as well as encouraging words from clinician leaders.*



*Fontaine and White presented at Martha Jefferson Hospital about career development on June 14. Nurses from a variety of units and experience levels posed questions at the talk.*

## Kulbok presents Public Health work in Denmark, Baltimore

UVA nursing professor Pamela Kulbok presented at two separate conferences this year regarding her public health research around the history of public health nursing, as well as leadership within the public health nursing field. Read her abstracts below:

**Contribute to  
the Newsletter**

**Have an  
update,  
opportunity  
or news to  
share in  
future  
leaders?  
Suggestions,  
questions,  
clarifications?**

**Email Jane  
Muir at**  
[Janemuir@virginia.edu](mailto:Janemuir@virginia.edu)

**Fourth International Public Health Nursing Conference, September 21, 2016, Billund Denmark**

**Title:** Bridging the Gap Through Time: Public Health Nursing 1950 to 2015

**Authors:** Pamela A. Kulbok (University of Virginia [UVa]); Joan E. Kub (Johns Hopkins University); Doris F. Glick (Uva)

This presentation on the history of public health nursing (PHN) in the United States (U.S.) examines challenges and problems, strengths and visions of PHN from 1950 to 2015. Significant national and global forces drove the specialty during this period. The mid-to late-20<sup>th</sup> century was a time of prosperity and advances in health care with challenges including the global emergence and spread of new diseases such as HIV/AIDS and the reemergence of known infectious diseases, increasing prevalence of chronic diseases, the impact of global conflicts and terrorism, and global economic and social stressors leading to worldwide surges of immigration. This paper explores how these forces influenced the direction and practice of PHN in the U.S. during this timeframe and focuses on lessons learned for the future. How can lessons of the past be applied to current and future challenges and opportunities? Does past experience provide strength and vision for the future of PHN in the early decades of the 21<sup>st</sup> century? This historical overview and analysis is framed around seminal events, documents, and policies from the mid-20<sup>th</sup> to early 21<sup>st</sup> century. This work is part personal essay with each author reflecting on the history of PHN through a unique lens of education, practice, and research from the mid-1960s to 2015. Highlights include prosperity, social and healthcare upheaval and growth in PHN (1950-1970); healthcare financing, emerging diseases, and conflicting PHN roles (1970-2000); and, threats and opportunities resulting from the APRN Consensus Model, bioterrorism, healthcare fragmentation, and the emphasis on population health (2000-2015). These events changed the landscape of PHN within the disciplines of nursing and public health as illustrated by evolving definitions of the specialty. Understanding our PHN history provides significant opportunities to build upon assets, increase visibility, address new challenges, and leverage lessons learned both locally and globally for the future.

## Association of Community Health Nursing Educators, Annual Institute, June 10, 2017, Baltimore MD

**Title:** Public Health Nursing Leadership: Key to a Healthy Virginia

**Authors:** Kulbok, Pamela A.(University of Virginia [UVa]); Gwon, Seok H. (University of Wisconsin-Milwaukee); deValpine, Maria (James Madison University); Glick, Doris F. (UVa)

**Purpose:** The purposes of this presentation are to: describe an iterative group process used at the national and state level to identify strategic priorities for public health nursing (PHN); examine action steps, stakeholders, responsible parties, resources, and outcomes proposed by participants that were specific to each priority; and, consider necessary PHN leadership strategies. **Background:** An invitational summit of PHN educators and managers from Virginia resulted in identification of three strategic priorities for a Healthy Virginia: 1) Develop a data driven business case for PHN practice including a payment model; 2) Develop action-oriented academic-practice partnerships in PHN and, 3) Identify a key set of research (priorities) focused on added value of nursing to public health practice. **Method:** Priorities and actions were derived using iterative group processes similar to those implemented by the Quad Council to determine national strategic priorities and actions. Six groups with educators and managers recommended actions and future directions for each priority. Faculty/student teams moderated and took notes. **Results:** Common actionable steps were investigation of literature; implementation of evidence based practice and PHN competencies; creation of partnerships and strategic networks; connection with legislators; education of public health nurses and policy makers; plan future meetings, and disseminations of recommendations. Stakeholders included board of nursing; case managers; financial officers; health commissioners; legislators; and, nursing school administration. Responsible parties were primarily PHN educators, staff and managers. Resources included access to information; legislative aides; national standards; and state nursing associations. Outcomes included academic-public partnerships, networking, and improved population health indicators. **Discussion:** PHN educators and nurse managers were enthusiastic participants in all group processes. The mandate for future strategic actions and leadership by public health nurses to impact the health of the public was clear

## White Presents about Nurses' Perceived Level of Innovation Competencies

*Dr. Kenneth White presented a keynote address at the American Association of Colleges of Nursing Doctoral Education Conference*

Dr. Kenneth White, Beta Kappa president, presented research in Coronado, California on January 20, 2017. The presentation included results of a national survey of nurse leaders and their self-perceived level of competencies related to innovation. There is a significant gap in innovation competencies among nurse leaders in practice and academia. Nurses report having learned innovation and entrepreneurship on their own and they would benefit more from formal education. The most preferred way to learn is case studies of failures and successes and project --and field-based approaches. It is recommended that we have closer collaboration between academia and practice to infuse innovation and design thinking.

## Volunteer with us!

*Interested in  
volunteering  
with Beta  
Kappa?  
Reach out to  
Clara  
Winfield to  
join our  
team at:  
clarawinfield@aol.com*

## Beta Kappa Members Volunteer on Fridays

Beta Kappa members volunteered at last month's "Head and Heart" concert, serving drinks for attendees. Beta Kappa members also volunteer at the weekly "Fridays after Five" concert series, collecting donations, and serving drinks.



## DeGennaro Presents at Healthy Work Environment Conference

UVA School of Nursing Professor Gina DeGennaro presented her work at the Sigma Theta Tau International Creating Healthy Work Environments conference in March, along with UVA students.. She mentored an undergraduate student, Rachael Zrimm, who presented a poster entitled "Teaching and Learning Compassionate Care through Introduction of Self-Care Practices in a School of Nursing". DeGennaro's work, with Meg Norling and Rebecca Harmon, evaluates the healthy work environment (HWE) standards that guide clinical settings. The article discusses how the HWE initiative is a cornerstone of the UVA School of Nursing Strategic Plan, which focuses on the well-being of faculty and staff in the academic workplace and the Compassionate Care Initiative. The authors recommend that "all schools of nursing adopt the six established HWE standards", as well as the newly established seventh standard, self-care. The research concludes that change requires a "long term commitment" by individuals who are interested and willing to assess the landscape of their institutions and begin to address such issues that arise from assessments. The article is entitled "Implementing healthy work environment standards in an academic workplace: An update".

## Spring Events Honor Presidents, Leaders in Sigma Theta Tau



Past presidents of the Beta Kappa chapter gathered at Dean Dorrie Fontaine's Pavilion IX to honor community, commitment and leadership in STTI on April 25.



Lucie S. Kelly and Pam Cipriano were instrumental to the conversations and spirit of the Distinguished Nurse Award Banquet that took place on April 25 at the Greencroft Club.

Spring in Charlottesville was an exciting time for the Beta Kappa chapter as the academic school year came to a close. Past presidents of the Beta Kappa chapter were honored at a lunch at UVA School of Nursing Dean Dorrie Fontaine's pavilion on April 25. The Beta Kappa chapter has benefited from the generous and outstanding leadership of many academic and clinical faculty involved in the School of Nursing. In addition to the lunch, the Distinguished Nurse Banquet took place that night at the Greencroft Club. Pamela Cipriano PhD, RN, NEA-BC, FAAN was honored as the 2017 Distinguished Nurse of the year. Lucie Kelly honored Pam's work, and guests enjoyed dinner and conversation. Pam presented about the current state of healthcare at the banquet, offering exciting information about nurses' role in healthcare changes worldwide.

***Congratulations to All  
2017 Graduates!***