

May 2021

# RN to BSN

A newsletter from  
THE DEPARTMENT OF NURSING

AT SOUTHWEST MINNESOTA STATE UNIVERSITY

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## RN to BSN Clinical Preceptor Reflection

My time with my preceptor at Native American Community Clinic (NACC) provided me with the opportunity for growth as a nurse and as a person. The amount of compassion and collaboration at NACC and the way they deliver holistic care for their patients, both as individuals and as a population, strengthened my resolve to advocate for better patient-centered care in every setting. A patient can walk into NACC with no insurance, no money, in need of medication, housing resources and behavioral health care and all needs will be addressed. NACC is federally funded, and this enables the RN supervisor to identify population needs within the clinic setting and devise programs to address them. NACC has clothing, food, patient advocates, behavioral health services, Medication Assisted Treatment programs, culturally specific programs (they have an Elders program that helps patients reconnect with their spirituality and a Teen program to try and prevent substance abuse), and neighborhood outreach programs. Nurses at NACC work with patients in a partnership to identify their priority needs and help them get those needs addressed without judgement. In my time at NACC, my nursing practice matured with a deepened understanding of the impact the RN has on a patient's well-being by listening, advocating, and insisting on quality teamwork and collaboration to meet the priority needs identified by the patient.



Submitted by Amy Simmer, RN

### Application Process:

- Apply to [SMSU](https://www.smsu.edu)
- Apply to RN to BSN Program



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On the web: [www.SMSU.edu/academics/departments/nursing](http://www.SMSU.edu/academics/departments/nursing)



## 2021 Nurse Pinning Ceremony

May 7<sup>th</sup>, 2021, was a monumental day for the Department of Nursing graduates. It was the day we hosted our first 'virtual' pinning ceremony, hosting our students who graduated from the SMSU RN to BSN Program between the Summer 2019 semester and the Spring 2021 semester. Historically, every spring the Department of Nursing has hosted a Nurse Pinning Ceremony on campus. With the impacts of the COVID-19 pandemic last year, the Nurse Pinning Ceremony was postponed. Thus, as a means to continue to honor our graduates, a Nurse Pinning Ceremony was held via Zoom this year, hosting graduates, family, and friends.



The Nurse Pinning Ceremony is a special ceremony honoring our graduating nursing students. The ceremony provides an opportunity to pay respect to the highly respected field of nursing and the special kind of graduate it takes to fill the shoes of a nurse. Students receiving pins become part of history through the legacy of the tradition of the nursing pin, a symbol of service to others.

During the Nurse Pinning Ceremony, Florence Nightingale greeted our honored guests, portrayed by Dr. Marge Hegge. Dr. Hegge is a distinguished professor emeritus of nursing at South Dakota State University, who has a strong interest in Florence Nightingale. She has devoted much time studying the life and philosophy of Nightingale and has collected memorabilia on Nightingale's life for two decades. Like many nurses, Dr. Hegge continues to be inspired by Florence Nightingale's courage, passion and perseverance.

Congratulations to all of our graduates! We are so proud of all of you.

Submitted by Laurie Johansen

## SMSU Commencement Ceremony on May 8<sup>th</sup>, 2021

Graduation has been a major milestone for many nursing students over the past year! The SMSU Commencement Ceremony is a celebration for these students who have successfully completed their graduation requirements, or are projected to do so in the near future.

Over the past year, the COVID-19 pandemic has redefined and reshaped many aspects of our student's academic experiences. This includes the Commencement Ceremony experience. However, on May 8<sup>th</sup>, graduating students were allowed to walk across the SMSU stage to receive their diploma covers, with spectators viewing the ceremony through livestreaming technology.

It is our pleasure to have the opportunity to see our online nursing students on campus while participating in the SMSU Commencement Ceremony!

Submitted by Laurie Johansen



SMSU Nursing Students prepared to walk across the SMSU Commencement Stage on May 8<sup>th</sup>, 2021.



SMSU Department of Nursing Faculty - Dr. Faith Johnson, Dr. Laurie Johansen, and Ms. Lindsay Rohlik-in attendance at the 2021 SMSU Commencement Ceremony.

## SMSU Department of Nursing Nature-Based Evidence Summary

Grounded theory is a systematic method approach that involves a question, collecting data, and analysis of the data to develop a theory. Carlson et al. (2020) investigated nature-based therapeutic groups and the value of the activities to patients in a psychiatric inpatient setting using a grounded theory methodological approach. Adult inpatients with mental health concerns were the population of the study. A total of 75 participants who received nature-based group therapy completed written reflections. The nature-based therapy included planting seeds, care of plants, flowers, flower arrangements, planting bushes, and conversations. Participants completed a qualitative single-paged semi-structured survey about the nature-therapy experience. Survey questions asked about the grounding activity, thinking, emotions, sensory (sight, hearing, smelling, touching), and social/interpersonal communication experiences.

Researchers used grounded theory analysis for data. A theoretical model of participant reflections of nature-based activities included four interrelated categories with a total of eight overall categories. The four categories that interrelate are thinking, autonomizing, remembering, and caring. The thinking category is related to sensing and the automizing category is related to embodying. Remembering is related to connecting, while caring relates to motivating. The researchers note the patient reflections included specific descriptions of sensory experiences, such as sight, hearing, touch, and smell. Carlson et al. (2020) summarize that nature-based therapy was a way of expressing oneself and included productive social interaction.

Carlson, K., Kingsley, J., Strimaitis, C., Birnbaum, S., Quinn, T., Espinoza, R., & Rapaport, A. (2020). Nature-based group therapy reflections: A grounded theory study. *Western Journal of Nursing Research*, 42(12), 1129-1136 (hyperlink).

Submitted by Nancyruth Leibold



### Spring 2021 Omega Omicron Awards Nature by Walmar04

This spring, SMSU's Omega Omicron Chapter of Sigma Theta Tau International gave awards to active members. The awards are as follows:

- Outstanding Student - Linet Tingwe
- Berniece E. Morris Scholarship - Brenda Carlson
- Emerging Leader- Dr. Darcy Nelson
- Excellence in Nursing Leadership - Dr. Laura Hoffman

Congratulations to the winners of this year's awards and scholarship.

Submitted by Faith Johnson

### RN to BSN Applications

The SMSU RN to BSN Nursing Program continues to admit nursing students every fall and spring semester. We are still accepting applications for fall 2021 and spring 2022. Information is available at <http://www.smsu.edu/academics/programs/rntobsn/>.

Associate Degree nursing students may apply in the last semester of their nursing program, with acceptance into the program contingent upon successful completion of their NCLEX-RN exam.



## Dr. Laura Hoffman



Laura Hoffman, DNP, MSN, RN, CPHQ joined the SMSU nursing faculty team as an adjunct faculty member in 2014. She currently teaches the NURS 330 course and loves every minute of it! Laura has over 14 years of experience as a registered nurse, with clinical practice experience in medical-surgical, obstetrics, labor/delivery, and emergency department. She spent over 5 years as the director of inpatient services at an acute care hospital in southwest Minnesota. Laura has spent over 8 years working in patient safety and quality in both ambulatory and acute care settings. She earned a Master of Science in Nursing and Doctor of Nursing Practice degree from Walden University with primary focuses on nursing leadership, safety, quality, and best practices in patient education.

She earned her Certified Professional in Healthcare Quality certification in 2020. Laura is passionate about patient and family engagement, and including the patient's voice as we work to improve quality and safety throughout the healthcare continuum. Laura is married to her husband, Brad, and has a 7-year old lab named Cash. In her free time, she loves spending as much time outdoors as possible, reading, doing crossword puzzles, and cooking.

Submitted by Laura Hoffman

## Department of Nursing Student Representative



The Department of Nursing has always valued communication with nursing students, and prospective students, as the SMSU RN to BSN Program continues to strive to provide a quality nursing program. Each semester, students volunteer to be a Student Representative for the nursing program. These Student Representatives are invited to attend regularly scheduled nursing departmental meetings and nursing program advisory council meetings. Student representatives communicate between the nursing students and the Department of Nursing. Many program improvements have been brought forth due to our Student Representatives!

This semester, Jessica Cain has been our Student Representative. Jessica states: "What I have enjoyed most about being Student Representative is being a voice for my fellow students by bringing forth any comments or thoughts they have. I also appreciate how the role has allowed me to better understand the governance of the program. The role of Student Representative for the RN to BSN program is one that has enabled me to grow my communication and leadership skills and for that I am thankful."

Pictured below is Jessica Cain. As Jessica stated, the experiences Student Representatives have shared include the personal and professional benefits to them. They have shared the increased knowledge they have gained about the academic side of a nursing program. Learning about curriculum topics, and the policies and procedures that govern the nursing program opened their eyes to how decisions are made and implemented within the nursing program. They have also been able to give feedback that is valued and integrated into future plans and discussions.

The Department of Nursing would like to acknowledge and thank all nursing students who have been Student Representatives for the nursing program!

Submitted by Laurie Johansen

# Chicken or Turkey Enchilada Cauliflower Casserole

## Cauliflower Base

6 cups cauliflower florets  
¼ cup coconut flour  
½ tsp. chili powder  
½ tsp. cumin  
¼ tsp. salt  
1 tsp. smoked paprika  
½ tsp. oregano  
2 eggs beaten

## 2<sup>nd</sup> Layer

1 ½ pounds of cooked chicken shredded or 2 lbs. ground turkey, browned and drained  
½ tsp. chili powder  
½ tsp. cumin  
¼ tsp. salt  
1 tsp. smoked paprika  
½ tsp. oregano  
10 ounces enchilada sauce  
2 cups Mexican shredded cheese

Optional toppings: green chilies, black olives, lettuce, sour cream, salsa (I added green chilies and black olives to 2<sup>nd</sup> layer while baking)

1. Place cauliflower into a food processor in small batches and pulse until it looks like rice in texture. Place riced cauliflower into a microwave safe bowl and cook for 8 minutes.
2. After cauliflower cools, mix in the flour and spices until well combined
3. Stir in beaten eggs (after cauliflower cools)
4. Spread the cauliflower into a 9 x 13 pan as the first layer
5. In a large bowl, add the shredded chicken or cooked ground turkey and spices and stir until well combined
6. Place the meat mixture over the cauliflower base as the 2<sup>nd</sup> layer
7. Pour the enchilada sauce over the chicken
8. Top with all the shredded cheese (I used fat free cheddar cheese and it worked great)
9. Cover and bake at 375 degrees for 30 minutes
10. Uncover and bake an addition 5-10 minutes until cheese is nicely melted.
11. Allow to cool for at least 10-15 minutes before slicing
12. Top with optional toppings and enjoy!

Submitted by Laura Hoffman

**SMSU Nursing T-shirt** - SMSU Nursing Students or Alumni who refer a nurse to the SMSU RN to BSN Program will receive a SMSU Nursing t-shirt once the student is enrolled in the nursing program!