



SIXTH EDITION

2006

Editor, Molly A. Rose, PhD, RN

Thomas Jefferson University Graduate Nursing

Community Systems

Administration Newsletter

Message from TJU JCHP Nursing Chair, Mary G. Schaal, RN, EdD

Each year Dr. Molly Rose provides me with the opportunity to update our graduates, preceptors, community health clinicians, friends and supporters of the Department of Nursing and Jefferson College of Health Professions of the events of the past year. I have a great deal to share with you in this sixth edition of the Community Systems Administration Newsletter. Nursing education is always challenging, exciting and stimulating, but this year was exceptional!!

During the 2005–06 academic year over 650 students were enrolled in the undergraduate and graduate programs. The ASN-BSN program enrolled the second class on the Methodist Hospital Campus in South Philadelphia and the Geisinger Medical Center Campus in Danville, PA. Students are admitted to the ASN and RN-BSN programs thereby enabling them to achieve a seamless transition in academic progression. With the expansion of the clinical facilities on the Methodist Hospital Campus, the decision was made to move the program to Center City Campus as of September 2006.

Enrollment in the graduate programs is at an all time high. The faculty has also grown. Dr. Beth Ann Swan joined the faculty and assumed responsibility for leading the adult NP/CNS specialty. Dr. Mary Powell will join the faculty for the 06-07 year.

Michael Booth, CRNA, MA, MS joined the faculty as director of the CRNA program and Julia Feliciano, CRNA, MSN as assistant director.

The CRNA program received accreditation from the Council on Accreditation of the American Association of Nurse Anesthetists. Fifteen students entered the 30 month program in January 2006.

I am very pleased to inform you that in July 2006 the Department of Nursing will become the Jefferson School of Nursing!!!

Jefferson College of Health Professions (JCHP) is being reorganized into three schools: School of Nursing, School of Health Professions, and the School of Pharmacy that will accept students beginning fall 08. In defining nursing as a school the University recognizes the contributions of nursing to TJU and TJUH over the past 115 years. A celebration of the School of Nursing will be held on October 13, 2006. All graduates will be invited. Mark your calendars and plan to attend!

Community and public health nursing are strengths of the Department's faculty and curriculum. Community based experiences for undergraduate students have expanded.

Collaborative endeavors with the Franklin Institute through which undergraduate students participate in the Heart community education project have grown. Relationships with the City Department of Health provided clinical experience opportunities for students at Health Centers, schools, clinics and wellness programs. First year students participated in the City flu immunization clinics administering approximately 2000 flu immunizations. A group of senior

undergraduate students' community health course project was accepted for poster presentation at the Annual International Nursing Research Conference at UNC in April 2006.

The Department of Nursing rightly boasts of outstanding faculty, students and graduates. I would like to invite you to continue your Jefferson connection by precepting undergraduate or graduate students. Also, we would like to know what you are currently doing. We invite you to share your public and community health nursing experiences with us and our readers. Enjoy the 6th Edition of the Community Systems Administration Newsletter and please consider being a contributor to future issues.

Message from the Program Coordinator of Community Systems Administration (CSA) specialty area Molly A. Rose, PhD, RN Professor



Welcome to the sixth Thomas Jefferson University JCHP Graduate Nursing CSA Newsletter. This newsletter serves multiple purposes: 1) to allow us to keep in touch with each other more often and efficiently; 2) to share information about how the CSA program affected you and your practice; 3) to report any recent information about public health of interest; and 4) to share this newsletter with others in the nursing and healthcare community who might be interested in our program.

I am proud to state that it has been over 9 years since I joined the faculty at Thomas Jefferson University, Jefferson College of Health Professions, Department of Nursing. The graduate program is a strong one built upon the *Essentials of Master's Education for Advanced Practice Nursing* and provides the necessary background to excel as an advanced practice nurse in today's changing healthcare climate. Students completing our master's program secure impressive positions integral to optimal health for the public or remain in their present positions with added knowledge that allows them to grow professionally and positively affect healthcare outcomes.

Jefferson's graduate community health nursing program combines the content necessary for community health advanced practice nurses with administration theory and practice. Our courses provide the information necessary to work in community and public health, administration or nursing education. The fall semester CSA I course focuses on needs assessment and environment; the spring semester CSA II course focuses on program planning and evaluation and behavioral change; and the CSA III summer semester focuses on management and administration. The support courses for CSA are fiscal management, strategic management, and a management elective (or education courses). The clinical practicum for CSA is one of our strengths, in that students have a plethora of interesting and fulfilling choices where the CSA clinical objectives can be met.

We recently launched a minor/ Post Master's program in nursing education. Elizabeth Speakman has been instrumental in teaching the beginning courses. There are four courses required: teaching strategies, curriculum, evaluation, and role of the nurse educator. Students can complete the entire program or choose to take any of the individual courses without completing the entire education program.

During the 2005/6 academic year, seven CSA graduate students are completing their CSA didactic/clinical

coursework. There is a nice mix of students: those who plan to practice as community health advanced practice nurses, those who are completing a dual CSA/FNP program, and those who plan to practice as advanced practice nurses with an administrative or teaching focus. One of the advantages of the CSA program is the versatility of potential positions for the present and future.

This newsletter serves as a format to celebrate our specialty area and to inform others of its impact on our personal and professional lives. Previous and present CSA graduate students share their stories and experiences and I hope you enjoy reading them.



Reflections on Thomas Jefferson University Community Systems Administration (CSA) graduate program written by present and previous students

Sheila Mathis '00

Many people do not realize that community nursing and community based nursing are very different. While participating in the CSA program, I learned that community nursing means truly caring for the community and not just the individual members. The program helped me to analyze the needs of the local community and gave me the tools that I would need as a nurse to effect change in the community to improve the health of all community members.

As a student in the program while working with my preceptors, I had the opportunity to assist in the development of a food coop, to teach diabetes and asthma care in a variety of group settings and to plan, implement and evaluate health promotion activities that I performed in the community.

The Community Systems Administration Program also provides an understanding of epidemiologic principles, health care finances, health care disparities and organizational development. Graduates from this program are well equipped to be effective nurse leaders in a variety of settings, such as public health nursing, non profit programs, and academia. They will

have the ability to be true catalysts for change in the communities that they serve.

I continue to utilize the information and skills that I learned in the CSA program in my current position as a nurse educator. I have never once regretted enrolling in the CSA program. It proved to be an excellent career move for me and developed valuable skills that will last a life time.

Karen Larrimore '02

The past year has brought tremendous changes in my personal and professional life. My husband and I have been planning relocation to Tennessee for several years and finally, in August of '05 it happened. We have a lovely home and 36 acres on the Cumberland Plateau. I have a new job, 20 minutes from home, in a new area of nursing—correctional nursing. I am the Health Administrator of a Youth Development Center in Tennessee. There are only 5 of these Centers in the State of Tennessee. I, along with a staff of 7 nurses, am responsible for the health care of over 150 young men between the ages of 14 and 19. These young men have made poor choices in their lives and, through the Department of Children's Services, have been committed to our Center for a period of time that varies dependent upon their offenses. Our Clinic has an MD, a dentist, and a psychiatrist on call 24/7 and we coordinate the needs of our students with these health care professionals. Each day brings new challenges, whether it is staff or student. We also handle the emergency care of employees at the Center and do quite a bit of health education, both for students and staff. This is a far cry from my previous area, geriatric nursing.

In October of '05 I was honored at the National Gerontological Nursing Association convention in Myrtle Beach, SC, and received the Outstanding Advanced Practice Nurse of the Year award. This was a great surprise and honor for me. It was wonderful to attend the convention and see all those nurses who remain excited and enthused about the nursing profession.

The knowledge and skills I acquired while in the Community Systems Administration program continue to be invaluable to me in my new position as Health Administrator. I also continue to network with all those special people I worked with in the program. That networking has helped me through some rough patches when I thought "what the heck am I doing here??" During the first days in nursing school we heard over and over..."you can't

do it alone". That remains so true, no matter what level of practice you have achieved. We are each others' best resource, so never hesitate to "reach out and touch someone" when you have a need or a question... My e-mail address is Killarimore@hotmail.com. Feel free to contact me just to say hi or if you want to network.

Kellie Smith, '02

The CSA MSN track at TJU has prepared me well for the challenges I'm facing as a Nursing Instructor. The concepts of role development and leadership, project and fiscal management, research and health policy are all useful as I develop and implement courses, participate on department and college committees and further the nursing profession knowledge base through nursing scholarship. My clinical rotation working with a seasoned faculty member was especially helpful in developing the needed skills to assess, plan, develop, implement and evaluate courses. Today I often refer to my student notes on research statistical analysis when working on department projects such as evaluating student admission assessment scores with successful completion of our nursing program. I draw on Dr. Rose's compassion, dedication and commitment to educating students and integrate her teaching philosophy and style into my teaching pedagogy. As I enter my 3rd year of teaching, I'm proud to be an alumnus of Jefferson's Community Systems Administration track and highly recommend it to anyone interested in obtaining a higher degree in nursing.

Joy Shaffer, '03

After graduation, I wasn't sure how I was going to use my degree, but I have always had a strong interest in education. Having gone through the CSA program, I had ample time to practice giving lectures and seminars on a variety of topics. In the Spring of 2004 I became a clinical instructor at the Senior level for the University of Pennsylvania. I taught for six semesters (2 Spring/ 2 Summer/ 2 Fall) primarily in Critical care, but also in Community Health. I had the opportunity in Community Health to help my students develop a teen health series for high school students in two West Philadelphia communities.

Last summer, after teaching my one lecture in the Critical Care Course of the Hospital of the University of Pennsylvania (a course that I taught in 6 times a year), I was approached by one of the coordinators of the Critical Care Course. Her primary job was the coordination of the Gateway to Critical Care, which is for the new to

practice nurses entering critical care. She was transferring to the role of the Clinical Nurse Specialist in one of the SICU's, and asked me if I would be interested in the Gateway Coordinator position. I accepted the position, started part-time in the fall, and then full-time after my semester at Penn was complete.

So far the position has been great, and I have been able to use the program in development skills that were honed the CSA program at Jefferson. One very exciting project I have been working on is the education of the largest number of users of a new Patient Flow software program that HUP has installed. With the help of some of the other educators, I spear-headed and wrote the training materials for the nurses. Over the course of 9 training days spread out over 4 weeks, we trained 430 super-users, which included RN's and secretaries. It was a great feeling of accomplishment, and my work was exposed to many levels above me, as this is a hospital-wide initiative.

Again, the CSA program prepared me for this role perfectly, in that I know how to assess educational needs, how to write and implement an educational plan, and then how to evaluate the educational plan's effectiveness. Thank you Molly!!! I keep referring nurses your way!

Sarah Jean Fisher, '05

Accidentally coinciding with graduation festivities last summer was my transfer to a new location in my job as an educator for NewCourtland Elder Services. I was moving from the position of sole educator in a 180-bed facility with 150 nursing staff to one of three educators at a 396-bed facility with almost 300 nursing staff. The new facility has an excellent history of employee retention, with many staff celebrating 12, 15, and 20 years of service. A record like that says they must be doing something right.

My goals in transferring were to: 1) expand my working knowledge of the educator's role in long-term care; 2) learn "helpful hints" from my peers that facilitate an educator's job; and 3) fine-tune my teaching skills in the "nursing classroom." I wanted the opportunity to work in close proximity with the two seasoned educators already in residence. The Education Director maintains responsibility for the overall functioning of the Department, including infection control statistics for residents, immunization records for residents and employees. The other educator and I are responsible for the day-to-day educational needs of each facility, including mandatory yearly in-services for the staff. I believe that my move was a good one, for I have

discovered a wealth of knowledge, tips and know-how beyond what I had imagined. I look forward to the future in my new position.

Not long after I had settled into my new routine, with my Master's Degree in Community Systems Administration tucked comfortably among my credentials at home, I confidently headed for the National Gerontological Nursing Association (NGNA) Conference in Myrtle Beach, SC. Mingling with the educated royalty of geriatric nursing knowledge, I was anxious to absorb the newest research and current trends in the field and hopefully visit with convention friends of years passed. I also had another agenda.

I had decided to pursue an advanced degree in nursing, not because I did not want to continue in the clinical arena any longer, but because change in the form of education for long-term care facility (LTCF) nurses was needed. One person could not make this change from a med cart, but he/she could from a podium or a computer. Nurses working in LTCF needed direction, support, re-education and updates on evidence-based practice, new products, procedures, and research. NewCourtland Elder Services shares the same mindset. After last year's Conference, I presented the information learned there to our corporate nursing leader, and she embraced the idea wholeheartedly. It was time to get support "from the big guns," in gerontological nursing, so to speak. The goal was to organize a local chapter of NGNA in southeast Pennsylvania, with our corporate employees as the core founders, and spread out to all local LTCF employees interested in promoting excellence in long-term care.

At the Conference, I garnered the remaining information to begin a chapter in Pennsylvania. A NewCourtland clinical coordinator, Carol Ziegler, was assigned to work with me to develop the chapter with the two of us as founding officers in the South East Pennsylvania chapter of NGNA. This was not what I had anticipated. I certainly was not looking for a job as leader; following directions from the second row would have done just fine for me. But, I had little choice in the matter, now. It would not bode well with corporate nursing for me to initiate a program and then back out when leadership was needed...the die was cast. If any others are interested in joining a local chapter of NGNA, you may contact me at Care Pavilion, 215.476.6262 ext. 6018 or via e-mail at sfisher@newcourtland.org.

Yvette Rodriguez '05

Several years ago, I was admitted to a local hospital for a major surgery for which I spent one week there as a patient. At that time, however, I was one of those patients that did not want to bother the nurses because I was sure that other people needed them, and also thought that there were also more patients like me, who never uses the call light; you know that patient, the stoic and independent patient. Well, to make a long story short, with this in mind, I thought that nurses got paid a lot of money and did not do much work at all, so now I wanted to be a registered nurse. Well, I was very wrong, this is one of the hardest working career choices of my life and I love it.

Currently I work as a staff nurse at Temple University Hospital on a Med/Surg/Oncology Unit. So now you ask, why Community Systems Administration for an MSN and not Oncology or something else? Teaching starts at home and my goal was, in some way, to teach my patients from a clinical staff nurse perspective and a community health nurse perspective. These two aspects make for a great combination. In addition to working as a staff nurse at Temple, I worked part time at Community College of Philadelphia as a clinical instructor in their 19130 zip code project, which services community members from the public school system, assisted living facilities and area head start programs, to mention a few. This way, I have been able to directly work with the community while teaching future registered nurses the importance of all aspects of nursing; dealing with the public outside of the "safety net" of the hospital system, working with insurance agencies, referring students to the appropriate departments should the need arise and so many other wonderful things related to teaching, empowering and guiding the community and its members (teaching them that health starts at home).

Throughout my clinical experiences related to the Community Systems Administration program, I collaborated with a local middle school nurse working with thirteen regularly attending adolescents teaching them about healthy eating and weight loss. As we all know weight loss and obesity has been an ongoing problem for our nation and others. The children in the program at the middle school lost a total of 100 pounds or more while I was there and even though my clinical hours were complete, I still met with them every Friday that I was available. I even took my 20-year-old daughter with me sometimes. I continued to go and see how the students are progressing, giving support and weighing

in with them, bringing with me fresh fruit and edibles. I also have two boys, ages 16 and 19 and I recently became a proud, new grandma.

Now that the CSA program is complete for me and I have my MSN, I continue to work at Temple as a staff nurse and I enjoy my career there. I also teach nursing students part time. The CSA Program is the best and I have enjoyed it every step of the way.

What's happening?

April Lyons '97

Director of Camden Healthy Start, a multifaceted program aimed at reducing the infant mortality rate in underserved, disadvantaged populations in Camden, NJ. It is under the direction of the Camden City Healthy Mothers, Healthy Babies Coalition. Check out what April is doing at www.minoritynurse.com/features/health/10-25-05e.html "Closing the infant mortality gap"

Barbara Schellhorn '98

This July, Barbara celebrates 20 years in public health nursing. Her four grandchildren are pictured below.



Monjama Korngor '00

My husband, Dominic (a BSN grad from TJU JCHP nursing) and I started a Nurse Aide Training Program in Darby in August 2005. It has been a success, much due to the knowledge and skills that I gained from CSA program. Now I am confident that I can write project purposes, objectives and plans to successfully develop and operate a project. I am presently working on an LPN program proposal for the end of this year. My family and I are doing well. My son Fataday is now 5 years old and will start Kindergarten in September 2006.

Karen L. Larrimore '02

Received the National Gerontological Nursing Association Outstanding Advanced Practice Nurse of the Year award in October 2005.

N. Jennifer (Rosenberg) Klinedinst, '03

Manuscript from CSA capstone project recently published: Klinedinst, N.J. (2005). Effects of a Nutrition Education Program for Urban, Low-Income Older Adults: A

Collaborative Program Among Nurses and Nursing Students. *Journal of Community Health Nursing*, 22(2), 93-104.

Jeneane Burke, '04

Manuscript from CSA capstone project recently published: Burke, J. (2005). Educating the staff at a homeless shelter about mental illness and anger management. *Journal of Community Health Nursing*, 22(2), 65-76.

Sarah Jean Fisher '05

Sarah Jean's paper on "Teaching Adults: Why Does it Seem Like Mission Impossible?" has been accepted as a concurrent session at the 2006 National Gerontological Nursing Association (NGNA) Convention October 6 – 8, 2006, in Cincinnati, OH.

Molly Rose

New grandson arrived on March 27, 2006: Baby Isaac Morris Dubb – proud parents are Christina Rose Dubb and Joseph Dubb (and of course, proud big sister, Phoebe). Phoebe and Isaac pictured below.



Congratulations graduates!!!!

Class of 2005 (August) MSN in Community Systems Administration (pictured below)

C. Abboud, R. Walsh, SJ Fisher, J Slocum
D Smyth, Y Rodriguez (back)
E Harmon, M Rose, K DeRose (front)
Not pictured: Darlene Davis (May 2005)



Class of 2006 (August) MSN in Community Systems Administration graduates

Felicia Anyanwu
Julianne Cody
Damali Dixon
Vivian Fineman
Patricia Kline
Jeneh Saidu
Hope White (Dec 2006)