Renovation Complete!!

On November 16 students crowded into the student lounge and Serenity Room to see the ribbon cutting and unveiling of the newly renovated spaces. Renovating the lounge and Serenity Room was the brainchild of School of Nursing Office Manager, Zach Bohn, almost a year ago. When one avenue of funding fell through, two generous donors stepped up to meet the need. Thanks to Ethel and Clay Hock and Earl and Cindi Rachowicz, the renovation idea became reality.

The lounge and Serenity Room has new carpet, new artwork, new paint, new conference table and re-upholstered furniture.
In what has become a new tradition, 181 students gathered in the Nursing Building the weekend of December 3-4 to prepare for final exams.

The Pharm review was a popular event. Instructor Amy Reeb led the session.

The Northern Prairie Alliance hosted its bi-annual NCLEX Trivia Night competition on November 11. Grand Champions were crowned!!! What a great way to have fun and get a little smarter!

Mary Rudnicki, Student Success Coordinator, and Mary Jane Shaw, Instructor and volunteer-extraordinaire, organized the event again this semester. This semester saw the addition of a detailed agenda, with guest instructors and subject matter experts on hand to provide some guided study. As usual, there was plenty of food. The Lock-In ran from Saturday morning at 8:00 am to Sunday evening at 6:00 pm.

Winners’ Roll

1st Track: Bright Asare Hannah Aderele, Megan Badua, Michelle Gomez, Khonesavanh Vongsa

3rd Track: Jacob Jagla, Luis Flores

4th Track: Jordan Szymanek, Miranda Russotto

5th Track and GRAND CHAMPIONS: Kristin Schwanz, Lexi Lofthouse

The competitors (aka nurse nerds)
Notes on Northern Nursing

Honors Poster Day

Nursing Honors students got a chance to show their stuff at this semester's poster competition. Each student was required to generate a scholarly poster covering the subject of their honors project. In addition to this, students have other requirements, such as writing summaries of scholarly articles and conducting a professional interview, to name a few.

This semester saw 19 students complete posters. A panel of judges made of instructors, faculty and staff then reviewed the submissions and asked the students questions about their projects. The posters were judged on their readability, organization, creativity and summary of findings; students were judged on their professional appearance and ability to answer questions about their topic. This semester's winners are listed below:

Ling Zhu – First Place
Rachel Shapland
Arraina Lee
Nellie Barry
Lissette Tigreros
Courtney Flemming
Jamie Bankert
Health Professions House (HPH)

HPH is collecting used eye glasses to support a humanitarian trip this summer.

Nursing instructor JoEllen Ryan will be leading an alternative Spring Break trip to multiple Mayan communities in Chiapas, Mexico this March.

Ryan will be traveling with current NIU students and recent graduates. They will conduct health assessments and treatment to people in these underserved communities, free of charge. Health education and prevention of illnesses will be stressed. Vision care is extremely limited in this area, so the used eye glasses may bring much needed help to some residents. Glasses can be turned in to Wirtz Hall, 227, through March 1.

More information can be found on their Facebook page (most current): LaTortuga or their website at http://www.latortugafoundation.com

Ready for that next audacious goal?

DNP

NIU is accepting applications for its new DNP program; classes start in fall 2017.

Post-master’s and post-bachelor’s programs available.

go.niu.edu/dnp
Continuing Ed Offerings for SP17 Set

The School of Nursing will be offering the following one-day courses for continuing education credit for regional nurses. These skill courses are taught as part the School’s Family Nurse Practitioner master’s degree and after a one course offering last semester, they will offer four courses this semester.

- **ECG Interpretation**
  - February 4, 2017
  - 8am-1pm
- **X-Ray Interpretation**
  - April 7, 2017
  - 2-6 pm
- **Billing and Coding**
  - March 4, 2017
  - 10am-3pm
- **Orthopedic Skills**
  - April 21, 2017
  - 2-6 pm

To enroll, go to [this link](#). Cost for NIU employees and preceptors is $50; for all others cost is $100. CEUs are provided through the Illinois Department of Professional and Financial Regulation (IDPFR). Location for all sessions is the Nursing Building at 1240 Normal Road in DeKalb, IL.

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New Scholarship Application Process

NIU announced the launch of a new centralized scholarship application process, effective immediately. All scholarship applicants, including nursing students, can now go to the AcademicWorks website and fill out a single application and have submitted for consideration for all scholarships they qualify for.

Each year the School of Nursing awards over $130,000 in student scholarships, thanks to generous donors. The School’s Standards Committee, made up of faculty and staff, review all applications and make award decisions.

All students are encouraged to apply by January 31 for the 2017-2018 school year. Decisions and awards are typically made by the end of February. For more information, go to the NIU AcademicWorks site at the link to the right.
Student Spotlight: Honors

The NIU Honors Program provides an enriched educational experience for students motivated to achieve greatness. Students can apply to join the program and, if accepted, have the opportunity to enroll in small, engaging courses taught by top faculty. They also receive priority during registration and qualify for exclusive study abroad, research, and scholarship opportunities. To highlight the program, below is an example of honors work from nursing honors student Rachel Shapland.

The purpose of this honors project was to identify the most effective pain relief measures for pediatric patients during IV’s insertions. Long-term effects of pain in young children can strain the immune system, and even lead to a higher pain sensitivity (Ruskin, 2009). Six research articles and a clinical guideline pertaining to the topic were reviewed. An interview was also conducted with a mother of three children who have had multiple IV insertions. Various pain relief techniques, including: the BUZZY (a device that provides cold and vibration on and above IV insertion site; EMLA cream (a mixture of topical anesthetics); distraction techniques (such as kaleidoscope and parental distraction); and needle-free powdered lidocaine all demonstrated a statistically significant reduction in pain relief measures for children during IV insertions (Ahn et al., 2013; Kim, Choi, & Kwak, 2012; McCarthy et al., 2010; Moadad, Kozman, Shahine, Ohanian, & Badr, 2016; Tufekci, Celebioglu, & Kucukoglu, 2009; Zempsky, Robbins, Richards, Leong, & Schechter, 2008). A clinical guideline (Royal Children's Hospital Melbourne, 2014) outlined numerous ways of relieving pediatric pain during IV insertion. For older infants and children, the guideline recommends applying a local anesthetic cream 45 minutes to 1 hour before IV insertion to reduce pain. Distraction techniques were also found to be useful in this age group. Most of the pain relief methods used in the studies were cost effective and could easily be purchased by a hospital or healthcare facility. A common research limitation of these studies was a small sample size. Each of these interventions would be highly recommended for nursing practice for pain control during inserting IVs in pediatric patients. It's very important for nurses to advocate for pain relief in pediatric patients during traumatic procedures such as IV insertion.

References available upon request.
Stephanie Uhr

Stephanie Uhr was recognized as “Professor of the Month” by the Lambda Sigma Sophomore Honor Society for the month of November 2016. She was nominated by two of her students. Lambda Sigma is a co-ed sophomore honor society made up of second-year students from a broad spectrum of majors.

Mary Rudnicki and Stephanie Uhr

Both Mary Rudnicki and Stephanie Uhr have been nominated by an NIU women’s basketball player to be recognized in their faculty spotlight feature during a game. Stephanie will be recognized at the January 21 game (1:00 pm) and Mary will be recognized at the February 8 game (7:00 pm).

Katie Faber

Team Nursing would like to welcome a new member – Katie Faber. Katie joins us as the Chair’s Office Support Specialist and is no stranger to NIU. Welcome aboard, Katie!!!

The Northern Prairie Alliance Chapter of the American Assembly of Men in Nursing sponsored a No-Shave November campaign to raise money for cancer awareness. Below, faculty advisor David Dosier and NPA president, Larry Guttmann, show off the beards.

The School of Nursing welcomes your donations. Please go to niufoundation.org to donate online or contact Anthony D’Andrea at adandrea@niu.edu or (815) 753-1390.