
The Quest



Mu Lambda Chapter of Sigma Theta Tau International

February 2002

President's Message

"Building Diverse Relationships" is the theme of Sigma Theta Tau President May L. Wykle as she leads us toward *Going Global*. Her vision for this biennium is: *To create a global community of nurses who lead in using scholarship, knowledge, and technology to improve the health of the world's people*. Love, courage and honor will guide us as we experience the path toward becoming a global nursing community. Sigma Theta Tau's Board of Directors have identified seven strategic goals to guide our journey:

1. Facilitating faculty development and supporting diversity in member recruitment.
2. Promoting chapter engagement in interdisciplinary projects and providing opportunity for chapter leader development and mentoring.
3. Defining the hallmarks of diversity for the society and establishing a global agenda for the organization.
4. Engaging in multidisciplinary partnerships and developing leadership and scholarship skills in culturally diverse nurse populations.
5. Providing researcher development opportunities and increasing the global nursing research in the Virginia Henderson International Nursing Library.
6. Increasing the dissemination of culturally relevant information and evidence for application to practice.
7. Designing a governance structure that maximizes member involvement globally.

This list of goals may appear overwhelming at first; however, if you link this list with Dr. Josepha Campinha-Bacote's conceptual model of The Process of Cultural Competence in the Delivery of Healthcare Services one can appreciate how the journey is both an individual and group experience. The model consists of five constructs:

1. Cultural Desire - the motivation of health care providers to want to engage in the process of cultural competence.
2. Cultural Self-Awareness - the deliberate, cognitive process in which health care providers become appreciative and sensitive to the values, beliefs, life ways, practices, and problem solving strategies of clients' cultures.
3. Cultural Knowledge - the process of seeking and obtaining a sound educational foundation concerning the various world views of different cultures.
4. Cultural Skill - the ability to collect relevant cultural data regarding the client's health history and presenting problem as well as accurately performing a culturally specific physical assessment.
5. Cultural Encounters - the process which encourages health care providers to engage directly cross-cultural interactions with clients from culturally diverse backgrounds. (Campinha-Bacote, 2002).



Opportunity:

37th Biennial Convention
Toronto, Ontario, Canada
November 1-5, 2003

Abstract deadline is January 20, 2003.

For more information:

http://www.nursingsociety.org/events/con03_main.html

As nurses strive to provide culturally competent nursing interventions that foster safe health care and support the individual's beliefs, behaviors, values, and needs. The five constructs are in a state of constant refinement and adaptation as each nurse travels the path on the quest for cultural competence.

I hope this summary from the 2002 Chapter Leadership Academy along with the presentation of one model of cultural competence has brought forth some thoughts and questions for discussion at the annual meeting in January. I look forward to the discussion of the Tortilla Curtain with Mu Lambda colleagues and guests.

Norma Krumwiede, President

Research Forum 2002

“Motivating, dynamic, humorous, practical” were some of the words used to describe the keynote speaker for the Mu Lambda Research Forum held September 20, 2002 at South Central Technical College in North Mankato. Janet M. Bingle, MS, RN, Director of Clinical Practice, Education and Research at Community Hospitals, Indianapolis, Indiana presented the keynote address entitled “Creating Order Out of Chaos: The Role of Research Utilization in Bridging the Gap Between Knowledge and Practice.” Janet addressed the importance of using research to improve clinical practice and made a special point of stressing the fact that nurses are not technicians, but rather knowledge workers who make important clinical judgments every day. Nursing, she emphasized, is working with your head, hands and heart. Nursing is a cognitive and interpersonal processing because nurses treat human responses to an illness, not simply treat the illness. Using research to guide these processes will serve to improve patient care outcomes.

Janet shared the results of research demonstrating the use of self (including presence, acknowledgement and eye contact) in reducing patient pain and anxiety during invasive procedures. She went on to describe how this research is currently being used at Community Hospitals. Other examples of how research has been used to change practice in her agency were threaded throughout the presentation. For example, she described findings from a study that demonstrated how patient outcomes are affected by nurse/physician relationships and explained how these findings were used to develop more nurse/physician committees in the Community Hospitals.

Carol Brown, MS, RNC, Assistant Professor at Minnesota State University, Mankato, was the recipient of the Julie Hebenstreit Presidential Scholarship Award. It was also exciting to hear presentations of recently completed research by Yi He, Dee Anderson, Alice Weydt, Shari Hendricks, Cindy Scherb, Marcia Stevens, Brenda Kern, Tricia Beilke, Sonja Meiers, Candy Mortenson-Klimpel, Linda Welch and Cheryl Clendenin, plus on-going research presented by Pat Earle.

Those in attendance gave the “Odyssey” luncheon and dessert table a five-star rating! In the words of one of those present for the conference, “Janet Bingle is the most interesting and motivating speaker in the nursing profession I have had the privilege to hear.”

Marcia Stevens, Research Forum Co-Chair

Rx: Humor “Thayer”-apy



Edna Thayer, MSN, RN

MuLambda Chapter/STTI and Fifth District Minnesota Nurses Association came together on Thursday, October 10, 2002 to identify the health benefits of humor and laughter, to release endorphins and to practice developing our humor potential - Humor “Thayer”-apy. We were successful!

Our laughter leader, Edna Thayer, demonstrated laughter with a multitude of toys, tools and hats. Imagine your presenter in a multi-colored pointed hat, laughing so loud that she didn’t need a microphone for the back of the room to hear her. Imagine such laughter that her face is as red as can be and soon a room of 30 people are belly laughing and red-faced, too. Imagine your friend next to you being silly and she’s not having a cocktail.

Humor and laughter release endorphins/neurotransmitters which help to regulate mood and behavior and decrease pain. Did you know that Snickers bars raise endorphins? Laughter exercises the heart and lungs and relieves tension by relaxing skeletal muscles.

We spent the evening laughing at ourselves, learning how to develop our own funny bones, and hearing how humor/laughter acts as a pressure valve to release anger, hate and hostility, helping to keep life in perspective. Doesn’t this sound like a tool we could pack in our nurse’s bag? It’s light to carry, has variety for the diversity of the populations we serve, and doesn’t require prior authorization with an insurance company!

Thank you, Edna. We felt 20 pounds lighter when we walked out -- even with chocolate cake!

Sandie Schuette, Member of the Program Committee



Norma Krumwiede, EdD
Mu Lambda President



Janet M. Bingle, MS
Keynote Speaker



Patricia J. Beilke, MA



Sonja Meiers, PhD



Brenda Kern, MSN



Cindy Scherb, PhD
Marcia Stevens, DNSc



Julie Hebenstreit, MA
Carol Brown, MS,
Scholarship Recipient



Linda Welch, MSN



Shari Hendricks, BS
Alice Weydt, MS



Candy Mortenson-Klimpel, MSN



Yi He, MSN



Dee Anderson, MSN



Patricia Earle, PhD



Cheryl Clendenin, MSN

And the Book is...

The book we will read is *The Tortilla Curtain* by T. C. Boyle. It is a very well written, compelling story about two couples and how their lives are entwined by circumstances beyond their control. The reader is grabbed in the first pages in a dilemma and continues to be drawn into the lives of the main characters throughout the book. The author writes in a way that the reader can see the story perspective from two very different points of view, and be sympathetic to each.

Nick LaRocca, an adjunct professor in the English department at MSU, will facilitate the book discussion. Nick offers us the opportunity to learn more about what goes into writing a good story and how to critique a story as well as help us to interpret *The Tortilla Curtain* to understand its breadth and depth. He will help us to identify what the story means to us as well as what Boyle meant in the writing of it. Nick will help us see how our perspectives-the ways that we look at the world, which are shaped by our own experiences in the world-influence how we read and what stands out to us as meaningful in a story. That is to say, this story particularly helps us to see how we don't just read a book, but we read a book as a nurse, or as a middle-aged woman, or as a young white man.

So, read *The Tortilla Curtain* before the January meeting and come to participate in a lively and thoughtful dialogue about a very interesting novel! Discussion with colleagues or family members about the book in the workplace or the home before the meeting is encouraged! This book has been required reading in several nursing classes as well as required for all incoming freshmen and their parents at a private college in Minnesota. You need to read the book because you'll probably never see this book as a Hollywood movie (according to Nick). You'll have to come to the annual meeting to find out why!

"If" for Nurses

*If you can bring a special understanding
To all of those entrusted to your care*

*And meet their needs, no matter how
demanding
With patience and energy to spare;*

*If you can lend each task your full devotion,
And always try to listen and to cheer,*

*If you can learn to understand emotion,
And comfort others just by being near;*

*If you can look forward with anticipation
to meeting special challenges each day,*

*If you keep your faith and dedication
Whenever disappointment comes your way;*

*If you take pride in giving your profession
The finest skills and talents you possess,*

*Then all your dreams and goals will
find expression.*

~Author Unknown~

Poem submitted by the Bylaws Committee

ATTENTION REGISTERED NURSES

Immanuel St. Joseph's-Mayo Health System is a primary care network in south central Minnesota that is based in Mankato. The network consists of three hospitals and nine clinics. The organization is known for its excellent diagnostic capability.

ISJ-MHS has opportunities for Registered Nurses to join our growing staff.

Positions are available in:

- * Intermediate Care (Residency Program for new grads)
- * Critical Care (Residency Program for new grads)
- * Ortho/Neuro/Trauma
- * Float

Minnesota RN license required. Excellent salary and benefits package.

For more information, please contact:

Rachel Wood

Human Resources Department

Immanuel St. Joseph's Hospital - Mayo Health System

1025 Marsh Street

Mankato, MN 56002-8673

Call 507-385-4698 or fax 507-389-4750

wood.rachel@mayo.edu

www.isj-mhs.org

Job Line 507-385-4698

EOE/AA

A Special **Thank You To:**



**Immanuel St. Joseph's -
Mayo Health System**

for their support in printing
and mailing

The Quest,

Sigma Theta Tau International
Mu Lambda Chapter's newsletter



Community Leader Nominations Welcomed!

Do you know someone who is not currently a member of Sigma Theta Tau International and meets the criteria for a Community Leader? Perhaps you do if an individual fits the following description:

1) A nurse with a minimum of a baccalaureate degree who has been practicing nursing for at least five (5) years and demonstrates marked achievement in nursing education, practice, research, administration or publication.

2) The individual may be considered for membership if the baccalaureate degree is in a field other than nursing and the achievement in nursing is exceptional.

* *Examples of Achievement in Education*

Teaching; curriculum development; course development; evaluation process; education administration

* *Examples of Achievement in Practice*

Outstanding clinician in field as documented by peers and others; outstanding contributor to improvement of the status of professional nursing organizations; innovative practice

* *Examples of Achievement in Research*

Achievement of research in practice, teaching or administration; conducting outstanding research as documented by peer researchers and nurse colleagues

* *Examples of Achievement in Administration*

Outstanding administrator in nursing service as documented by peers and others; outstanding contributor to improvement of health care through leadership in nursing service; achievement in staff development by creating a climate for nurses to practice professional nursing

* *Examples of Achievement in Publication*

Contribution to nursing knowledge through publication of books, articles, research reports, news media, etc; recognition by peers and nurse colleagues for nursing publications

* *Examples of Achievement in Other Category*

Outstanding consultant in field of nursing as documented by peers and others; outstanding contribution to nursing as an entrepreneur

Application packets are now welcomed for consideration at any time throughout the year. Nominees need to complete the Community Leader Membership Intent form, which includes submitting information and vita that support the selection criteria. Copies of documents to verify the highest degree, i.e., diplomas or transcripts, also need to be submitted. Two Endorsement Forms need to accompany the application.

Contact Julie Hebenstreit at Minnesota State University, Mankato [(507) 389-6828] for clarification and the appropriate forms. Deadline for Spring Induction of nominees occurs each year in January.

Mu Lambda Garage Sale
for Nursing Grant/Scholarships



Mark your calendars for April 25th and 26th. The Mu Lambda Fundraising committee plans to hold a benefit garage sale on those two days. Do you have clothing, household items, books, toys, etc. that are creating clutter in your life and don't have the time to hassle with your own sale? Consider donating your items to the Mu Lambda garage sale. Garage sale items will be accepted beginning April 11th, so start putting your items in a bag or box. The items can be dropped off at 714 Sherman Street in North Mankato or call 507-387-6395 to arrange for pick-up. All unsold items will be donated to the Salvation Army following the sale.

Last year's sale was a great success, raising \$500 for grants and scholarship!

Put April 25th and 26th on your calendars and come find treasure while supporting our gems through the research grant and scholarship fund!



Phyllis Roseberry
Chair, Fundraising Committee



**Toot Your Horn...or
Toot a Horn
for Someone Else!!!**



Perhaps you know of a news item, important event, or professional celebration announcement for you or one of your Mu Lambda colleagues. Please submit your news for upcoming issues of The Quest to :

Linda Wenkel
Minnesota State University, Mankato,
School of Nursing
360 Wissink Hall
Mankato, MN 56001
507-389-6825
email: linda.wenkel@mnsu.edu

Thank you!





MEET THE CANDIDATES

**** Vice-President Candidates:**

Yvette Dulohery, MS, RN, SPRN, BC, CNP is an Education Specialist and Nurse Practitioner at Immanuel-St. Joseph's Hospital-Mayo Health System, Mankato. She has been a nurse since 1974, initially attending Austin Community College, completing her BSN and MSN (Medical-Surgical/Oncology) at Northern Illinois University, and then obtaining her Adult Nurse Practitioner from the University of Wisconsin-Madison. She is currently a certified Clinical Specialist in Medical-Surgical Nursing and a certified Adult Nurse Practitioner. She has taught in schools of nursing (Northern Illinois University, Rockford College and Minnesota State University, Mankato). She has been a member of Sigma Theta Tau since 1980, and has served as secretary, newsletter editor, and a member of the Publicity Committee.

Julie Hatleli, BSN, RN, COHN-S is a Nursing Team Leader at ISJ Clinic-Mayo Health System, Mankato. Education includes RN diploma, St. Luke's Hospital, Fargo, ND; BSN, Ball State University, Muncie, IN; enrolled in MS program at Minnesota State University, Mankato. She has worked in OB, Med-Surg, Critical Care, Intermediate Care, School Health, Private Duty Home Care and Occupational Health prior to this position. She has been a Sigma Theta Tau member since 1983.

**** Treasurer Candidates:**

Carol Brown, MS, RN, is an Assistant Professor in the School of Nursing at Minnesota State University, Mankato. She has taught courses in Community Health Nursing for twelve years. She received a BA in nursing from the College of St. Scholastica and a MS in Public Health from the University of Minnesota. Currently she is a doctoral candidate in the School of Nursing at the University of Minnesota. Previous service to MuLambda Chapter includes four years as Faculty Counselor.

Candance Mortenson-Klimpel, MSN, RN, is a Clinical Nurse Specialist for Intermediate Care and Critical Care at Immanuel-St. Joseph's - Mayo Health System, Mankato. She has been involved in Mu Lambda Chapter for twelve years and is a member of MNA and MOLN.

**** Faculty Counselor Candidates:**

Dr. Sonja J. Meiers is an Associate Professor in the School of Nursing at Minnesota State University, Mankato. Dr. Meiers has a BS in nursing from the College of St. Teresa, Winona, MN and a MS in nursing from Winona State University, Winona MN with a focus in nursing education. Dr. Meiers also holds a Ph.D. in nursing from the University of Minnesota. Her dissertation title is "Family-Nurse Co-Construction of Meaning: "Caring in the Family Health Experience." Her clinical background is in acute and community-based pediatric nursing as well as acute care adult health nursing. Hence, she has developed an interest in the area of nursing practice with families supportive of their needs and respectful of their contributions to care. Dr. Meiers currently teaches pediatric nursing and family nursing in the graduate and undergraduate programs and serves as the Director of the Graduate Program.

Kathy Sheran, MS, RN, is a Clinical Specialist in Adult Psychiatric Mental Health Nursing. She is an Assistant Professor in the School of Nursing at Minnesota State University, Mankato. She coordinates the mental health component, and teaches the classroom mental health nursing course and supervises students in the clinical courses. Kathy's first mental health nursing experience was at the in-patient psychiatric units at the University of Minnesota where she was head nurse for the adult, and later adolescent units. Kathy has a varied clinical background since then ranging from working at Blue Earth County Public Health Nursing, to working at the Wellness Center of Mankato, to working with and administrating an out-patient Chemical Dependency Treatment Program and, most recently before teaching at MSU, working as a Nurse Therapist at the Mankato Psychiatric Clinic.

**** Nominating Committee Candidates:**

Margaret Brewer, BS, RN, is a nurse clinician for Critical Care and Cardio-Pulmonary Unit at Immanuel-St. Joseph's - Mayo Health System, Mankato. Margaret will soon graduate from Minnesota State University, Mankato with a MS degree.

Lynn Jaycox, BS, RN, is the Clinical Manager of the Resource Team and Staffing at Immanuel-St. Joseph's - Mayo Health System, Mankato. She has been active in MNA since 1983. Lynn graduated in 2001 from Minnesota State University, Mankato with a BS in 2001.

Linda Rossow, BS, RN, is a staff nurse and "access nurse" on the Behavioral Health Unit at Immanuel St. Joseph's - Mayo Health System, Mankato. She also works with Mankato Family Focus Chemical Dependency. She is the Fifth District MNA President and the MNA representative for Behavioral Health and Emergency Room. Linda has served Mu Lambda Chapter previously as secretary and as a member of the Newsletter/Publicity Committee.

Patricia Shortall, BS, RNC, has worked at Immanuel-St. Joseph's - Mayo Health System, Mankato for a number of years, both as a Behavioral Health Nurse and as a community outreach worker for the Yellow Ribbon Suicide Prevention Program. Pat has served Mu Lambda Chapter previously as a member of the Program Committee.

**Mu Lambda Chapter
Sigma Theta Tau International**

Ballot for Board Members for 2003-2004

Vice-President: (vote for one)

_____ Yvette Dulohery

_____ Julie Hatleli

Treasurer: (vote for one)

_____ Carol Brown

_____ Candence Mortenson-Klimpel

Faculty Counselor: (vote for one)

_____ Kathy Sheran

_____ Sonja Meiers

Nominating Committee: (vote for two)

_____ Margaret Brewer

_____ Lynn Jaycox

_____ Linda Rossow

_____ Patricia Shortall

Please return this ballot by January 6, 2003 to:
Jodi Wallschlaeger
220 Heather Lane
Mankato, MN 56001

**Top 10 Reasons to
Join STTI!**

*Created by Eta Nu Chapter of Sigma
Theta Tau International*

- * It is the only Nursing Honor Society
- * Recognizes academic achievement and exceptional contribution to the profession
- * Career and professional development opportunities in:
 - Research development
 - Leadership development
 - Manuscript/publishing development
 - Chapter programs
 - Networking and mentoring with nursing scholars
- * Opportunity to participate in the International Honor Society
- * Current information regarding issues in nursing practice, education, and research
- * Receive STTI publications including:
The Journal of Nursing Scholarship and Reflections on Nursing Leadership
- * Internet access to career opportunities and literature searches
- * Financial support with grants, scholarships, and awards
- * Wear honor cord at graduation
- * Demonstrates honor/recognition on your resume/CV

Sigma Theta Tau International
Honor Society of Nursing

Mu Lambda Chapter Board ** 2002 - 2003 **

President	Norma Krumwiede (w) 507-389-6806	norma.krumwiede@mnsu.edu
President Elect	Kelly Krumwiede (w) 507-345-2618	krumwiede.kelly@mayo.edu
Vice President	Marlys Daly (w) 507-625-4031	daly.marlys@mayo.edu
Treasurer	Phyllis Roseberry (w) 507-389-4652	roseberry.phyllis@mayo.edu
Secretary	Beverly Borotrager	bevbor@mchospital.org
Faculty Counselor - 1st	Patricia "Tricia" Young (w) 507-389-6022	patricia.young@mnsu.edu
Faculty Counselor - 2nd	Julie Hebenstreit (w) 507-389-6828	julia.hebenstreit@mnsu.edu
Nominating Committee	Jodi Wallschlaeger (h) 507-388-2303	jodi.wallschlaeger@state.mn.us



If you are interested in becoming a more active member, please contact any of the Board members or Jani Johnson (johnson.jani@mayo.edu), Chair of the Membership Committee. We desire to reach for the stars, and we need our members to help forge our paths into the future. You may choose to be on a committee or consider running for a future office. Together we can achieve our highest aspirations.



<p>To keep our mailing labels up to date, please notify the Mu Lambda Chapter concerning any name or address changes by completing the form at the right and mailing it to:</p> <p style="text-align: center;">Mu Lambda Chapter Sigma Theta Tau, International School of Nursing Minnesota State University, Mankato 360 Wissink Hall Mankato, MN 56001</p> <p>If you would like to be on our email contact list, or if you have changed your email address, please contact linda.rossow@mayo.edu with your updated email information.</p>	<p>Name changed from:</p> <p>_____</p> <p>To:</p> <p>_____</p> <p>Address changed from:</p> <p>_____</p> <p>_____</p> <p>To:</p> <p>_____</p> <p>_____</p> <p>Effective date of change: _____</p>
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School of Nursing
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Mankato, MN 56001

