Nursing Research Forum 2009
“Complexity in Caring”
Friday, September 18, 2008 7:30 a.m. - 12:00 p.m.
South Central College, North Mankato, Minnesota (3 contact hours)

Keynote Speaker
John Nelson, RN, MS is currently the President for Healthcare Environment, Inc., an International data management and consultation company. His experience includes 11 years of clinical experience as a staff nurse and eight years as a statistician and consultant in data management for healthcare organizations. Nelson specializes in statistical analysis of clinical, financial, and labor indicators using multivariate analysis and supplementation of qualitative data when required.

Longitudinal design studies conducted by Mr. Nelson assist executives with understanding the evolution of their work environment over time at the aggregate and unit level during implementation of organizational wide initiatives. His specialty research areas include job satisfaction, Watson’s theory of caring, workload modeling, and safe patient handling.

He has published in peer reviewed nursing journals, published in books used in nursing education, and spoke at several conferences throughout the United States and abroad. He is a doctoral student at the University of Minnesota and is a member of several professional healthcare organizations.

Registration Form - Nursing Research Forum 2009

Fees (includes meal): Please check one:
☐ Professional: $40 ☐ Graduate Student: $20 ☐ Undergraduate Student: Free

I would like to add a contribution to Mu Lambda Chapter ☐ Scholarship & Awards or ☐ Initial Membership Support
$ _____________________ enclosed

I am unable to attend, but I want to donate to Mu Lambda Chapter ☐ Scholarship & Awards or ☐ Initial Membership Support $ _____________________ enclosed

(please print):

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<tr>
<th>Name</th>
<th>Phone (home)</th>
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<tbody>
<tr>
<td>Address</td>
<td>Phone (work)</td>
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<tr>
<td>City</td>
<td>Email</td>
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<tr>
<td>State/Zip code</td>
<td>Practice/Specialty</td>
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Mail registration form and fee (Checks payable to Mu Lambda Chapter, STTI) by September 11, 2009 to:

Phyllis Roseberry
714 Sherman St.
North Mankato, MN 56003

Early registration is encouraged. Refunds will be given for cancellation made by September 11, 2009. Written confirmations will not be sent. Assume your registration is complete unless notified otherwise.

Complete brochure can be found at the Mu Lambda website: http://ahn.mnsu.edu/nursing/mulambda/
For more information contact: Jolene Tietz at 507-381-6996 or email at tietz.jolene@mayo.edu
Power of Nursing

Sigma Theta Tau believes in the power of nursing. Nurses make an impact in people’s lives in a way that no other profession can. Nurses are invited into the most intimate moments of the human experience because they are trusted and respected. This is a global phenomenon. Think of the power to affect change as well as the responsibility to carry it out that exists within our profession. Sigma Theta Tau offers a framework to organize our efforts in order to make desired changes with its Vision 2020, in which Sigma Theta Tau “will be the organization of choice for scholarship, knowledge, and leadership for nurses globally.” The theme is “Leading Globally” which includes the following four key elements:

- Being intentionally global
- Creating and sharing knowledge resources
- Developing career-spanning leadership skills of our membership
- Creating a greater emphasis on providing service

Unless we breathe some life into this vision, it will remain only words. If, however, we can connect this vision to the values and beliefs that brought us into nursing, the vision becomes a tool to inspire us to make positive changes. Mu Lambda’s membership is filled with top notch talent. We need to rally our talents around the vision and Mu Lambda’s strategic plan. They provide the framework for this chapter to take on some projects that will have a lasting impact.

What I propose is for us to select a project, or even several projects, that address the four elements to lead globally. For example, I know of a day care in Hermosillo, Mexico that caught fire and badly burned 45 children. There is a desperate need for supplies and education to care for these children. Is there interest in our chapter to support efforts to make a difference for these children and their families? Do we want to have a local effort as well that we can collectively support such as Habitat for Humanity? You may have other ideas, and we need to know what they are. Please come to the September 10 meeting at 4:30 to share your ideas. The meeting will be at my house, 10 Taza Drive, followed by a dinner and a salon. Future meeting dates are included in the Quest Newsletter as well as on our Website. If you cannot attend the meetings and have ideas you want to share, please contact any Mu Lambda officer or committee chair. Your ideas are always welcomed.

“Creating and Sharing Knowledge Resources” is the second element to leading globally. This element is reflected with the Research Forum which will be held the morning of September 18, 2009 at South Central College. John Nelson, RN, MS, keynote speaker, will discuss “Complexity in Caring.” He is a doctorial candidate at the University of MN. Through his understanding of statistics and nursing, he has developed a tool, the Health Environment Survey, which correlates the impact of relationships on satisfaction. He has studied how nurses spend their time and the interventions performed to help organizations gain greater insight into practice and nursing and patient satisfaction. LaDonna D. McGohan, DNP, RN, CMSRN will present “Ambulatory Care Nursing Professional Development Model” and Ellen Vorbeck, DNP, RN, CWOCN will present the “Impact of Surgical Stomas on Individuals’ Sleep and Response to Sleep Hygiene Intervention: A Doctorate Nursing Capstone Project.” All three presentations are examples of how nurses create and share resources. We are fortunate to have presenters of this caliber. What is noteworthy is that they are from this area of MN which illustrates the point that the nursing talent we have runs wide and deep.

On September 15 in Sibley Park at 5 P.M. registration will begin for the Memory Walk. This is a Mu Lambda activity that has been part of the effort to raise money to support Alzheimer’s research. All members are encouraged to turn out. The walk is in a beautiful area and takes less than an hour.

I look forward to hearing your ideas about how Mu Lambda can be intentionally global, can create and share knowledge resources, develop career-spanning leadership skills for our membership, and create a greater emphasis on providing service.

See you on September 10 at 10 Taza Drive at 4:30 for the board meeting followed by dinner and a salon.

Alice Weydt, RN, MS
Mu Lambda Chapter President
The Spring of Hope

Charles Dickens started A Tale of Two Cities with the celebrated lines “It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness… it was the spring of hope, it was the winter of despair.” Although written about prerevolutionary France, they seem apt today.

Many of us are experiencing the effects of the current economic crisis personally and professionally. The state budget deficit and the support of education are anything but optimistic. Personally, there were many moments this summer when I questioned my decision to be placed on the ballot for a three year term as chairperson. Assisting to complete the self-study document for our upcoming CCNE visit coupled with recruiting and hiring faculty to replace departing faculty was quite a challenge. To name a few, Linda Welch resigned in early July to concentrate attention on the demands of the clinic where she practices as an FNP; Dr. Becky Rudel resigned in late July to return “home” to North Dakota where her husband regained employment as a school superintendent; Dr. Sonja Meiers resigned in early August to accept a position as the Graduate Program Director at Winona State University, located but a few minutes from her home in Rochester. Most recently, Dr. Mary Regan resigned to accept a position at the University of Maryland to achieve her research agenda goals.

That said, it also feels like the best of times. The economic crisis has provided a compelling impetus for change, and we are all determined to do better with less. Personally, I’ve been so encouraged by faculty who ask me “how can I help?” Faculty members have recommended individuals that might be interested in teaching for MSM. These “referrals” have resulted in hiring what I consider to be a superb team of seasoned and novice faculty.

These are just a few of the indications that we are in “the spring of hope.” Through these best and worst of times, faculty in the SON continue resolved to educationally support the vision of the Honor Society of Nursing, Sigma Theta Tau International, “to create a global community of nurses who lead in using knowledge, scholarship, service and learning to improve the health of the world’s people.”

Marcia Stevens, RN, DNSc
Minnesota State University, Mankato
School of Nursing Chairperson

Renew Your Membership

Give a gift to yourself by renewing your membership in Sigma Theta Tau International. The Journal of Nursing Scholarship arrives at your doorstep and many things come to you online with your membership. The networking opportunities to Heal, Learn, and Lead through STTI and Mu Lambda are plentiful.

Renewal is easy. Have your membership number ready and go to the Mu Lambda Chapter web site at http://ahn.mnsu.edu/nursing/mulambda/ and click on links, STTI, membership, and renew. If you do not have your membership card and number, go to the web site anyway and the web site will assist you. Also, invite your nurse colleagues who have baccalaureate degrees and have demonstrated leadership in their professional roles to become members of STTI.

Send E-Mail Address

We have many active member email addresses from Sigma Theta Tau International.
To make sure you are included,
please send your present or updated email address to
Mary Bliesmer using:
mary.bliesmer@mnsu.edu
so you may also receive
meeting reminders in a timely way.

We will also email the newsletter to those who request that it be sent by email.
Mu Lambda Meetings for 2009-2010

*All Mu Lambda meetings are open to all members who wish to attend.

September 2009:

9/10/09 Mu Lambda Chapter Board of Directors meeting, Dinner, Salon. All members are welcome.
9/15/09 Memory Walk sponsored by the Alzheimer’s Association. Mu Lambda Chapter joins many in the community for this worthwhile cause which is endorsed by Sigma Theta Tau International. Registration begins at 5 P.M. with the walk starting at 5:30 P.M.
9/18/09 Research Forum at South Central College, 8:00 A.M.-Noon John Nelson - Keynote speaker. See Mu Lambda website www.ahn.mnsu.edu/nursing and Click on Mu Lambda and "Research Forum" for registration information or contact Jolene Tietz at tietz.jolene@mayo.edu.

November 2009:

40th Biennial Convention, Baltimore Maryland November 1-4, 2010
11/12/09 Mu Lambda joint program with 5th District MNA. Board meeting is from 4:30-5:30 (precedes the joint session with MNA)

January 2010:

1/21/09 Book discussion Anatomy of Peace by the Arbinger Institute. Meeting place TBA. The Board meets from 4:30-5:30 with the Annual meeting and Dinner for all members from 5:30-6:30 P.M. This is the meeting to approve the ballot if not completed at the previous meeting and to approve the recommended people for membership. Book discussion will begin at 6:30 P.M. Mu Lambda book discussions began in January of 2003. We call it the Scholarship of Reading. Even if the book has not been read, members are encouraged to join the group to listen and learn.

March 2010:

3/5/2010 Mu Lambda Board meets from 4:30-5:30 P.M.

April 2010:

4/16/09 Early Evening Induction Ceremony for New Members and Installation of New Officers. Centennial Student Union on the Minnesota State University, Mankato Campus. All members are invited to attend.

May 2010:

5/20/09 Mu Lambda Board Meeting 4:30-6:30 to plan transition meeting, prepare budget for new year, evaluate the year, and discuss program schedule for the upcoming year.


Mu Lambda Research Forum 2009 Schedule

Friday, September 18, 2009 at South Central College, North Mankato, MN

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30-8:00 a.m.</td>
<td>Registration</td>
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<tr>
<td>8:00-8:15 a.m.</td>
<td>Welcome – Mu Lambda President –Alice Weydt</td>
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<td>8:15-10:00 a.m.</td>
<td>Keynote Speaker:</td>
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<td>John Nelson, RN, MS</td>
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<td>“Complexity in Caring”</td>
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<tr>
<td>10:00-10:30 a.m.</td>
<td>Refreshment Break and Poster Viewing</td>
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<tr>
<td>10:30-11:00 a.m.</td>
<td>LaDonna D. McGohan, DNP, RN, CMSRN</td>
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<td>“Ambulatory Care Nursing Professional Development Model”</td>
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<tr>
<td>11:00-11:30 a.m.</td>
<td>Ellen Vorbeck, DNP, RN, CWOCN</td>
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<td>“Impact of Surgical Stomas on Individuals’ Sleep and Response to Sleep Hygiene Intervention: A Doctorate of Nursing Capstone Project”</td>
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<tr>
<td>11:30-11:50 a.m.</td>
<td>Awards Presentation</td>
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<tr>
<td>11:50-12:00 p.m.</td>
<td>Conclusion and Evaluation</td>
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Objectives
1. Identify the profile of nurses effective in caring
2. Examine methods applied in contemporary science of caring research
3. Review the state of caring research to date that has tested Watson’s Theory of Caritas (caring)
4. Establish an understanding how complexity science can assist with furthering science of caring research.

This will be an interactive session with participants encouraged to ask questions throughout the presentation of research.

If you are interested in how to become a more active member, please contact any of the Board members. We desire to reach for the stars, and we need our members to help forge our paths into the future. You can choose to be active on committees or consider a chapter office in the future. Together we can achieve our highest aspirations!
# Mu Lambda Chapter Officers 2009-2010

<table>
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<tr>
<th>Office</th>
<th>Officer Name</th>
<th>Term Ends</th>
<th>Email</th>
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<tbody>
<tr>
<td>President</td>
<td>Alice Weydt</td>
<td>2010</td>
<td><a href="mailto:aweydt@chcm.com">aweydt@chcm.com</a></td>
</tr>
<tr>
<td>President Elect</td>
<td>Heidi Riehl</td>
<td>2010</td>
<td><a href="mailto:mhzkriehl@netscape.com">mhzkriehl@netscape.com</a></td>
</tr>
<tr>
<td>Vice President</td>
<td>Mary Date</td>
<td>2011</td>
<td><a href="mailto:date.mary@mayo.edu">date.mary@mayo.edu</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Jolene Tietz</td>
<td>2010</td>
<td><a href="mailto:tietz.jolene@mayo.edu">tietz.jolene@mayo.edu</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Phyllis Roseberry</td>
<td>2011</td>
<td><a href="mailto:roseberry.phyllis@mayo.edu">roseberry.phyllis@mayo.edu</a></td>
</tr>
<tr>
<td>Faculty Counselor 1</td>
<td></td>
<td>Open</td>
<td></td>
</tr>
<tr>
<td>Faculty Counselor 2</td>
<td>Julie Hebenstreit</td>
<td>2011</td>
<td><a href="mailto:julia.hebenstreit@mnsu.edu">julia.hebenstreit@mnsu.edu</a></td>
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# Mu Lambda Chapter Committee Chairs 2009-2010

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<tr>
<th>Committee</th>
<th>Chairperson</th>
<th>Term</th>
<th>Email</th>
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<tbody>
<tr>
<td>Governance</td>
<td>Open</td>
<td>2010</td>
<td></td>
</tr>
<tr>
<td>Newsletter Editor</td>
<td>Mary Bliesmer</td>
<td>2010</td>
<td><a href="mailto:mary.bliesmer@mnsu.edu">mary.bliesmer@mnsu.edu</a></td>
</tr>
<tr>
<td>Leadership Succession</td>
<td>Jackie Halvorson</td>
<td>2010</td>
<td><a href="mailto:halvorson.jacquelyn@mayo.edu">halvorson.jacquelyn@mayo.edu</a></td>
</tr>
<tr>
<td>Research Forum</td>
<td>Jolene Tietz</td>
<td>2010</td>
<td><a href="mailto:tietz.jolene@mayo.edu">tietz.jolene@mayo.edu</a></td>
</tr>
<tr>
<td>Awards</td>
<td>Yvette Dulohery</td>
<td>2010</td>
<td><a href="mailto:yvette.dulohery@mnsu.edu">yvette.dulohery@mnsu.edu</a></td>
</tr>
<tr>
<td>Membership</td>
<td>Linda Wenkel</td>
<td>2010</td>
<td><a href="mailto:linda.wenkel@mnsu.edu">linda.wenkel@mnsu.edu</a></td>
</tr>
<tr>
<td>Publicity</td>
<td>Mary Bliesmer</td>
<td>2010</td>
<td><a href="mailto:mary.bliesmer@mnsu.edu">mary.bliesmer@mnsu.edu</a></td>
</tr>
<tr>
<td>Chapter Key Council</td>
<td>Heidi Riehl</td>
<td>2010</td>
<td><a href="mailto:mhzkriehl@netscape.com">mhzkriehl@netscape.com</a></td>
</tr>
<tr>
<td>Program</td>
<td>Mary Date</td>
<td>2011</td>
<td><a href="mailto:date.mary@mayo.edu">date.mary@mayo.edu</a></td>
</tr>
<tr>
<td>Past Presidents’ Council</td>
<td>Julie Hebenstreit</td>
<td>2010</td>
<td><a href="mailto:julia.hebenstreit@mnsu.edu">julia.hebenstreit@mnsu.edu</a></td>
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**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 Chapter colleagues. Please submit your news for upcoming issues of *The Quest* to:

Mary Bliesmer  
Minnesota State University, Mankato, School of Nursing,  
360 Wissink Hall,  
Mankato, MN 56001  
telephone: 507-389-6827  
email: mary.bliesmer@mnsu.edu  
Thank You!
To keep our mailing labels up to date, please notify the Mu Lambda Chapter concerning any name or address changes by completing this form.

Name: Changed from: ____________________________________________________________

Changed to: _________________________________________________________________

Address: Changed from: __________________________________________________________

Changed to: _________________________________________________________________

________________________________________

Email Address: Changed from: __________________________________________________

Changed to: _________________________________________________________________

Effective date of change: __________________________