Mu Lambda and Fifth District presents…
“The Nursing Process in the Legislative Arena”

November 12, 2009
Gustavus Adolphus College

5:00 pm - Fifth District and Mu Lambda Boards meet
   (members welcome)
6:00 pm - Meal
6:30 pm - Presentation

Speaker: Senator Kathy Sheran, MS, APRN will be discussing how her role in the legislature uses the nursing process to tackle state legislation including how the legislature during the economic downturn will address healthcare issues and the role of nurses in healthcare prevention activities. Sen.Sheran is a former faculty member at Minnesota State University, Mankato in the School of Nursing.

1.0 Contact Hours provided for nursing

Complete this form and return to:
Coni Rodgers 28204 Ridge Rd Cleveland, MN 56017

Make checks payable to MNA Fifth District. Deadline: November 9

Name___________________________ Phone______________________

__Fifth District or Mu Lambda member $10

__Nursing students $6

__Non-members $12.50
Mu Lambda Receives Chapter Key Award

Congratulations Mu Lambda Members!! The Sigma Theta Tau International Board of Directors has selected Mu Lambda to be a recipient of the 2009 Chapter Key Award. Our entry was seen as an “outstanding reflection of the work of a vibrant chapter.” We will be honored at the Honor Society of Nursing, Sigma Theta Tau International Convention that will be held from October 31-November 4, 2009 in Indianapolis, Indiana. Mu Lambda members Heidi Riehl, Angie Stansky, and April Norell will be attending. Heidi will be receiving the Chapter Key Award on our chapter’s behalf on November 1. The presentation at this awards event is a special opportunity to recognize chapters for their outstanding achievements. Members of the Board of Directors and the Regional Chapters Coordinating Committee will be present.

This is the second Chapter Key Award that Mu Lambda has received. Our first award was given in 2007. Mary Huntley, who was our President at that time, and the Mu Lambda Board members were instrumental in this effort. A manual with all the supporting documentation demonstrating that the criteria for Chapter Key were met had to be developed. It was a monumental task. It was beautifully done and is available for any future reference or review.

The process changed dramatically with the last submission. It was all done electronically which streamlined the work. The Chapter Key Award had five major areas requiring evidence that met specific criteria. The areas included Leadership, Sustainability, Service, Knowledge, and Community. The report from the judges included feedback that will be used to formulate plans for our strategic direction. The results of our work will be incorporated in the next document submitted for Chapter Key review. Recommendations in the Leadership and Community areas included development of a more formal leadership program and stronger community of practice. All the other areas received full credit.

Work has already begun to have a more formal leadership program. Our Mu Lambda members attending the Biennial Convention will head up this work. We will need to explore how to address building a community of practice. An example of community practice would be to develop a local group of nurses to focus on pain management or to partner with Public Health, home care, acute and long term care nurses to address the H1N1 epidemic. There was discussion at the last Mu Lambda Board meeting about how Mu Lambda members can support vaccination and education efforts.

In reflecting on the Chapter Key Award, I am reminded about the importance of “giving back” to the nursing profession. Being active in Mu Lambda is another opportunity to dialogue and network with nurses who are dedicated to the profession of nursing.

Mark Your Calendar for Annual Meeting

On January 21, 2009, we will conduct our annual meeting followed by a book review on The Anatomy of Peace, by the Arbinger Institute. This is a moving story about how bitter enemies find their way to peace. It offers a powerful perspective to conflict resolution with methods to gain insight into how our behavior and attitudes are linked. There are copies at Barnes and Noble at the River Hills Mall. It will not take long to read and will be a great discussion topic at our January meeting. Arrangements are underway for a meeting location. Watch for future announcements with this information.

President-Elect and Secretary Positions

There are two Mu Lambda board positions open. The President-Elect position precedes the role of being President. It offers time for the person stepping into the President’s role to be mentored and gain an understanding of the responsibilities/duties of the President. Heidi Riehl is currently in this role. The Secretary’s role involves recording, writing, and distributing the minutes for each Board of Directors and business meeting. Jolene Tietz is our current Secretary. Please consider serving in one of these positions. Candidate’s names are being sought. Please send the names to Colleen Royle at sdroyle@yahoo.com.

Alice Weydt, RN, MS
Mu Lambda Chapter President
CCNE and MBN Visit School of Nursing

This fall has been busy in the School of Nursing. The Commission on Collegiate Nursing Education (CCNE) visitors and Minnesota Board of Nursing (MBN) visitors were on campus September 30-October 2, 2009. We were pleased to host a luncheon for several representatives from local health care agencies and other members of our “community of interest advisory board”—Dr. Mary Huntley represented the Mu Lambda Chapter of STTI.

I am pleased to inform you that the visits went very well. Both groups had very positive things to say about the School of Nursing. The findings from the CCNE visitors now go to the Accreditation Review Committee, which meets in February, and then to the Board of Directors for final action in April 2010. At that time we will be told if we are officially reaccredited. The Board of Nursing visitors had several suggestions about how to improve evaluation of nursing abilities so that they are consistent with expectations of the professional nurse’s scope of practice. Work on revising the abilities and associated assignments have already started.

Now we are preparing for a three day forum for nursing faculty and DNP students to study with two leading family nursing experts, Dr. Lorraine Wright and Dr. Janice Bell. In addition to the forum we will be celebrating creation of the International Family Nursing Association, an organization funded for the first two years by Minnesota State University, Mankato.

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.
Norma Krumwiede's Learning Community and
Sandie Schuette's and Jodie Wallschlaeger's Mental Health Nursing Clinical Groups

Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support and research – and it calls on people of all ages to take action in the fight. Year-round, participants are involved in efforts to help defeat this devastating disease. This year’s Memory Walk took place at Sibley Park in Mankato, MN on Tuesday, September 15, 2009.
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.
This year’s Research Forum featured keynote speaker John Nelson, RN, MS, who gave a very interesting talk about the complexity of caring in the nursing profession. We were also fortunate to feature two of the first Doctoral Nursing graduates from Minnesota State University, Mankato. LaDonna D. McGohan, DNP, RN, CMSRN, and Ellen Vorbeck, DNP, RN, CWOCN, both presented their capstone research projects. In addition to these presentations, the poster session featured research on anticoagulant therapy, diabetes care, and hand hygiene practices. The evaluations from the forum were positive, and if you missed it this year, we hope to see you next year!

Jolene Tietz, Mu Lambda Research Forum Chair

Sandra E. talking to Phyllis R. about that poster.
Creating the School of Nursing History Book

Mary Hesla Huntley and Edna Thayer realized one day about 20 years ago that they were the only School of Nursing faculty who taught nursing courses and who also held acting or interim administrative positions in the School of Nursing multiple times during the School's first fifty years. Having served the School of Nursing from 1965 to 2001, they decided their collective years gave them an opportunity to record the history of the School of Nursing from a variety of perspectives. They had lived through several curriculum changes, state Board of Nursing and national accreditation visits, moves of the School within the campus, student uniform changes, searches for qualified faculty and administrators, expansions of the baccalaureate program to a variety of clinical sites, and developments of new options to meet students’ needs for baccalaureate and graduate education. In addition, they realized that administrative assistant, Linda Beer, had lived through many of those years with them. The fact that all three are also MSU alumni speaks to their loyalty and commitment to sharing the story.

One day the three of them met together, primarily for the purpose of providing advice for a graduate nursing student who wanted to use quilting as a care-giver stress reduction strategy and to tell the historical story of the School of Nursing. Even though Edna and Mary had talked many times about writing the history and had even begun the task more than once, it was working with the graduate student that became the stepping stone for their decision to really delve into working together to write the history of the School of Nursing 1953-2003. The fact that Edna was already retired and Mary was retiring soon made the task seem more feasible. The goal for the three of them was to complete the book by October 2003 when the School of Nursing would celebrate its 50th anniversary—a Jubilee Celebration. Linda was able to arrange for release time from her full-time position elsewhere in the University. Her organizational skills, ability to research the archives, extensive review of photos, and work on the appendices adds to the completeness of the book. Mary and Edna donated their time for about 15 months to complete the project. MSU University printing services became their resource for getting the 352-page book ready for publication with a beautiful bright blue cover and gold lettering. The final printing and hardcover book binding were completed by Corporate Graphics in North Mankato.

The book is comprised of 10 chapters and over 90 photos describing such areas as student life and activities, faculty life, curriculum development, administrative leaders and assistants, learning spaces and places, and collaborative partners. An extensive appendix lists all graduates of the School of Nursing and those faculty names who could be determined as teaching during those 50 years. Graduate students are listed with the title of their respective thesis or culminating project. Descriptions of scholarships and awards along with recipients’ names are also included.

The book title states that the story is an interpretive essay. This format was agreed upon as a good way to reveal the story and document the history, while also recognizing it is the authors’ interpretation of the information they had available.

This beautiful keepsake book is available at the MSU campus Barnes and Noble Bookstore and at the School of Nursing. Those who donate $100 to nursing scholarships receive a complementary copy of the book. Otherwise the book can be purchased for $26 plus postage. Contact the School of Nursing to receive your copy. Autographed copies are available upon request.

Book sales are donated to the Jubilee Scholarship fund which provides several scholarships to nursing students each year. For a look at the book’s Table of Contents see the School of Nursing website: www.ahn.edu/nursing

Prepared by Mary Huntley, 2009
2009 Chapter Key Award Recipients Announced

The recipients for the 2009 Chapter Key Awards have been announced! The 2009 awards are the first to use the new criteria that is more aligned with STTI’s strategic directions.

The awards highlight chapter successes from July 2007 - June 2009, in the following categories:

- Leadership (20 points)
- Knowledge (20 points)
- Service (10 points)
- Community (8 points)
- Sustainability (18 points)

A total of 76 points were possible under this new system and were awarded either per year or per activity depending on the criteria. In order to be considered for the award, chapters scored a minimum of 40 points. Chapters also had to be in good standing, submit all reports on time and have been in attendance at the last House of Delegates.

Congratulations to the following chapters for receiving a 2009 Chapter Key Award!

Alpha Chi Chapter  Gamma Zeta Chapter  Tau Omicron Chapter
Alpha Eta Chapter  Iota Iota Chapter-at-Large  Tau Pi Chapter
Alpha Omicron Chapter  Iota Kappa Chapter  Theta Kappa Chapter
Beta Beta Dallas Chapter  Iota Mu Chapter  Theta Mu Chapter
Beta Kappa Chapter  Iota Nu Chapter  Theta Zeta Chapter
Beta Mu Chapter  Iota Sigma Chapter  Xi Chi Chapter
Beta Nu Chapter  Iota Theta Chapter  Zeta Epsilon Chapter
Beta Sigma Chapter  Kappa Eta Chapter  Zeta Mu Chapter
Beta Zeta at Large  Kappa Omicron Chapter  Zeta Nu Chapter 155
Delta Chapter  Lambda Delta Chapter  Zeta Phi Chapter
Delta Lambda Chapter  Lambda Iota Chapter  Zeta Theta Chapter at Large
Delta Omega Chapter  Nu Xi-at-Large Chapter  Lambda Mu Chapter
Epsilon Eta Chapter  Omicron Delta Chapter  Lambda Upsilon-at-Large
Eta Beta Chapter  Omicron Epsilon Chapter  Mu Epsilon Chapter
Eta Eta Chapter  Omicron Tau Chapter  Mu Lambda Chapter
Gamma Chapter  Pi Gamma Epsilon Chapter  Mu Rho Chapter
Gamma Gamma Chapter  Pi Mu Chapter at Large  Mu Sigma Chapter
Gamma Omicron at-Large Chapter  Rho Delta Chapter  Mu Theta at large Chapter
Gamma Phi Chapter  Rho Epsilon Chapter  Mu Upsilon Chapter
Gamma Rho Chapter  Rho Theta Chapter  Nu Omega Chapter
Gamma Sigma Chapter  Rho Gamma Chapter  Nu Rho Chapter

If your chapter has questions regarding the Chapter Key Award, please contact awards@stti.iupui.edu or by telephone at 888.634.7575 (U.S./Canada) or +1.317.634.8171 (International). The 2009 International Awards Recipients can be found on STTI’s Web site by clicking on “Awards.”
November 2009

MNA awards and honors at the 2009 MNA state convention in St. Paul

Margaret Brewer, Candy Mortenson-Klimpel, Norma Krumwiede, Linda Rossow and Marilyn Woelfel received awards at the 2009 MNA Awards Banquet on Sunday evening, October 11th in St Paul, MN. The following is a quote from the MNA website for awards and honors "Each year, during its annual convention in October, MNA’s spotlight illuminates Minnesota’s nurses and their achievements. The celebration honors creative and enduring contributions by MNA nurse members that impact the profession, their colleagues and their patients."

Marilyn Woelfel is an Immanuel St. Joseph - Mayo Health System (ISJ-MHS) employee and MNA member. She is a longtime part-time employee at ISJ-MHS that has worked on a variety of initiatives with computer documentation and skin care. She also has volunteered time in the underserved areas of Nicaragua promoting health care. Marilyn’s award is the Distinguished Service Award. Margaret B. nominated her for the award (along with others providing supporting documentation).

Grant recipients from the Minnesota Nurses Association Foundation for Bedside Research are Norma Krumwiede, Margaret Brewer, Linda Rossow, and Candy Mortenson-Klimpel. They are part of an intraprofessional research team "Tobacco Cessation Research Project" in collaboration with ISJ-MHS and Minnesota State University, Mankato.

What Are All Those Letters Doing Behind Some Nurse’s Names?
Jennifer Voges, RN, BSN, CCRN, BCEN

Certification promotes continuing excellence in the nursing profession. Certification in your specialty is good for everyone, but requires hard work, dedication and expense from the nurse. Certification validates your knowledge, shows commitment to your profession, keeps you engaged in current issues and standards of care and promotes continuing education. It may also provide career advancement and possibly monetary differentials. Keeping up your certification ensures that you are completing 100 CEU's every 3 years to maintain CCRN status and every 4 years to maintain the BCEN.

Certification of the nursing staff is good for the institution and the patients they care for. Certification will usually result in higher patient satisfaction and better patient outcomes, it assures the public that the nurses are competent and current, and can result in decrease in hospital insurance premium costs. Nurses who obtain certification are generally high achievers and effective communicators – who wouldn’t want a certified nurse working for them or taking care of them?

It is good idea to have worked in your specialty area for a year or more before attempting certification because you will have more experience to draw from and a certain number of hours worked in that area are usually required depending on which certification you are obtaining. The process is clear and the websites listed below are good resources for more information. If I can do it – so can you!

CCRN is the certification in the specialty of critical care nursing. (www.aacn.org) BCEN is the certification in the specialty of emergency nursing. (www.ena.org)
Mu Lambda Meetings for 2009-2010
*All Mu Lambda meetings are open to all members who wish to attend.

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. The Board meets from 4:30-5:30 with the Annual meeting and Dinner for all members from 5:30-6:30 P.M. in WH 366. 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 be from 6:30-8:00 P.M. in WH 358. 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.

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

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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>
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<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>
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<tr>
<td>Faculty Counselor 1</td>
<td>Open</td>
<td>2010</td>
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<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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<th>Committee</th>
<th>Chairperson</th>
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<td>Governance</td>
<td>Open</td>
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<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>
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<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>
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<td>Research Forum</td>
<td>Jolene Tietz</td>
<td>2010</td>
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<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>
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<td>Publicity</td>
<td>Mary Bliesmer</td>
<td>2010</td>
<td><a href="mailto:mary.bliesmer@mnsu.edu">mary.bliesmer@mnsu.edu</a></td>
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<td>Chapter Key Council</td>
<td>Heidi Riehl</td>
<td>2010</td>
<td><a href="mailto:mhzkriehl@netscape.com">mhzkriehl@netscape.com</a></td>
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<td>Program</td>
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<td><a href="mailto:date.mary@mayo.edu">date.mary@mayo.edu</a></td>
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<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
e-mail: 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: ____________________________________________

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**Effective date of change:** _____________________________