



# Sigma Theta Tau International

## Epsilon Eta Explorer

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### President's Message—Dr. Kay Gaehle

I am honored to serve as president of Epsilon Eta. I invite all members to become actively involved our chapter activities. There are many great events scheduled for this fall which I hope everyone attends.

Epsilon Eta Chapter and the School of Nursing co-sponsored the Annual Martha Welch Research Day, held on Tuesday October 3 from 1:00-5:30 pm in the Morris University Center on the SIUE campus. Read details on this wonderful event in the newsletter.

Nu Chi chapter, University of Missouri Saint Louis, is sponsoring the annual joint meeting of St. Louis area Sigma Theta Tau Chapters on November 2 at 6:00pm. Please read the Joint Meeting Announcement for details in this newsletter. I encourage all Epsilon Eta members to attend this meeting. See you there!!!

As President, I represented our chapter by attending the Chapter Leader Academy in Indianapolis from September 28-30, 2006.

A special "thank you" goes to the Committee Chairs and Individual members who contributed to the success of the Spring Induction Ceremony in April. Rita Arras (chairperson of the program committee), Arleen Fearing (chairperson

of the awards committee), and Jean Auffarth (chairpersons of the eligibility committee) worked conscientiously to organize various components of the induction ceremony. Thanks also to Arlene Fearing and the Awards Committee including Drs. Ginnie Cruz, Margerite Riley, Arleen Fearing, and Kim White for reviewing abstract selection criteria and poster judging criteria for the Martha Welch Research Day.

Dr. Rhonda Comrie represented Epsilon Eta at the new graduate school orientation in August. She shared with the new graduate students the purpose of Sigma Theta Tau and membership criteria. Hopefully some of these students will become new members when they are eligible.

The board is in the process of revising our goals and strategic plan for the coming year. A copy of these revisions will appear in the next newsletter.

Finally, visit our web page at <http://www.siue.edu/NURSING/STT/index.html> for information about our activities, a schedule of board meetings, a list of officers, and the award criteria. The current officers encourage all members to become actively involved.

### STTI Annual Joint Dinner and Lecture: November 2, 2006

All members of Epsilon Eta have been invited to attend the Fall Annual Joint Dinner and Lecture on Thursday, November 2, 2006. This meeting is sponsored by Nu Chi Chapter at University of Missouri St. Louis. The speaker for the evening will be Dr. Julie Sebastian, Dean of the UMSL, College of Nursing. Julie Sebastian's topic is "Doctor of Nursing Practice: Implications for Clinical Practice". She developed and administered the Doctor of Nursing Program at the University of Kentucky prior to assuming her current position at UMSL. Dr. Sebastian is a delightful person and a good speaker – it will be well worth your time to come hear her. The event will be in the Millenium Center at the University of Missouri-St. Louis. Registration begins at 6:00 with dinner at 6:30. The meal includes grilled chicken and roast beef. The price is \$25/person and \$20/student. Reply to Dr. Jean Nelson at 314-516-7237 to register. Mail checks to her also at One University Blvd., St. Louis. MO 63121. RSVP by October 18, 2006.

## Eta Epsilon Joins the Susan Komen Walk, Race for the Cure



The finish line welcomed thousands of walkers!

On Saturday, June 10, 2006 over thirty Epsilon Eta members or members of their families joined 60,000+ walkers in downtown St. Louis to raise money for breast cancer research. This was the first time that many of the Epsilon Eta members participated in the Komen walk. It was thrilling to simply being part of the mass of thousands of other people who came to the same place for the same reason.

As we walked down the 4-5 lane street, all that could be seen for blocks in front of us or behind us were people wearing race for the cure shirts. It was great to have newly inducted members join in this event. Please plan to be part of next year's Epsilon Eta Group in June 2007. Information for the walk will be available in the Spring.

Submitted by Dr. Kay Gaehle

**“STTI seeks to make a difference in the lives of others through our service and professional networks.”**



A few of the Epsilon Eta walkers pose in the bright sunlight. Pictured here are STTI members, friends, and family members who joined the march!

Other participants were already at the front of the pack, ready to take off for the 5K Run.

## Water Wells for South Africa

At the Fall 2005 Joint Meeting, speakers described health needs of people in South Africa. Water is one of the major needs for persons who live in rural villages. Currently women walk miles to access clean water.

Following the meeting, the board of Epsilon Eta discussed how we might make a difference in the lives of persons around the world.

The Epsilon Eta board believes we can help by funding the digging of a clean water well.

Negotiations have begun with the villagers who are in need of water wells. After it is established where the well is most needed, Epsilon Eta will join with the village to help fund the well. The cost of a well in that region of the world is very expen-

sive, possibly \$6500. The price depends on the depth of digging necessary to reach an adequate water supply.

Fundraising was launched on October 3 at the SIUE – STTI Martha Welch Research Day event. Join the efforts! Call for ways to become involved!



For information contact President Kay Gaehle or President-Elect Rhonda Comrie

## Annual Winter Meeting

The annual meeting of Epsilon Eta was held on Wednesday, February 22 at the Holiday Inn, Collinsville, IL.

Dr. Anne Perry presented information on *Magnet Status: Collaboration Between Academics and Service*. Dr. Perry reported on the process that an agency undertakes to achieve Magnet Status. Part of the benefit to the hospital or agency is actually going through the process to become a

stronger and more research based nursing department.

Officers were elected for the upcoming year as follows:  
 Vice-President: Ginger Behrhorst  
 Treasurer: Rick Yakimo  
 Leadership Succession:  
 Dr. Kathy Ketchum (chair)  
 Alisa Williams  
 Monica Major-Harris

President Kay Gaehle presented changes to the STTI Bylaws and the chapter's newly adopted strategic plan.

### Upcoming events

Joint Meeting at UMSL (see pg. 1)	Nov 2, 2006 6 p.m.
Annual Meeting at the Four Points at Sheraton, Fairview Hgts IL	Feb 22, 2007 6 p.m.
Annual Meeting and New Member Induction at Four Points at Sheraton, Fairview Hgts. IL	April 20, 2007 7 p.m.

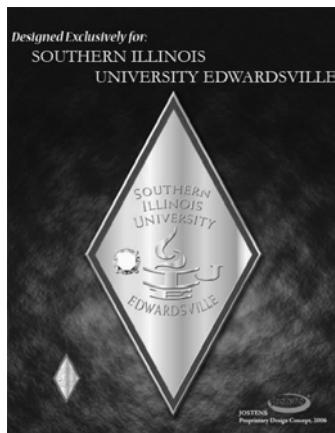
## Traditional School of Nursing Pin Still Available

The SIUE School of Nursing unveiled a new school pin in April 2006 to celebrate its 40th Anniversary. If you graduated in 2005 or earlier, your SIUE pin is still available at the University Bookstore. The diamond shaped gold colored pin features the SIUE letters with the staff (rod) of Aesculapius in the center of the pin. The cost is \$57 plus shipping. To order, contact the University bookstore at 618-

650-2132. By electronic mail, send your request to Cindy Reinhardt [cgale@siue.edu](mailto:cgale@siue.edu)

A limited number of pins are still available. After these are gone, traditional nursing pins will be available only by special order through the Jostens company.

The new pin is pictured at left. To order it call Nancy Newman at the School of Nursing (618-650-3964).



To honor its 40th Anniversary, the School of Nursing pin is a unique expression of the School's culture

## Heritage Committee is Looking for Your Treasures

In August, Ann Popkess and Rhoda Headley cleaned out the cabinet in the School of Nursing used by the Heritage Committee to store the archives of the chapter. There is now room in the cabinet if anyone has pictures or other memorabilia for the archives! Please check for and share any items for the chapter's

archives. The materials are important to help with our history and as we gather materials to use for the STTI Key Award. The eligibility criteria are not available until after the first of next year; then the committee will begin working on compiling the needed documentation for each of the criteria. If you are interested in

assisting with this project next spring, please contact Rhoda Headley at 618-650-5942 or [rheadle@siue.edu](mailto:rheadle@siue.edu).

Rhoda Headley, APN  
 Heritage Committee Chair



**“The mission of the Honor Society of Nursing, Sigma Theta Tau International is to support the learning, knowledge and professional development of nurses committed to making a difference in health worldwide.”**

**April Induction Meeting—Celebrating the Heart of Nursing**

At the Spring, 2006, Induction Ceremony, Sigma Theta Tau International Epsilon Eta chapter presented the annual awards. Arleen Fearing, Awards Committee chair announced the awardees and Kay Gaehle, chapter President presented the awards to the following recipients. April Lash, a junior nursing student, received the Betty Temple Mills Undergraduate Student Award for Academic Excellence. She was praised for both clinical and academic excellence in the nursing program.

The Graduate Student Merit Award was received by Jennifer Cook. Jennifer was acknowledged for her determination, motivation and superb course and clinical work in completing her master’s degree in both the Nurse Educator and Nursing and Healthcare Administration specializations. Diana Beck was honored with the Writing for Publication Award. Her manuscript titled “Venous Thromboembolism Prophylaxis: Implications for Medical-Surgical Nurses” was simultaneously submitted for possible publi-

cation to MedSurg Nursing: The Journal of Adult Health. Her article was accepted for publication and is scheduled to appear in the October, 2006 issue of MedSurg Nursing. The announcement and call for award nominations appears in the Epsilon Eta Chapter Newsletter each January. Awards information is also on the chapter web site.

Submitted by Dr. Arleen Fearing, Awards Committee Chair



Dr. Cecilia Wendler



L-R: Chapter President Kay Gaehle, Diana Beck, Dr. Arleen Fearing



Pres. Gaehle with Jennifer Cook. A. Fearing is in the background.

Keynote speaker Dr. M. Cecilia Wendler, author of *The HeART of Nursing: Expressions of Creative Art in Nursing, 2nd Edition (2005)* gave an inspiring presentation based on stories she collected for the book. A book signing followed the evening’s induction ceremony. During the business meeting and induction ceremony new officers were installed.

Epsilon Eta was proud to induct the following new members: Sherita Rucker, Shannon Davis, Nanette Schaffer, Vickie Rodgers, Catrina Vandelloo, Heather Boykin, Rachelle Wallace, Marcella Freburg, Bridgette Pettit, Teresa Bethurem, Charity Kincaide, Sue Kotecki, Terra Cottrill, Doni Frost, Elizabeth Beyers, Stormy Evans, Heather Ey, Jamie McGee, Janet Hill, Alice Shepard, Gregory Atteberry, Brenda McCall, Julia Wieggers, Amanda McKee, Sarah Jeter, Kim Gordon, Angela Anselm, Jennifer Wesselman, Michele Hartke, Marsha Kirchner, Georgia Bracey, Tonya Barrett, Laura Salyer, Cheryl Baldwin, Angela Banks, Kaci Shashack, Michelle Mullin, Deidra Boente, Sonia Shanklin, Rudra Komarraju, Anne Hallidy, Adesola Oke, Kristy Collins, Amy Lehman, Erica Perez, Brooke McConnell, Amy Lahey, Valerie Ellinger-Koches, Denora Davis, Marie Danley, April Lash, Amber Drumeller, Frances Schaefer, Brenda Yale, Cheryl Beisner, Kelly Koss, Brittany Hermann, Kristen Spence, Dana Dexheimer, Tiffani Naumann, Betty McDonnell, Adeola Adesuyi, Brittany Schulz, Lagenia Evans, Brooke Middleton, Deanna LaMartina, Eric Bierman, Andrea Tanner.

Members that transferred or joined through dual membership between two chapters included: Elizabeth Grudzinski, Anne Perry, Terri Scroggins, Alisa Williams, Rick Yakimo, and Shirley Barthelme.

## Nursing Scholarship through Research and Presentations

Baier, M., & Grider, S. "A pictorial presentation of the SIUE School of Nursing." Poster presentation to be given at the Pi Pi Chapter of Sigma Theta Tau, Blessing-Rieman College of Nursing Annual Research Day, Quincy, IL on November 10, 2006.

Baier, M. "National Association of Army Nurses: Dorothea Dix's Nurses." Research presentation to be given at the Pi Pi Chapter of Sigma Theta Tau, Blessing-Rieman College of Nursing Annual Research Day, Quincy, IL on November 10, 2006.

Baier, M. "How Civil War Nurses Got Their Pensions: The Woman's Relief Corps and Annie Wittenmyer." Research presentation to be given at the American Association for the History of Nursing Annual Research Conference, Rochester, MN, on September 30, 2006.

Dr. Laura Bernaix was awarded the SIUE Teaching Excellence Award for 2006. She was elected as MNRS Childbearing Research Section Co-Chair. She received three grants in 2006: SIUE Funded University Research "Breastfeeding Intervention for Fathers of Premature Infants in the NICU: A Pilot Study"; SIUE Excellence in Undergraduate Education, "CAI for Nursing Students: Breastfeeding Promotion for Families of Premature Infants", and SIUE Excellence in Graduate Education (EGE), "Innovation in Graduate Nursing Education: Oncology Nursing and Pain Management Nursing Blended Options".

Bernaix, L., Schmidt, C, Arrizola, M., Iovenilli, D., Medina-Polinez, C., et al. (2006). *Lactation Knowledge, Attitudes, Beliefs and Intentions of NICU Nurses: An Intervention Study*. Paper Presentation at the Annual Gateway Martha Welch Nursing Conference Edwardsville, IL, October 3, 2006. This research was also presented at the St. Louis Children's Hospital Annual Research Conference, St. Louis, MO, April 2, 2006

Dr. R. Comrie was elected as Chair-elect to the MNRS Ethics Research Section in 2006. She is the project director for the *Asthma Implementation Initiative* through a grant from IDPH.

Fearing, A. & Riley, M. (2006). Identification of Weight Loss Success Motivators and Maintaining Weight Loss in Adults. CHART, *Journal of Illinois Nursing*, 103 (3), 11.

Dr. K. Gaehle received an SIUE Excellence in Undergraduate Education Grant in summer 2006 for the project, *N 352: Creating a New Nursing Course Using Student Active Learning and PDA Technology*.

Hamm, J., Bernaix, L., Clement, J., & Covington, K. (2006). Guidelines for Exercise Prescription in Primary Care, *ADVANCE for Nurse Practitioners*. (in press).

Mabunda, G. & White, K. (2006) *Assessment of the Cultural Competence Level of Faculty and Nursing Students at a Midwestern University*. Paper Presentation at the Annual Gateway Martha Welch Nursing Conference Edwardsville, IL, October 3, 2006.

Popkess, A. "Are nursing students engaged? A pilot study of the 2003 NSSE scores for baccalaureate nursing students." Research presentation to be given at the Pi Pi Chapter of Sigma Theta Tau, Blessing-Rieman College of Nursing Annual Research Day, Quincy, IL on November 10, 2006.

Schmidt, C. (in press). Self-care in children with type 1 diabetes: A survey of mothers. *MCN: The American Journal of Maternal-Child Nursing*. A poster based on this study was presented at the St. Louis Children's Hospital Annual Research Conference -St. Louis, Mo, April, 2006.

Schmidt, C. Participant expert in a roundtable discussion to be published in the winter edition of the journal *Bariatric Nursing and Surgical Patient Care*. The title of the publication will be "Child and Adolescent Obesity."

Dr. Schmidt received two grants in 2006: Excellence in Undergraduate Education. *Development of learner-focused case scenarios in pediatric nursing* and Shaw Nursing Faculty Collaborative Research Grant *In-Hospital Survival Skills Training for Type 1 Diabetes: Perceptions of Children and Parents*

Schmidt, C., Bernaix, L., Chiappetta, M., Carroll, E.(2006). *In-Hospital Survival Skills Training for Type I Diabetes: Perceptions of Children and Parents*. Paper Presentation at the Annual Gateway Martha Welch Nursing Conference Edwardsville, IL, October 3, 2006.

Yakimo, R. (2006). Outcomes in psychiatric consultation-liaison nursing. *Perspectives in Psychiatric Care*, 42, 59-62.

Yancey, V. (2006). Palliative care. In M. Elkin, A. Perry, & P. Potter (Eds.), *Nursing interventions and clinical skills* (4th ed.). St. Louis: Elsevier Inc.

**Scholarly Accomplishments** includes information submitted by faculty at SIUE School of Nursing. All members are invited to submit information for future newsletters. Send your information now to Rhonda Comrie, President-elect and editor of the newsletter. E-mail to [rcomrie@siue.edu](mailto:rcomrie@siue.edu)

## The Annual Gateway Martha Welch Nursing Conference—

**“Sigma Theta Tau  
Int’l champions  
knowledge and  
research  
development and  
dissemination  
opportunities for all  
areas of  
professional  
nursing.”**

**-STTI**

The 15th annual research conference was held on October 3, 2006 at the Morris University Center on the SIUE campus. Titled *Cultural Competence in Nursing Research, Practice and Education*, the conference attracted over 220 persons attended, including community leaders, staff nurses, nursing faculty and nursing students. In his keynote address, Dr. Yu (Philip) Xu emphasized the importance of cultural competence in healthcare. Dr. Xu publishes regularly on the topic based on his experience and his research. He encouraged nurses to understand and learn cultural competency skills to becoming culturally competent. Dr. Xu currently teaches at the University of Nevada at Las Vegas School of Nursing.

A panel discussion followed Dr. Xu’s presentation. Members focused on cultural issues in the workplace. Panel members included Dr. Gladys Mabunda SIUE School of Nursing; Dr. Kay Mueggenburg who practices at the Hospice of the Bluegrass in Lexington, KY; Dr. Cordie Reese from St. Louis University; and Ms. Daad Harir, a social work student at SIUE.

Participants were able to view several posters that presented nursing research or evidence based practice (EBP). Awards were given for the best poster in each category. First place in the EBP category was awarded to Joyce Stoelting and Dr. Sherry Robinson for their poster titled *Development of*

*a Fall Risk Instrument for Inpatient Psychiatry*. First place in the research category was awarded to Joyce Stoelting, Rosalie Mottar, Linda McKenna and Elizabeth Taggart for their poster titled *Tracking Preventative Measures to Prevent Hospital Acquired Pressure Ulcers*

The afternoon research presentation sessions focused on current nursing research and nursing topics from both nursing practice and nursing education.

Two Epsilon Eta Research Grant Awards were given as pictured below. The chapter gives other awards at the Spring New Member Induction meeting. For information on awards contact Dr. Arleen Fearing, Awards Committee Chair.



Dr. Arleen Fearing presented an Epsilon Eta Research Grant Award to Ann Popkess (above) to support her doctoral research. A similar award was given to Dr. Mickey Stanley (right), for her ongoing work on developing health villages in rural India.



## Research day photos



Dr. Philip Xu engaged students, faculty and participants during his presentation titled *Cultural Competence in Nursing Education, Research, and Practice: Substance and Rigor*.



**Culture defines how patients from different cultures understand or experience health and illness.**

Dr. Xu has taught for more than 12 years at the undergraduate and graduate levels in China and the United States. He is a certified transcultural nurse (CTN) recognized by the Transcultural Nursing Society.



Panelists from left to right are: Dr. Cordie Reese, Dr. Gladys Mabunda, Dr. Kay Mueggenberg, and Ms. Daad Harir. Not shown is the panel moderator, Dr. Louise Flick from SIUE School of Nursing.

Additional support for the event was provided by:

- Elsevier Publishers;
- Lippincott, Williams, and Wilkins Publishers
- the Office of Dr. N. Emmanuel, Vice Chancellor for Student Affairs, and
- the Office of Dr. R. Wilson, Asst. Provost for Cultural and Social Diversity.



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The International Website is <http://www.nursingsociety.org/>

The Epsilon Eta Chapter of Sigma Theta Tau International was chartered in 1980 at SIUE School of Nursing. It is open to nursing students who meet established academic and professional criteria both at graduate and undergraduate levels and to community nursing leaders.

**Be Enriched through  
Involvement in  
Epsilon Eta STTI!**

Carol Picard, STTI President 2005-2007 asks members these three questions :

- How can I make a difference in achieving the mission and vision of the Honor Society of Nursing, Sigma Theta Tau International?
- What is one thing I can do this coming biennium that would contribute to the success of the strategic plan?
- Is my vision that of the honor society's?
- If a critical mass of members answers this question with action, we will be assured continued success and an enriching experience.