



Kappa Tau Chapter

UVM - College of Nursing & Health Sciences
216 Rowell Building - Burlington, VT 05405-0068

July 2011

President's Message-Summer

Hello Kappa Tau Members,

It has been another successful and productive year for the Chapter of Kappa Tau. The year was capped off by our 22nd Annual Meeting on May 12th at the Doubletree in South Burlington with over 50 people in attendance. The evening started off with Suzanne Prevost, RN, PhD President-Elect of Sigma Theta Tau International and Associate Dean for Practice at the University Of Kentucky College Of Nursing presenting: Evidence-Based Practice and the Future of Nursing. As president, I presented the State of our Chapter with a summary of our membership, strategic plan, chapter accomplishments and our financials, as prepared by Karen McKenny, our treasurer. The rest of the presentation included:

Review of the many events Kappa Tau

Induction in October 2nd Annual Nursing Research and Evidence Based Practice Symposium in November Pizza Party for new Inductees in December Research Night with Alexis Ressler and Robert Nash presenting Scholarly Personal Narrative in January Heart of Leadership Dinner in February Global Leadership Night "A View Through A Different Lens: Health and Nursing in Bangladesh Presented by UVM Nursing Students: Christi Burke, Cynthia McCormack, Meghan Madden in March .

Kappa Tau had three service events this year:

American Foundation for Suicide Prevention Walk
Respite House Dinner in March
Multiple Sclerosis Walk in April

Kappa Tau also supported:

Four board members to attend the Sigma Theta Tau Leadership Summit in Indianapolis in October
A nursing student to attend the Student Nurse Association Annual Convention Global Initiatives in Bangladesh and Haiti
Region 15 International Nurses to obtain their STTI Membership.
We also had an induction ceremony this year and inducted Rosemaryl Harple as a nurse leader. Other nurse leaders inducted but not present were Joelyn Niggel, and Ann Griffith as well as Anna Leavey and Emily Striegel as nursing students.

Kappa Tau Awards presented this year went to:

Dr. Sharyl Eve Toscano - Folta-Deck Award
Mari Cordes for Nursing Excellence in Practice

Research Grants awarded to:

Rycki Maltby for her research titled, "Development and application of cultural competencies from nursing student to nursing professional." Celia Dalton Meyer for her research, "Culturally Congruent 4th Grade Puberty Education for Somali-Bantu Students"

Welcome to the another

Edition of the Kappa Tau
newsletter!

[Sigma Theta Tau International](#)

[Kappa Tau Chapter](#)

Student Project and Thesis awards went to:

Christin Elizabeth Bland - graduate thesis - "Thyroid Cancer Incidence in Vermont" Irene Bonin - graduate project - "Vermont Alternative Program: Increasing Recognition Awareness Through Educational Presentations" Christine Burke - senior Honor's thesis - "Using Photovoice to Explore Maternal Perceptions of Child Health Issues in Bangladesh"

Re-elected Board Members included:

- Sally Kerschner, Vice President
- Rycki Maltby, Leadership Succession
- Cathy Muskus, Faculty Counselor
- Gene Hicks, Membership Involvement
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Welcome Newly Elected Board Members:

- Lila Fuller, Secretary
- Chris Kasprisin, Leadership Succession
- Delaine Farnum, Newsletter Editor
- Rachel Doran, Awards Chair
- Sarah DeSilvey, Student Rep
- Terry Powers-Phaneuf, Governance Committee

The highlight and crowd pleaser for each Annual meeting is the Silent Auction. Ruby Merali out did herself again and organized a fabulous selection of community and member donations to make a lively and competitive event. The last few items were professionally auctioned off by Louise Moon-Rosales, our own past president. Over \$2000 was raised and this money will support future research grant submissions.

I would like to take the opportunity to publicly recognize and thank our dedicated board members this year. It was a pleasure and honor to work with each of you:

- Ruby Merali, President Elect
- Sally Kerschner, Vice President
- Karen McKenny, Treasurer
- Alexis Ressler, Secretary
- Ruth Willis, Student Rep
- Christina Melvin, Chair Faculty Counselor
- Cathy Muskus, Faculty Counselors
- Hendrika (Rycki) Maltby, Chair Leadership Succession
- Annie Parker, Leadership Succession
- Jean Beatson, Chair Governance Committee
- Julie Jones, Governance Committee
- Vicki Torsch, Chair Awards Committee
- Louise Moon-Rosales, Past President
- Mari Cordes, Newsletter Editor
- Gene Hicks, Chair Membership Taskforce

Finally, mark your calendars for the 3rd Annual Nursing Research and Evidence Based Practice Symposium, November 11 and 12, 2011. Better yet submit an abstract for an oral or poster presentation, deadline is August 15th. See this website for further details. Have a wonderful and safe summer!

Ann Laramee APRN

Kappa Tau Global Leadership



name the group

Beyond Learning through Experience Bangladesh 2011

Cultural competence. It is an idea that is brought up in nearly every nursing textbook that I have bought during my studies in nursing school. But there is only so much you can learn from reading. The best way to learn and retain this information is clinical experience. In this case, immersion into a place that is so different from where we have lived our lives up until nursing school.

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name this lovely photo and give photo credit to all photos

Kappa Tau Global Leadership (cont'd)

This past winter I had the pleasure of traveling across the world to Bangladesh to take a three and a half week course on public health. The lessons on public health were plentiful, but there was also so much else to take in. With me were twelve other nursing students, two medical lab students, a teaching assistant, our professor, Rycki Maltby, and her husband. We spent time in class daily reading journal articles regarding health and barriers for the people of Bangladesh. We went out into the communities and observed and discussed these topics with the people. We had the amazing opportunity to visit several hospitals including a hospital in Manikganj, Center for Women and Children's health, and ICDDR,B (International Center for Diarrhoeal Diseases Research, Bangladesh).

In addition to learning about the status of public health in Bangladesh, we also were presented with another lesson. We spent time with nursing students from Institute for Business, Agriculture and Technology. These students faced adversity for the very career path they had chosen. We met a student who had to lie to her parents in order to study nursing. Nurses in Bangladesh are considered third class citizens, yet another barrier to helping improve the health status of the public. Being around these students allowed us to instill some of our confidence in our future careers as well as gain some humility for the struggles that they will fight against in the future to help their country.

One thing that I took from this

experience was the knowledge that there is communication beyond words. As a nurse, this will be a very important thing to keep in mind. I was in a country where I knew very few words, mostly just "thank you" and "picture". Yet I was still able to connect with people through other means. A smile often helped, or a friendly gesture of a nod. Sometimes we would both speak in our own languages and somehow found a sort of understanding. Conversely I found myself in a situation in a culture that I did not fully understand, and in a place where I did not always know the words to get what I needed. This left me feeling vulnerable at times, even though we were welcomed into all areas where we visited. Perhaps having experienced this feeling was one of the best things for increasing my cultural competence. It was a brief glimpse into how a future patient of mine may feel.

We found Bangladeshis to be amazingly welcoming throughout our experience. Despite all of the difficulties many of them faced, they were eager to show us more about their lives and culture. Our host and professor at IUBAT, Karen Lund shared with us the many barriers that a global health nurse would face working in a country like Bangladesh, but also taught us to celebrate the small successes as they will continue to grow. Our trip and course were great experiences that will benefit each student who went no matter what path their nursing careers take them in the future.

Christine Burke

Healing Touch



My personal journey with Healing Touch began in 1997. That was the year the first Level One workshop was offered in the Burlington area. I had been exploring complementary modes of healing since the late 1980s when allopathic treatments were not curing my chronic fatigue syndrome. Acupuncture, chiropractics and Chinese herbs had got me back on my feet but were not techniques I wanted to try to learn and incorporate into my nursing practice. At a national Rehabilitation Nursing Conference I attended, there was a presentation on Therapeutic Touch. My interest was caught and I began reading about different types of energy work.

Many of my Rehabilitation patients had ongoing problems with pain and anxiety. Healing Touch seemed like something I could learn and use in my nursing practice. Janet Mentgen, RN, founded Healing Touch in 1989 as a continuing education program for nurses, other health care professionals, and lay persons. Learning Healing Touch has been a journey into both self- healing and learning techniques to assist others in their self - healing journeys.

The Healing Touch International describes Healing Touch as “a relaxing, nurturing energy therapy. Gentle touch assists in balancing your physical, mental, emotional, and spiritual well-being. Healing Touch works with your energy field to support your natural ability to heal. It is safe for all ages and works in harmony with standard medical care.”

There are five levels in the Healing Touch education program which leads to Certification as a Healing Touch Practitioner. The Healing Touch Program is approved by AHNA the American Holistic Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

I have been able to provide Healing Touch for self-care as well as with patients, family, friends and co-workers. The techniques are wonderful for pain, stress and anxiety reduction, promoting wound healing as well as easing acute and chronic conditions. Ongoing research is documenting a variety of benefits derived from Healing Touch.

Healing Touch is offered at Fletcher Allen Health Care as a free service through volunteers in the Spiritual Resource Center. There are also nurses on a variety of units who incorporate Healing Touch in their nursing practice. The Vermont State Board of Nursing position statement regarding the Role of the Nurse in Holistic Health includes energy work as within the RN scope of practice.

Annie Parker

References

<http://www.healingtouchinternational.org/>
<http://vtprofessionals.org/opr1/nurses/>

Kappa Tau MEMBER SPOTLIGHT

Lila Fuller

Introduction of Lila Fuller
Kappa Tau member since 2009



Lila became involved with Kappa Tau while in nursing school. She was inducted in 2009. Lila felt that Kappa Tau involvement while in university was a great experience because of the opportunity to network, especially with some nurses who were not strictly working in clinical areas. Lila being someone interested in community and public health nursing felt her contact with Kappa Tau was especially beneficial in attaining her career goals.

Now that Lila is out of school, she continues to find value in her connection with Kappa Tau. She appreciates the mentoring and the continued exposure to nurses who are still very much involved with nursing and have a vested interest in what they are doing. Lila has also starting to get involved with some of the volunteering Kappa Tau does in the community. Lila treasured past volunteer experiences, but she had little time while going to school. She is looking forward to volunteering more as a Kappa Tau member.

Lila Fuller is currently working as a Hospice & Palliative care nurse with the community team at the VNA of Chittenden & Grand Isle counties. She graduated from UVM in May 2010, and started as an RN Intern at the VNA in June 2010. Lila was on orientation with the Hospice team for 6 months and is now off of orientation and *“just a plain old RN”* as opposed to an *“intern”*. Lila says she *“really enjoys the job - its very challenging and has me on a steep learning curve. Nothing like real world experience to sharpen clinical and interpersonal skills!”*

Lila hopes to earn an MSN at some point. *“I have not figured out yet what I would like to specialize in, so my plan is to take a few years, gain some more experience and then reassess my desire for higher education. I am in a 2 year commitment to the VNA so I know I will be a Hospice nurse at least until June 2012. If my experiences continue on their positive trajectory, I can see myself continuing with end of life care in some capacity or another.”*

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Announcements:

**Kappa Tau won the 2011 International Award
for Chapter Global Community Building Award.**

**This will be awarded at the Biennial Convention
in the fall. Stay tuned for more news....**

3rd ANNUAL
November 11-12, 2011

Nursing Research & Evidence-Based PRACTICE SYMPOSIUM

POWER OF TEAM INQUIRY:
Together Everyone Achieves More
Nursing Research | Evidence-Based Practice | Quality Improvement

CALL FOR ABSTRACTS

Open June 10 - August 12, 2011

The 3rd Annual Nursing Research & Evidence-Based Practice Symposium begins on 11-11-11, providing a forum for Nurses, Students, Educators, Administrators, and Researchers - *regardless of experience in conducting nursing research* - to learn more about the evolving realm of nursing knowledge.

Hosted by Fletcher Allen, the Symposium will showcase and highlight new and innovative initiatives. Projects may be completed or in progress. Selected projects, presented as oral or poster presentations, will launch opportunities for formal and informal dialogue during and after the two day Symposium.

Respond to the Call by **Friday, August 12**. Further information:
Julie Basol, JNB Marketing 802.425.3936 x 2 JNB@gmavt.net
Call for Abstracts forms available at:

www.uvm.edu/~kappatau

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- Vermont State Nurses' Foundation
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FAHC is an approved provider of continuing nursing education by the Vermont State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.