The ups and downs of moving

By Dean Gail Stuart, PhD, RN, FAAN

Grrrr….that’s how I felt in December as we were in the throes of moving from our beloved but aged College of Nursing building to our new “digs” in the Harborview Office Tower building. In, out, up, down – over and over again – as hands got dirty, backs became sore and heads were overrun by decisions about papers and items we had not seen or even wondered about for many years.

The Dean’s area was particularly challenging as we discovered files that were there since the building was opened in 1955! We uncovered names and events that had no meaning to us but still needed to be culled through and evaluated.

At the end of the day I came to realize two things. The first is that hoarding is not uncommon. The second is that the more space you have, the more you fill it up. Of course that means the more you someday will have to purge, and that day for the College of Nursing had arrived! So much for the down side of moving.

The up side of moving is the liberating feeling that you get when you really clean house. I realized that the act of throwing things away was a unique pleasure, and that empty shelves were a thing of beauty. Less truly is more, and by the time I arrived in Harborview I was determined to change my habits of saving printed materials and stuffing files and drawers with things that really should be tossed. Better yet – they should not even be printed in the first place if at all possible.

Clearly the move was an ordeal for all of us. But one day after the move I was driving to work and I saw a brilliant rainbow over the city. Next to it was a more subtle rainbow as well. I have never seen a rainbow over MUSC and I believe that it was a special sign for us. The effervescent rainbow was a sign of the fabulous renovated building that we will return to in two years. The more subdued rainbow represented our current space that, while not pretty, brings us all together in a very different way. And the very best part is that in two years our move back to the College will have far more ups than downs….Gail
Why nurses go back to school

By The Robert Wood Johnson Foundation

NEW STUDY FROM RN WORK PROJECT IDENTIFIES CHARACTERISTICS AND MOTIVATIONS OF NURSES WHO ARE MORE LIKELY TO CONTINUE THEIR EDUCATION.

A significant body of research indicates that a more highly educated nursing workforce can help ensure our nation’s population has access to high-quality, patient-centered care. Having at least 80 percent of nurses holding a bachelor’s degree or higher by 2020 is a key recommendation of the Institute of Medicine’s landmark report, The Future of Nursing: Leading Change, Advancing Health. It is also one of the primary recommendations addressed by the Future of Nursing: Campaign for Action and the driving force behind the Academic Progression in Nursing program, launched by the Robert Wood Johnson Foundation (RWJF) and leading nursing organizations this spring.

Now, a new study published from the RWJF RN Work Project provides critical information that can help advance that goal. It identifies the characteristics and factors that best predict whether nurses will return to school to earn higher degrees.

Christine T. Kovner, PhD, RN, FAAN, professor at the College of Nursing, New York University and Carol Brewer, PhD, RN, FAAN, professor at the School of Nursing, University at Buffalo direct the RN Work Project. They were the lead investigators for the study, which was published in the November/December issue of the Journal of Professional Nursing.

“Charting the Course for Nurses’ Achievement of Higher Education Levels” identifies a variety of internal and external motivators that influence registered nurses (RNs) to pursue bachelor of science in nursing (BSN) or higher degrees. They include: career and professional advancement; gaining new knowledge; improving social welfare skills; and being a positive model for one’s children. RNs also identify a desire to achieve personal and job satisfaction and professional achievement as important motivators. Nurses with graduate degrees are more likely to report being extremely satisfied with their jobs, compared with nurses who hold associate’s degrees, who more frequently report moderate to extreme dissatisfaction with their jobs.

RNs report that support from employers and educational institutions increase the likelihood that they will return to school. RNs who say they are undecided about continuing their nursing education identify organizational incentives and rewards as important motivators. Those include tuition reimbursement, compatible work and class hours, paid sabbaticals, forgivable loans for service, pay for attending class, and web-based and worksite classes.

“As our health care system changes, the need for more nurses with bachelor’s degrees or higher is increasing,” said Kovner. “The patient population is aging and more patients are presenting with more and more complicated conditions. Health care is relying ever more heavily on information technology. More people are able to access care. Not only do we need more BSN-prepared nurses to provide care in this increasingly complex system, we need more nursing faculty at our institutions of higher education to educate the next generation of nurses. Knowing what motivates nurses to seek BSN and higher degrees is crucial.”

Click here to continue reading.

In the news

With the Affordable Care Act already making changes to our current health care services, you will be reading and hearing a lot more about the debate on the role of nurse practitioners in our country. Below are two different perspectives on the role and responsibilities of nurse practitioners in the U.S.

Doctor shortage drives debate on nurse practitioners - The Greenville News

Primary care doctors may no longer be needed - KevinMD.com

Shattering the Stereotype

A wonderful new video from the Robert Wood Johnson Foundation. Nurses Shatter the Stereotype is a video that spotlights the many roles nurses play in improving health and health care. Watch it here.

“Cheers to a New Year and another chance for us to get it right.”

~ Oprah Winfrey
January

02 WEDNESDAY
Con reopens

10 THURSDAY
Stethoscope Ceremony
4:30 p.m.
St. Luke’s Chapel
(corner of Bee St. & Ashley Ave.)

11 FRIDAY
Interprofessional Day
For more information click here

MUSC Student Government Association
Oyster Roast
7 - 10:30 p.m.
Visitors Center Bus Shed
Students: $12 per person in advance; $15 at
the door (if available); Non-students:$15 in
advance, $18 at the door (if available), Must
present MUSC ID to purchase tix.
Limit 2 tix per ID. THIS EVENT WILL SELL-OUT.

15 TUESDAY
Accelerated BSN Application Deadline
for Fall 2013 Admission

21 MONDAY
Martin Luther King, Jr. Holiday
Con closed

PRINTING
The Xerox machines will soon be set-up
as a backup to all desktop printers.
Please consider using the Xerox when
a large document must be printed.
This move will help bring down toner
and repair costs, as well as increase the
life of the small desktop printers, thus
saving the College money.
Thanks!

MUSC College of Nursing
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Schoen selected for Roper-St. Francis Patron Scholarship

Kelli Schoen, Class of December 2013, has been selected by the nursing leadership at Roper-St. Francis to receive a $30,000 scholarship. This scholarship requires recipients to work for one year following graduation at Roper-St. Francis Healthcare.

A stellar student, Kelli has a previous undergraduate degree from Furman University where she majored in German. She has studied abroad in Germany and South Africa. She completed CNA training at the Advance Nursing Institute in Greenville, SC prior to her enrollment at MUSC.

This past semester she demonstrated leadership by tutoring classmates and serving on the MUSC Student Government Association.

Exchange Club selects two CON students for scholarships

The Exchange Club has selected April Dove and Erica Haynes to receive a $1,200 scholarship. The Exchange Club looks specifically for students from the tri-county area that have at least a 3.0 GPA and a track record of community service.

April, class of May 2013, was recently elected president of the College of Nursing Multicultural Student Nurses Association and has been active in Junior Doctors of Health, an organization which provides healthy living tips to children. Erica, class of May 2013, has been a volunteer and program assistant for the MUSC Center for Healthcare Disparities and a medical volunteer for Challenge Walk for the National Multiple Sclerosis Association and Cooper River Bridge Run.

Ramos selected for Ruth Jaqui Skudlarek Scholarship

Accelerated BSN student, Carolyn Ramos, class of May 2013, has been selected to receive the Ruth Jaqui Skudlarek Scholarship Award. This scholarship is for $1,900 and the recipient will be recognized at Convocation in May.

Carolyn was selected for the Hispanic Health Initiative Scholars Program and nominated for the award by Dr. Deborah Williamson. Fluent in Spanish, Carolyn is a volunteer with the Hispanic Health Initiative and interprets and prepares lectures to meet the needs of Latino women. Previous to her studies at MUSC, Carolyn had chosen a path of community activism, having worked with the National Hispanic Caucus of State Legislators in Washington, DC.

Harley receives Charleston County Medical Society Alliance Scholarship

Brian Harley, class of May 2013, is the recipient of the Charleston County Medical Society Alliance Scholarship. Brian was recently inducted into Sigma Theta Tau and has served as a College of Nursing representative on the MUSC Student Government Association. Prior to his enrollment at the College of Nursing, Brian completed a Bachelor of Science from the University of South Carolina with a major in biology.

This scholarship, also known as the Sally Thompson Seignious Scholarship, is given to a native of Charleston County. One $1,000 scholarship is presented to a College of Nursing student and another $1,000 scholarship is presented to a College of Medicine student.

McCrudden chosen for The Tony Pirraglia Nurse Scholarship

Jennifer McCrudden, a certified diabetes educator and DNP student, was awarded The Tony Pirraglia Nurse Scholarship. The scholarship, which came from donations honored Tony Pirraglia, a liver transplant coordinator and Meducare flight nurse who was shot and killed while trying to help a car wreck victim on January 19, 2002. Click here to read the entire story.
Healthy Charleston Challenge wins two national awards

MUSC’s Healthy Charleston Challenge Program is the recipient of two national awards. The life-changing weight loss program won top honors from Club Industry and the Medical Fitness Association.

Club Industry, a media source for fitness business professionals, presented its 2012 Best Behavior Modification Program to Healthy Charleston Challenge on October 11 in Las Vegas.

Additionally, the Healthy Charleston Challenge program won the 2012 Program Innovation Award from The Medical Fitness Association. The first place award is for the best bio-behavioral intervention for promoting physical activity and weight loss. Janis Newton, assistant director of the MUSC Wellness Center and Dr. Sheila Smith, CON associate professor, traveled to New Orleans, LA on November 28 to receive the award.

For five years, the Healthy Charleston Challenge program has been helping tri-county residents develop healthy habits and permanent lifestyle changes in order to decrease their risk for developing chronic disease. Participants work in teams utilizing a personal fitness trainer, nutritionists and mentors to meet weekly weight loss goals. Earlier in October, the program marked a milestone surpassing 20,000 pounds lost since the program was established in 2007.

For information on the Wellness Center and programs offered, visit www.musc.edu/hsc.

Publications & presentations:

> PUBLICATIONS

> POSTER PRESENTATIONS:

Smith, S., Newton, J., Jansen op de Haar, M. (2012, October). Healthy Charleston Challenge program evaluation: A two-year follow up. SCTR Scientific Retreat on Obesity, Charleston, SC.

Congratulations to Lenora Smith! She passed her comprehensive examination and is now a candidate for the PhD degree.

“Make New Year’s goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you’re interested in fully living life in the year to come.

Goals give us direction. They put a powerful force into play on a universal, conscious, and subconscious level. Goals give our life direction.

What would you like to have happen in your life this year? What would you like to do, to accomplish? What good would you like to attract into your life? What particular areas of growth would you like to have happen to you? What blocks, or character defects, would you like to have removed?

What would you like to attain? Little things and big things? What would you like to have happen in friendship and love? What would you like to have happen in your family life?

What problems would you like to see solved? What decisions would you like to make? What would you like to happen in your career?

Write it down. Take a piece of paper and write it all down - as an affirmation of you, your life, and your ability to choose. Then let it go.

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.”

– Melody Beattie,
The Language of Letting Go: Hazelden Meditation Series