This month I am starting the year by bringing us back to our nursing roots as clinicians. We must remember in our teaching and research activities that we are grounded by our clinical practice and our relationships with our patients, families and communities. To that end I’d like to share with you some simple skills we can enact as nurses to enhance healing relationships.

> **DO THE LITTLE THINGS**
  - Introduce yourself
  - Greet everyone in the room
  - Make eye contact
  - Shake hands, smile, sit down
  - Give your undivided attention

> **TAKE TIME AND LISTEN**
  - Be still
  - Be quiet
  - Be interested
  - Be present

> **BE OPEN, COMMITTED AND TRUSTWORTHY**
  - Be vulnerable
  - Face the pain
  - Look for the unspoken
  - Find something to like

> **REMOVE BARRIERS**
  - Practice humility
  - Pay attention to power and its differentials
  - Create bridges
  - Be safe and make welcoming spaces

> **LET THE PATIENT EXPLAIN**
  - Listen for what and how they understand
  - Listen for the fear, anxiety and sometimes anger
  - Listen for expectations, goals, hopes and dreams

> **ENGAGE AS PARTNERS**
  - Offer guidance
  - Get permission to take the lead
  - Support patients’ efforts to heal themselves

May we launch the new year of 2016 remembering that the center of our universe as nurses is those for whom we care. Here’s to a great and caring 2016! ...Gail
Celebrating the life of Dr. Martin Luther King, Jr.

On January 18, we will be recognizing Dr. Martin Luther King Day. His life and legacy continues to be remembered as one of the most acclaimed African-American leaders in history.

Most of us know that he was a minister and a civil-rights activist. We also know about his famous “I Have a Dream” speech but did you know that...

• Dr. Martin Luther King, Jr. was actually born Michael King, Jr. on January 15, 1929, in Atlanta, GA to Michael King and Alberta Williams King. In 1931, Michael King, Sr. stepped in as pastor of the Ebenezer Baptist Church upon the death of his father-in-law, Reverend A.D. Williams. He became a successful minister, and adopted the name Martin Luther King, Sr. in honor of the German Protestant religious leader Martin Luther. Later the younger King would follow his father and adopt the name as well.

• King graduated from Booker T. Washington High School and entered Morehouse College in Atlanta at age 15. Although his family was deeply involved in the church and worship, the young man questioned religion until his junior year. King Jr. took a Bible class that renewed his faith and he began to envision a career in the ministry. In 1948, King earned a sociology degree from Morehouse College and attended the liberal Crozer Theological Seminary in Chester, PA. He thrived in all his studies and was elected student body president while at Crozer. In 1951, he graduated with a Bachelor in Divinity and earned the honor of being the valedictorian. In 1954, while working on his dissertation, King became pastor of the Dexter Avenue Baptist Church of Montgomery, AL. In 1955, he earned his PhD in systematic theology from Boston University at the age of 25.

• Eight years later, on August 28, 1963, the historic March on Washington drew more than 200,000 people in the shadow of the Lincoln Memorial. It was here that King made his famous “I Have a Dream” speech, emphasizing his dream that someday all men could be brothers and that all individuals be judged by the content of their character not the color of their skin.

• King was both a Baptist minister and civil-rights activist who had an enormous impact on race relations in the United States. Through his activism, he played a critical role in ending the legal segregation of African-American citizens in the South and other areas of the nation, as well as the creation of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. King received the Nobel Peace Prize in 1964.

• On April 4, 1968, Dr. Martin Luther King Jr. was assassinated as he stood in a motel’s second-floor balcony in Memphis, TN at the age of 39.

• President Ronald Reagan signed a bill on November 2, 1983, creating a federal holiday to honor King. The holiday was observed for the first time on January 20, 1986. On January 17, 2000, Martin Luther King, Jr. Day was officially observed in all 50 U.S. states.

Reference: www.biography.com/people/martin-luther-king-jr-9365086
Photo credit: © “Martin Luther King Jr NYWTS” by Dick DeMarsico, World Telegram staff photographer. United States Library of Congress’s Prints and Photographs division.
CALENDAR OF EVENTS

JANUARY

MON 4
College Open
CON re-opens from holiday break

MON-THU 4-7
ABSN New Student Orientation
Incoming ABSN students

THU 7
Stethoscope & White Coat Ceremony
4:30 p.m. | St. Luke’s Chapel (Bee St & Ashley Ave.)
Reception to follow in the CON building

FRI 8
Interprofessional Day for Students
4th sem. (am); 1st and 2nd sem. (pm)

MON 18
Martin Luther King, Jr. Day
CON closed

WED 20
Staff Meeting
9 a.m. | CON 202
Research For Lunch with Dr. Ron Acierno
Noon | CON 513

FACULTY WORKSHOPS OFFERED IN 2016

Monday, February 1 | 1 - 3 p.m. | CON 202
Discussion about plagiarism with Tom Smith, PhD

Monday, February 29 | Noon - 4:30 p.m. | CON 202
QI Faculty Workshop with Marilyn Laken, PhD, RN, FAAN

Looking to make a change? Faculty positions available

Current faculty openings listed below. Only online applications will be accepted. Follow the application guidelines on the listing in which you are interested. Applications will be accepted until position is filled. All inquiries are confidential and should be addressed to Dr. Julie Barroso at barroso@musc.edu.

INSTRUCTOR OR ABOVE - Certified family nurse practitioner. A full-time tenure track faculty position in the MSN/DNP primary care APRN program.

INSTRUCTOR OR ABOVE - Certified family nurse practitioner. A full-time tenure track faculty position in the MSN/DNP primary care APRN program.

ASSISTANT PROFESSOR - Director of Undergraduate Programs. A full-time tenure track faculty position that will provide leadership in assuring the quality of the undergraduate programs of study: RN to BSN and Accelerated BSN.

ASSISTANT PROFESSOR - A full-time tenure track faculty position in the PhD program and a mid-career researcher who will continue their externally funded research.

<< SAVE THE DATES >>

Wednesday, February 11-12
MUSC Board of Trustees Meeting
Colcock Hall

MON 15
Presidents’ Day
CON open

PLEASE PRESS PLAY

2015 has been an amazing year at the MUSC College of Nursing and our story is only getting better.
Scholarship announcements

> ELSIE MORGAN SCHOLARSHIP

Jake Forrester, ABSN student (Class of Dec. ’16), is the recipient of the Elsie Morgan Scholarship. Forrester worked as a pharmacy technician and served as a hospice volunteer prior to his admission into the College of Nursing. He attended the College of Charleston where he was a member of the Nursing Club. While at MUSC, Forrester was elected to serve on the Honor Council, and is a member of the Student Nurses Association and the Undergraduate Program Committee.

Mr. and Mrs. David Ritter, of St. Petersburg, FL and Gilbert, SC, have endowed the Elsie Morgan Nursing Scholarship in honor of Mr. Ritter’s mother, a 1939 graduate of the MUSC College of Nursing.

> ROPER–ST. FRANCIS PATRON SCHOLARSHIP

Jurell Riley, ABSN student (Class of Dec. ’16), is the recipient of the Roper-St. Francis Patron Scholarship. Riley is currently an emergency medical technician at Roper-St. Francis Hospital. Prior to this experience, Riley provided inflight patient care with the Air Force Reserves as an aeromedical evacuation technician. He also has interned at Brook Army Medical Center and Lackland AFB. He is a graduate of Coastal Carolina University where he earned a Bachelor of Science degree in exercise sports science.

> CHARLESTON COUNTY MEDICAL SOCIETY SCHOLARSHIP

Emily Corbett, ABSN Class of December 2016 has been awarded the Charleston County Medical Society Scholarship. The Charleston County Medical Society provides one scholarship annually to a nursing student who is a native of and current resident of Charleston County. Corbett is a graduate of Bishop England High School and attended the College of Charleston for prerequisite coursework. An avid volunteer, Corbett has participated in activities such as the Leukemia and Lymphoma Society’s Light the Night and the Buddy Walk that supports the Down Syndrome Association.

> MUSC MEDICAL CENTER SCHOLARSHIP

The MUSC Medical Center Scholarships are awarded to students who are pursuing their initial degree in nursing and are currently employed by MUSC. Anna Gail Hastings and Anna Wayne, both ABSN students (Class of Dec. ’16), have been selected to receive the scholarship for 2016. This scholarship requires a two-year work commitment following completion of the ABSN degree and passing the NCLEX.

Hastings received her undergraduate degree from Winthrop University. She worked as a patient care technician in the Greenville Health System and is currently a part of Meduflex at the MUSC Medical Center Hospital, working with patients of all ages. Prior to her health care experience, Hastings worked in Seoul, South Korea for a year teaching language development to elementary age children.

Wayne is a graduate of East Carolina University, where she was a member of the university’s swim team and received NCAA Division I Scholar Al-American Honors. At the College of Nursing, she has been active in the Student Nurses Association and Critical Care Nursing Association. She is currently a patient care tech in the Medical ICU.

> EXCHANGE CLUB RECOGNIZES COMMUNITY SERVICE

The Exchange Club of Charleston has recognized three College of Nursing students for their involvement in the community. Shelby Jenkins, Tiffani Smalls, and Cortnee Trotter, all ABSN students, were honored at a luncheon and awards program in December. Jenkins has participated in global outreach programs in Africa, Haiti, and Mexico. Smalls, a Robert Wood Johnson New Careers in Nursing scholarship recipient, also had global experiences in Kenya and Guatemala, while Trotter has been involved with the American Cancer Society Relay for Life and providing care packages to deployed troops.
Pop. Health student projects

Last fall, ABSN students completed their capstone projects in Population Health. The projects were organized around a specific population and were developed in collaboration with an identified community partner. The following is a snapshot of the projects completed by 10 clinical groups.

GROUP 1

Swati Patel, Alex Benson, Bethany Ellis, Cara Jacobson, Becca Rodriguez, Kurtys Kasten, Nazokat Atadjanova, Anna Lu- vaga

CLINICAL INSTRUCTOR:
Deborah Williamson, DHA, MSN, RN

PROJECT TITLE: Improving Health in the Midland Park Community

SYNOPSIS: The Hispanic Health Initiative completed a community assessment on healthy eating and living in the Midland Park Community. They partnered with the Charleston County School District and PASOs providing health information and screening in the community based on the findings of their assessment. The students developed a white paper on their findings and submitted it to LowCountry Street Grocery with recommendations to improve access to fresh produce in the Midland Park Community through the mobile grocery.

GROUP 2

Gina Cahalan, Bailey Coggins, Simone Gaston, Chelsea Johnson, Tyler Knowles, Grace LaRoche, Stephanie James, Jessica White

CLINICAL INSTRUCTOR:
Michelle Nichols, PhD, RN

PROJECT TITLE: Johns Island

SYNOPSIS: Group 2 had the opportunity to incorporate technology while exploring population health needs among Johns Island residents. Students received training in Geographical Information System (GIS) mapping and assisted in collecting data for research. Through the data collection experience, students mapped resources related to nutrition, physical activity, and community resources. After traversing the island mapping points of interest, speaking with community stakeholders, and reviewing existing data about the demographics and health data on Johns Island residents, students developed a plan designed to address nutrition and weight among students living on the island.

GROUP 3

Miranda Alexander, Leonel Bersamina, Grace Cross, Shanice Dailey, Kimberly Edge, Kathryn Fellner, Lauren Gilmore, George Smith

CLINICAL INSTRUCTOR:
Carol Opiekun, MSN, RN

PROJECT TITLE: Huger, SC

SYNOPSIS: This group focused on working with community leaders and CON’s nurse practitioners to promote the health clinic at the Baldwin Carson Community Outreach Center in Huger, SC. The center opened on Sep. 26 with support from ECCO to provide primary health care services to the uninsured citizens of Huger and the surrounding communities. In addition, the project built upon the health care survey conducted in the previous semester and sought to provide health education resources to all members of the community. This was accomplished by coordinating with the already successful computer classes that are held at the center.

GROUP 4

William Andrews, Caitlin Baker, Melody Coakley, Carleigh Fox, Mary Hearn, Karen Johnson, Sydney Jones, Kenneth Kurtz

CLINICAL INSTRUCTOR:
Berry Anderson, PhD, RN

PROJECT TITLE: Bamberg County-Unite for Diabetes

SYNOPSIS: After assessing the health needs of rural Bamberg County, students developed health literature and a website promoting healthy living and health resources in Bamberg County. Printed information with the web address (bambergcountyhealth.com) was distributed throughout the county. Subsequent nursing student cohorts will maintain and update the website.

GROUP 5

Jordan Andrews, Kelsey van den Heuvel, Cerrissa Hugie, Tyler Hunter, Emma Malaspina, Rebekah Norman, Beth Willis

CLINICAL INSTRUCTOR:
Kathy Van Ravenstein, PhD, FNP-BC
SYNOPSIS: Students worked with elderly residents at Grandview Apartments in West Ashley, a Humanities Foundation low-income elderly living complex. Through interviews with the residents for the Carolina Conversations Collection, the students were able to develop a plan to promote aging-in-place for the Grandview Residents. The Grandview residents expressed the need for a better fitness room. The group got together to design a colorful, entertaining, and elderly accessible room to encourage increased physical activity among the residents to promote aging-in-place. Funds for the project were raised by the group through donations from faculty members and the dean.

GROUP 6

Pape Dieng, Santana Edwards, Shannon Elam, Kristin Golestan, Billy Hall, Katie Hentz, Caroline Kurtz, Julia Levin-Rector

CLINICAL INSTRUCTORS: Charlene Pope, PhD, MPH, RN, FAAN and Tiffany Williams, DNP, APRN, CPNP-PC

PROJECT TITLE: Charleston Promise Neighborhood (CPN)

SYNOPSIS: This group conducted a community-wide health needs assessment in the catchment area of the Charleston Promise Neighborhood, organizing 12 census tracts with community stakeholder perspectives to identify priorities and strategies for future interventions to promote and maintain health and well-being across the lifespan. Students collected direct data (sidewalk and windshield surveys, informant interview) and secondary data (demographic and census data obtained from the U.S. Census and other published findings from credible sources). They also interviewed stakeholders such as church ministers, nonprofit and community organization leaders, school staff, convenience store owners and employees, residents at bus stops, and housing development employees and residents.

GROUPS 7 & 8

7: Kelci Lanthier, Latané Simmons, Meghan Davis, Alyssa Delaney, Kelly Bracken, Devan Kuhn, Andrea Haynes, Kristen Cobb

PROJECT TITLE: Homeless Veterans at One80 Place

8: Kaitlin Dickey, Duane Froes, Macy Gordon, Emily Griffin, Bradley Mueller, Jessica Riley, Mary Wells

CLINICAL INSTRUCTOR: Stacy Gaillard, MSN, RN

PROJECT TITLE: Homelessness in the Community – Bicycle Donation Program – One80 Place

SYNOPSIS: Groups 7 and 8 partnered with One80 Place to help create a sustainable bicycle donation program. The lack of reliable transportation is a barrier for many of the homeless residing at One80 and is a primary obstacle toward employment. Students worked to expand, augment, and support a bike program by developing a sustainable system to check-out bicycles, providing professionally designed numbering system for storage rack and bicycles, establishing community resources, and providing educational resources.

GROUP 9

Samantha Morrison, Laura Duke, Brooke Hafer, Martha Lee, Henry Stokes, Kelsey Coutos

CLINICAL INSTRUCTOR: Esther (Estee) Perlmutter, MSN, FNP

PROJECT TITLE: MUSC Population Health

SYNOPSIS: Students focused their attention on the population health management of MUSC employees (63 percent of employees are considered overweight or obese). The goal of the project was to analyze barriers to health and propose strategies in an effort to change the current workplace environment to one that promotes wellness, supported by teamwork, collaboration and employee incentives. A survey was distributed to all nurses to evaluate eating, exercise and health habits.

Students recommended three interventions: a “Take the Stairs” campaign, a delivery cart offering healthy options, and creating a better way of advertising healthy options and incentives that are already in place. The “Take the Stairs” campaign would involve placement of signage and maps indicating stairwell locations with encouraging signs for employees to take the stairs. Also numbering of the stairs for motivation to track progress and inspirational quotes could be placed in the stairwell. There is potential to incentivize this campaign by offering small gifts for reaching “step-goals” thus creating positive competition within and between units.

The nurse survey revealed much interest in a unit-to-unit delivery cart with healthy food options for employees. This convenience would save time for employees and provide a potentially more nutritious dining option by allowing them to preorder meals.

Finally, improving advertising of existing health options and current incentives could occur by utilizing email blasts with daily health tips and/or recipes. The group felt that these recommendations would improve the health culture at MUSC and result in an overall improvement in the health of employees.
**Faculty wins**

Effective Jan. 1, Ruth Henderson, MSN, RN, CCRN, will join the College of Nursing as a clinical instructor with simulation as her primary area of activity. Henderson received her MSN with a specialty in nursing education from Charleston Southern University. She has extensive clinical experience in various critical care areas, specializing in cardiovascular and neurovascular nursing. Currently, she is an AHA instructor for BLS, ACLS, and PALS and is affiliated with the MUSC Community Training Center. Henderson is a member of Sigma Theta Tau International Honor Society of Nursing, American Association of Critical Care Nurses and the International Nursing Association for Clinical Simulation.

On January 5, Julie Barroso, PhD, RN, FAAN, professor, will assume the position of department chair in the College of Nursing. Her predecessor, Gayenell Magwood, PhD, RN, Alumnus CCRN, will transition out of her role as department chair to further her flourishing and highly successful career as a researcher. Many thanks to her for all that she contributed.

**Tidbits...**

- The two treadmills have been relocated to rooms 509 and 528. The rooms are always available to those who would like to get in a bit of exercise while you work.
- The MUSC Board of Trustees has approved the appointment of Raymond N. DuBois, MD, PhD, as the next dean of the MUSC College of Medicine, effective March 1, 2016.
- The editorial board for the Humanitas publication has extended the deadline for submissions in the hopes of receiving a higher volume of competitive material for its 20th volume. All members of the MUSC community are invited to submit to Humanitas during the open submission period. The deadline for all submissions is January 8, 2016 at midnight. The literary journal is comprised of artistic works by the faculty, staff, and students of the MUSC. Submission guidelines and previous volumes of Humanitas may be found online: [http://academicdepartments.musc.edu/humanities/humanitas.htm](http://academicdepartments.musc.edu/humanities/humanitas.htm)

**CALL FOR NOMINATIONS - 2016 TEACHING EXCELLENCE AWARDS**

A call for nominations is underway to all MUSC faculty and students. The purpose of the Teaching Excellence awards is to recognize members of the MUSC faculty who have made outstanding contributions to the university through teaching.

The four award categories are:

- Clinical/Professional (Educator-Mentor)
- Scholarship/Academic (Educator-Mentor)
- Developing Teacher

Any regular, full-time faculty member who holds an academic rank of instructor or higher in a college or department of MUSC, who has not been the recipient of this award within the previous three years is eligible for nomination. [http://www.carc.musc.edu/nomination/](http://www.carc.musc.edu/nomination/).

The deadline for nominations is Friday, January 22. Nominees will be invited to submit supporting materials, and a committee of faculty and students will select the recipients for this year’s awards.