



NURSING NEWS

View from the chair: Simulation learning

By Carolyn L. Kreamer, Ph.D., R.N.



Nursing students learn clinical skills by working with a computer-controlled mannequin that displays various symptoms.

Today, nurse educators have a plethora of tools to prepare the nurses of the future. In this era of computerized technology, simulation learning is a critical component in that toolkit. Recently, the nursing program was especially blessed by the gift of federal grants obtained by the College Development office, and the commitment of College officials, trustees and donors who agreed to invest resources in renovating and expanding our simulation learning laboratories. These new facilities and equipment have generated a great deal of excitement among students and faculty alike.

The new laboratories that include cameras, human-like simulators and hospital equipment are not playrooms filled with fancy toys. On the contrary,

these technologically advanced classrooms house state-of-the-art computerized mannequins that simulate a wide array of human responses when programmed with selected clinical case scenarios. Students can learn how to respond to different clinical cases in a safe environment, free from the anxiety of harming a live patient. Faculty can directly watch and digitally record students in these scenarios for post-scenario viewing and debriefing—one of the most vital elements of this teaching-learning experience. In addition to sophisticated, computerized human simulators, standardized patients (actors) have been trained to respond in conversational settings so that students can practice critical communication skills with persons who suffer from mental disorders.

The simulation laboratories are not limited to teaching clinical technical skills, but promote the development of clinical reasoning and collaborative decision-making so necessary for today's complex clinical practice environment. The use of simulation technology is no longer a "nice thing to have," but rather an essential, integrated pedagogy expected for today's nurse. There are few prospective students and their parents who do not ask to assess the simulation laboratories as they consider whether the nursing program at Messiah College will meet their learning needs. It is now very much the norm to expect this kind of facility in nursing education.

There are many challenges associated with initiating and sustaining high-caliber simulation learning. The expense to purchase and maintain the equipment needed in such a facility is very high, and the design and operation of simulation laboratories are challenging and very labor intensive. Continuous evaluation of equipment and needed upgrades are essential if the laboratories are to remain technically current. Equally challenging is the mastery

"The role of simulation laboratories is not limited to teaching clinical technical skills, but extends to the development of clinical reasoning and collaborative decision-making so necessary for today's complex clinical practice environment."

View, continued on page 3



Senior nursing students learn about health care delivery for the people of Zambia. Front row (L to R): Kara Griffiths, Hilary Artz, Brittany Petry, Elyse Dailey. Back row (L to R): Brittney Hostetter, Ashley Praetsch, Rachel Delmar, Wanda Thuma-McDermond, associate professor of nursing, Deborah Mascia. Not pictured: Tara Jankouskas (photographer)



insects such as the dung beetles, marching army ants and snails along our path. We did not master the art of carrying large bundles on our heads like the skilled women of Macha, although a few students tried.

Attending church was a wonderfully spiritual experience! The sermons were passionate and the singing was absolutely beautiful. Although most of the music was sung in Tonga, we unanimously enjoyed listening to the harmony and richness as the native voices were lifted in praise.

Nursing Care

Thuma-McDermond skillfully coordinated student clinical experiences at Macha Hospital and clinics. The daily schedule was not regimented down to the minute as in U.S. health care institutions; therefore, identification of clinical opportunities was a moving target. Thuma-McDermond, with her established relationships within the health care community, successfully navigated the opportunities to maximize student learning. Students participated in health care rounds on the open wards for men, women and children. Each patient bed was complete with mosquito netting. A family member remained at the bedside for each patient and cared

Life in the bush of Zambia

By Tara Jankouskas, Ph.D., R.N., B.C.

Seven senior Messiah College nursing students and two nursing faculty, Wanda Thuma-McDermond, Ph.D., and Tara Jankouskas, Ph.D., traveled to Macha, Zambia this year for a J-term cross-cultural and clinical course. Thuma-McDermond's tremendous inside knowledge of Zambian culture and her historical relationship with the Macha community provided the group with a special experience. Born and raised in Macha as the daughter of a missionary and highly respected physician, Thuma-McDermond coordinated an unforgettable experience of life in the bush of Zambia for this group of travelers. Village life, acute and ambulatory nursing care and nursing student life were the primary facets of this cross-cultural experience.

Village Life

To blend in with village life, our first point of business upon arrival to Macha was to purchase a "chitenge," a traditional, ankle-length, wrapped skirt worn by women.

We enjoyed choosing from a wide array of colorful African fabrics. Our accommodations were luxurious in comparison to those of the typical village citizen who had to journey for fresh water and had no electricity.

We lived in housing used for visiting scientists and health care professionals that included indoor plumbing, drinkable tap water and even Internet (most of the time).

We ate a typical Zambian diet high in fresh vegetables from the backyard garden, which included maize, beans, kale, zucchini and cucumber. Home-grown peanuts, free-range chickens and "boerwas" sausage were common sources of dietary protein. "Nshima," a patty made of cornmeal, was surprisingly tasty when mixed with "relish" (a mixture of sautéed kale, onion and tomato).

Like the local villagers, we walked everywhere, sporting our chitenges, of course. Walking allowed us to appreciate the variety of colorful birds and unusual

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for basic patient needs as the health care team focused on the medical needs—a true team effort. Malaria, tuberculosis, AIDS, malnutrition and injuries were the primary health problems. In addition, each student had an opportunity to observe in

Life, continued on page 3

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the operating room. Small procedures such as wound debridement and casting, as well as C-sections and uncomplicated surgical repairs were observed.

The Messiah College students provided direct patient care in the outpatient clinics for HIV, illness, well-child and prenatal by conducting nursing assessments and administering vaccines. Students also traveled to local villages to conduct prenatal assessments and administer vaccines. Most outpatient points-of-service included mandatory patient education on prevention of infectious diseases such as use of bed nets, prevention and testing for HIV. To maximize the limited human resources, education was conducted by a trained clinic housekeeper or a Macha Hospital nursing student. With limited resources in a country where infectious diseases are the leading health care problems, preventative patient education and interventions are obviously paramount.

It was amazing to witness the intelligent and efficient use of limited resources!

Nursing Student Life

Macha Hospital has its own nursing school adjacent to the hospital. The students and their director were extremely welcoming to us. In the clinical setting, the students provided helpful guidance on the policies and procedures for patient care. They included us in their weekly chapel services and their fellowship meetings. Our students discovered some interesting differences in the educational process. The Zambian government selects and funds students for the two-year basic nursing certification program. Upon graduation, the government places students at hospitals throughout the country based on need. This creates an additional learning challenge for the student since there are 72 different languages spoken across Zambia.

The curricular content does not include intensive care nursing since resources do not allow that level of care. Naturally, there is a heavy focus on communicable diseases. In-depth learning on prenatal care and birthing are a heavy focus due to limited availability of physicians. Limited funds for books and paper require students to copy by hand notes from the professor's lectures! Between days spent in class, students work 12-hour shifts in the Macha hospital to apply their learning. A final difference that our students quickly noted was that half the nursing students were male.

Living and learning among the people of Zambia at Macha was a transformational and cherished experience. We are indeed grateful to the large cast of people at Messiah College and Macha who organized, supported and facilitated this awe-inspiring opportunity for our group.

View, continued from page 1



Nursing students learn clinical skills by working with a one-way window and computer-controlled room for counseling practice

of simulation teaching strategies that are effective, evidence-based and produce expected learning outcomes across the nursing curriculum. All involved faculty and staff are engaging in additional educational preparation through conferences, training sessions and their personal study to acquire new teaching skills appropriate to the

simulation learning environment.

There are numerous advantages to simulation learning. It produces many “teachable moments” that enhance students’ understanding of their role and responsibility as a professional nurse. It offers faculty the opportunity to control the learning environment and select the ap-

propriate level of complexity of scenario for the student’s expected level of understanding—something very difficult to create in uncontrolled health care settings. Collaborative scenarios can be designed to help improve communication among all health care providers in complicated clinical situations. Students’ level of competency can be tested in a realistic situation that requires attention to subtle cues, classic symptoms and family dynamics. Regardless of the student’s role in the scenario, increased clinical self-confidence is often a positive outcome of this learning. Finally, the simulation laboratory can be an incubator for teaching-learning research and cross-disciplinary collaboration.

Nurses will always require authentic clinical practice throughout their educational program. Nursing is a uniquely human endeavor that requires high-level knowledge, skill, caring and compassion that are learned and developed through human encounters. But simulation learning can be a powerful instrument to enrich nursing practice and nursing education, and we are thrilled to incorporate its benefits into the nursing program at Messiah College.

International experiences featured at the second annual GANES conference

Debra L. Loop M.S.N., R.N.



Debbie Loop (middle) with Thai colleagues Waraporn Wanchaitanawong and Waraporn Yottowee.

Messiah College faculty Debra Loop, Pamela Linstedt and Wanda Thuma-McDermond along with Thai colleagues Waraporn Wanchaitanawong and Waraporn Yotowee presented an 80 minute symposium at the second annual Global Alliance for Leadership and Nursing Education and Science (GANES) International conference held in Arlington, Va., Dec. 9–11, 2010.

GANES constitutes the only international body providing strategic-level

expertise in the education and professional development of nurses worldwide. Its membership comprises national associations of nursing deans and schools of nursing and is able to offer information, support and advice to health care policy makers and nurse educators across the world.

Faculty from the Messiah College Department of Nursing were invited to address the two discipline-specific cross-cultural courses delivered in Thailand and Zambia. The symposium addressed the field experience from the perspective of three nations: U.S., Thailand and Zambia. Course development, contractual agreements, funding and experiential learning were discussed.

The symposium addressed the institutional link between Messiah College and the Boromarajonani College of Nursing in Chiang Mai, Thailand. Emphasis was placed on the collaborative experiential learning between both nations. Faculty addressed how students gain understanding of each other's cultures, as well as the

commonalities of internationally nursing, to improve the health and welfare of humankind.

Thuma-McDermond addressed the collaborative agreement between the Macha Hospital in Choma, Zambia and Messiah College. The global health issues and cultural diversity of this experience were addressed. This presentation focused on how students are assisted in “looking behind” the touristy pictures of the international experience to the people and stories—and the shared human condition.



(L-R) Pam Linstedt, AACN CEO Polly Bednash and Debbie Loop

Faculty and staff accomplishments



Congratulations to **Dr. Louann Zinsmeister**, who became a Certified Nurse Educator by passing the National League for Nursing, Certified Nurse Educator Exam in spring

2011. Certification as a nurse educator is a mark of distinction for nurse educators who demonstrate expertise in the specialty role of nursing education. Specifically, the mission of the Academic Nurse Educator Certification Program is to recognize excellence in the advanced specialty role of the academic nurse educator. Dr. Zinsmeister is an associate professor of nursing and has

been teaching nursing at Messiah College since 1994.

Congratulations to **Dr. Tara Jankouskas**, whose dissertation work was accepted for publication. “Targeted Crisis Resource Management training improves performance among randomized teams of nursing and medical students,” will be published in a future issue of *Simulation in Healthcare*.

Congratulations to **Dr. Heidi Lutz**, whose dissertation research was accepted for publication. Her manuscript, “Coping with Autism: A Journey towards Adaptation,” will be published in a future issue of the *Journal of Pediatric Nursing*.

Service awards

15 Years

Marti Derr
Debra Loop

25 Years

Eileen Gardner
Terry Middlekauff

Green Meadow Apartments

Since September 2009, the York Area Housing Group has partnered with Messiah College's Department of Nursing to provide a clinical site for the course titled "Community Health Nursing." The student nurses have been completing health screenings for the tenants of Green Meadow Apartments in Dillsburg, Pa.

Clinical experiences focus on service-learning with vulnerable populations, health care disparities and social justice issues. Health promotion and risk reduction have

been emphasized, and blood pressure and blood sugar monitoring have been completed. Additionally, the students have created educational brochures about topics such as pneumonia, hypothermia, memory loss, hypertension and stroke.

Green Meadow Apartments has a large open community room where the nursing students meet with tenants. The need to have a designated private area to conduct confidential evaluations was identified. Thankfully, Sovereign Bank generously do-

nated funds to erect a private office/health room to meet this need. A formal ribbon cutting ceremony dedicated the renovation Sept. 23, 2010. Among those in attendance were Joe Schupp, vice president of Sovereign Bank. Carolyn Kreamer, Ph.D., R.N., chair of the department of nursing of Messiah College, stated, "For business leaders in the community to step forward and give resources in this way ... is a powerful expression of responsible community service that serves as an example to all civic leaders."

We've come a long way!

By Kristine Williams '11 and Beth Sterling '11



Beth Sterling (left) and Kristine Williams, senior nursing students

Life in the emergency room (ER) is not for the faint of heart. Yet, as we began our Senior Practicum experience in the Hershey Medical Center ER, we felt that we should be the patients given our pounding heart rates and diaphoresis! If we were told a year ago that we would have chosen to do our practicum in the ER, we would have laughed in disbelief. Ironically, despite our fears, we chose to complete our 90 hours during J-term in the ER to challenge ourselves with highly complex patients and skills. Reflecting back, we realize that this experience was the highest point of our nursing education as we developed confidence in our ability to perform as professional nurses.

The ER is the best unit for practicing the skills that all nursing students fear—IVs, NGs and Foley catheters. After three unsuccessful attempts, Beth had her

first victorious IV stick ... followed by 15 more! With the guidance of experienced ER nurses, Kristine was able to conquer her dread of NGs by successfully inserting one in a pediatric patient with a bowel obstruction. Foley catheter insertion is never comfortable for anyone, patient or nurse, so thankfully Kristine's first patient was sedated and Beth's had received lidocaine gel. At the end of our experience, our fears of such skills had diminished and we were able to perform these and many other skills with limited assistance.

Prior to this experience, we had only cared for two patients at a time. In the ER, we progressed to managing the complete care of 3-4 patients simultaneously under the supervision and guidance of our preceptors. It was satisfying to care for patients from their first assessments to their discharge instructions. Prioritizing is an essential skill for all nurses, especially in the ER. We constantly had to ask ourselves questions such as "What do I do first? Obtain IV access and draw labs for a dehydrated patient? Or get pain medication for a patient with a femur fracture?" Thankfully, we were never alone. We learned the value of collaboration, realizing everyone from the volunteers to the attending physicians plays a vital role on the ER team.

Even though we think that the ER is exciting, we realized that each of our

patients and their families were in their own crisis situation. The ER is often filled with pain, grief and fear, but we had the opportunity to provide hope and comfort. Whether through keeping patients informed or getting them an extra blanket, the nurse is always in a position to make a positive difference in a patient's experience. It was also challenging for us to witness such pain and devastation. In times like these, we were reminded of the beauty of nursing and the honor of walking with patients through some of the most difficult

"If we were told a year ago that we would have chosen to do our practicum in the ER, we would have laughed in disbelief."

times of their lives.

Through this opportunity, we began the process of synthesizing our Messiah nursing education with our own professional style. We are so thankful to our preceptors Tim Armacost and Jen Mason for their guidance and contagious enthusiasm for emergency nursing. At the end of our experience this J-term, we feel confident and empowered to enter the world of professional nursing.

Nursing Christian Fellowship



Top: NCF officers: Jordan Trout '12 (secretary), Ashley Arnold '12 (treasurer), Natasha Webster '13 (devotions coordinator), Leah Compton '13 (activities coordinator), Danielle Johnson '12 (president), and Pam Linstedt (faculty advisor). Bottom left: Students gather at our annual NCF kick-off picnic. Bottom right: NCF Tie Dying Event Kick-off

Nursing Christian Fellowship (NCF) is all about fellowship, encouragement and studying God's word to become more Christ-like nurses. This year, our focus is the theme "Why do you want to become a nurse?" At our annual NCF picnic, many nursing students wrote down their reasons. Some responses included wanting to follow in the footsteps of a role model, demonstrating compassion and being the hands and feet of Jesus.

NCF meets every Wednesday from 5–6 p.m. in the Larsen Student Union. During the time, we encourage each other with God's word to live out our faith as students and future nurses.

We all know that this journey is not easy and this is why we believe NCF is an essential part of our week. We spend time in prayer and challenge each other to be more like Christ. Each week, we have a variety of nursing classes represented. This allows for the upperclassmen nurses to provide advice and encouragement to the underclassmen.

This year, we had our kick-off picnic by the Yellow Breeches, a nursing tie-dye event and monthly dinners. For the spring semester, we hope to have a game/movie night, to participate in Service Day and to have Messiah nursing student alumni and sophomore nursing students who went abroad share their experiences. As NCF, we hope to continue to provide a space for fellowship among nursing students so that we can apply the Christian faith to our future as nurses!

Honors for the Graduating Class of 2010

OUR ACADEMIC EXCELLENCE AWARD

for the Class of 2010 is Melissa Lewis. Melissa had a GPA of 3.989. It was close this year with Nicole Viglietta receiving a GPA of 3.971.

SUMMA CUM LAUDE

Elizabeth W. Caprio
Melissa Joy Lewis
Nicole A. Viglietta

MAGNA CUM LAUDA

Rebekah S. Case
Allison Hathaway Irvin
Lindsey N. Westervelt
Amy R. Williams

CUM LAUDE

Ashton Marie Amey
Sarah K. Bich
Rebekah L. Chubb
Briana N. Eshleman
Alyssa D. Finlayson
Aubrey Lynn Fulmer
Brittany A. Godshall
Sarah A. Gordon
Laura K. Harris
Sarah B. Harrison
Rachel B. Hendri
Rebecca H. Kirby
Crista Danelle Krivoniak
Tamara L. Lapeyri-Gregg
Leah K. Pace
Gabriel Emalynne Paniagua
Chelsea Marie Ruhl
Kathryn R. Wentzel

COLLEGE HONORS PROGRAM

Elizabeth W. Caprio
Melissa Joy Lewis
Lindsey N. Westervelt

BOYER SCHOLARS

Elizabeth W. Caprio
Melissa Joy Lewis

RECIPIENT OF THE FACULTY AWARD FOR EXCELLENCE IN NURSING

Melissa Joy Lewis

News from Lambda Kappa Chapter of Sigma Theta Tau



Front row (L to R): Betsy Caprio, Ashton Amey, Erin Rhodes, Briana Eshleman, Crista Krivoniak, Nicole Viglietta. Back row (L to R): Rachel Hendrie, Alyssa Finlayson, Amy Williams, Brittany Godshall, Lindsey Westervelt, Rebekah Case, Melissa Lewis, Allison Irwin, Claire VanHoff

The Lambda Kappa Chapter of Sigma Theta Tau continues to promote and recognize leadership and scholarship in nursing practice, education and research. On April 17, 2010, 17 undergraduate nursing students from the senior class of 2010 were inducted into the Lambda Kappa Chapter of Sigma Theta Tau International Honor Society of Nursing. The undergraduate inductees were Ashton M. Amey, Elizabeth W. Caprio, Rebekah Case, Briana N. Eshleman, Alyssa D. Finlayson, Brittany A. Godshall, Rachel B. Hendrie, Allison H. Irwin, Crista D. Krivoniak, Melissa J. Lewis, Erin L. Rhodes, Claire E. VanHoff, Nicole E. Viglietta, Lindsey N. Westervelt and Amy R. Williams. The keynote speaker for the induction ceremony was Messiah College assistant professor emeritus Martha

O. Solomon, M.S.N., R.N. The induction ceremony was followed by the installation of new officers for the 2010–2011 year. The newly installed officers included: president, Erica Leber-Burnham, M.S.N., R.N., C.C.R.N.; vice-president, Cynthia Wilson, M.S.N., R.N.; recording secretary, Nina Delgrande, MHA, CAN-BC, RN; treasurer, Cathy Druckenmiller, B.S.N., R.N., C.C.R.N.; leadership succession chair, Lisa Fox, B.S.N., R.N.; and faculty counselor, Louann Zinsmeister, Ph.D., R.N.

A variety of chapter activities occurred during the past year. In addition to the chapter induction ceremony and dinner, the chapter co-sponsored a research day with PinnacleHealth System in April 2010. In November 2010, a general meeting and program were held featuring Betsy Snook,

executive administrator for the Pennsylvania State Nurses Association. In December 2010, the members of the Lambda Kappa chapter participated in a gift wrapping service project. The outgoing 2009–2010 Lambda Kappa officers included president, Ngoc Godshall, M.H.A., R.N.; president-elect, Erica Leber-Burnham, M.S.N., R.N., C.C.R.N.; vice-president, Sarah Harne-Britner, M.S.N., R.N.; recording secretary, Marge Samsel, M.S.N., R.N.; corresponding secretary, Cheryl Key, M.H.A., R.N.; treasurer, Cathy Druckenmiller, B.S.N., R.N., C.C.R.N.; leadership succession chair, Lisa Fox, B.S.N., R.N.; and faculty counselor, Pamela Linstedt, M.S.N., R.N. The Lambda Kappa Chapter of Sigma Theta Tau International Honor Society of Nursing was chartered March 30, 1990.



STUDENT ACCOMPLISHMENT

Congratulations to senior student Sarrah Garraty on her recent publication “Living Positively as HIV Positive” in the January–March 2011 issue of the *Journal of Christian Nursing*.

Nursing Student Association (NSA) 2010–2011 School Year

By L. Ashley Rittenhouse '11



National Student Nurses Association includes Sarah Henningsen '11, Whitney Maust '11, Hannah Reed '11, Shalisa Brubaker '12, Ashley Rittenhouse '11, Ashley Praetsch '11, Brianna Wilbur '12, Jordan Trout '12, Elyse Dailey '11, Chelsey Kauffman '12, Danielle Johnson '12, Jana Balmer '11, Sarah Jones '12 and Emily Dincher '12.

With the mission of Messiah College Nursing Department to provide the highest level of education for the beginning professional nurse, the academic calendar and workload can become, at times, overwhelming yet incredibly exciting. Throughout the variety of class levels among the nursing department, men and women growing in faith and nursing practice find the burning desire to further their network, their knowledge and their potential. The Nursing Students Association (NSA) at Messiah College is devoted to targeting these very students and assisting them in their endeavors. It has provided monthly meetings throughout the 2010–

2011 academic year with speakers among the Messiah College faculty and beyond to teach our growing nursing professionals about nursing overseas, graduate nurse opportunities, travel nursing, the nursing professional ladder and even what to do to make yourself stand out to a nursing recruiter.

Attendance at these meetings has ranged from 25–35 students of varied class levels. In addition to monthly meetings, NSA has represented the Messiah College Nursing Department at the Pennsylvania Nursing Students Association convention in Lancaster with 15 students. NSA also plans to take several upper-class students

to the National Student Nurses Association convention in Salt Lake City, Utah. At this convention, students will have the opportunity to network with health care leaders across the nation and to learn about further professional development, nursing advocacy and training in additional nursing skills. By providing these opportunities for the students at Messiah College, we hope to give possibilities and knowledge to our already ambitious students in how they may best serve God with their degree in nursing. NSA will continue to train leaders not only for the Messiah College Nursing Department, but also for the nursing profession.

SUPPORT NURSING THROUGH SCHOLARSHIPS

YES! I want to support nursing education at Messiah College through an endowed scholarship. Please direct my gift to:

- The Nursing Education Endowed Scholarship, given to nursing students who demonstrate financial need
- The Janelle Joy Nisly Memorial Scholarship, for students in nursing or pre-med who are affiliated with either the Mennonite Church, Church of the Brethren, or Brethren in Christ Church
- Christy Stark Smith Memorial Scholarship Fund, given to a nursing student who has demonstrated excellence in nursing care of the child-bearing family

My tax-exempt donation is enclosed for:

- \$1,000 \$500 \$100 \$50 other

Name _____

Address _____ City _____

State _____ Zip _____ Phone (_____) _____

Please make check payable to: MESSIAH COLLEGE.

Please clip this form and return it to the Messiah College Office of Development, Box 3013, One College Avenue, Grantham, PA 17027.

“Dan, I’m going to Haiti”

By Autumn (Negley) Tyson '01

This is how I responded immediately after reading an e-mail sent out by department chair Carolyn Kreamer in late November. The e-mail was a plea from Samaritan’s Purse (SP) for nursing staff to travel to Haiti and volunteer in a cholera treatment center. My heart had been broken for the country of Haiti since the earthquake in January 2010. I had signed up with two different organizations to go and serve but had not gotten any contact about going. I was waiting on God. There it was—an e-mail right in front of me. My husband’s response was, “Go.” So I contacted Samaritan’s Purse with my interest and filled out the application online. Within a few days, I had decided the dates I was going (Jan. 1-8), had my plane ticket booked and told my friends and family of my plans.

“Did Jesus not hang out with and heal the sick, even if they were contagious? This life is not about me.

An outbreak of cholera was confirmed in Haiti Oct. 21, 2010 by the CDC. Cholera is a bacterial infection that occurs if there is a significant breach in the water, sanitation and hygiene. The poor living conditions post-earthquake were not beneficial to keeping the spread of the disease to a minimum. Cholera usually presents as a mild gastroenteritis, but some infected persons experience severe dehydration due to excessive diarrhea and vomiting. Currently, according to the country’s health ministry, the death toll has risen to at least 4,030 and the number of cases has surpassed 209,000.

So, I read about cholera and spent a few hours with the IV team at my hospital. (IV fluids are first line of treatment for severe cases, and I hadn’t started an IV in over 10 years). I also looked over the treatment plans that SP had in place. I felt fairly prepared. I was traveling to a country where

I had never been, had never done medical missions before and was not traveling with anyone that I knew ... but I was at peace.

There were about 14 of us arriving at the same time in Port-Au-Prince, all of us were serving with SP. The reality of the devastation that hit the Haitians one year ago hit me as soon as we drove away from the airport. We were immediately driving in the middle of two large “tent cities.” Nothing could have prepared me for that feeling you get in the pit of your stomach when you see how these people are living, even one year after the earthquake. My heart was even more burdened.

Our driver took us to the SP compound where we would be staying for the week. Next, we were divided into teams. SP has two cholera treatment centers they are running: one in Bercy and one in Cite Soleil. I was put on the night-shift team for Bercy, which is the smaller of the two centers. We started our shifts Sunday night after arriving Saturday evening. We knew going into the trip that we would be working 12-hour shifts and probably working every day we were there. Our team consisted of a coordinator, two physicians and six to eight nurses. Our team bonded very quickly and got along wonderfully. It’s amazing how God orchestrates the details. At the treatment center, we also worked with Haitian doctors (usually two), a Haitian nurse and interpreters. Over the last three months, SP has been employing about 180 Haitians to staff the two cholera treatment centers. SP is trying



Autumn Tyson '01 and Marie Maud, one of the Haitian nurses

to equip people to care for their own. One of the things that I loved most about being there was that I was there to mentor, teach and encourage the Haitian nurses working beside me, as well as caring for the patients.

At Bercy, we’d have anywhere from 25–35 patients each night. At Cite Soleil, they were seeing about 60–80 patients each night. The Bercy compound consisted of a bunch of different tents, all connected with plywood “boardwalks” supported on cinder blocks. Most tents had six beds, while two tents had 12 beds.

You may be wondering how we treated patients with cholera. A typical person is initially evaluated in the “oral rehydration”

Haiti, continued on page 10



Haiti, continued from page 9

(ORS) tent to see if oral rehydration was a viable treatment option. If a patient had vomiting or diarrhea while in the ORS tent, he or she was sent to the triage tent where at least one IV was placed (sometimes two IVs, depending on the condition of the patient), and fluids were started immediately. Some patients were very sick and needed to be carried in by family. Those patients were given the IV fluids immediately. I can't say that I was prepared to see how sick these patients became. Patients who came for treatment were very lethargic. Their periphery was so clamped down that pulses were thready or non-palpable. Skin turgor was so poor that when checked, a "tent" would just stay in place until smoothed out. After getting a few liters of fluid into these patients, you could see dramatic changes. I didn't realize how quickly dehydration could occur until I saw that it would be nothing for these patients to pass about a liter of fluid with each episode of diarrhea. Consider that episodes of vomiting and diarrhea occur as frequently as one episode per hour, if not more. These people were losing a lot of fluid. Our job was to try to keep their fluid status in balance. We monitored and calculated each episode of diarrhea, vomiting and urination, recorded the many liters of fluid we administered and how many cups of oral rehydration solution (ORS) they were drinking. Ideally, we wanted to hydrate orally, but many needed the IV solution in addition to the ORS for a time. When the patients were well enough to keep oral fluids down, each was given one dose of doxycycline and daily doses of a multi-vitamin, zinc and potassium. Patients met discharge criteria when they had two or less diarrhea episodes in a 6-hour period. Patients were given a lot of education, an oral rehydration solution and water purification tablets to take home. As far as keeping things clean, every bar of soap had bleach in it, and we washed our hands very often. We had to walk across mats soaked in bleach many times and scrub our shoes off with bleach water after getting back from the treatment center. Our scrubs also were washed in bleach water. These were the logistics to keeping the cholera at bay.

My heart was touched each and every night. What were the biggest impacts?



Welcome to Bercy cholera treatment center.

1. Nearly every patient in the cholera treatment center (CTC) had at least one family member staying with him or her 24 hours a day. That family member usually shared the small, wooden "bed" with the patient, and the family member was responsible for emptying the patient's waste. I didn't hear one family member complain, grunt or even roll an eye about doing this. In some cases, it was a teenage son or daughter. And

"This life is not about what I can do for myself. This life is not about how much money I can make or how high I can climb up the professional ladder."

in the rare situation where there wasn't a family member, another patient's family member would usually step up and take that responsibility. I was touched by how they cared for one other. 2. Even lying on little wooden beds, sick with cholera, these patients would call out and sing praises to God. It was music to my ears. I want to have that kind of faith, that no matter what the circumstances, I will sing praises to my God! 3. This battle is not of the flesh We saw this first-hand in the miracle of a 5-month-old boy. The mother had brought him into the CTC, and she was told that he

probably would not make it. They could not get IV access and he was lethargic. A Haitian pastor was there praying and talking with the mom and found out she had taken this baby to a voodoo doctor first. They place a loose rope with a key around the person's neck to keep the vomiting away. The Haitian pastor cut this rope off the child's neck and began praying over the child more. This is when an IV line got started, a pulse was felt and the baby's eyes rolled back to where they could be seen. He started moving a little. This little boy made a complete recovery. God is good, and he is victorious over the evil one!

Many people's responses when I told them what I was doing were, "Well, don't bring that stuff back here." I just really felt like saying, "How selfish." Did Jesus not hang out with and heal the sick, even if they were contagious? This life is not about me. This life is not about what I can do for myself. This life is not about how much money I can make or how high I can climb up the professional ladder. This life is about caring for people, loving people, being sensitive to the needs of people around me (whether in another country or with my neighbor living right next door). I want my heart to be broken for the things that break God's. This life is about taking every opportunity to share Christ with others.

Giving to Nursing during July 1, 2009, through June 30, 2010

Chatlos Nursing Scholarship Awards

The Chatlos Foundation Inc.

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Christy Stark Smith Memorial Scholarship

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Messiah Nursing Class 2010
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Donald and Dorothy Stabler Nursing Scholarship Endowment

The Stabler Foundation

Alumni news

Andrea Bean '99 announces the adoption of sons Stephen Jonathan June 7, 2005 and Izayah William July 8, 2007 on Dec. 21, 2009. And, they just got their newborn baby sister straight from the hospital.

Diane M. Prescott '78 works for DPW as nurse reviewer for DME equipment, lives in Hummelstown, Pa., and has two daughters and a granddaughter.

Kristine (McGuire) Kaslowsky '02 lives in Glen Burnie, Md., and works in pediatric critical care. She and spouse, Stephen, have a daughter, Katie Rai born in July 2009, and a baby boy that was due on August 14, 2010.

Heidi (Furst) Thompson '03 lives in San Antonio, Texas. She and her husband Andrew '03 have Rachel Hannah, born Nov. 24, 2005, and Jake, born Oct. 18, 2009. Heidi is working as a NICU nurse at Christus Santa Rosa Children's Hospital in downtown San Antonio, Texas.

Virginia "Ginger" (Sverduk) Hemmler '03 married Matthew Hemmler in 2007. Daughter Paige Victoria was born Oct. 23, 2009.

Jessamine (Lustig) Lopez '04 and husband Geoffrey Lopez welcomed daughter Calla Ruth May 1, 2010. Jessamine works as a pediatric nurse for Austin Regional Clinic in Austin, Texas.

Kelly Jo (Sensenig) Janke '04 received her Doctor of Osteopathic Medicine degree from the Philadelphia College of Osteopathic Medicine on June 5, 2010. She is married to Bryan Janke, and they live in Lansdowne, Pa. Kelly is continuing her medical training at St. Joseph's Hospital in Philadelphia.

Stephanie (Whitney) Betteridge '07 Lives in Mechanicsburg, Pa., and works at Pinnacle Health in the NICU. She and husband Thomas, welcomed daughter, Autumn Ilene, in February 2010.

Jim Cagliostro '07 and **Lisa Tremonte '07** were married in August 2009. They currently work at Hershey Medical Center on the heart and vascular intermediate care unit. Jim is finishing a master's in health education from Penn State Harrisburg.

In March 2009, they, along with **Katie Martin '07**, **Alli Minor '08**, **Joe Cagliostro '07** and his wife Juli Cagliostro organized a medical mission trip to Guatemala for two weeks to provide medical care to those who had been cut off from medical care after a mudslide.



LT Peter Sunden '05

An active Naval Officer, Lieutenant Peter Sunden is currently serving in a combat zone in Afghanistan. He is currently assigned to Naval Hospital Okinawa, in the Intensive Care Unit. While stationed at his command he obtained the credentials as a Critical Care Registered Nurse (CCRN). In Afghanistan he works in a Shock Trauma Platoon (STP) providing immediate life saving care to wounded war fighters.



DEPARTMENT OF NURSING

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Address Service Requested

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