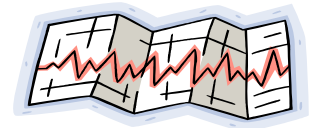
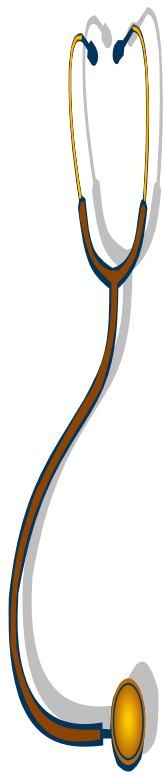


THE STANTON PULSE



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New Department Chair by Donna Ramage

On July 1, 2004 the leadership of the DTCC Department of Associate Degree Nursing, Stanton, transitioned into a new era when Kathy Janvier, PhD, RN assumed the title of Chair. Behind her quiet demeanor is a woman of extraordinary accomplishments.

Upon completion of her BSN from the University of Delaware, Dr. Janvier began her career as a primary nurse specializing in infants and toddlers. She subsequently completed an MSN in Maternal Child Health from the U of D. Her interest in pediatric nursing shaped her career as she held a variety of positions in both administration and staff development at the A.I. DuPont Hospital for children. Her career at DTCC began in 1989, instructing students in OB and Pediatric Nursing. Dr. Janvier continued her work at A. I. DuPont hospital, as a casual staff member, assisting with a variety of staff development activities. In 1997, Dr. Janvier took a professional leave from DTCC to complete her Doctoral degree in Family Studies from the University of



Kathy Janvier, PhD, RN

Delaware. While pursuing her doctorate, she worked as a Research Assistant in the U of D Center for Community Development. She developed bylaws for the Delaware Prevention Network. She also served as the Nurse Advisor for the New Dimensions Early Head Start.

In addition to her educational and work-related accomplishments, Dr. Janvier participates in a variety of professional and community organizations. She has served as a DNA (Delaware Nurses Association) delegate

to the ANA (American Nurses Association) Convention for six years and has held a variety of elected and appointed positions within the Delaware Nurses Association. She is a member of Sigma Theta Tau Xi Chapter and serves as an advisory board member to the Delaware Stroke Initiative, Compassionate Care Hospice, and Early Head Start.

Dr. Janvier's vision for the Department of Nursing includes a philosophy that every student who enters the program will grow and succeed.

Continued on Page 2

New Department Chair, continued from page 1

She is an advocate for professional growth and community involvement. She encourages students to become active in the American Nurses Association through the Student Nurses Association. She is a proponent of continuing one's education, as there are no limits to nursing beyond the entry level.

Past graduates are encouraged to keep Dr. Janvier and the DTCC faculty informed of both their personal and professional accomplishments. She is interested in assisting our graduates with mentoring opportunities to harvest future nurse educators.

Dr. Janvier has published numerous articles related to family issues, parenting, and nurs-

ing education. She has presented on numerous topics both locally, regionally, and internationally. She has been awarded the Excellence in Teaching Award (DTCC 2003) and was recognized with an outstanding Graduate Research Award (MBNA 1999).

She was appointed by Governor Minner to the Child Death

Review Commission. She participates as a volunteer with the Tri-State Bird Rescue and serves on her community civic association. She enjoys sharing her recreation time with her family at the beach or the mountains. She is a woman to be emulated and admired.

Congratulations!

DEPARTMENT NEWS



Farewell to Nancy Snyder by Kathy Sokola

Those who traverse the halls of the Nursing Department at Stanton Campus have noticed that a familiar face is missing from the office in C-204. **Nancy Snyder, MS, RN** retired from her position as Chair of the Department of Associate Degree Nursing in July 2004 after many dedicated years of service to the Department. Nancy began her career at Delaware Tech in 1974 as a nursing faculty member and assumed the position of Chair in

1985. Over the years, her leadership guided the Department through many significant changes, including the switch from a quarter system to semesters, several program expansions, numerous curriculum revisions, and implementation of part-time and evening opportunities for students. Under her direction, the nursing program at Stanton became one of the most respected and successful nursing programs in the state.

Nancy was active in many community and professional organizations, where her leadership skills were also evident. Although Nancy has retired from her position as Chair, she has not completely separated from the Department. Beginning nursing students will now recognize Nancy as one of the MAT 119 instructors. We wish Nancy much happiness in her retirement.



Nancy Snyder, MSN, RN

Welcome Lisa Long by Kathy Sokola

The Department of Associate Degree Nursing, Stanton, would like to extend an official welcome to our new nursing counselor, **Lisa Long**. Lisa holds a master's degree in public administration from Wilmington College and a bachelor's degree in human resources management also from Wilmington College. During

her seven year tenure at Delaware Tech, she has held various positions, including part-time evening counselor and financial aid officer, which have prepared her for the responsibilities of her new job. Lisa is involved with students from the time that they first consider nursing as a career choice, and often plays an

important role in helping them make the initial decision to enter nursing. Once in the program, Lisa serves as a valuable resource to students. She helps them problem-solve by directing them through appropriate channels. She allows students the opportunity to voice their frustrations or concerns, and assists students with tutoring

and financial aid needs. If you haven't met Lisa, please take the time to stop by and say hello. Her office at Stanton Campus is in room D-1101. She can be reached by phone at 454-3946 or email at:

llong@college.dtcc.edu.

EDUCATION CORNER



Lessons From Stroke Survivors by Lola Johnson

Stroke is the third leading cause of death and the leading cause of adult disability in Delaware. In order to increase public awareness and improve stroke prevention, Ellen Barker and a group of concerned Delawareans founded the Delaware Stroke Initiative (DSI) in 1999. Delaware Stroke Initiative (DSI) is a non-profit organization that is dedicated to preventing stroke and reducing death, disability and dependency from stroke. DSI's mission is to improve stroke prevention, risk assessment and recovery through education, support and advocacy.

In the belief that support groups help participants cope with the changes that result from stroke, Delaware Stroke Initiative (DSI) established the *Thumbs Up Stroke Support Group*. DSI offers the support group as an important community service to help stroke survivors and their loved ones learn about community resources, get educational information and share personal experiences in a positive supportive environment. Anyone who is recovering from a stroke, caregivers, families and friends are invited to participate in the group meetings. Group meetings offer educational topics, peer support and guests who are experts in rehabilitative ser-

vices. The *Thumbs Up Stroke Support Group* meetings are the second and fourth Thursdays of the month, September through June at 7:00 p.m. at the New Ark United Church of Christ, 300 East Main Street, Newark, Delaware. For more information or to attend the bi-monthly meetings, contact the DSI website (www.destroke.org) or call 302-633-9313.

A few of the lessons the members of the *Thumbs Up Stroke Support Group* taught me during the year I have been the group's facilitator are:

Make Healthy Choices. Many members admitted that prior to their strokes, they chose behaviors that increased stroke risk. Those choices included smoking, diets high in fat and salt, high levels of stress, letting blood pressure get too high, obesity and sedentary life-style. Now, members have chosen a healthy lifestyle to reduce the risk of having another stroke. Several members have lost weight. One member has lost about two hundred pounds and walks about three miles per day. He said prior to stroke he thought healthy choices were "too hard" but now "it's okay."

Know Warning Signs of Stroke.

Prior to having a stroke, group members did not recognize the

early signs of stroke. Often, members did not know what was happening to them and waited for the symptoms to go away. The strokes were sudden and took them completely by surprise. Now, members want people to recognize the warning signs and call 911 immediately for rapid evaluation and treatment. Members know that rapid treatment is required when minimizing the damage to the brain.

According to Delaware Stroke Initiative's *Stroke Resource Guide*, the early warning signs of stroke are:

the early warning signs of stroke are:

1. Sudden numbness or weakness on the face, arm or leg.
2. Sudden confusion, trouble speaking or understanding.
3. Sudden trouble seeing in one or both eyes.
4. Sudden trouble walking, dizziness or loss of balance.
5. Sudden, severe headache with no apparent cause.

Maintain Hope

Initially, stroke survivors felt helpless, hopeless, useless, not in control and fearful of what was to become of them. Some reported that they had thoughts

of wanting to die because of disabilities such as paralysis and aphasia. Contact with other group members who have improved is a very powerful curative factor. Witnessing improvements in others instills hope that things will improve for them as well. Recovery from stroke is best for those who maintain hope that they will survive and thrive. Members who have been in the group for awhile want to tell new members that improvement is always possible even when a person has been told that the maximum medical outcome has been achieved. It is amazing what can be accomplished when a stroke survivor focuses on doing whatever is necessary to survive and thrive rather than focusing on limitations.

Be Assured You Are Not Alone. Members report that a primary reason for attending a support group is to meet others with the same diagnosis. Having a stroke was the worst thing that ever happened to them. Following stroke a survivor feels isolated, frightened and alone. Belonging to a group of people who share the same difficulties helps members realize that they are not alone. Members share joys, troubles and

Continued on Page 4

Lessons From Stroke Survivors, Continued from page 3

experiences with others who can understand because they are going through the same things. As one member said, "The group gives me a place where I can talk and know that everybody will listen and understand. I always feel better after I attend group."

Help Yourself By Helping Others. Another reason for attending a support group is that group participants who provide informational and emotional support to other members find that they feel better themselves. Members feel better after attending group. Being useful to others is a powerful self-esteem booster. Support groups reduce isolation and

loneliness. Group members validate feelings and experiences and suggest coping strategies. Members use supportive messages and stress that a positive outlook and a sense of humor help with recovery. Members share a good laugh. Support groups provide the opportunity to gather information about the diagnosis and other issues and to get out into the community. Socializing is one of the best ways to maximize stroke recovery. Members can learn what others have done to combat fatigue or depression.

Learn How To Make Life Work For You When Change Occurs. Stroke has a shocking and life-altering effect on the survivor and family members. Following a stroke, a person feels stripped of many things. Not being able to function as a person is used to is difficult. Stroke survivors and family members have to come to terms with changes. Members advocate exploiting strengths, keeping active and refusing to quit trying. Members tell each other to think of difficulties as opportunities to learn how to do things by practicing skills. Try to regain

some old hobbies or learn new ones that will improve quality of life. Attack recovery with enthusiasm, commitment, determination and persistence as if your survival depended on it. The recovery process is a long journey, continuous but unpredictable.

CCHS Injury Prevention Program by Pat Welsh

Christiana Care Health System has been actively promoting their Injury Prevention Program with their staff. This program is called PEEPS (Patient, Environment, Equipment, Posture, and Safety). Christiana Care's PEEPS team is made up of five physical therapists who work very closely with the nursing staff to educate them in proper patient transfers and the use of patient mobility equipment. Two of the PEEPS

team members, including Director Carys Price, PT, CEAS, and Barb Cymbala, PT, have been in touch with the Nursing Faculty at Delaware Tech and proposed the implementation of their program with students and faculty. Barb provided a taped lecture on the principles of the PEEPS program and essential elements of proper patient transfers. Faculty were trained on the

use of the transfer equipment and provided another video on the proper use of the equipment. Some of the equipment utilized in this video included the gait belt, partial lift, total lift, slide board and the air transfer mattress. Students in the first level nursing courses will be required to view both videos. The faculty will then work with students in the lab and in the clinical

setting to ensure that the PEEPS principles are followed. This will ensure the safety of patients and students alike during a transfer. The Delaware Tech nursing faculty welcomes this opportunity to work with the PEEPS team in order to provide our students with the latest principles of patient transfer techniques.

FACULTY NEWS



Faculty Travel Abroad by Kathy Sokola

Several faculty members had the opportunity to travel abroad, representing our College and our nursing program to the international community.

In Ireland: Kathy Janvier, Department Chair and Marianne Tallman, Instructor and Course Coordinator for NUR 244 journeyed together in July to present their research at Sigma Theta Tau International Honor Society's 15th Annual Nursing Research Congress in Dublin,

Ireland. Sigma Theta Tau is the international honor society of nursing. Kathy and Marianne shared an ongoing project entitled "Using Creative Writing and Art to Explore Students' Perception of Caring" with over 800 nurses representing 27 countries.. In addition to the 2 day conference,

Kathy and Marianne were able to visit the Cliffs of Moher and a few castles during their visit.



Ireland



Kathy Janvier & Marianne Tallman

In Italy: Venice, Rome, and Florence were among several cities in Italy that served as a classroom in June 2004 for Delaware Tech faculty who had received Excellence in Teaching Awards. Two nursing faculty members, Kathy Janvier (Stanton Campus) and June Turansky (Owens Campus) were among faculty from com-

munity colleges throughout the U.S. who were selected to participate in this professional development experience. The faculty toured historic landmarks in each city and attended lectures about Italian culture, the educational system and study abroad opportunities. A highlight of the experience was a day of active par-

ticipation at Apicius, a culinary arts school, and the The Leather School in Florence. Next year, DTCC faculty who received the Excellence in Teaching Award will have the opportunity to be selected to experience Japan.



Kathy Janvier in Italy

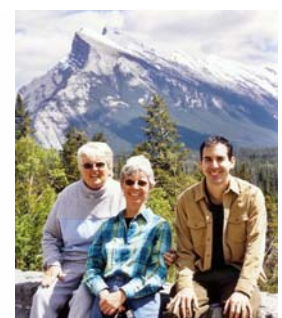


Italy

In Canada: Kay Keenan, Instructor and Course Coordinator for NUR 143, attended the 18th Annual Conference of the Human Anatomy & Physiology Society (HAPS) held in Alberta, Canada in June 2004. Kay was invited to attend by Joan Barber, PhD, Chair of the Biology / Biotechnology Department, Stanton Campus. Kay had been

a presenter for the regional HAPS conference held at the Wilmington Campus in 2002. Kay was fascinated with research on the transient changes in heart rate with respiration and its possible role in syncope, and with work on curing diabetes with transplanted islet cells. It was a special treat for Kay to meet

the physician who was on the surgical team that performed a pancreas and kidney transplant on her friend's daughter. The group attending the conference stayed an extra day to explore the Canadian Rockies.



Kay Keenan in Canada

FACULTY NEWS continued

Excellence in Teaching by Kathy Sokola



Sue Mark, MS, RN



Sherry Finley, Ms, RN

Two of our nursing faculty were honored with the "Excellence in Teaching Award" at the Faculty Recognition Event held in May 2004 for faculty from all DTCC campuses state-wide. We would like to extend to **Sue Mark, MS RN** and **Sherry Finley, MS RN** our sincere congratulations for the recognition that they truly deserve. In this issue we would like to highlight the accomplishments of Sue Mark and in the spring issue we will turn our focus to Sherry Finley.

In her role as Instructional Coordinator of the nursing program at Stanton, Sue coordinates the admission and placement of over 300 stu-

dents per semester. Students may first come into contact with Sue at one of the Nursing Information Sessions. She also assists with the general orientation for beginning nursing students each semester. Sue developed the LPN transition course which focuses on differentiating the role of the RN from that of the LPN, and eases our new LPN students into the academic studies of nursing at Stanton Campus. Faculty members have long recognized Sue's expertise at managing student information and assisting faculty in the advisor role. Her organizational skills and ability to handle and remember statistical information make her a valu-

able resource for all of us. And, if this isn't enough, Sue is an instructor and course coordinator for NUR 243 – Nursing Care IV-A. She has developed teaching methods to facilitate critical thinking and management skills as the students prepare to enter the work world. Sue is also a NLNAC program evaluator. As such, she is well aware of nursing program standards and has assisted our nursing program in maintaining national accreditation. Sue has certainly had a significant role in helping to make our nursing program at Stanton so successful.

More Than An Instructor by Jan Smick

The Faculty in the Department of Nursing are buzzing with activity! Take a look at our extracurricular activities!!

Maurice Egnor

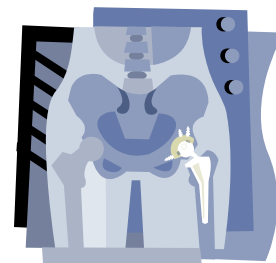
Still managing to travel to Atlantic City, Williamsburg, and NYC this summer, Maurice was occupied with a variety of nursing related activities. He participated in a Parish Nursing Program, volunteered at the Cornerstone Senior Center, taught at Wilmington College, and worked with Heart-

land Hospice. Maurice is also the proud parent of his daughter, a new Delaware Tech grad!



Dawn Geldof

It was off to the operating room for Dawn! She spent the summer recovering from hip surgery.



More Than An Instructor continued

Jennifer Graber

This first-time mom had her hands full with a newborn!! Son Cameron was born on the 2004 leap year to Jennifer and her husband, Dave. This bouncing baby boy continues to keep his parents busy!!



Jennifer and Cameron

Kathy Sokola

You'll find Kathy spending her summer days riding her chestnut mare "Let's Live-a-Little". Kathy and "Livey" have been together for 8 years, in and out of the show ring. Kathy is also a new Creative Memories consultant. She says that it is important for people to keep their precious memories alive.



Kathy and Livey

STUDENT ACTIVITIES



Male Support Group by Jennifer Graber

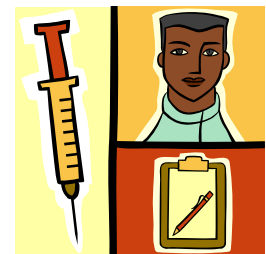
In the fall of 2003 Maurice Egnor, NUR 141 Instructor, developed a Men's Group for the male students in the nursing program. Maurice states that he began this group as a way for the male students to present their unique issues and network with other nursing students. Currently the nursing program at Stanton has approximately 20 male students out of a total of 240 students.

Maurice notes that men are

not always supported or encouraged in their pursuit of a nursing career. The significance of this can be seen in the fact that males only comprise about 6% of the nursing population. In addition 7.5% of men leave the nursing profession within four years of graduating. This is almost twice the rate of women leaving the nursing profession within four years of graduating. The goals of the Men's Group are to promote the positive image of men in nurs-

ing, promote men's health, and to support one another in both the academic and employment arenas. The male students say that this is a helpful group for them since they are the minority in nursing. Paul Hoffman, a third level student in the program states "I would like to see an increase in the male nursing population." The group will also be promoting men's health in the community. They are currently searching for a group leader. If you are interested in attending, the

meetings are held monthly every second Friday at 1:00pm at Michael's Restaurant. Please contact Maurice Egnor at megnor@college.dtcc.edu or 302-454-3192.



Student Activities, continued

Talents and Achievements: Nursing the Mind by Elizabeth Chance

Janelle Green, student nurse at Delaware Technical & Community College, Stanton, has been quite busy for the past two summers assisting in the field of medical research. She has worked under the direct supervision of Carlton Cooper, Ph.D., Assistant Professor of the

Biological Sciences Department at the University of Delaware on a research project involving the effects of a thalidomide derivative, known as SC-2-71, on endothelial cells. SC-2-71 is part of a new category of drugs known as angiogenesis inhibitors, which can signifi-

cantly inhibit the growth of cancerous endothelial cells. In particular, SC-2-71 exerted strong anti-tumor effects on prostate cancer cells. Journeying to the frontiers of research in key areas of medical science can be quite a challenging and learning adventure as Janelle has

come to realize. Working alongside the experts in the field, Janelle experienced firsthand the effort and dedication it takes to pursue the next medical breakthrough.

Student Assesses Need in Community and Delivers Assistance

by Pat Welsh

The nursing students at Delaware Tech, Stanton, are a visible force in the New Castle County area due to their early introduction into the community. Their beginning level course work in nursing prepares them to assess and implement actions that address the needs of citizens in the community. One shining example of how student nurses can positively impact the community is Jane Terranova.

During her first semester in the nursing program, Jane attended a community clinical experience with other students and her instructor at the Absalom Jones Senior Center in Wilmington, Delaware. She noticed that the seniors had only a few old videos to watch on days when they were relaxing at the Center. They were watching the same videos multiple times. Jane spoke to the director, who verified the need

for more videos at the center for the seniors. Jane took action and contacted Video Showplace, which donated several videos to the Center. Two area Hallmark stores also generously donated Hallmark Hall of Fame videos along with some books and greeting cards. Jane picked these items up on her own time and delivered them to the center, much to the delight of the seniors. The center now sells the

greeting cards to the seniors at a greatly reduced rate, and also mails cards to members who cannot come to the center or to their ill family members. Many people have benefited from the work of one nursing student. Jane is currently a third semester student at Delaware Tech and is also a member of the Student Nurse's Association.

Announcements



Newsletter Title Contest Winner

Dee Cooper, Nursing Department Secretary, is the winner of the Newsletter Title Contest. Dee submitted the title: "The

Stanton Pulse" and won a \$20.00 gift certificate to Border's Books for selecting the winning title.



Alumni News



Class Notes by Linda Martz

1998

David Low is working at Christiana Hospital on 5A. He is married with two children – Rebecca, age 5 and Zach, age 3.

1999

Kim Bryce) Eckerson has been working on 5A at Christiana Hospital since graduation. She works as a full-time staff nurse as well as the chairperson of Performance Improvement Council for Christiana.

Lisa Romano works on 5A at Christiana Hospital and at Al DuPont Children's Hospital ED. She is currently finishing her BSN at Wilmington College.

2001

Denise More is currently evening charge nurse at A.I.duPont Hospital for Children on 3-C South.

2004

Jennifer Balant delivered an 8lb 3oz baby boy, named Hunter Jacob, on September 30th and is now seeking employment. Jennifer says, "Hello to all at Delaware Tech, I think about all of you often and I hope everyone is doing well."

Krista Dziedzic is working at St. Francis Hospital in Wilmington in the OR, full time on the day shift. She is currently enrolled part time at University of Delaware in their RN to MSN program and will begin her first class in January.

Darralyn Hall is working at Wilmington Hospital on 5EW.

Nick Hrynko is currently in the Wilmington Emergency Dept. Internship Program. He wants to attend continue his education at Immaculata College and plans to study for a master's degree. Then, he says he will come back to Delaware Tech to teach the new RNs

2004

DeDe Laviolette moved to Michigan two days after taking the NCLEX exam this past semester. She lives in a small rural community where students have been known to drive a tractor to school.

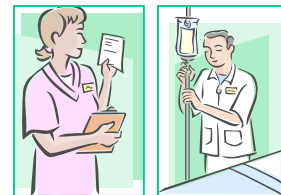
Jennifer Linn delivered a daughter, Hannah, July 29, 2004 and both mother and baby are doing great!

Heather Martin is working at Christiana Hospital on 5A.

Lisa Nurse is working at Delaware Hospice.

Jennifer Simpson is in the Perioperative Internship at Christiana Hospital.

To get Alumni information published in the newsletter, contact Linda Martz at lmartz@dtcc.edu if you want to



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- Kathy Sokola, Editor**
- Linda Martz, Layout & Design**
- Elizabeth Chance
- Mary Lou Hamilton
- Lola Johnson
- Donna Ramage
- Jan Smick
- Pat Welsh

Do you have something interesting that you'd like to submit for the next newsletter? Contact Kathy Sokola at ksokola@dtcc.edu for details.

SNA NEWS

Congratulations to the newly elected SNA officers:

- President – Jane Terranova
- Vice President – Traci Powers
- Secretary – Patty Wonyetye
- Treasurer – Jacqueline Squillance
- SGA Representative – Joe Kozak

The next SNA meeting is scheduled for December 2 at 1130 in room G214. Check for upcoming fundraisers to benefit the seniors at Absalom Jones. The SNA is also looking for volunteers to help with the graduate luncheon for 4th semester students. If interested, please contact Jane Terranova. A special thanks to SNA from the Nursing Department for providing baskets of candy for students on testing days and for the very successful Open House on November 4.

Just for Fun

Laughter is a natural tranquilizer.

*It is free,
nonfattening,
salt free,
without side effects,
and available for use by anyone.*

Nurstoons

by Carl Elbing



www.nurstoon.com

We're on the Web! Check us out on the Stanton-Wilmington home page (www.dtcc.edu/stanton-wilmington) and from the Nursing Department home page (www.dtcc.edu/stanton/nursing).