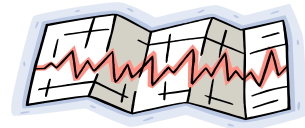
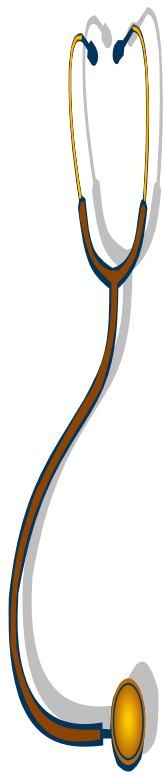


THE STANTON PULSE



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Nursing Department Expansion by Donna Ramage



To meet the increasing demand for registered nurses within the state of Delaware, expansion projects for the nursing departments at the Stanton, Terry, and Owens campuses were approved in July, 2005. At the Stanton campus, the first level nursing courses (NUR 141 and NUR 142) led the first phase of the expansion. Sixteen telecourse / teleclass and evening lab / seminar/ clinical seats were opened for the fall 06-1 semester. As the class starting in 06-1 progresses through the program, one full-time nursing instructor and one part-time clinical instructor will be added to each of the four levels to accommodate the additional nursing students. Full expansion throughout the program will take two years to complete.

Faculty from the first level courses worked all summer preparing for the extra students by interviewing and hiring new faculty, compiling additional course materials, and by locating additional clinical sites. The Nursing Department would like to thank the many staff members and administrators from the Stanton campus who contributed their time and talents to support the initiation of this endeavor.

In addition to expanding the student body, plans are also underway for the construction of a new health sciences building at Stanton Campus. The new building will house the nursing program and include state-of-the-art technology in classrooms and laboratories.

DEPARTMENT NEWS



NEW FACES ON CAMPUS by Donna Ramage

New to the counseling staff this September is Cherita Weather- spoon who comes to DTCC Stanton with nine years of experience in Student Affairs. Cherita began her career at Cheyney University as an Admissions Counselor, and then moved on to West Chester University where she was employed as a Residence Director. Cherita has spent the last five years in a counseling position at Community College of Philadelphia. She also worked as the Director of Collegian Services for Philadelphia Futures, a non-

profit educational organization. Cherita earned both her Bachelors of Science in Business Management and Master of Arts in Student Affairs in Higher Education at Indiana University of PA. She is excited to be at Delaware Tech and is eager to contribute to the success of our students. The Nursing Department welcomes our newest faculty members. That cute southern accent comes from Raegan Degnar who joins the faculty as a full-time instructor in NUR 241. Raegan received her Bachelor's Degree in nursing from the Uni-

versity of South Carolina and is currently completing her Master's Degree at the University of Delaware. Since moving to Delaware in 2004, Raegan has worked in the Cardiovascular Intensive Care Unit at Christiana Hospital and in home health care for the VNA. She also has neurotrauma experience from South Carolina. New adjunct faculty in the clinical areas include Paula Tomananovich (NUR 141), Martha Aiken (NUR 142), Denise Scales (NUR 144), and Jean Binkley (NUR 241).

Fran Bradshaw, RN has assumed the position of Nursing Lab Technician for our campus lab. Fran graduated from Kings County Hospital School of Nursing in Brooklyn, NY. Fran brings a wealth of nursing experience from a variety of settings including OB/GYN, ER, burns, pediatrics, family practice, occupational health, and critical care in a long-term care facility. She views nursing as a marvelous profession and is looking forward to watching our students grow in their role as future nurses.

HEALTH CAREERS GET A WEB PAGE by Kathy Sokola

A new Health Career Studies Web Page has been created by nursing counselor Lisa Long to address the most common questions about the nursing program and provide students easy access to information about nursing. The

web page was developed to also serve as an e-bulletin board, giving dates, times and requirements for events such as information sessions, admissions, and NLN testing and to update that information as necessary. In addition to overseeing the web page,

Lisa has been visiting science classes on Stanton Campus to talk about the web page and the various health programs. Lisa also worked with the Allied Health Department at Wilmington Campus to help them update their web page. The joint project should help stu-

dents determine the health career for which they are most suited. She is currently developing criteria to help science advisors assist students who want to pursue a nursing career. Be sure to check out the new web page at www.dtcc.edu/stanton/prospective

In Memoriam by Mary Lou Hamilton

The Delaware Tech Department of Nursing was saddened to hear of the deaths of two nursing students during the summer of 2005. They will be greatly missed by faculty and students.

Michele Matruder (Deppen) died on July 17, 2005 after being ill. Michele was raised in Wilming-

ton and graduated from Concord High School in 1984. She attended DTCC in Stanton and had a life-long goal of becoming a nurse. Michele was about to enter the second level of nursing courses at DTCC, Stanton.

Michele Kley (Hemphill) died on August 1, 2005 following a courageous battle with leukemia.

She was a nursing student at DTCC, Stanton, where she was named to the Dean's List and inducted into Phi Theta Kappa. Contributions in her honor were designated to go to the Leukemia and Lymphoma Society in Wilmington, DE.

Crisis and grief reactions occur with all of us and there are many

to say to the grieving families with whom we interact. It is so hard to talk about the loss of close family members and friends. It helps to be in a safe supportive place to discuss these feelings. As nurses it is important to understand our own grief responses before we can really be a good support.

EDUCATION CORNER



How to Help Grieving People by Mary Lou Hamilton

Immediately following a death, ceremonies honoring the deceased offer relatives, friends and neighbors time to gather and support one another in many ways. After the funeral, however, many grieving people need support and caring even more because the reality of the death sinks in and the long process of bereavement begins. Unresolved grief can lead to physical or mental illness, suicide or premature death.

A grieving person needs friends who are willing to: LISTEN; cry with them; sit with them; reminisce; care; have creative ideas for coping; be honest; help them feel loved and needed; believe that they will make it through their grief. Ways of helping grieving people are as limitless as your imagination. Your help and understanding can make a significant difference in the healing of someone's grief. Here are some examples of how you can help.

1. Offer a squeeze of the hand, a kiss, a hug, your presence. If you want to say something, say, "I'm sorry" or "I care".
2. Offer to help with practical matters; i.e., errands, fixing food, caring for children. Say "I'm going to the store. Do you need bread, milk, etc.? I'll get them." It is not helpful to say, "Call me if there is anything I can do."
3. Don't be afraid to cry openly if you were close to the deceased. Often the bereaved find themselves comforting you, but at the same time they understand your tears and don't feel so alone in their grief.
4. It is not necessary to ask questions about how the death happened. Let the bereaved tell you as much as they want when they are ready. A helpful question might be, "Would you like to talk? I'll listen."
5. Don't say, "I know just how you feel."
6. The bereaved may ask "WHY?" It is often a cry of pain rather than a question. It is not necessary to answer, but if you do, you may reply "I don't know why."
7. Don't use platitudes like "Life is for the living," or "It's God's will." Explanations rarely console. It is better to say nothing.
8. Recognize that the bereaved may be angry. Encourage them to acknowledge their anger and to find healthy ways of handling it.
9. Be available to LISTEN frequently. Most bereaved want to talk about the person who has died. Encourage them to talk about the deceased. Do not change the conversation or avoid mentioning the person's name.
10. Be PATIENT. . Don't say, "You will get over it in time." Mourning may take a long time. The bereaved need you to stand by them for as long as necessary. Encourage them to be patient with themselves as there is no timetable for grief.
11. Accept whatever feelings are expressed. Do not say, "You shouldn't feel like that." This attitude puts pressure on the bereaved to push down their feelings. Encourage them to express their feelings- cry, hit a pillow, scream, etc.
12. Depression is often part of grief. To be able to talk things over with an understanding friend or loved one is one factor that may help prevent a person from becoming severely depressed.
13. Suggest that the bereaved person keep a journal.
14. Sometimes the pain of bereavement is so intense that thoughts of suicide occur. Suggest medical intervention if suicidal thinking occurs. Identify if the person has a plan and then help that person seek immediate help, especially if the plan is described.
15. Encourage counseling if grief is getting out of hand or lasting too long.
16. Suggest that grieving people take part in support groups. Sharing similar experiences often helps. Support groups can offer understanding, friendship, suggestions for coping and HOPE.
17. Suggest that the bereaved postpone major decisions.
18. Don't avoid the bereaved. This adds to their loss. As the widowed often say, "I not only lost my spouse, but my friends as well."
19. Be aware that weekends, holidays and evenings may be more difficult.

Excerpted from : *How to Help Grieving People* by Hospice of Southeastern Connecticut Bereavement Program taken from Understanding, Coping and Growing Through Grief By Therese S. Schoeneck

Education Corner (continued)

American Nurses Association Delegates Take Action to Improve Health Care, Protect the Vulnerable and Advance Nursing by Mary Lou Hamilton

In June 2005, Mary Lou Hamilton (NUR 242) represented the Delaware Nurses Association as a voting delegate at the American Nurses Association House of Delegates (HOD) in Washington, DC. The HOD was composed of more than 600 nurse leaders from ANA's constituent member associations and organizational affiliates.

The HOD took action on behalf of the nursing profession in several important areas. A comprehensive resolution asked ANA to disseminate information detailing the impact of nurses' fatigue, rotating shifts, long work hours and insufficient break time on patient safety, quality of care and the personal safety of RN's so that these effects are taken into account when scheduling decisions are made. Delegates wanted ANA to urge all stakeholders to implement measures that ensure patients and nurses aren't put at risk when RNs work long hours in a given time period.

Keeping in mind the recent world events, ANA and other nursing and health care organizations voiced concerns about the abuse and torture of prisoners and detainees from Iraq and Afghanistan. Another resolution asked for ANA to condemn interrogation procedures that are harmful to mental and physical health and to advocate for counseling and support for RNs who speak out against acts of torture and abuse. The HOD asked that ANA adopt principles that advocate for prisoners' and detainees' right to health care and humane treatment, and ensure that RNs do not voluntarily participate in any deliberate infliction of physical or mental suffering.

To prevent the deaths of abandoned newborns, the HOD approved a resolution that promotes public awareness of "safe haven" laws. Forty-five states currently have programs that allow parents to take unwanted infants to a safe place without fear of exposing their identities

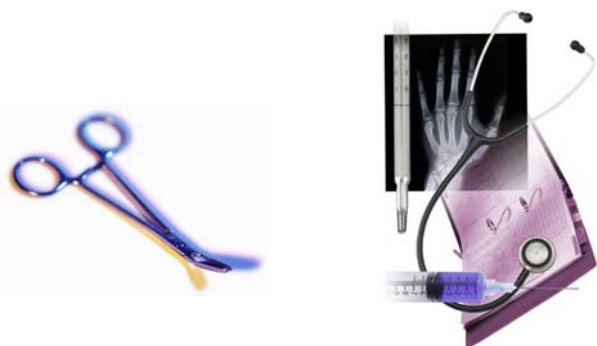
or being charged with the crime of child abandonment. Other resolutions dealt with exposure of children to dangerous situations such as being inadvertently backed over in a driveway or parking lot, being left alone in an enclosed vehicle where temperatures can reach deadly levels within minutes, and strangulation by a power window or sun roof. The HOD approved a resolution calling for ANA to collaborate with other national nursing and child advocacy groups to request a nationwide campaign to educate parents and others about the dangers of leaving children unattended in and around motor vehicles.

The delegates passed a measure aimed at protecting the RN's vital role in providing patient care in community-based or ambulatory-care settings. The measure asked ANA to update relevant position statements on the replacement of RN's in those settings as well

as to evaluate recent trends such as unlicensed assistive personnel being allowed to administer medications.

Nurses in Delaware are encouraged to join the local nursing organization – DNA – to take ownership in their profession, to influence the programs offered for all and to network with fellow nurses while developing leadership skills. There are opportunities to represent Delaware at the national level such as the House of Delegates Constituent Assembly that meets yearly, and to participate on committees. Joining and participating in the state nursing organization is an important step in advancing one's nursing career.

Reference: *DNA Reporter* Vol. 30, No. 3 August-October, 2005



Education Corner (continued)

Demystifying the PPD by Pat Welsh

Students in the nursing program often ask what a PPD is and why it is needed. The PPD (purified protein derivative) is an intradermal skin test used to identify people who have been infected with the mycobacterium tuberculosis. The protein derivative is injected into the surface layers of the skin. A person who has been infected with the mycobacterium will have antibodies that react with the protein at the site of injection to produce a hard, indurated area with clear margins. It takes 48-72 hours for this to occur.

Tuberculosis (TB) is a potentially fatal disease that is spread from person to person through the air when a person with active infection coughs, speaks, or sneezes. It is a highly communicable disease. Although it was almost eliminated in the United States by the early 1980's, the mid 1980's brought the emergence of HIV, an increase in the number of immigrants with unrecognized TB, and an increase in adverse socioeconomic conditions such as homelessness, poverty, and prison and shelter overcrowding. All of these factors combined to create a resurgence

of the disease. Newer cases of TB were also found to be more resistant to isoniazid (INH) and/or other drugs, which were usually effective in treating the infection. Today, the most dangerous strains of TB are resistant to multiple combinations of drugs.

Health care institutions use yearly PPD's to detect health care workers who may be infected with the mycobacterium. Early detection and treatment are essential to controlling the

spread of tuberculosis. To comply with these control standards, nursing students are asked to get a yearly PPD while in the nursing program. Yearly PPD documentation is required by all of the clinical facilities that our students attend for clinical experiences. Once graduates enter the field of nursing, they will need to continue the yearly PPD. Yearly screening, in combination with CDC guidelines in use at health care institutions, will help keep patients and health care workers safe from this disease.

FACULTY NEWS



Faculty of the Future Conference 2005 by Kay Keenan

In June 2005, Lola Johnson and Kay Keenan presented *A Clinical Space Is a Terrible Thing to Waste: A Strategy for At-risk Student Retention using an Advisement Algorithm* at the third annual Faculty of the Future Conference. The Conference was held at Bucks County Community College.

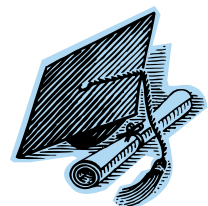
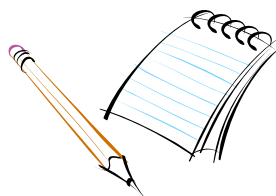
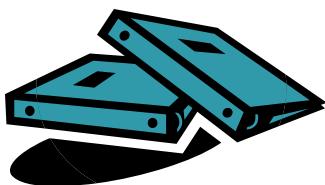
The presentation described research of an innovative strategy for retention of nursing stu-

dents that is currently used at the Stanton Campus. First implemented in spring 2003, the Advisement Algorithm helps faculty identify students who are having academic, clinical, and/or personal difficulties that might interfere with their ability to successfully complete a course. For each area of difficulty, the algorithm lists specific interventions for faculty to use to assist the student to be successful. Initial statistics indicated that

with the use of the Advisement Algorithm eighty-two percent of students who experienced difficulty remained in the nursing program.

After using the Algorithm for a few semesters, the need for a program to help students with academic difficulties was identified. A grant was obtained from the Good Samaritan Foundation to initiate a Supplemental Instruction Program (SIP). The goal of SIP is retention of qualified students so they don't waste a "clinical space".

Starting in mid-February, 107 students of 247 enrolled nursing students attended at least one weekly session. Many attended three or more sessions. Students who attended 2 or more sessions prior to an exam consistently raised their test scores. Faculty noted a decrease in academic withdrawals and an increase in course passing rates.



FACULTY NEWS (continued)

A & P St. Louis-Style by Kay Keenan

Kay Keenan and Sue Mark attended the Human Anatomy and Physiology Society (HAPS) annual meeting in St. Louis over Memorial weekend. HAPS is an organization for teachers of anatomy and physiology at all levels of post secondary education. The trip was made possible by the generosity of the Biology/Chemistry Department.

The featured speaker discussed the Cox-2 controversy from the view of basic science. A chiroprac-

tor presented his research on cystic fibrosis. The breakout sessions included lots of hands-on and practical examples of teaching A & P.

In one session a teacher from Alaska demonstrated how she did a hands-on anatomy lab as part of an on-line course. She shipped pigs' hearts via the mail to 42 students in 34 different sites all across Alaska. They dissected them and sent them back. Now that's distance education!



An early morning trip to the Anheuser Busch Museum for the breakfast of champions

Senate Gardener by Kay Keenan

Faculty Senate members demonstrated their green thumb skills by revitalizing the Stanton garden areas prior to Employee Appreciation Day 2005. Here is our intrepid faculty senator Jackie Henaghan preparing for the function by sprucing up the

front of the building. Stanton Campus hosted the event which is attended by employees from all campuses.



Faculty Attend NLN Summit by Kathy Sokola

The Department of Nursing at Stanton sent 15 faculty members to the National League for Nursing (NLN) Education Summit in Baltimore, MD from Sept. 29-Oct. 1, 2005. The Education Summit, which is held yearly, provided the opportunity for nursing faculty from around the country to gather together to learn and discuss current trends in nursing education. Through attendance at workshops, symposia, research presentations and plenary sessions, educators were presented with innovative

approaches to teaching, curriculum design, and student learning. The agenda this year also focused on teacher-student relationships, student recruitment and retention, technology issues, and evidence-based teaching practices. Vendors displayed educational exhibits allowing attendees the chance to view, use, and/or purchase products that support nursing education. Overall, our faculty members found the conference very stimulating, and they are eager to put what they have learned to good use.



STUDENT ACTIVITIES



Wilmington Wellness Day by Pat Welsh

On Saturday, September 10th 2005, 14 nursing students from Stanton Campus participated in the Wilmington Wellness Day held in Rodney Square. The students assisted staff from Christiana Care in registering participants, in assessing blood pressures, and in cholesterol, osteoporosis, depression, and chronic disease

screening. The students also assisted in the education booth which provided printed information on men's and women's health issues. In addition to assisting with the screening activities, the students were able to network with the more than 90 vendors who participated in the event. Students stated that a

bonus for them was that they were able to obtain important information relating to their own personal and/or family health issues.

The Community Outreach Coordinator and staff from the Christiana Care Health System stated that they were impressed

with the dedication of our students during the project and asked that they consider participating in future events. The event provided the students with a valuable experience in working in a community setting.

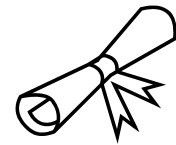
Hope Beyond the Greatest Dream by Elizabeth Chance

Congratulations to Nikiesha Malveaux, recipient of the Reverend C. Frederick & Mrs. Clela R. Mathias Memorial Fund Scholarship for the fall semester 2006. Nikiesha conveyed the desire and the will to make her dream of becoming a nurse a true reality. She spoke from her heart

when she stated that her strong desire and what she believes to be her calling to be a nurse becomes clearer everyday. She understands that experience alone does not necessarily equal expertise and that life-long learning is essential to continue to grow in the profession.

Nikiesha is currently enrolled in NUR 141 & NUR 142. She works twelve hour midnight shifts as a patient care technician at Taylor Hospital while also caring for her two children, an eight year old son and a five year old daughter.

The Stanton Nursing Department commends her for her hard work and dedication, and we wish her the best in her future endeavors.



Academic Excellence, Caring, and Leadership in Nursing Education

By Elizabeth Chance

The Nursing Department recognizes the hard work and effort of students who strive to achieve and maintain excellence throughout the nursing program in the areas of academics, caring, and leadership. Three awards, each acknowledging one of these core values, are presented yearly to students who demonstrate these qualities.

At the Awards Ceremony in May 2005, the Frank Linzenbold Award was presented to Dee Loughheed in recognition of superior qualities of caring in nursing practice. The Sister Joseph Leo DeFrank Award was presented to Jacqueline Sequillace in recognition of outstanding leadership abilities. The Nursing Department honored Cynthia Wheeler with

The Nursing Faculty Award, which recognizes the student who has demonstrated both outstanding academic achievement and clinical competence. The nursing faculty proudly congratulates the award recipients as well as all members of the graduating class of 2005.



Alumni News



Class Notes by Linda Martz

1990

Joanna Mutter

Joanna, a 1990 Graduate from the Stanton campus of Delaware Technical and Community College, writes: " I can still see the picture in the News Journal that was taken on Graduation Day with my four daughters twirling around me. I became interested in the care of people battling mental health issues and soon moved on to work for the Delaware Psychiatric Center in New Castle, DE as a Nurse Manager for 12 years. Last year I transferred to Nurse Manager at the Kent Sussex Detox in Ellendale, Delaware. I have worked for the state a total of 14 years and now really enjoy helping clients work through the horrors of their addiction. It allows me to treat clients comprehensively, with dignity and professionalism.

I am also so very proud to announce that my daughter Angela Lynn Stansell will continue the 4th generation of nurses in our family. She will be a 2006 graduate RN, a professional career choice of great challenges and great fulfillment for her. She will use her heart and mind to help people when they need it most.

Please remember your greatest tools (besides stethoscope and pens) are your critical thinking skills and experience, they will guide you through your endeavors."

2003

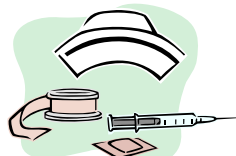
Michelle D. Messer

Michelle graduated from DTCC in December 2003 and has been employed with Christiana Care since before graduation. After she graduated, Michelle remained at Christiana Care as an R.N. on 2-C. She worked full-time for the first year and then switched to WIP (3 weekends per month) to spend time with her family and explore her opportunities for furthering her education. Michelle says, "Best Wishes to all"

2004

Amanda Knepp

Since graduation last December, Amanda has bought a house, got engaged (both on the same day), and started working towards her BSN at Wilmington College. She is currently working at the Hospital of the University of Pennsylvania in the Cardiothoracic SICU.



2005

Patty Wonyete

Patty is currently working at Christiana Care on 6-A. Her email address is changing, so if you want to get in touch with Patty, you can find her at pwonye@comcast.net

Dee Lougheed

Dee graduated in Spring 2005 and is working as an R.N. in the Wilmington Hospital Emergency Room. She is in the emergency internship and her anticipated graduation date is December 16, 2005. Dee is certified in ACLS and PALS.

Dee plans to enroll in the University of Delaware's ADN to MSN program in January 2006. She hasn't decided yet if she will pursue education or emergency medicine.

Dee is a member of CCHS "Wish" Program (improving Senior Health) and hopes to certify in Geriatrics.

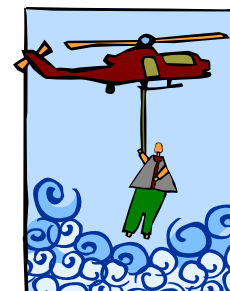
Amy F. Davila

Amy graduated in May, 2005 and became engaged to Mark C. Staples on the 11th of November. A Fall 2006 wedding is planned.

Graduate Helps Hurricane Katrina Victims

By Kay Keenan

Captain Roger Rodriguez, a 1997 graduate of the nursing program at Stanton, was deployed to New Orleans to assist with the evacuation of victims of Hurricane Katrina. Roger is a flight nurse with the 142nd Aeromedical Squadron of the Delaware Air National Guard. In an interview published in the Middletown Transcript, members of the squadron said that the sights of the "drowned" city were worse than anything they had seen in the war in Iraq. Capt. Rodriguez helped with the evacuation of the "walking wounded" from the Louis Armstrong Airport triage area. He was quoted as saying: "When you see how big the lake is, and how essentially New Orleans became part of the lake...I can't begin to put it in words. Nothing prepares you for seeing this in your own backyard." The Delaware Air National Guard flew 11 missions evacuating 2200 people to medical shelters across the south.



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



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Kay Keenan

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

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).

SNA NEWS by Kathy Sokola

SNA elections were held on September 22, 2005. Congratulations to the following members who were elected to office:

- Joe Kozak – President
- Sean Poole – Vice President
- Bea Crowley – Secretary
- Arwen Ranieri – Treasurer
- Paula Lander – SGA Representative

The SNA answered the call to aide the victims of Hurricane Katrina. Students collected items such as blankets and household items that were then assembled into health kits and flood buckets. Cash donations were also accepted for the relief effort. Items were shipped to Mississippi free of charge by UPS. The Nursing Department commends the SNA for their concern and efforts to alleviate the suffering of so many people.

Just for Fun



What the New Year brings us will depend a great deal on what we bring to the New Year.

Nurstoons

by Carl Elbing



www.nurtoon.com