Body, Mind and Spirit

Kathryn Niemeyer
Wellness for Hard Times

Sleep: The Foundation to Good Health

Interprofessional Education Takes Center Stage

Wellness in the Curriculum
I have many goals, but one that I am most committed to is doing all I can to stay as fit as possible and engage in activities that promote health and wellness, with a true integration of body, mind and spirit. Therefore, it was with great enthusiasm that I supported the focus of our Spring 2009 edition of KCON Magazine: wellness.

Wellness may become one of the most important ideas of our time as we are faced with an urgent call for health care reform in the United States. A recent Gallup Poll revealed that 85 percent of respondents believe individuals must take greater responsibility for controlling their own health care costs, and we know that individuals have the power to make the most significant contribution to their own health and well-being.

At KCON, we are eager to be part of this sweeping change. The newly revised AACN Essentials of Baccalaureate Education (2008) call for a major curricular emphasis on clinical prevention and population health. Baccalaureate nursing education programs must have content such as prevention and harm reduction, environmental health risks, health literacy, genetics and genomics, health surveillance, screening, immunizations, risk communication, complementary and alternative therapies, and nutrition.

Graduate nursing education focuses on a wide array of personal/clinical and community-based interventions, in addition to the development and application of social policies that positively influence health outcomes. Experience in monitoring comprehensive, holistic plans of care that address health promotion and disease prevention will be an increasingly critical part of graduate education.

KCON takes the call to increase this emphasis on wellness in our curriculum seriously. We are actively working with our practice partners to establish new sites for clinical experiences for students, where we can become part of dynamic wellness programs and make a meaningful contribution. Our students learn about the escalation of health care costs, their influence on the health care system and the urgent need for reform. Our goal is to make a difference for West Michigan. Our goal for West Michigan is a greater movement toward health and wellness, with a true integration of body, mind and spirit.
WELLNESS FOR HARD TIMES
KATHRYN NIEMEYER, MSN, MSC, APRN-BC

KCON alumna Kathryn Niemeyer sees a lot of fatigued, highly stressed nurses in her Ludington-based business, Radicle Wellness. During the past year, as the recession has dug its heels, she has seen many caregiving professionals become even more stressed as they try to help others cope.

“Caregivers are dealing with extraordinary stress now,” Niemeyer states. “The problem I’m seeing most is fatigue – a product of the standard American lifestyle accompanied by the standard American diet. When we’re running on empty, the first thing we do is reach for calorie-dense, processed, comfort foods. We’re too tired to exercise, to cook, even to sleep. This leads to a population that is increasingly overweight and exhausted, ripe for illness.”

After 20 years in critical care nursing, Niemeyer now approaches healing with nutrition and herbs. She earned her MSN at KCON in 1990, with a focus on critical care and education. In the mid-90s, she began reading about the holistic nursing work of Barbara Dossey, which eventually led to her current interests and back to GVSU.

“I got my post-graduate nurse practitioner certificate at KCON in 2002,” Niemeyer explains. “I wanted to get out of the acute care setting and practice more holistically as a mid-level provider.”

The next step in her professional journey took her to the University of East London in England for a second master’s degree in herbal medicine. The program is specifically for physicians and advanced practice nurses, with a focus on traditional Western herbal medicine.

Niemeyer opened Radicle Wellness two years ago. She travels to Grand Rapids regularly to provide medical coverage at the Pine Rest and Saint Mary’s Health Care psychiatric units. She also works one day a week for the District 10 health department, primarily in Mason and Manistee counties.

“It’s hard to talk about herbs generically because they are not like drugs,” Niemeyer says. “An herb is not a simple replacement for a drug. Herbs are supportive and nourishing – both nutrition and medicine. Usually, the herbal ‘prescriptions’ I recommend are customized and involve the formulation of several herbs. But generally speaking, to feel good and have energy, you need to make daily deposits into what I call your wellness account. In order to withdraw from this account, you need quality nutrition, exercise, and time for rest and reflection.”

Among the approximately 150 different herbs Niemeyer utilizes in her practice, some of the herbs she uses to help promote greater wellness include Eleuthrococcus, Holy Basil, Licorice, Schisandra, Ashwaganda, Skutellaria L., Verbena, Melissa, GotuKola, Kava, Valarian and Astragalus. Her favorite meal recommendation? A morning smoothie that contains three fruits, three veggies, oatmeal, raw honey, yogurt, tofu and rice milk. “This alone makes a huge deposit into your wellness account, and it helps sustain you no matter how bad the day gets.”

In addition to herbs, what nutrition suggestions does Niemeyer have for those who are tired of being tired? “No one will be surprised at what I recommend,” she says. “Learn how to identify and completely avoid all trans fats. Same for refined sugar and white flour. Also, avoid food additives that come from corn. Unfortunately, that eliminates most of the middle of a typical grocery store because virtually anything that’s in a box contains one or more of these.”

But not everything you love to eat is a no-no. Take butter. “I’m a real-food person,” she says, “and I spent many years in critical care and cardiology. So it took me a long time to get over my low-fat bias. But, for example, I recommend real organic butter that you get from grass-fed cows because it’s going to be relatively higher in good fats. I mix it half and half with olive oil and keep it in the refrigerator. Then I just eat less of it.”

CONTINUED ON PAGE 4
Meat? Eggs? “If you eat meat,” Niemeyer notes, “I suggest you eat it from animals that are doing what they are meant to do – local animals that were allowed to graze. The same thing is true for eggs, yogurt and cheese. If you choose quality nutrition and add some well-thought-out herbs, you will go a long way toward feeling better and coping more effectively with these tough times.”

COFFEE? CAFFEINE? HERE’S THE SCOOP

Is coffee good for you or not? What about caffeine as a pick-me-up? Kathy Niemeyer says, “I’m a coffee fan because it has good antioxidant properties, but there has to be balance because it affects the adrenals. Don’t drink more than one to one-and-a-half cups a day.”

What if you’re trying to reduce coffee consumption or stop drinking it completely? “You can’t replace a cup of coffee with herbs and immediately feel the same energy boost that coffee seems to give you,” Niemeyer explains. “But over time, if you lower caffeine consumption, you’ll have more sustained energy.

“Go off very slowly so you don’t suffer from withdrawal headaches. There’s a dandelion leaf tea that is a good taste substitute. I’ve also used caffeinated green tea, which has about a quarter of the caffeine of a cup of coffee and contains a lot of antioxidants. If you don’t like the taste of green tea, mix it with whatever you like – maybe some Siberian ginseng or mint or licorice.”

HINTS FOR THE HECTICALLY CHALLENGED

So, you’ve finally admitted you’re one of the “hectically challenged” – living your life in high gear day after day, taking care of everyone else first. And the current recession is just making it that much tougher.

“I usually deal with energy from the perspective of the adrenal glands,” says Kathy Niemeyer. “To feel better in the long run, you need to gently nurture and help them heal because they’re overstimulated by the way we live – with a chronic, fight-flight response turned on all the time.”

“Start your day with a good, full breakfast, then have a solid lunch. Feed your body foods that are alive and have color and flavor to them. Combined with moderate exercise and some form of spiritual or mindfulness practice – over time that’s how you will get more energy and start feeling healthier.”

Here are some of her suggestions:

- Gradually incorporate more fresh foods and raw plants into your diet.
- Find a store or market that sells high-quality food and herbs, and give them more of your business.
- Wean yourself off sodas. Replace them with a variety of herbal teas. Combine different kinds; experiment and find tastes you really enjoy.
- Find fresh, green dried nettle at a health food store and throw handfuls of it into spaghetti sauce and other sauces.
- To support your immune system, use elderberry. You can make syrup and pour it into smoothies or use it on pancakes.
- Use chamomile tea as a sedative at the end of the day. (It is also healing for the stomach.)
- Add the herb Scutellaria L to your cupboard; it reduces stress by helping to keep your parasympathetic system tuned up.
- Build up to walking an hour a day (it doesn’t have to be all at one time).
- Get outdoors at least 10 minutes a day, regardless of the weather.
- Take 10 minutes to practice some sort of mindfulness, meditation, prayer or spiritual practice that is meaningful and reconnects you with yourself.

Kathy Niemeyer can be reached at radiclewellness@yahoo.com.
The average American adult needs seven to eight hours of sleep per night to promote optimal health. According to the National Sleep Foundation, American adults average 6.9 hours of sleep on weeknights and 7.5 hours of sleep on weekends. Many adults report needing much less sleep than is recommended by experts, but why this is so is not well understood. Lack of sleep can be related to conscious choice, lifestyle, medically diagnosed sleep disorders or multiple factors.

Sleep is central to the nursing practice of two KCON alumni. Mary Barr, MSN, RN, APRN-BC, is a nurse practitioner in adult sleep medicine with the MMPC/Spectrum Health Sleep Disorders Center. She has been involved in sleep medicine since September 2002.

Linda Scott, PhD, RN, NEA-BC, FAAN, professor and associate dean for graduate programs at KCON, has been involved in sleep research for several years. Her initial research was as a member of a team from the University of Pennsylvania led by Ann Rogers, PhD, RN, FAAN.

According to Barr, the most common chronic sleep disorders include insomnia, sleep apnea and restless leg syndrome. These disorders can be treated with pharmacological and/or behavioral approaches. “Our role as nurses,” Barr says, “includes helping patients with an assessment of their sleep patterns, as well as educating and following up with them to assess the effectiveness of interventions.”

When it comes specifically to nurses, “It is well documented that nurses often practice in a fatigued state due to insufficient sleep,” Scott explains. “More than half of the nurses employed in hospitals work 12-hour shifts, which frequently include additional hours due to short staffing. There is also a lack of breaks and lunch breaks.”

Scott’s work is now moving in the direction of intervention studies. Her research team has reported the results of a pilot study designed to measure the effectiveness of a Fatigue Counter-Measures Program for Nurses (FCMPN). It is modeled after programs designed in other industries to reduce fatigue-related injuries and errors. “While participants reported increased sleep, fewer incidents of driving drowsy and a heightened awareness of sleep needs, they also felt guilty for ‘indulging’ in the FCMPN behaviors,” Scott reports. “There is a need for additional study, and we also must create a paradigm shift for nurses for FCMPN to be successful.”
INTERPROFESSIONAL EDUCATION TAKES CENTER STAGE

The days of one doctor or nurse working with one patient are gone. Interdisciplinary teams have been shown to improve patient care, and most health care providers work in teams today.

Health care education is beginning to catch up with this reality. The phrase “interprofessional education” describes the change taking place. Traditional training in professional “silos” is giving way as students need to be prepared for what they will experience in the field—working together across disciplines and jobs.

This was the focus when the Interprofessional Education Steering Committee held its first interprofessional education conference on January 9. Jean Nagelkerk, GVSU’s vice provost for health, helped form the committee, which includes partners from GVSU, Grand Rapids Medical Education & Research Center (GRMER), and MSU’s College of Human Medicine. The committee’s goal is to develop, implement and evaluate interdisciplinary learning experiences for students in the health professions.

The conference was a kick-off occasion, designed to promote the development of a sustainable interdisciplinary health care education culture in the region. More than 100 area practice partners and educators attended the invitation-only event.

In the Fall 2009 issue of KCON Magazine we will feature interprofessional education and highlight the January conference. Stay tuned!

KCON has embedded wellness and self-care into its curriculum, including a course devoted just to that topic: NUR 220 - Self-Health and Wellness. Coordinated by Susan Jensen, PhD, NUR 220 emphasizes interdisciplinary theories and models of health and wellness. Students explore core concepts of nutrition, exercise and stress management. They also cover health policy and our current health care system, ethical issues related to health promotion, screening, holistic health strategies, growth and development, cultural issues related to health promotion activities, and health promotion in the 21st century throughout the life span and around the world.

As part of this course students do a functional health pattern assessment on themselves and identify one area in their personal lives that needs improvement. Then they develop an action plan and practice their behavior change for one month. In a written personal action paper, they describe their experiences with this change and evaluate their progress.

“Students have contacted me in NUR 420 after being a part of my NUR 220 class and have told me that they are still working on their behavior changes,” Jensen says. “One student reported that she had lost over 100 pounds! Others have stated that they can now more easily handle stress and still others that they continue to exercise. It is very encouraging when nurses and other health care practitioners live the behaviors that we ask of our patients.”

WELLNESS IN THE CURRICULUM

KCON | FEATURE

EDUCATION STEERING COMMITTEE

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Wellness in the curriculum

NUR 220

Emphasizes interdisciplinary theories and models of health and wellness.

A PUBLICATION OF THE KIRKHOF COLLEGE OF NURSING | GVSU

KCON | FEATURE

Emphasizes interdisciplinary theories and models of health and wellness.
KCON STUDENTS GO “GREEN”

We know that wellness isn’t just about healthy people; it’s also about maintaining a healthy environment to live in. This year the SNA initiated a “going green” project in the Cook-DeVos Center for Health Sciences building. A recycling receptacle was placed in every classroom in the building, and larger recycling containers were placed at the end of every hallway. All part of GVSU’s larger effort to become an eco-friendly campus.

CONVENTION TIME

Members of KCON’s SNA attended two national conventions for the National Student Nurses’ Association (NSNA) during the past year, as well as the 2009 annual state convention. Twelve members attended the annual NSNA convention in Grapevine, Texas, in March 2008. A dozen members also attended the midyear conference in November in Reno, Nev.

The annual state convention for the Michigan Nursing Students Association (MNSA) was held in Dearborn in February. KCON had the largest delegation, with 24 members attending. During the convention, KCON’s SNA brought a resolution, “In favor of increased insurance coverage of health memberships, in order to increase awareness of patient and nurse safety in the workplace, and to update Michigan nurses and nursing students on the latest news from Washington.” Ultimately it did not pass, but the resolution generated a lot of interest and the largest debate of the convention. The MNSA board recommended that the resolution be reworded and simplified for clarity and then taken to the next national convention.

Speaking of which... the next annual NSNA convention is being held in Nashville, Tenn., this spring and 12 KCON SNA members will attend.

RELAYS, WALKS & DRIVES

GVSU hosts an annual Relay for Life to raise money and awareness for the American Cancer Society. This year the event was held on April 3rd and 4th at the Allendale campus field house. SNA always has a large team in this campus-wide event, showing commitment to the fight against cancer, and this year was no exception.

In March, the SNA organized a group of KCON students to join in a walk hosted by the MNSA and the Michigan Nurses Association in Lansing. During the morning there was an informational session to increase awareness of patient and nurse safety in the workplace, and to update Michigan nurses and nursing students on the latest news from Washington. An afternoon awareness walk and rally ended at the Capitol building.

Finally, the SNA is responsible for organizing blood drives in the Center for Health Sciences building. During the January blood drive a record amount was collected – 46 pints – more than double the usual amount! Thanks to everyone who participated.

SNA HOSTS GIRL SCOUTS

Last November, the SNA hosted an event for area Girl Scouts to help girls learn more about nursing and its career possibilities. The scouts were taken on a tour of the building and shown highlights of KCON’s program, including the simulation mannequins. They also had the opportunity to experience different aspects of nursing as they rotated through five stations that demonstrated everything from proper hand-washing techniques to the history of nursing. The Girl Scouts each earned a nursing patch for attending. The event was so successful that a similar session was held in March for local high school students.

GOLDFISH FOR THE HOLIDAYS

During the Christmas holidays, SNA adopted a local family for the season: a single mother with 4-year-old twins and a 5-year-old. SNA provided them with some household necessities, as well as a full Christmas Eve meal. Plus, each boy received a goldfish, which they were very thrilled with! SNA hopes to do this again and supply another family with resources, if funds are available.

MIDDEL SCORES IN TENNIS

Alisha Middel, a 27-year-old KCON senior, has made many life adjustments since she lost her lower right leg during reconstructive surgery to repair her knee. A high school athlete, she suffered many injuries playing softball, basketball and volleyball. She’s found her way to wellness as a member of the GVSU Wheelchair Tennis Club. “Being able to participate again in athletics has raised my self-esteem and given me more confidence overall,” she says. “The opportunities for me in wheelchair sports have been amazing!”

SCHOLARSHIP RECIPIENTS

Congratulations to the following scholarship recipients at KCON

- Butterworth Scholarship
  - Annalyn Hawkes
  - Tami Kool
- Lynn Kraemer Memorial Scholarship
  - Ashley Boyer
  - Sarah Loveland
  - Amber Osborne
  - Kaylee Yanker
- Esther R. Padnos Scholarship
  - Nasiele Milupi
  - Kevin Mombert
  - Kaylee Patterson
- Esther Rehm Stolz Nursing Scholarship
  - Maggie Bouchard
  - Ashley Bower
  - Beth Fuller
  - Annalyn Hawkes
  - Amber Osborne
  - Azby Phillips
  - Rachel Pitney
  - Taylor Westers
- Florence Cowan Ward Scholarship for Nursing
  - Theresa Boggiano
  - Aimee Bottini
  - Ariene DeKam
  - Chenoah Dickinson-Hendershot
  - Anne Herbeck
  - Sara Klein
  - Sarah Muckey
  - Katelyn Nelson
  - Katherine Warner
- Westerman Foundation Scholarship for Nursing
  - Amanda Hakes
  - Anne Herbeck
  - Lakeysha Parker
  - Michelle Spring
  - Sandra VanDyke
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THE KIRKHOF COLLEGE OF NURSING | GVSU

FROM THE PRESIDENT

In nursing school many of us had to critique a specific nursing theorist. Dorothea Orem was someone I identified with because of her approach to self-care.

Orem’s self-care model contains three conceptual theories: addressing self-care, self-care deficit and nursing systems. As part of this model, she claims that people possess the ability and responsibility to care for themselves – and need to do so to maintain optimal health and wellness.

We nurses care about others and work diligently to be an effective liaison between our patients, their family members and other health care providers. This can be highly demanding, stressful work. We need to apply the principles of self-care theory to ourselves before mistakes are made and our careers are shortened by burnout. We cannot give our best if we are exhausted with fatigue or emotional stress.

So find time to do activities that nurture your soul. Enjoy the outdoors, play a team sport, read a good book or listen to music. If you care for yourself first, your family, friends, patients and colleagues will get a better you.

Wishing you the best in self-care,

Elaine Leigh, MSN (’02)

Any questions about the KCON chapter? Please call the GVSU Alumni Relations Office at 616-331-5890 or 800-558-0541. Or send an e-mail through the “contact us” link at www.gvsu.edu/alumni.

ALUMNI UPDATE

ALUMNI BRIEFS

Husayn Barhoum, BSN (’08), is employed at University of California Medical Center, San Diego, on an intermediate care unit.

Cortes Balbuena, BSN (’08), is working in the Spectrum Health Blodgett Hospital emergency department.

Kerphold Rossouw, MSN (’08), has joined Michigan Medical F.P.C. as a family nurse practitioner at the Center for Diabetes and Endocrinology.

Julianne Carey, BSN (’08), is the director of the Medical/Surgical and Pediatrics units, as well as the Family Birth Center, at Zeeland Community Hospital.

Ashley Kennedy, BSN (’07), has been working at Munroe Medical Center since last June and is involved in a clinical advancement system.

Keverne Lehman, MSN (’06), director of nursing practice, education and research at Spectrum Health, had her article “Change Management: Magic or Mayhem?” published in the July/August 2008 issue of Journal for Nurses in Staff Development.

Elaine Leigh, MSN (’02), has joined Michigan Medical F.P.C. as a nurse practitioner in the gastroenterology practice.

Josee ON, BSN (’08), is working at Helen DeVos Children’s Hospital on the cardiology/neurology unit.

Brenda Pau, MSN (’03), has been appointed as interim director of simulation at Grand Valley State University’s Center for Health Sciences.

Shelley Rottman, BSN (’03), is working as a surgical case manager at Zeeland Community Hospital.

Sylvia Simons, MSN (’97), of Spectrum Health Hospice, was elected board chair of the Michigan Association of Home and Services for the Aging.

Sharon Strand, BSN (’98), is serving as a manuscript reviewer for Aging in Nurses’ Health.

Joan Van Solkema, MSN (’97), has joined Forest View Psychiatric Hospital as a nurse practitioner in medication management.

Shelly Myers Walters, BSN (’04), splits her time between the Saint Mary’s Health Care emergency department and “being a mom.”

Laura Weightman, MSN (’93), a nurse executive in the Saint Mary’s Health Care South Surgery Center, presented on the topic, “Getting Nurses Up for Success,” at the Region 3 RN-AM September 2008 meeting.

NEW KCON LEADERSHIP TEAM

As 2009 began, Dean Cynthia McCurren introduced a new administrative team for KCON. They include:

• Associate Dean, Graduate Programs:
  Linda Scott, PhD, RN, FAAN

• Associate Dean, Undergraduate Programs:
  Elaine Van Doren, PhD, RN

• Associate Dean, Nursing Research and Faculty Development:
  Cynthia Covick, PhD, RN, CNE

• Associate Dean, Practice and Community Partnerships:
  Patricia Schaffer, PhD, RN

“This administrative team is committed to providing the leadership necessary to address the challenges we have ahead of us," McCurren says. “We are excited to work collaboratively with all of the staff, faculty, students and alum that make up the Kirkhof College of Nursing community. With a solid foundation built on trust, respect, commitment, accountability and attention to results, I look forward to success.”

WALKING WORKS!

GVSU faculty and staff who participated in the pedometer challenge, Walking Works, put more than 81,000 miles on their pedometers this year. The KCON team of Cheryl Bargman, Amanda Brower, Kellie Knight and Susan Kraus placed third in the overall competition. They walked a total of 4,915,419 steps or 2,457 miles – proving once again that good health and self-care begin at home and from the ground up!

FACULTY & STAFF HONORED

Two KCON faculty members were honored at the annual GVSU Faculty Awards Convocation in February. Linda Nicholson Grinstead was recognized for 30 years of service and Ruth Ann Brittain for 25 years of service.

Faculty and staff honored for their years of service to GVSU at the annual Service Award and Holiday Gathering in December were:

• Coreen Pelton, 10 years

• Marilyn Rapaport, 20 years (retired)

• Patricia Schaffer, 10 years

• Linda Scott, 10 years

• Ruth Ann Stone, 35 years

FACULTY/STAFF UPDATE

Any news for the next issue of "Alumni Briefs"? Send it to the GVSU Alumni Relations Office:

E-mail: alumni@gvsu.edu
Phone: 616-331-5890 or 800-558-0541

So many of you have asked about the KCON Alumni Chapter. Please stay in touch and consider joining us on some of our activities.
DAVIS RECEIVES RESEARCH AWARD

Rebecca Davis, PhD, MSN, associate professor of nursing, received the New Investigator Award from the Gerontological Section of the Midwest Nursing Research Society at its 33rd annual research conference in Minneapolis. This award recognizes the contributions of a new investigator who has conducted nursing research that has the potential to enhance the science and practice of gerontological nursing.

SCHOOFS SHARES EXPERTISE IN HAITI

Nancy Schoofs, PhD, MSN, associate professor of nursing, went to Leogane, Haiti, during spring break to share her clinical and teaching expertise with the nursing program there. When she returned, she received a wonderful letter thanking her for her excellent work as well as her compassion and sincerity. Thanks to Dr. Schoofs for this important contribution to KCON’s cross-cultural efforts.

STAFF PROFILE: LORI BROWN

Lori Brown is passionate about three things: family, music and education. It was her love for education that brought her to Grand Valley, where she has been an active member of the GVSU community for the past seven years as both a student and employee. Lori completed a bachelor’s degree in education, graduating magna cum laude from GVSU in 2004. She is currently pursuing a graduate degree in education.

Since joining KCON in 2005, Lori has been able to use her knowledge and skills to support the educational initiatives of the college. As the academic department coordinator for the graduate nursing programs and administrative support for Associate Dean Dr. Linda Scott, she is excited about the upcoming events in the history of graduate education at KCON. This includes the implementation of the new DNP program, admission of the first DNP cohort and the development of the advanced generalist MSN program. Lori is a key player in making these initiatives a reality at KCON!

WELCOME NEW STAFF

Erin Busscher, M.Ed, BA, has joined the Student Support Service Center. She previously worked for the GVSU School of Music.

Angela Caruso, M.Ed, BA, has also joined the Student Support Service Center. She has been working in student support services for the University of North Carolina.

Rebecca Sytniewski, MSN (’03), has joined the staff at the GVSU Family Health Center as a nurse practitioner.

THE KIRKHOF COLLEGE OF NURSING CURRENTLY OFFERS THE FOLLOWING PROGRAMS:

- Bachelor of Science in Nursing (BSN)
- BSN Degree Completion for RNs
- BSN Second Degree
- Accelerated BSN Second Degree
- Doctor of Nursing Practice (DNP)

Classes begin Fall 2009
- Continuing Education Courses & Workshops

“We are creating exceptional learning opportunities for our nursing students. In just five years we have doubled the number of students in our undergraduate nursing programs, helping to respond to the critical nationwide shortage of nurses. Many of our graduates choose to live and work in this area, greatly expanding health care services. Our commitment is to continue this dynamic connection between Grand Valley and the community.”

Dean, Kirkhof College of Nursing
Dr. Cynthia McCurren

Web Site: www.gvsu.edu/kcon Phone: 616-331-3558 Fax: 616-331-2510 E-mail: Use “Contact Us” page on KCON’s Web site

The Kirkhof College of Nursing is fully accredited by the Commission on Collegiate Nursing Education (CCNE) and recognized for its outstanding teaching, scholarship, service and research.

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