



College of Nursing

SOUTH DAKOTA STATE UNIVERSITY

Spring 2017



DEPUY MILITARY HALL



**IMPACTING
MILITARY
HEALTH CARE**

Dear College of Nursing Alumni and Friends,



The College of Nursing's mission guides how we prepare members of the health-care workforce as excellent clinicians, educators, leaders and scientists. Our faculty and staff strive to educate students to impact health and access to quality health care for all people. This issue of the College of Nursing magazine features students, alumni and faculty who made a commitment to serve our country through active duty in the military and as providers of veterans' health care. The Reserve Officers' Training Corps (ROTC) programs offered on the main campus provide exceptional leadership education for students who are commissioned as officers in the U.S. Army and the U.S. Air Force upon graduation. After they complete the RN licensure examination, their military career unfolds with opportunities to serve across the globe and to advance their education beyond the Bachelor of Science degree.

The stories of our featured nurses and students share the deep personal meaning of their important role in health care and provide a perspective on the benefits of advanced education that are available to them through their service. Graduates who provide for the health-care needs of our country's military veterans and their families are special people who are grateful for the deep meaning of their work in health care.

The overarching themes of this issue are excellence and leadership in health care in service to diverse populations of people. The issue includes stories of our students as they become leaders in health care, whether that be at Camp Gilbert, which serves children with a chronic disease, or through the role of president of the state's nursing student association. Our three Jonas Scholars are doctoral students who will lead the future of health care and nursing education.

I invite you to visit any of our four locations to learn more about how we educate our graduates and meet some of our exceptional faculty, staff and students. Your support of our students and faculty through scholarships, research endowments or gifts to support the modernization of our teaching and learning environments help us achieve excellence. Thank you for your support and pride in the College of Nursing.

With best regards,

A handwritten signature in black ink that reads "Nancy Fahrenwald". The signature is written in a cursive, flowing style.

Nancy Fahrenwald, Ph.D., RN, APHN-BC, FAAN
Dean and Professor
SDSU College of Nursing (BS '83)



College of Nursing

SOUTH DAKOTA STATE UNIVERSITY

Spring 2017

Cover photo:

Senior Nick Westphalen has balanced the responsibilities of being a cadet in SDSU's U.S. Air Force ROTC detachment with a major in nursing. Westphalen, a dean's list student, will head to San Antonio after graduation.

The College of Nursing

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Called to serve.

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Serving others

More than a career choice

Nursing and the armed forces

At first glance, there is little connection between Dolores (Gleich) Pogrebniak '57 and Nick Westphalen, who will graduate in May. However, both entered South Dakota State with intentions of receiving a bachelor's degree in nursing and then decided to enter a program that allowed them to leave State as a second lieutenant in the U.S. Army and U.S. Air Force, respectively.

Pogrebniak was one of the nation's first participants of the Army Student Nurse Program (ASNP) to be commissioned as a second lieutenant in the U.S. Army Nurse Corps while Westphalen will receive that rank before May's commencement ceremony. The ASNP was designed to help solve the acute shortage of nurses in the U.S. Army. The schools of nursing were approved by the Department of the Army and accredited by the National League for Nursing.

Pogrebniak completed her senior year as a fully accredited member of the Women's Army Corps Reserve and received the benefits and pay of her rank. After graduation and certification by the State of South Dakota as a registered nurse, she was sworn into the Army Nurse Corps. After training at the Army Medical Service School at the Brooke Army Medical Center at Fort Sam Houston, Pogrebniak was assigned to the Walter Reed Army Hospital.

"It was a way to pay for college and I wanted the best education possible," said Pogrebniak, who celebrated her 81st birthday Dec. 7. "I wanted to have a career in the Army but got married and had my plans to get a master's degree in public health nursing at Fort Riley, Kansas, rescinded as a result.

"Unfortunately, I never got back into nursing after raising our children," she continued, noting she has a daughter who is a general surgeon, a son who is a pediatric ophthalmologist and two granddaughters attending medical school. Her husband, whom she met at Walter Reed, was a surgeon. "However, it was a wonderful experience."

Like Pogrebniak, Westphalen was looking for the best possible education.

"I joined ROTC because I wanted to push myself even further as a nurse and have an abundantly rewarding career in the military," Westphalen said. "I chose nursing because I have always loved helping people, especially in high-pressure situations, which is why I'm drawn toward the emergency department and flight nursing."

There have been numerous students who have completed the nursing/military science double majors and Lt. Col. Corey Norris, who leads SDSU's U.S. Army ROTC detachment, and Lt. Col. Craig McCuin, who heads the U.S. Air Force ROTC detachment, look to have more people follow in those footsteps.

"Our senior nursing majors are very impressive in terms of professionalism and leadership, and we can tell they'll be successful and do quite well in the U.S. Air Force as have quite a few others," McCuin said.

"Like the nursing profession, the U.S. Army is looking for high-quality individuals who desire to serve their nation, state or community," Norris said. "The students in the College of Nursing have already demonstrated a willingness to serve others by their chosen career—nursing—and they add to that by choosing another profession where serving others is also a high priority—being an officer."

Matt Schmidt

A few profiles of individuals who have chosen a career in the military follow:

Alex Kalsbeck—graduate student



Growing up in Brookings and having a desire to enter the nursing field, Kalsbeck knew where to go to college—SDSU.

“I chose to attend SDSU as it has a good reputation and I had heard that it was the best school to attend for nursing in South Dakota,” he said. “Going through my bachelor’s degree program, my instructors always encouraged us to go on with our

education and talked about the nurse practitioner program.

“After working a few years at Sanford Health with several nurse practitioners and physician assistants, I developed a high opinion of them,” he continued. “I also remember going into the clinic and having an NP see me. She was able to answer my questions and put my fears at ease. At that moment I knew I wanted to be that person.”

In addition to wanting to be a nurse practitioner, Kalsbeck had another desire—to serve his country.

“I grew up in a patriotic family. My father, uncles and grandparents all served in different branches of the military. I wanted to do something to fulfill my sense of duty to serve my country and still be able to achieve my academic and career goals,” he said. “For me, that was the Army National Guard.

“In my interview process for the SDSU master’s program, I told them that I was in the Army National Guard. I asked if they

had anyone go through the program before who was in the military and how they would handle my progress if I were to be deployed,” Kalsbeck continued. “They immediately put my mind at ease by telling me that they would hold my spot in the event that I were deployed and would work with me when I was away at training and other military requirements.”

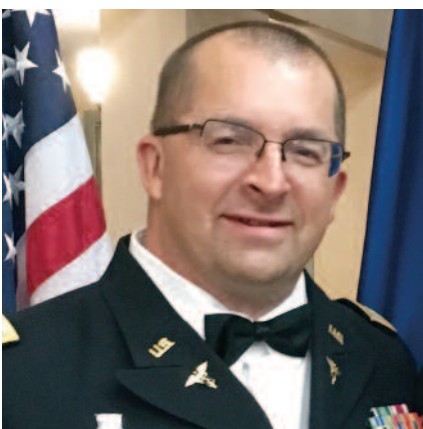
Little did Kalsbeck, a sergeant with the 153rd engineering battalion, know at the time he’d be deployed to Kuwait in November 2016.

“When I found out, Mary Minton, the associate dean of graduate nursing, warmly thanked me for my service and ensured me that my spot in the program would be waiting for me when I return. It meant a lot to me that she personally wrote me,” he said.

Kalsbeck will return in October and hopes to complete his master’s degree in August 2019.

Matt Schmidt

Bruce Kyllonen—nurse/case manager



The combination of nursing and the military worked for Bruce Kyllonen ’02. Currently a nurse/case manager for the U.S. Army, Kyllonen became interested in nursing as a child and confirmed that plan while

serving as a nurse’s aide before arriving at State.

“After doing some research on South Dakota State, I found it had a top-notch reputation in educating aspiring nurses and preparing them for the workforce,” he said. “My impression was confirmed when I visited the campus for the first time.

“SDSU has been a rock-solid foundation for launching my career as a nurse and military officer, and gave me a sense that I could do what I had set for myself as a goal,” Kyllonen continued. “The lessons I learned there continue to aid me as I continue to learn new things and experience new positions.”

Now an Army Nurse Corps officer with the rank of major, Kyllonen joined ROTC as a way to show his love for the U.S. by serving the country and rural residents. It took some work to be in both programs.

“They both taught and reinforced discipline, service, goal setting and creativeness to use the incentives placed before me to reach my goal of becoming a nurse officer in the U.S. Army,” he said. “To do it, be prepared for hard work but the rewards you will gain will be more than worth it—job security, professional advancement and the opportunity to see the world and do things you may not have thought possible. Some of those things included traveling to nearly every part of the U.S., and having the chance to go to places like Japan, Hungary, Lithuania and, of course the Middle East, with the recent conflict.

“With five years left before retiring from the Army, I have become a mentor to junior soldiers and officers, passing on my knowledge and helping to maintain the Army’s professionalism, mission and ethos in its service to our country.”

Matt Schmidt



College's connection to the military

Nick Westphalen—undergraduate



Nursing was always part of Nick Westphalen's career plan when he stepped on the South Dakota State University campus as a freshman. Westphalen, who will graduate in May, chose nursing because it was the most hands-on health-care profession with a college degree he could find, and he knew it could be a steppingstone to becoming a nurse practitioner.

Those original plans included him joining the military after graduation from State, a decision he made while attending Sioux Falls Lincoln High School. However, he changed his mind during New Student

Orientation where he learned the U.S. Air Force ROTC program might provide a better route for his career plan.

It hasn't been easy mixing the two programs.

"Nursing's a pretty grueling major and then you throw on the extra ROTC duties," Westphalen said, estimating ROTC takes 6-10 hours each week. "My freshman year was the biggest one in terms of demands of my time.

"I really dedicated myself to nursing my freshman year because grades play a major factor of whether or not you get into the college," he continued. "I had to learn study habits, so it was a big change for me. I also had to really work on time management and deciding what I could afford to put my time toward and what I had to put on the back burner. What makes it work is proper time management, and through the help of all my ROTC classmates, I was able to make it work. There have been struggles, but you're never going to be perfect on your first try."

Westphalen will graduate in May with his bachelor's degree in nursing and a minor in aerospace studies. After commencement, he heads to the Air Force's Nurse Transition Program in Scottsdale, Arizona, before going to the San Antonio Military Medical Center for medical/surgical nursing.

Not only is Westphalen a nursing student ambassador but he is also the vice wing commander for SDSU's Air Force ROTC Detachment 780. In the latter role, he creates mentor groups that help the

detachment's freshmen manage the college transition. It is a role he takes quite seriously because of his memories of his freshman year.

"I wanted to be a mentor because I was so lost as a freshman, I couldn't tell left from right," he said. "I found it was really helpful. It's nice to give back and be able to do so."

In addition to the ROTC mentors, Westphalen used tutors, academic advisors and supplemental instruction sessions.

"I tell the incoming students during orientation that nursing's a tough major but you can do it," he said. "I also talk to them about the resources on campus rather than talk about the major itself.

"I tell them it's OK to unwind the first week but after that you need to start going to supplemental instruction and instill good study habits," he continued. "I say that because if you don't and then realize you have a C, it might be too late to raise that grade because your exam is in two days. It's good to address it ahead of time by using the resources available rather than wait for it to get worse and realize you've dug a grave."

Westphalen's approach has paid off. Not only is he a dean's list student, Westphalen was a distinguished graduate at field training, meaning he was ranked in the top 10 percent of all cadets, at the Camp Shelby Joint Forces Training Center in Mississippi in 2015. He followed that as one of the detachment's selections to be a cadet training assistant at field training in 2016.

Matt Schmidt



Anne Buttolph—faculty

Buttolph, an instructor in the college, spent nearly three years as part of the team providing care for the president and

others during her eight years in the U.S. Navy. Her first year was spent as the second nurse in the medical evaluation and treatment unit at what is now Walter Reed National Military Medical Center. She was the officer in charge for the following two years.

"I provided direct patient care and coordinated care behind the scenes. I also assisted the White House physicians with whatever they needed," she said, adding care

was provided for the president and vice president, their families and any foreign dignitaries the president selected.

After completing her bachelor's degree in nursing from the St. Francis College of Nursing, Buttolph was commissioned into the Navy Nurse Corps. Her first station was in Bremerton, Washington.

She spent three years in Bremerton working in intensive care and earned critical care nurse certification. She and her

Asha Wyatt—flight nurse



Nursing came natural for 2011 grad Asha Wyatt, originally of St. James, Minnesota. Her mother is a nurse. Wyatt enjoyed listening to her stories and found high school anatomy class to be a favorite.

Her path into a career with the U.S. Air Force was much less obvious.

“A few friends were in ROTC class to meet one of their humanitarian credits. I was interested but didn’t pursue it until the last possible moment of my sophomore year. I heard about the nursing scholarship but didn’t want to do it solely for the monetary benefits—eventually thinking this motivation will fade,” said Wyatt, a flight

nurse at the 86th Aeromedical Evacuation Squadron in Ramstein Air Base, Germany.

“I decided, who better to serve than those who serve my country? My family was supportive in my curiosity to look into the military and have remained my support through and through,” she said.

Wyatt, who was promoted to captain in 2015, has not regretted pursuing her career through the military.

“The people I work with hold each other to a higher standard. We work together and depend on each other. Servicemen and women have only a few years until it’s time to move again, which forces us to develop strong relationships. It’s been great meeting people from all walks of life and working together to accomplish a greater mission.

“I work alongside the best and have cared for countless heroes, including their families,” Wyatt said.

One of the attractions of military service was the opportunity to travel and explore.

“Living in Germany has been a dream. I’ve learned to be more adventurous,” she

said. “Relax—don’t think of the next appointment but rather be in the moment. Stay for coffee after dinner. Take advantage of every moment you possibly can. Sometimes taking another photo isn’t the answer. It’s never as good as the real deal. Rather, just stop and enjoy the beauty that surrounds you.”

She is fulfilling a few personal goals while stationed in Germany:

- Learn the language—“It’s not easy and I only know enough to order off a menu and get by in conversations, but the little I’ve learned has earned respect,” and
- Travel Europe—“I’ve had a few once-in-a-lifetime opportunities to see the world. I can’t see it all in my three-year assignment, but I’ll be back!”

“All in all, I’m blessed beyond belief and couldn’t imagine not starting out at SDSU and serving my country.”

Dave Graves

husband, Thomas, then went to Bethesda, Maryland.

Following her military career, Buttolph worked at the National Institutes of Health, at a level one trauma center in California, and at a Naval hospital in Florida before returning to NIH.

“When my husband returned to D.C., I went back to NIH and started working again with a nurse I had worked with earlier in my

career. Another nursing adventure led me to help create, design and finish the Ebola unit at NIH,” Buttolph said.

“I attribute my role then to my time in the Navy and the leadership opportunities there,” she continued. “Health care is a team, but in the military, it’s a much stronger team.”

Her husband became a pathologist at St. Luke’s in Aberdeen. She joined the SDSU

faculty in August 2012 to prepare for the accelerated program’s start in Aberdeen. Her specialty is simulation.

“In the Navy, we did simulation before it was called simulation,” she said. “Now, it’s modality for learning how to deliver patient care. I tend to use my life experiences in the classroom.”

Matt Schmidt



Mills, Cole find working at the VA the place to be

John Mills and David Cole both found different ways to careers in nursing. For Mills, the experience of his first son being born changed his life in more ways than he anticipated. It was at that time that Mills, who was working on weapons systems electronics in the U.S. Navy was prompted to think about nursing.

"I was really impressed with the nursing staff at the hospital. I wanted to be in a profession that made positive impacts in people's lives and a nursing career seemed to fit that need," Mills said. "It was a big change for me, but I liked the idea of helping people and families of ill patients and a nursing career was a way I could achieve this goal."

Mills '97/'16 has used his knowledge in the field of nursing and as a veteran to provide care at the Sioux Falls VA since 1996.

Cole '93/'98/'15 had been recently released from working on a Department of Defense research project as part of a cycle between being on active duty with the U.S. Army or working for Department of Defense contractors.

"My sister (Jacque) looked at me then and asked if I thought about nursing. I said no, not really. She asked, 'have you thought about being an occupational health nurse? You have the engineering background for it but need to get that thing called RN behind your name.' I said I'd think about it," Cole said. "I called a friend of mine who still was working at Lockheed and asked whatever happened to the occupational health nurse? He said, when everything got closed down, the occupational health nurse was promoted and transferred to another site.

"I learned because there are so few occupational health nurses, they don't get laid off. Why didn't someone tell me this 20 years ago?" he continued. "I decided to jump in."

Cole, who was still in the Army Reserves, earned his bachelor's degree in nursing through the accelerated program in Aberdeen.

"I was the old guy going back to school but it was a phenomenal time. It was eat-

study-sleep, eat-study-sleep," Cole said. "I was knocking a serious amount of dust off my synaptic leaps. It was a lot of bookwork but it was definitely worth it."

Personal connections

Then came the decision of where to serve his preceptorship.

"As a vet, I come here for health care," said Cole, removing two hearing aids, which came as a result of too many explosions and reoccurring loud noises during deployments. "One thing I realized when doing clinicals was that I was able to develop a personal connection with veterans and they would tell me a lot of things about their past.

"I remember talking to one vet who was in the Korean War. He told me a story where he was knocked unconscious and has had neck problems for the past 30 years. I said he should get that evaluated, because to me, it was a service-related condition and he had a medical track record.

"How many students who haven't served a day in their life would have come across that?" Cole continued. "After graduation, it came down to where do I want to work? Where did I have the real connection? It's these guys/gals here ... the ones you see in the beds or you see in the hallway. We might not be of the same generation but when they say 'I had a mortar shell drop by my head and couldn't hear for three days.' I say I understand that, too. And I understand PTSD. I do."

That personal connection also drew Mills to the VA.

"Knowing what our veterans have been through made me feel that my fellow veterans deserve the best care possible. I have found in taking care of our veteran patient population a very rewarding career path as a VA nurse," Mills said. "Our veterans have unique health-care problems and often need a specialized health-care system to be able to deliver their care needs.

"There is a fellowship among the servicemen and women staff who work at the hospital and the veteran patients seeking

care, too," Mills continued. "Also, there are many nonmilitary staff dedicated to our VA mission to provide care to veterans."

Use experience for impact

Mills served eight years in the U.S. Navy before starting his undergraduate degree. He started work at the VA in 1996 in the Student Valor Program.

"That program gave me the unique opportunity as a nursing student to work in the role of a nurse with a preceptor during my last year of nursing school," Mills said.

Mills was hired full time by the VA in 1997 as a staff nurse on a surgical floor. He then applied to work in the intensive care unit and worked there from 1998 to 2007 before serving as the pulmonary care manager from 2007 to 2016. It was during his time in pulmonary care that he heard about the clinical nurse leader role.

The role piqued his interest and he decided to pursue a master's degree and become a CNL. He passed the CNL exam and started as the VA's CNL for outpatient and long-term patient care areas in November.

"The role is a way I could disseminate my many years of experience to my fellow nurses. It is also a way to keep myself involved in bedside care by supporting the needs of bedside nursing staff. The best part of the job is that it is a new position and I am able to develop it to make the greatest impacts on patient care at my hospital," Mills said. "I also am an advocate of staff nurses by giving them a voice that is heard in management. My goal is to continue developing and establishing the CNL role and be able to help the nursing profession demonstrate its importance and value in delivering care."

And that care comes in many forms, whether it's from Mills or from Cole.

More than health care

"One night, I remember sitting down with a patient at 1:30 a.m. and didn't leave his room until 3 a.m. because he needed to

talk. I saw the suicide vbied (vehicle-borne improvised explosive device) hit the gate of the Forward Operating Base where he was stationed. I saw that. How much more of a connection can one have?" said Cole, when asked about his experiences on the med/surg floor. "It's amazing how many times I tell them they need more than physical help, they need mental help, too. I cannot describe the connection I have with these patients. It's one that you need to be a GI to understand.

"On an average night, I see four patients," Cole continued. "I've had a pneumonia patient in one room, a knee replacement in the next one and one going through detox next to him. You keep your skills very active, very active."

While Mills recently changed roles, Cole is content in his role. However, the thought of being an occupational health nurse is still in the back of Cole's mind. If he does make the move, it'll be within the VA.

"To specialize as a nurse, you need at least two years of experience. You have to get your feet muddy and knuckles bloody, no matter what," Cole said. "I'd still like to go into occupational health realm, but at this point, I'm not looking because I need to get two years experience first and foremost.

"One thing I find fascinating about working here, and it gives me a chuckle every single time, is the stories," Cole said. "There's a connection there and they open up. When I deal with patients who were in Iraq and Afghanistan, I know what they're talking about because I was in Iraq and some have even been in the same places at the same time, but we just didn't know each other. Like I said earlier, I cannot describe the connection I have with these patients. It's one that you need to be a GI to understand."

Matt Schmidt

TOP: David Cole, left, reviews his schedule with Bryan Schave '12 following a shift.

MIDDLE: In his new role as a clinical nurse leader, John Mills talks about a patient with Jill Tobin, left, and Cheryl Bartling '16, right.

BOTTOM: Dr. Gurkirpol Gil points out something Mills and the staff need to pay attention to in a patient's record.





Learning and serving

Bostic twins try to balance major, duty

Twain brothers Nathan and Nolan Bostic have done almost everything together for as long as they can remember. Coincidentally, that has not changed since both are pursuing a future in the Air National Guard and a bachelor's degree in nursing at South Dakota State University.

Originally from Hartford, junior nursing students Nolan and Nathan were unsure of what they wanted to do after graduating high school. Having watched their older sister, Carly Boom, go through basic training, the brothers saw the benefits and life lessons the National Guard had to offer. Enlisting six weeks apart during their senior year of high school, Nolan and Nathan realized that the National Guard could give them a break from the classroom but give them other lessons, too.

The National Guard proved to play a major role in preparing and shaping both Nathan and Nolan for college and their future nursing careers.

"Much like Nolan, I was not really sure what I wanted to do with my life," Nathan said. "I figured the time off would be well spent in the National Guard because it would teach some life lessons and help financially prepare me for college. I didn't want to be a broke college kid. I know how big of a burden that can be to carry while going to school."

"I honestly don't think I was ready to go to college until the National Guard. It gave me the maturity and self-discipline I needed," Nolan said.

Both Nolan and Nathan went to San Antonio the summer after their high school graduation for 8 1/2 weeks of basic training, four months of technical school training and another two months of on-the-job training. Nathan worked in pest management and Nolan in weapons. Their time spent in Texas resulted in the brothers taking about a year off before starting at SDSU in August 2013.

When it came to declaring a major, nursing seemed to be an appropriate and familiar career pathway. Watching their mother, Julie, work as a nurse practitioner and their sister earn a degree in nursing helped them discover their interest in the field and passion for helping others.

"We saw the career of nursing firsthand growing up," Nolan said. "I guess I ultimately decided to pursue it because I grew up around it, but I have found that I really like helping people. I also really enjoy that every day in the field of nursing is different."

Nathan agrees in that his family background had a significant influence on his choice. He admits to being pleasantly surprised at how much he has grown to enjoy the nursing program.

"It is such a rewarding career," Nathan said. "You are able to interact with so many different people and see the positive impact you are making on their lives."

The field of nursing first seemed intimidating to the Bostics, but they quickly discovered that the self-discipline they gained from the National Guard would help them excel.

College of Nursing Instructor Jody Ness worked with both Nolan and Nathan throughout their first semesters in the nursing program. During those semesters, she witnessed their character, attitude and work ethic.

"I had the privilege of working with them in the classroom and in a lab setting—Nolan in spring 2016, and Nathan in the fall," Ness said. "They were attentive and took the content seriously, while maintaining a lighthearted demeanor. I remember both of them sitting close to the front, asking thoughtful questions and making those around them comfortable with their smiles."

"I assume their Guard experience taught them discipline and respect, which was evident when I had them in class. Nursing is



challenging, so that sort of discipline is needed along with a respect for fellow students, instructors and, of course, patients and their families," she continued. "I expect they will one day portray a positive work ethic, caring attitude and a wonderful bedside manner because they are able to be serious, disciplined and lighthearted. My hope is that they stay curious about nursing and continue those qualities."

Even though the two have similar interests, they live separate lives and have explored different experiences.

During the summer after his sophomore year, Nolan was deployed to Korea from May to September 2015. Stationed at the Kunsan Air Force Base, Nolan performed inspections and repairs on F-16 suspension equipment.

"The time I spent away from school and family in a foreign environment helped me develop a greater mental resiliency. This has helped me in school, and will benefit me in the future in my nursing and military career," Nolan said.

That experience also has led Nolan to pursue a path slightly different than Nathan. While Nathan hopes to work as a registered nurse with Sanford Health in Sioux Falls, Nolan plans to complete his training as a registered nurse and then attend Officer Training School, in hopes of one day working on a military medical clinic.

The National Guard gave the Bostics valuable life experiences and helped them understand exactly what they want to do both in college and for a career. Remaining close to each other throughout that journey has simply been a coincidental positive, for which they are both thankful.

Shelby Bauer

An officer and a nurse

Military career allowed Weelborg to find calling

When Sara Weelborg '96 graduated from South Dakota State University's College of Nursing, the U.S. Navy's slogan was "Let The Journey Begin."

Weelborg's 20-year stint in the military allowed her to embark on a journey that eventually led the Redfield native to her own practice in Gig Harbor, Washington.

"At the end of my freshman year at SDSU, I knew I wanted a career in the medical field and that I wanted to work with and help people," Weelborg said. "Around that time, I had a conversation with a family member who had had a very good experience with a nurse practitioner during a lengthy hospitalization. She gave me a pamphlet she had picked up at the hospital, and I started to learn about nurse practitioners of all types.

"The role was very attractive to me and something I could definitely see myself doing well at and enjoying for a career," she continued. "Since I wanted to keep my options open as far as what type of job I would ultimately do, it made sense to me to get a solid education that would prepare me for as many experiences as possible within my chosen field."

Weelborg has done that, working in cardiac, intensive care and psychiatry units while with the U.S. Navy, a career that almost happened by accident.

"During my junior year at SDSU, the college hosted an Air Force recruiter who spoke with us about opportunities to serve in the military as officers after graduation," she said. "I loved the idea of being an officer and a nurse, but unfortunately the Air Force ran out of slots for my graduating class. I accessed some Navy Nurse Corps recruiting materials from the college's filing cabinets and discovered that the Navy had a similar program.

"I contacted the medical programs recruiter who was extremely helpful and the

lengthy process of applying, interviewing and ultimately being selected began," Weelborg continued. "It felt right to me from the very beginning, and it seemed I had been granted the best of all worlds—an opportunity to serve my country as an officer, gain valuable professional nursing experience as a new graduate, and see a different part of the country."

Weelborg's military career included stops at Walter Reed National Military Medical Center, the Naval Hospital Corps School Great Lakes in Illinois and the Naval Hospital Bremerton in Washington.

While in Illinois, Weelborg was introduced to psychiatric nursing, one of that hospital's busiest departments, and a light went on.

"One of the reasons I joined the Navy is because I had heard that they don't pigeonhole you into a specialty early on. The Navy wanted you to work in a different area every couple of years—that's why I went from pediatrics to cardiac to psychiatry," she said. "That was really nice, otherwise I probably would have never chosen psychiatry.

"Psychiatry is one of the Navy's critical wartime specialties, and I knew that I had good odds of being picked for the Duty Under Instruction program. That, combined with the fact that I liked it as much as any other nursing area I had worked in, made sense to go that route," she said, noting the program allowed her to pursue a master's degree in nursing with a clinical nurse specialist focus in psychiatric nursing. "Plus, I saw myself working in that role for the rest of my life, rather than some of the other specialties that are more taxing physically. I liked the area, knew it was always going to be changing and intellectually challenging."

After graduating with her master's degree and being certified as a clinical nurse specialist, Weelborg's next challenge was transferring to Naval Hospital Bremerton to



serve as its advanced practice psychiatric nurse. She became the department head for its outpatient mental health facility. After completing a postmaster's certificate program, Weelborg was able to take the adult psychiatric and mental health nurse practitioner exam.

"I felt it was a good move to make given that I had always wanted to be a nurse practitioner and advanced practice mental health nursing was moving from the CNS role to the NP role at the time," she said. "I liked the independence nurse practitioners enjoy, and I believed the role would suit me well. At the time, however, I never imagined having a solo practice."

Now retired from the military, Weelborg provides outpatient, comprehensive mental health services.

"I'm honored and humbled on a daily basis that people come to me, and I can work with them at this level in their lives," she said. "I see 10 to 12 patients each day, providing a full range of outpatient mental health services."

Dean Nancy Fahrenwald was not surprised to hear about Weelborg's career.

"Sara's another example of the many opportunities awaiting our students upon graduation," Fahrenwald said. "She's shown the only limits you have in your career are the ones you put on yourself."

Matt Schmidt

Camp Gilbert

Aberdeen Accelerated students help summer camp attendees

For the past three years, nearly two dozen College of Nursing students have gained hands-on experience dealing with type 1 diabetes. The students each spent a week at Camp Gilbert. The camp, which is located on Lake Enemy Swim at NeSoDak Camp near Waubay, is for children age 8–18 with diabetes.

For the Aberdeen accelerated students who participate, they provide a service for the camp and meet the objective for the pediatric clinical experience.

“Camp Gilbert is a crash course in type 1 diabetes,” said Nancy Hartung ’97, a registered nurse who is on the Presentation College nursing faculty, a certified diabetes educator at Sanford Health Aberdeen and is on the Camp Gilbert board of directors. “As a result, it’s a great opportunity for students to learn how to take care of people with type 1 diabetes.

“The SDSU nursing students have been a wonderful addition to our staff. We’d like to have more nursing students there; their presence is vital.”

The students aren’t the only ones learning as the college’s faculty members are learning, too. Through a Scholarly Excellence Fund: Scholarship of Teaching and Learning grant, the faculty are looking at how clinical experiences at the camp can improve student retention of diabetes knowledge. According to professor Lori Hendrickx, the preliminary data show that the Camp Gilbert attendees retain more diabetes knowledge. Because initial data analysis was done on a small sample size, future clinical experiences at Camp Gilbert will be included in long-term measurement of diabetes knowledge retention.

“The research part of it fits in with the scholarship of teaching and learning. We’re

developing an innovative service-learning project,” Hendrickx said. “Camp Gilbert staff weren’t initially sure how it would work, but after the first year, they asked for more students. It’s been awesome.”

And the students agree.

Megan Binger ’16, who earned a bachelor’s degree in exercise science at State in 2015, participated in Camp Gilbert in summer 2016.

“I liked the fact that Camp Gilbert gave us the opportunity to be on-site with the campers for an entire week. As a result, you get to interact with them more and get a better understanding of what their life with diabetes is like,” said Binger, who hails from Redfield. “It’s really only a little part of their life, and they’re still kids. They don’t let diabetes define who they are.”

“It doesn’t matter what disease someone has, it’s not who they are. A person could



ABOVE: Tyler Miller and Kayla Bowyer help attendees with ways to combat low blood sugar. OPPOSITE: SDSU students at Camp Gilbert near Waubay, South Dakota, were: front row, from left, clinical instructor Robin Dutenhoffer; Brea Norder, Glenham; Megan Binger, Redfield; and Seng Ly, St. Paul, Minnesota; middle row, Cait Callahan, Black Diamond, Washington; and Jonathan Chea, San Bernardino, California; back row, Kayla Bowyer, San Diego; Stephanie Gaikowski, North Pole, Alaska; Carmella VanArtsdalen, Santa Cruz, California; and Tyler Miller, Palm Beach, Florida.



have MS or a developmental disorder, but that's not who they are; they are so much more than that," she continued. "I had the opportunity to teach dance to one of the campers when she was younger. I had known her when she was first diagnosed, and it was nice to see how she has progressed."

Linda Burdette, an assistant professor and coordinator of the Aberdeen accelerated program, saw how the students handled themselves in various situations.

"I saw the students had developed a very good skill set in how to deal with diabetic emergencies, such as low blood sugar," she said. "I watched our students not become panicked at a blood sugar of 36 and handle it very routinely, they had become that skilled. I've seen experienced registered nurses who panicked in the same situation. That was such a telling point for me that we were doing the right thing by having our students at the camp."

Binger and Jonathan Chea '16 agreed they learned more from the experience than they expected.

"I had to do night rounds and hadn't treated diabetes patients without giving them insulin. After my first night of rounds, I felt much more confident knowing what I had to do to make sure that camper was safe in their activities," Binger said. "If someone's blood sugar wasn't rising fast enough, we learned from the other staff that there are times when we need to wait, because their body is not catching up. It was an awesome learning experience. I wish more people could go to Camp Gilbert to get that experience."

"We came away knowing about diabetes more than what's in the textbook. You get to actually see it when you can put a sign or symptom to a face you've actually dealt with. I think it's enriching," said Chea, who is from San Bernardino, California, and would like to work in an intensive care or emergency department after graduation. "I want the high adrenaline, high-intensity environment, but I still need knowledge of diabetes. An individual can show up in the ER with these symptoms, and I'll know what to do. The exposure is definitely a benefit."

Robin Dutenhoffer, an SDSU clinical instructor who was at Camp Gilbert with the students, said the students have been fortunate to gain the hands-on experience.

"We've fit in really well with the expectations. Our students have stepped in and done well," she said. "This is a totally different environment where in traditional clinical, as an instructor, we usually are around each other and are in closer contact. At camp, they're spread all over. We have to trust they're well educated on what they're doing as we're not standing over their shoulder and providing guidance on how to do something."

The Camp Gilbert clinical experience has not only provided an opportunity for nursing students to increase their knowledge of caring for children with diabetes, it has resulted in an opportunity for students to work with health-care providers to provide a service to the state of South Dakota.

Matt Schmidt

Career fair



Recent grads return to recruit

Lexi Opheim and Kaitlin Walters recently found themselves back at South Dakota State University. The 2016 graduates, who are now working for Essentia Health in Fargo, North Dakota, were on campus to help recruit others to follow their lead at the 2017 College of Nursing career fair.

“Being on the other side of the table at the career fair and in the University Student Union in general brought back a lot of memories,” Walters said. “I talked to a lot of first-semester nursing students who just

started the program that very week of the career fair.

“I definitely remember exactly what it felt like to be in their shoes,” she continued. “The first week of the nursing program was very overwhelming. They throw a bunch of information at you in a short amount of time. You hit the ground running. I remember stressing over writing every assignment and test down in my planner—my planner was my best friend in nursing school. I told many of the first-semester students at the career fair that if they didn’t



“Being on the other side of the table was so fun and energizing,” Opheim continued. “It was an interesting perspective being able to see and interact with nursing students as an actual nurse myself. I feel like I was just in their shoes a week ago. It was fun using my recent knowledge of nursing school to connect with the students about professors, classes and balancing life with school. I loved getting to share advice as well as new stories about being in the real world.”

In the real world, Walters is on the float team while Opheim works as a neurological medical-surgical unit nurse.

“While our focus is post-op back and neck patients and stroke patients, the beds can be filled with a sprinkle of everything such as pneumonia, heart failure, cancer, kidney disease, influenza and so much more,” Opheim said. “My job really lets me see an amazing diversity of disease processes in their multiple stages and the many different treatment options

around to rely on,” she continued. “It is definitely a big challenge as a new grad being a float nurse. You have to know such a wide variety of information about various diseases and surgeries. Although I hated getting up at 4 or 5 a.m. multiple times a week in school for clinicals, I’m glad I had the various clinical experiences at different facilities to get a general background of the different areas.”

Both admit their college education helped them during their busy first year of employment.

“Everyone tells you that nursing school is hard, but no one tells you that your first year as a new grad will be even harder,” Walters said.

“Thankfully, I think SDSU’s clinical experience, simulations and education helped ease the transition,” she continued. I was told by many nurses while I was on orientation that it was nice to see me jumping right in and do rather than hesitate or observe like a student would. SDSU’s education gave me the confidence in my skills and abilities to be a proactive nurse.”

Opheim agreed.

“My first year of employment has been an absolute whirlwind. From the chaos of studying and passing my boards to starting my first day at Essentia to now being off orientation and possibly taking a student of

“It’s slightly overwhelming as a student thinking about where you want to go, what specialties you want to pursue and where to even begin with the process.”

Lexi Opheim

have a planner, they better invest in one because it would be their best friend, too.”

Opheim also recalled what it was like as a student attending the career fair.

“I remember being right where they were; full of nervous energy and excitement over the abundant opportunities that were before me,” she said. “It’s slightly overwhelming as a student thinking about where you want to go, what specialties you want to pursue and where to even begin with the process.

that are available. The best part of my day is that there isn’t an average day. I never know what will be thrown at me.”

Because of her role, Walters also never knows what to expect when she checks in at Essentia.

“I dedicate about 20 to 30 minutes before each shift collecting data about my patients and sketching out the ‘game plan’ for the night in my head,” Walters said. “I think I have SDSU’s intense program and high expectations to thank for my drive to be well prepared and organized before each shift starts..

“I think it is sometimes more difficult to be a night-shift nurse because you have to be more efficient and resourceful due to the fact there is less interdisciplinary staff

my own, there hasn’t been a dull moment,” she said. “I enjoy every day I get to go to work. My education has been essentially the backbone of my success so far as a nurse. There are a lot of things that you have to learn as you go as a new nurse but SDSU really taught me how to be a good learner, use critical thinking and seek my own answers as much as possible.”

And they even get to help find others to follow their path.

Matt Schmidt

Kaitlin Walters, left, looks on while Lexi Opheim shares information about Essentia Health. The 2016 graduates were back at State for the 2017 College of Nursing career fair.

Three graduate students win Jonas scholarships



Alexandra Draisey



Shannon O'Connell-Persaud



Travis Erickson

Three more graduate nursing students are benefiting from scholarship funds from the Jonas Center for Nursing and Veterans Healthcare.

Selected as 2016-17 recipients of the \$10,000 award are Alexandra Draisey, of Spearfish; Shannon O'Connell-Persaud, of Dakota Dunes; and Travis Erickson, of Brookings. The first two are Jonas Nurse Leaders Scholar awards while Erickson received the Jonas Veterans Healthcare Scholar Award. All received matching funds through the college.

South Dakota State also received funds from the Jonas Center in 2012 and 2014, but this is the first time SDSU has had three scholars in a single year.

In 2014, Julie Kittlesrud and Kelli Hinsch were the Jonas Scholars. Nicole Gibson, who is part of the college's faculty, received a Jonas Center for Nursing and Veterans Healthcare scholarship in 2012.

As a recipient of the Jonas Center grant, SDSU is part of a national effort to stem the faculty shortage and prepare the next generation of nurses, who are critical as a clinical nurse shortage is anticipated just as an aging population requires care.

O'Connell-Persaud

O'Connell-Persaud is a clinical and laboratory instructor at Western Iowa Technical College in Sioux City, Iowa, and works in the intensive care unit at Mercy Medical Center in Sioux City. She is in the fourth year of a doctor of philosophy in nursing program, which she hopes to complete in 2018. Her desire is to become an educator and researcher.

Her dissertation will utilize simulation to explain undergraduate nursing students' attitudes toward end-of-life care and spiritual care with an emphasis on communication.

O'Connell-Persaud, who is also a full-time student, holds two degrees from Briar Cliff University in Sioux City—business administration in 1987 and nursing in 2013.

Draisey

Draisey is the principal trainer for registered nurses at Regional Health in Rapid City. She expects to complete her coursework in the doctorate of philosophy in nursing program this summer and complete her practicum hours this summer. "I intend on completing my written exams, oral exams and dissertation proposal in fall 2017. Ideally, I will complete my dissertation defense in May 2018," she said.

Draisey's research will focus on improving the rate of mothers in western South Dakota who exclusively breast-feed. "I want to conduct research in the maternal-child health field to improve the health and well-being of pregnant women and children," she said.

A 2012 graduate of SDSU, Draisey was working as a research assistant at Sanford Research in Sioux Falls (May 2011 to August 2012) before she graduated. She then spent five months working in the Sanford Sioux Falls neonatal intensive care unit. In January 2013, she transferred to Sanford Research Rapid City, where she worked as a research associate

until March 2016. At that point, Draisey began her current job with Regional Health.

Erickson

Erickson is a registered nurse on the medical surgical unit at Brookings Health System and a circulating nurse at Brookings Ambulatory Surgery Center.

He has a family nurse practitioner focus in the doctor of nursing practice program and hopes to gain a position in which he can serve military veterans.

“Our veterans’ access to adequate medical care is a major crisis facing our country today. For this reason and because of my family’s personal experiences, it is my intent to pursue a practice as a family nurse practitioner and address access issues and coping strategies for veterans who suffer from post-traumatic stress disorder,” he said.

Jonas goal reached

The Jonas Center, based in New York City, is the nation’s leading philanthropic funder of graduate nursing education.

“In 2008, we set an ambitious goal to support 1,000 Jonas Nurse Scholars. This year, on the center’s 10th anniversary, we celebrate this achievement and are amazed by the talent of this cohort of future nurse leaders,” said Donald Jonas, who co-founded the center with Barbara Jonas, his wife.

“In the decade to come, we look forward to continuing to work with our partner nursing schools and to the great impact that the Jonas Scholars will have.”

Dave Graves

NOTE: The College of Nursing matches the Jonas Center scholarships. To learn how to contribute to this effort, please contact Stacey Tait-Goodale at (605) 697-7475, ext. 1046, or stacey.taitgoodale@sdstatefoundation.org.



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**SOUTH DAKOTA
STATE UNIVERSITY**

Nielsen

leads state student association

Senior nursing student Angela ‘Ela’ Nielsen never thought that she would become a nurse when considering her future plans as a high school student. She said she went the “roundabout” way of discovering what she wanted to become.

“I remember being a senior in high school thinking it would be fun to be a nurse, but that it took way too much school,” Nielsen said.

After high school and having a few jobs in customer service, she began to ponder the thought some more.

“I always loved talking to people and always loved helping people,” she said. “Then I started medical assisting and by the time I was done

with that program, I knew I needed more.”

Then living in Houston, Nielsen began looking to attend nursing school. She knew she wanted to be challenged wherever she went.

“I looked into the schools there [Texas] and I really wasn’t finding what I was looking for as far as class size and clinical hours and really a program with a great reputation so that was a big indicator to come here,” Nielsen said. “My husband kind of suggested it because he is from Sinai and he grew up around the college.”

When she set foot on campus in fall 2013, Nielsen became involved, first by enrolling in the Van D. and Barbara B. Fishback Honors College. She also started attending the

Student Nursing Association meetings as a prenursing student. Nielsen said getting involved helped her meet people when she didn’t know a single person on campus. Soon, she became more involved with the tight-knit community within the College of Nursing.

“The officers were always welcoming and it was encouraging to see glimpses of what being in the nursing program was like. It really encouraged me to work hard and make sure I got in,” she said.

Nielsen was accepted and started classes in spring 2015. During their first semester in the college, students are paired. The pairings typically include someone who has experience as a CNA or in other forms of caretaking with a student who has no experience. Nielsen said this arrangement gave her a little bit of reassurance.

“It was a huge confidence boost for me because I felt like I knew what I was doing, but it also reaffirmed all of my skills because I knew how to teach them ... I feel so much more prepared to be a nurse,” she said.

It was also during that first semester that Nielsen was encouraged by the Student Nursing Association adviser Venita Winterboer to run for a state office.

“I was really hesitant at first because I had never held an office before, but she really helped me find the confidence needed to run and ensure that SDSU continues to have a voice in what is happening at the state and national levels,” she said.



Allison Swier, Camilla Klima, Kylee Essen, Angela (Ela) Nielsen, Kira Loftness were honored at the Van D. and Barbara B. Fishback Honors Convocation Feb. 13 at the University Student Union’s Volstorff Ballroom.



“I think it’s good to think outside the box, and sometimes that even means to look at what is close and what is familiar, and you may be surprised what you will find. Things aren’t always what you think.”

-Angela ‘Ela’ Nielsen

Nielsen is now the president of the South Dakota Student Nursing Association. The group allows students across the state to collaborate on everything from curriculum to planning how to effectively manage the workload.

Nielsen said she enjoys attending national nursing conventions with the state board. She said the perspective the association has given her is key to break out and get the big picture.

“You get a broader perspective of nursing. After graduation, you’re going to meet a lot of nurses who didn’t go to SDSU,” she said. “You also see so many happy people who are so excited going into

their field, which is the biggest part for me to staying motivated.”

In her role as the chapter’s president, Nielsen has helped the Student Nursing Association raise funds for an AED in Wagner Hall. She said that the group also increased awareness on the use of AEDs and why they should be in all campus buildings. In her role as state president, she is looking to pass a resolution through the National Student Nursing Association to increase simulations with nursing students and other health professionals they may encounter. For example, including both nursing and pharmacy students during a

simulation so they learn how to work together directly.

This semester, she is set to complete a capstone program of 120 hours with Sanford Health in Sioux Falls. After graduating in May, Nielsen plans to pursue a nurse residency program with hopes of someday becoming a nurse practitioner. Her advice to students who may need some educational guidance: don’t limit yourself.

“I think it’s good to think outside the box, and sometimes that even means to look at what is close and what is familiar, and you may be surprised what you will find. Things aren’t always what you think.”

Heidi Kronaizl

Alham Abuatiq

Alham Abuatiq joined the faculty in January after spending the past 2 ½ years at California State University, San Bernardino and California State University, San Marcos. She also has been a nursing instructor at Kaplan College's San Diego campus and a registered nurse in critical care nursing for more than seven years.

An assistant professor, Abuatiq received her Ph.D. in nursing from the University of San Diego in 2013. Her dissertation was "Patients' and Healthcare Providers' Perception of Stressors in Critical Care Units." Her research interests include e-learning in nursing and the effects of using virtual clinical systems on students learning experiences, and

patients and families stress perception in the critical-care units. She has been published in *Dimensions of Critical Care Nursing Journal*, *International Journal of Nursing and Clinical Practices* and *International Journal of Nursing*.



Caitlyn Bosch

When working as a nurse, Caitlyn Bosch enjoyed the role of working with undergraduate students on clinical rotations and taking part in staff education. As a result, Bosch obtained her master's degree in 2016 and joined the faculty in August.

"I have always had a passion for patient and family education

while working at the bedside," said Bosch, an instructor with the college's West River department. "Not only did I enjoy the role of the facilitator/teacher, but I also loved the reciprocal relationship that education offers—the teacher and learner existing in a mutual learning process. I have just as much to learn from students, staff,

patients and families as they have to learn from me.

"This understanding led me to pursue my master's degree and work as a nurse educator with the intent of interacting specifically with undergraduate nursing students as they completed their bachelor's degree," she continued.



Morgan Newman

A student herself, Morgan Newman joined the college's West River faculty in January. Currently pursuing a doctor of nursing practice, Newman worked at the VA Black Hills Healthcare System as an infection control coordinator and previously taught at the University of South Dakota. Newman is an instructor for several courses, including Patient-Centered Care Concepts II, Nursing Principles

and Applications II and Clinical Application I and II.

"As part of my love for patient care and the nursing profession, I have found that I can make a larger, more lasting impact in health care by helping to shape the individuals who wish to become nurses," Newman said. "I strive, throughout my career, to not only use my talents and abilities, but to be part of a team that pursues excellence in systemwide or

communitywide endeavors. SDSU just seemed a natural fit for that.

"It has been like coming home being back in the classroom again in front of students who are excited to become nurses—it truly refreshes the soul of a nurse to see eager faces poised to take on the world," she continued. "I have enjoyed meeting new faces, engaging old friends and colleagues and formulating new professional relationships."



Calendar of events

APRIL

28 Rapid City Pinning Ceremony

MAY

5 Brookings Pinning and Hooding Ceremony

6 SDSU Commencement
College of Nursing graduates are in the 10 a.m. ceremony

AUGUST

11 Sioux Falls Pinning and Hooding Ceremony

21 Brookings Fall White Coat Ceremony

SEPTEMBER

5 Sioux Falls Accelerated White Coat Ceremony

15 Brookings Scholarship Banquet

16 College of Nursing Tailgate

DECEMBER

1 West River Pinning Ceremony

8 Brookings Fall Pinning and Hooding Ceremony

14 Aberdeen Pinning Ceremony

2018

JANUARY

8 Brookings Spring White Coat Ceremony

9 Sioux Falls Standard White Coat Ceremony

MAY

4 Brookings Spring Pinning and Hooding Ceremony

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Nursing professor honored by heart association

Kreeder, a professor and associate dean of research in the College of Nursing at SDSU, has been honored as a fellow in the American Heart Association.

Reeder, who joined the faculty at South Dakota State University before the start of the school year, has been involved with the American Heart Association for 40 years. She received the honor at the American Heart Association's Scientific Sessions in New Orleans in November 2016. She had previously been at Barnes-Jewish College in St. Louis.

Nominations are reviewed by a blinded peer-review committee, which chooses 14 individuals to receive the association's prestigious fellow designation.

While the award recognizes a recipient's career achievements, Reeder said it comes on the heels of the completion of a \$1 million, five-year study on heart failure symptom self-management. It collected data on the symptoms of 90 patients at the University of Kansas Medical Center in Kansas City and Barnes-Jewish Hospital, she said.

Reeder hopes to gain grant funding for a follow-up study on how to better support patients with heart failure in self-management of commonly occurring symptoms, such as shortness of breath.

She started teaching basic cardiac life support (CPR, obstructed airway) classes in 1976 while she was working as an intensive care unit nurse. She has continued to do that as well as volunteering as an advanced cardiac life support instructor. In the early 1990s, she transitioned from an ICU nurse into nursing education.

Reeder taught and did research at Mercy Medical Center-North Iowa in Mason City, Iowa, UnityPoint Health in Des Moines, Iowa, and Washington University School of Medicine in St. Louis.

While at Kansas University Medical Center School of Nursing, she received the National Institutes of Health grant and spoke at American Heart Association Scientific Sessions in 2014 and 2015. Reeder also serves as a grant reviewer for the Robert Wood Johnson Foundation and the American Nurses Foundation and has written sections of a nursing outcomes textbook and the Encyclopedia of Nursing Research in addition to being published in peer-reviewed scientific journals.

"This fellowship is an honor. It tells me the work you do is highly recognized by your peers and it's a call for me to keep going forward with this work for everyone who has heart failure and for all of those who live with and unconditionally support loved ones living with heart failure," Reeder said.



Dave Graves

SDNA honors five State graduates

South Dakota State University College of Nursing associate professor Tom Stenvig was one of several State graduates honored recently by the South Dakota Nurses Association at its annual convention, held in October 2016.

Stenvig, who received his master's degree from State in 1991, was honored for his contributions to the SDNA and the nursing profession. Also honored were Rochelle Reider '89/M.S. '00 for SDNA districts 5-7; Julie Dangel '99, district 10; and former SDSU faculty member Pat Shaver for districts 1-3.

Gloria Damgaard, who received a master's degree from State in 1989, and Deb Soholt, who received an M.S. in 1990, both received the Hall of Fame Award.

"As health care continues to evolve across the United States, there is one thing we are certain of, and that is the important role nurses play in health care," said SDSU College of Nursing Dean Nancy Fahrenwald. "Since the College of Nursing at SDSU started more than 80 years ago, we have seen individuals like these make a tremendous impact on health and quality of life. It is a great honor to be associated with them."

South Dakota Lt. Gov. Matthew Michels, a nurse, spoke at the event about the impact of nursing.

AffordableCollegesOnline.org honors SDSU's College of Nursing

South Dakota State University's College of Nursing has been named on AffordableCollegesOnline.org's Best Online Nursing Degrees for 2016 list. The college is 37th on the list, which is generated by analyzing cost and quality metrics across thousands of U.S. colleges with online nursing degree options.

"We wanted to highlight the schools that are setting a high standard for online nursing programs," said Dan Schuessler, CEO and founder of Affordable Colleges Online, "It is important to honor these universities who are going above and beyond to teach our future nurses."

AffordableCollegesOnline.org cited how SDSU's program allows RNs who already have a diploma or an associate degree earn a full Bachelor of Science in nursing completely online. The degree-completion program is offered in two different tracks, one that takes three semesters and another that takes five semesters. In addition, SDSU received points due to all of the university's nursing programs being accredited by the Commission on Collegiate Nursing Education and allowing up to 90 community college credits to be transferred into the program.

Only public, not-for-profit institutions were eligible for the ranking. The primary data points used to identify the Best Online Nursing Degrees of 2016 include the following:

- Specialized accreditation form CCNE or Accreditation Commission for Education in Nursing;
- NCLEX-RN Pass Rate for BSN Programs;
- In-state tuition and fees;
- Percent of full-time undergraduate students receiving institutional financial aid;
- Number of online programs offered;
- Student-to-teacher ratio; and
- Six-year graduate rate.

An in-depth look at the Best Online Nursing Degrees for 2016 can be seen here: <http://www.affordablecollegesonline.org/degrees/nursing-programs/>.

"We have made many technological advances in providing a college education, and for the best value, for our students," said Nancy Fahrenwald, the college's dean.

Nursing earns accreditation

The South Dakota State University College of Nursing had two programs earn accreditation by the Commission on Collegiate Nursing Education.

The college's doctor of nursing practice and postgraduate advanced practice registered nurse certificate programs both were accredited for 10 years. The 10-year accreditation period is a first for both programs. The DNP program was first accredited in 2011 for five years as a new program.

"This news is a reflection on all of the hard work the college has done and will continue to do to deliver quality nursing education," said Nancy Fahrenwald, dean of the college. "We are proud of our graduates who have advanced their education and serve the health-care workforce as an APRN or DNP. They and the other professionals provide affordable, accessible and high-quality health care to millions of Americans."

As a result of the accreditation, these two programs are approved until Dec. 31, 2026.





*First
graduate*

*I*n 1935, the College of Nursing started offering baccalaureate courses to registered nurses who had their diplomas from hospitals. Rachel Foss Hasle Schahl '36 was the college's first graduate with a bachelor's degree.

Schahl's career took her to three states—Nebraska, North Dakota and Illinois—after graduation. Schahl, who died in 1993, is buried in Brookings' First Lutheran Cemetery.

Her daughter, Dorothy Myrick, provided a recap of Schahl's decision to get a bachelor's degree in nursing and her ensuing career.

"My father graduated from South Dakota State, as did other members of his family," Myrick said. "Knowing mother, the idea of getting a nursing degree, which was new at the time, would have offered her an opportunity to help others and make her way in life, if needed."

That decision turned out to be fortunate. Myrick's father, Theodore, was diagnosed with leukemia. Following a trip for treatment at the Mayo Clinic in Rochester, Minnesota, the couple found their business was closed. "The people who were operating the business absconded with it," Myrick said.

"With that phase of her life over and my father and grandmother passing away shortly after, mother got a job with the county going around and helping people in the outer area of Brookings," she continued.

Schahl then accepted a position at the Mary Lanning Hospital in Hastings, Nebraska.

"It was probably quite an event for her because she had to get me organized and pack our furniture and other things. I remember being on the train going to Hastings," Myrick said. "I also remember helping find our apartment, a brick apartment house. When we got in our empty new home, I will never forget what happened next—mother sat down on one of our suitcases, pulled me into her arms and cried and cried. She would remind me of that moment many times in the years to come, because I said 'It's OK, mama, we will be all right.' We were scared and lonely, but we found that people were very good to us."

Schahl was the hospital's instructor of nurses. Despite being in first grade, Myrick felt like a staff member one holiday season.

"One wonderful thing about our time in Hastings was that on Christmas Eve the nurses always sang carols for the patients," she recalled. "They'd carry candles and walk the hallways. They even had a small uniform and cap made for me so that I could march with them. I felt so proud. It is one of my many warm memories of Hastings."

A native of Buxton, North Dakota, Schahl then became the instructor of nurses in nearby Grand Forks, North Dakota. Myrick guesses that move was a decision to be near family.

Schahl continued to improve her position several years later as the superintendent of nurses at Burnham Hospital in Champaign, Illinois. The hospital also had a school of nursing. However, Schahl soon left for a similar position in Lincoln, Illinois.

"I don't recall her talking about her duties, but I do recall trying to boost her spirits a lot in Champaign. I think she walked into a mess there. I think there were a lot of politics involved at that hospital. She was looking to move," Myrick said. "Lincoln was much more pleasant for her.

"During this time, my mother was, by necessity, a unique woman for the 1930s—a single professional woman with a daughter to raise."

That soon changed.

The funeral director and ambulance driver, Wilbert Schahl, from nearby Mount Pulaski "took a liking to mother. They met during one of his trips to the hospital," Myrick said, noting Wilbert and Rachel soon married and Rachel's nursing career came to an end.

Despite the fond memories of walking around with the nurses at Christmastime in Nebraska, Myrick has no regrets about following in her mother's footsteps in nursing.

"Mother actually discouraged me from being a nurse," she said. "It was tough on her but she deserves to be remembered. She was exceptional and always able to find a job."

Matt Schmidt

Rachel Foss Hasle Schahl, left, is the College of Nursing's first bachelor's degree graduate.

Karen (Billars) Heusinkveld

UT-Arlington professor honored as SDSU *Distinguished Alum*

Laren (Billars) Heusinkveld, a 1967 nursing graduate, was among six honored as Distinguished Alumni by the SDSU Alumni Association over Hobo Day weekend Oct. 21-22, 2016.

Professor Emerita Heusinkveld, of Spring Branch, Texas, spent 25 years at the University of Texas-Arlington, where her scholarship focused on oncology and nursing care for adult cancer patients.

The Stickney native also served two six-year terms on the Texas Cancer Council, a governor-appointed position to a state agency that provides funds to improve cancer prevention and early detection.

A reflection of her standing within the nursing community is her selection as a fellow in the American Academy of Nursing, the most prestigious honor in nursing. At the time of her induction in 1998, fewer than 1,000 nurses were in the academy.

“Whether as a member of our state cancer agency or working with the American Cancer Society in Texas and nationally, Dr. Heusinkveld has never missed an opportunity to advocate for increased funding to help people prevent, detect and treat cancer. Even in her retirement, she still continues to visit national and state legislators to testify regarding the needs to enhance and maintain the resources necessary to deal with this dreadful disease,” wrote Carol Rice, Extension program leader at Texas A&M.



An example of her excellence in educational leadership is her success as the director of the UT-Arlington RN to BSN program.

Charged by the dean to revive and expand the program, she was responsible for day-to-day operation not only of the Arlington campus but also four distance education sites. Under her leadership, the program made remarkable improvement with continuous growth in numbers and improved inclusion and sequencing of content consistent with professional and educational standards.

As a testament to her leadership, the faculty selected Heusinkveld to chair the School of Nursing Faculty Assembly. Her teaching excellence was recognized at UT-Arlington with selection into the Academy of Distinguished Teachers and recipient of the Chancellor’s Council Award for Teaching Excellence.

Elizabeth Poster, who was dean of the College of Nursing at UT-Arlington during Heusinkveld’s final 10 years there, cited a comment by one of Heusinkveld’s colleagues: “Of all the faculty at the UTA College of Nursing, Karen is the best representative of an effective, productive and personable leader. Karen’s contributions to the school are not only measured in terms of what she does and knows, but the kind of person she is.”

Poster added, “Karen is a positive thinker and influences those around her to be the same. She doesn’t waste time in bemoaning problems, but is trying to focus on what we can do about them.

“Karen makes people feel good and they feel good about her. Whenever she has anything to say, it’s said in a nonthreatening way. She has a good sense of humor, can laugh at herself and can help tide over rough spots by her common-sense approach to things.”

Heusinkveld and her husband, Daryl, a retired captain with Delta Airlines, have two children — Mark, who is deployed to Misawa, Japan, as an F-16 fighter pilot with the U.S. Air Force; and Kari Heusinkveld Fay, a physician in New Braunfels, Texas.

Dave Graves

Karen (Billars) Heusinkveld was honored for her excellence in teaching and scholarship during the College of Nursing’s 80th Anniversary Gala.

Understanding the call to duty

My grandfather, Harold, fought in the Battle of the Bulge in WWII, my dad served in the U.S. Army ... so was it assumed that I would be in the military as well? Perhaps, my parents had that assumption, but I was unaware until my senior year in high school. My brother and I graduated from high school the same year from a small town in South Dakota during an economic downturn. It was a cold winter day and I vividly remember the drive to the recruiting office. The first stop was a visit with an Army recruiter and then the U.S. Air Force. My brother and I both were encouraged to consider enlisting. I recall pondering the merits of serving in the military. I had listened to my grandfather tell stories of fighting in WWII ... the honor and the privilege as well as the hardship of such a duty.

Could I make the grade to serve my country? I, of course, appreciated the challenge of such a decision and thought if I was going to join, I would do it with a cadre of friends. I joined the Air Force, my brother joined the Army and we encouraged at least another 13 classmates to join us. My younger brother decided that his calling was the Marine Corps. My military journey came full circle with one deployment to Belgium. I had the opportunity to visit the site of the Battle of Bulge. I'm forever humbled by the brave soldiers who fought for our freedom then and those who continue to serve today.

Why do I share my story? I guess it's a point of reflection. The training I received during my military service certainly had an impact on my nursing career. I was in the middle of nursing school when the Gulf War broke out. My base was deployed to the Persian Gulf. Many soldiers volunteered to be on the first wave of those deployed so I was allowed to stay stateside and finish my nursing education. That, in and of itself, was a very generous gift by my colleagues and the Air Force. The rigor of the military prepared me well for the rigor of nursing education. The determination of getting through basic training, M-16 weapons training and obstacles courses put anatomy/physiology, skills lab testing and clinical exams in perspective. I was part of an aeromedical evacuation base. Our nurses were the first to care for those injured in the Gulf War. Their stories drove me to be the best nurse I could be. I challenged myself to not only meet expectations, but also exceed them. I had to prepare myself to care for injured soldiers.

What helped shape your nursing career? What experience made you the nurse you are today? Was it your grandmother or grandfather? Perhaps you had an aunt who told you stories about her work as a nurse? Or were you part of the generation who participated in "bring your child to work day" and you were able to watch your parent care for a sick and vulnerable patient? Did you think to yourself—that's what I want to do when I grow up? Please reflect on the "why" you had of becoming a nurse. I want to hear your stories. Please email me

Stacey.taitgoodale@sdsufoundation.org.
Your stories will inspire future generations of nurses. I also ask you to consider giving back to the university that helped prepare you for a career in health care. SDSU nurses are known locally, regionally and nationally for excellence. Help support someone else achieve the dream of becoming an SDSU nursing student.



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Save the Date for Sept. 16

Tailgate
with us



The College of Nursing would like to remind you of its upcoming football tailgate when the Jackrabbits play Drake in the 51st Beef Bowl. Stop by and talk to Deans Fahrenwald, Olson and Peterson.