

# SCHOOL OF NURSING

DIVISION OF HEALTH SCIENCES

Idaho State  
UNIVERSITY

[isu.edu/nursing](http://isu.edu/nursing)

Idaho State University School of Nursing Newsletter

October 2014

## I Chose ISU Because...

"...they offered the program that I wanted, BSN to Ph.D. They are the only school to offer this in Idaho and I wanted to be a part of that."

- Kyle Packard, PhD  
Student

"...I looked at a few things: the curriculum, the faculty, and the cost. I liked all three so it seemed like a good fit."

- Michelle Anderson, FNP  
Student

"...it presented a great opportunity for me to continue my education without uprooting my family. I also chose ISU because in my opinion, it has one of the most established nurse practitioner programs in the state. Many of the other universities have up-and-coming programs but ISU has some history on its' side."

- Jared Hulme, DNP  
Student

## ISU Alum and Nurse Practitioner wins county-wide "Favorite Doctor" award

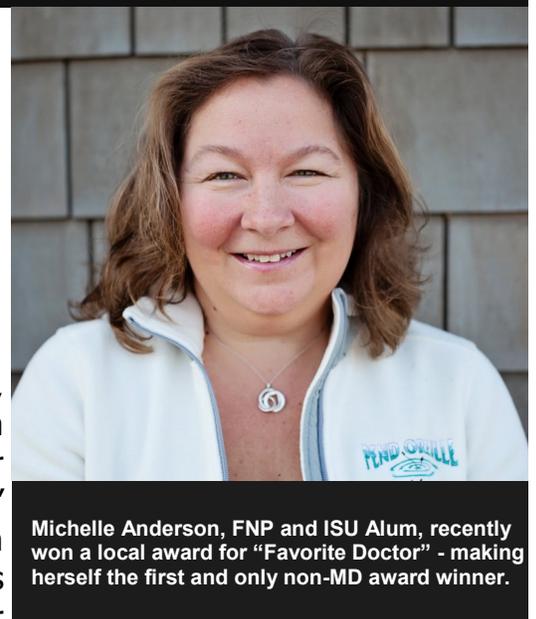
Michelle Anderson, ISU Alum, recently received an award from her local newspaper, giving her the title of "Favorite Doctor." Anderson was more than pleased with the title—seeing as she is the first Nurse Practitioner to receive the award.

Each year, her local newspaper hosts the "Best of Bonner County" contest, featuring 83 categories, from best innovation to best restaurant.

Traditionally, the award has been won by local Medical Doctors in various fields of service. However, this year was different, with Anderson being nominated—and winning—the category. For the past five years, Anderson has owned and ran her own medical office, creating a large following for herself in Bonner County.

"It was quite an honor as you are nominated by local residents and voted on by the same group," Anderson shared. "This year, there were over 32,000 votes cast," making Anderson a definite favorite of the local crowd for all of their healthcare needs.

This hasn't been the only award that Anderson has won in the recent past. In 2013, she was honored with the State Award of Clinical Excellence for Idaho. As a "Best of" award recipient, Anderson received a certificate and recognition that she is indeed, the "Favorite Doctor" of Bonner County.



Michelle Anderson, FNP and ISU Alum, recently won a local award for "Favorite Doctor" - making herself the first and only non-MD award winner.

# School of Nursing: Research

*Dr Gee presents proposed e-health model based on the experiences of chronically ill adults using electronic personal health records at Stanford Medicine X 2014 on September 6th*

## Objectives

The aim of this study is to investigate why and how experienced adult healthcare consumers with chronic illness use PHR's (personal health records) for self-management support and productive patient-provider interactions as defined by the Chronic Care Model (CCM). Findings of this study informed the authors in the development of an adapted version of the CCM highlighting the influence of eHealth support for the model.

## Results

The 18 participants included English-speaking adults with a mean age of 60 and included 7 females and 11 males who have an average of 3.0 chronic illnesses. The majority of the participants were working adults who had a minimum education level of a bachelor's degree. All participants were identified by providers as those having a tethered PHR/patient portal through their primary healthcare provider and reported a mean of 19.8 PHR use episodes per year. The participants had a mean of 2.9 years of experience with the system and reported that averages of 2.5 of their providers were using PHR's and 2.5 of their providers were not. There were four major thematic categories that describe the perceptions of the chronically ill using PHR's identified through an analysis of the transcripts: (a) patient-based factors (b) system-based factors (c) interaction factors and (d) training opportunities. The participants were



Dr. Gee poses for a photo with Britt Johnson at Medicine X. Johnson is a spondyloarthritis and rheumatoid arthritis ePatient and blogger of TheHurtBlogger. Dr. Gee plans to have Johnson speak to his ISU SON medical surgical class about chronic pain through video conferencing later this semester.

management support, preparation for appointments and communication with the health care team. Participants did raise concerns about provider messaging confusion, inadequate system design, PHR navigation concerns and the desire for greater access to the comprehensive electronic health record.

## Implications

Based on the study findings the authors identified factors to propose an adapted version of the CCM that includes eHealth facilitators for self-management support and patient provider interaction. Knowledge gained from the experienced PHR users suggest that improvements to the PHR and providing PHR use education to patients and the provider team will increase the utility of the system among the experienced users and encourage new users to embrace adoption and use.

GENEROUS DONATIONS OF OTHERS CONTINUE TO  
**ENRICH THE  
SCHOOL OF NURSING**  
PLEASE REMEMBER US THROUGHOUT YOUR CAREER

# School of Nursing: Events

## Welcome Back, Orange and Black! New PhD and DNP Students attend orientation

ISU's latest class of accepted PhD and DNP students attended an informative two-day event full of introductions to faculty and administrators, in addition to vital information regarding the programs, requirements of them as students, and resources in the School of Nursing.

Students were welcomed to the SON by Dean Nies, Dr. Neill, Associate Director of Graduate Studies, and Dr. Adams, DNP Coordinator. Vice Provost and Executive Dean of the Division of Health Sciences, Dr. Linda Hatzenbuehler, also spoke with students in the morning of the first day of orientation.

Following introductions, students were provided with advice, resources, and discussions to assist them through their graduate program experience. Students also met with SON Faculty to get a more in-depth understanding of faculty expertise, technology, dissertations, and scholarly projects.

The PhD and DNP students also learned about ISU's Health Sciences Library, PIVOT, and highlights of the SON's recent students and faculty awards.



PhD and DNP students gather for a photo with faculty during orientation on August 20th.

SON PhD Students: Michelle Critchfield, Allison Findlay, Lillian Jones, Kyle Packard, Linda Spagon.

SON DNP Students: Michelle Anderson, Sarah Bland, Kristy Crownhart, Marilyn Davis, Samantha De Bruyn Kops, Brandy Fitchett, Dorothy Flores, Michelle Funderburg, Matthew Genter, Shirley Hanley, Wesley Harris, Jared Hulme, Valarie Jacobs, Joy Linn, Mallory Miner, Tamara Oldroyd, Heather Reardon, Janet Renaldi, Kristen Rosen, Matthew Silvers, Jami Tyler.

## School of Nursing's newest members welcomed aboard

Jillian Stambaugh,  
Administrative  
Assistant to the  
Dean



Christine Richardson,  
Undergraduate  
Support



Haylee Saunders,  
Applications  
& Affiliation



## School of Nursing: Featured Alumni

### Recent Alum decides to open own clinic in Montpelier

Submitted by Mekael Holt, FNP and ISU Alum

One of my favorite movies is the animated film called "Robots". In the movie, a young robot grows up watching a TV show hosted by a great inventor named Mr. Big Weld. At the end of every show, Mr. Big Weld states, "See a need, fill a need". I love that movie because each of us has the ability, if we choose, to see a need and to find a way to fill it.

I graduated from the Idaho State University Masters of Science, Family Nurse Practitioner (FNP) option in May of 2014. I initially began my job search in early February of 2014 and was offered several attractive opportunities out of town including Logan, Utah with a functional medicine group; Boise, Idaho with a chiropractor that uses alternative medicine, chiropractic care and physical therapy; and Bountiful, Utah with an orthopedic group of physicians. While the jobs offered were appealing, I could not see myself working at any of them long term.

I have lived in Montpelier, Idaho for the last 4 years and noticed the need for an additional healthcare provider, particularly a female nurse practitioner. I have spoken with many neighbors, friends, and family who choose to travel out of town for Women's health. Noticing this trend and noticing the need for a provider willing to accept and work with soldiers with post-traumatic stress disorder prompted me to begin exploring the option of owning my own clinic. I have a family with school aged children who are thriving in our small community and they have established good friends and associations. I could not uproot my family in hopes that I might find the perfect job. I decided to open a clinic the first



Holt, FNP and 2014 graduate, opened her own clinic in Montpelier on September 15, 2014, not even a year after achieving her degree.

part of July 2014. My life has been a whirlwind since I made that decision!

There have been many obstacles and difficulties through the process of opening a clinic. For most of these obstacles, I've had to research and spend hours of time exploring. For example, most providers who hire a nurse practitioner take care of the process of credentialing. I have had to learn that process myself. In addition, the process of following government regulations can be overwhelming! There aren't many resources available online to assist in the process of a nurse practitioner owned clinic unless large amounts of money are invested. I developed a budget and have

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## School of Nursing: Featured Alumni

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used outside resources. I have reached out to other established nurse practitioners, particularly one nurse practitioner who opened a clinic several years ago. I have gained valuable insights and assistance from my associations. This nurse practitioner stated, "We need to band together as a profession and help one another succeed." I'm so grateful for the help I've received!

I learned that I do have the knowledge and skill of a competent nurse practitioner. The professors I had were mentors and guided us as students to reach our potential. There may be some who argue I don't know enough or have enough experience, and maybe they're right. But I have enough experience, knowledge, skill, and motivation to become better, to use evidence-based guidelines to guide my practice, to reach out to colleagues with questions, and to never stop learning. I plan on continuing my education and completing my DNP within 5 years. Additionally, I plan to mentor and precept other students who will help me learn and grow.

The FNP program was offered mostly online.

This experience helped me learn to manage my time, be efficient and proficient with a computer, use the internet to find resources, dedicate myself and apply my knowledge in a professional manner, and to never be afraid to ask for help. The School of Nursing is full of experienced, kind, and dedicated teachers and mentors to help students succeed.

Accomplishing the feat of opening a clinic on my own is one of the most rewarding experiences I've ever had. However, the most rewarding experience will come from helping my community. Montpelier, Idaho is a small farming community and I will be offering free classes monthly on topics such as diabetes, high blood pressure, stress management, exercise, nutrition, etc. This new adventure is one I couldn't have imagined when I first began the FNP program but now that it's here, I can't see myself doing anything else! See a need, fill a need...

*Holt's clinic opened on September 15, 2014 at 227 N. 4th St. in Montpelier, ID. Her clinic is called 'Complete Health and Wellness Clinic' and can be reached at (208) 847-2332, online at [www.completehealthbearlake.com](http://www.completehealthbearlake.com) or on Facebook.*

## School of Nursing: Student Perspective

### New Undergraduate Nursing Curriculum

As a senior nursing student graduating in December I know the amount of work and time that goes into college and nursing school. There is exciting news about the curriculum that can take time off the original nursing program. The ISU School of Nursing's new program is giving students two years, or more if needed, to complete their nursing prerequisites and two years to complete the nursing curriculum. Before it was one and a half years of prerequisites with the requirement to either come

in with college credits previously or to do summer school, while taking two and a half years to complete the nursing portion.

The new curriculum for the Idaho State University Nursing Program will allow students to complete their BSN in four years like other nursing programs in the area, which is a great advantage. This is a wonderful opportunity for incoming nursing students to complete their BSN in four years if they choose to do so. This change and new curriculum is another reason why ISU's



Halle McNitt

School of Nursing keeps the best interests of the students as their main focus and is considered one of the top in the northwest.

# School of Nursing: New Faculty Members

## Ann Rocha

Ann Rocha, PhD, CNS, RN, completed her BSN at Texas Christian University, Fort Worth, Texas; MS Community Services at Michigan State; MSN Family Nurse Practitioner and a post-MSN certificate program in Adult Health CNS at the University of San Diego; and her PhD in Nursing at the University of San Diego, CA. She is a ANCC Board Certified Clinical Nurse Specialist.

Dr. Rocha's experience includes working at Palomar Health as the System-wide CNS for Nursing Education.

Previously, Dr. Rocha has worked in various hospitals in California in the Birth Center and Labor/Delivery/Postpartum. She has held Leadership positions as Senior Quality Analyst, Lead Case Manager, and Charge Nurse of a 26-bed Birth Center. Other Leadership experiences include Manager of Outpatient Clinics at the National Guard Hospital in Riyadh, Saudi Arabia and Leadership experience in the United States Navy.



## Perry Gee

Perry Gee, PhD, RN, CPEHR, has been a registered nurse for 30 years obtaining bachelor of science nursing from Montana State University and his Master of Science in physiologic nursing and clinical informatics from the University of Utah and his PhD in Nursing Science and Health-care Leadership with an emphasis in consumer health informatics from the Betty Irene Moore School of Nursing at the University of California, Davis.



Perry has a medical surgical, critical care, flight and home care nursing clinical background as well as 15 years' experience as a clinical informatics specialist and educator. His current research interests are in the area of consumer health informatics, e-Patients, eHealth, geriatrics and chronic illness self-management.

*ISU School of Nursing Welcomes You!!*

# School of Nursing: New Faculty Members

Julie Gee, MSN, RN, completed her BS, Nursing at Montana State University; MS, Nursing at Regis University in Leadership in Health Care Systems; and is a Ph.D in Nursing student at New Mexico State University with a anticipated completion date of Fall 2015.

Julie Gee



Julie has over 30 years experience in patient care including critical care, leadership, informatics, nursing education, and home health in various states. She served on the Shasta County, California Public Health Advisory Board, served as a project consultant for Home Health, and was the Regional Champion for the Institute of Medicine Future of Nursing and served on a statewide committee for the IOM California Action Coalition. In addition, her experiences have included promoting and teaching preventative health care in Maa-sailand, Kenya and she continues to work on establishing a nursing school in Western Kenya.

## Rachel Adams

Rachel Adams, DNP, FNP, PMHNP, RN, Dr. Adams completed her BS in Nursing with a minor in Psychology at Brigham Young University; MS, Nursing Family Nurse Practitioner at Idaho State University; Post-Masters Psych Mental Health at Oregon Health Sciences University; and DNP at Oregon Health Sciences University.

Dr. Adams is certified both as a Family Nurse Practitioner and as a Psych Mental Health Nurse Practitioner. She has extensive Nurse Practitioner experience, working full time as a Nurse Practitioner since 2007 in the Psych/Behavioral Health area at Eastern Idaho Regional Medical Center (EIRMC), Dept of Health and Welfare in Salmon, State Hospital South in Blackfoot, and Rehabilitative Health Services in Idaho Falls. She works with both children and adults across the life span.

In addition, Dr. Adams has teaching experience as a clinical instructor for undergraduate students in medical surgical nursing at Brigham Young University Idaho and as an adjunct faculty teaching Family Nurse Practitioner graduate students at Idaho State University School of Nursing.



## School of Nursing: Student Spotlight

# Nursing Student Serving in the U.S. Public Health Service

*Article written and provided by  
Nick Bailey*

My name is Nick Bailey and I, like many of my peers, have been recently pondering on where my career as a nurse will take me and how far I want to take that career path. I noticed some of my peers easily finding their niche for their nursing career, but I had several areas that I enjoyed and was having a hard time deciding what to do. I love critical/emergency care, but at the same time I can feel the pull for community nursing and serving the members of my community in a more direct and daily way. So I remained indecisive until a friend of mine from Seattle sent me some information about the US Public Health Service (USPHS).

The USPHS has an externship-like program for students of many different medical fields that are in their senior year of school. when I first got the flyer, I have to admit, I was a bit skeptical at first that any agency would offer so many benefits and assistance to students with little payback requirements. To sum up the benefits that caught my attention, basically a student in the program for the USPHS gets active duty military grade officer pay and medical for their final year of school with the expectation that they work for the USPHS 2 months for every one month of benefits collected while in school. Honestly...being offered over \$4000 dollars a month for 2 semesters



Bailey, a Senior in the BSN Traditional Program, decided that a career in the U.S. Public Health Service was a positive step for him to pursue for his career.

seems unfathomable to a guy that works part time and is barely making ends meet. After talking it over with my wife we decided to apply and see what happened.

The application process was extensive. The USPHS wants individuals that will strengthen their officer corps and help fulfill their missions of "Protecting, promoting, and advancing the health and safety of the Nation." After getting accepted I was just excited knowing that financially, things were going to be easier and less stressful...but I had no idea how the USPHS can affect my career as a nurse. Over the summer I spent a few weeks in Washington D.C. in an officer basic training course. It was there I

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## School of Nursing: Student Spotlight

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learned what the USPHS Officer Corps is all about. You see, not many have ever heard of the USPHS. We often refer to ourselves as the “behind the scenes” officer corps serving the nation but not asking or looking for any recognition. This corps of officers are the officer staff of the Surgeon General (I got to meet him and chat for a bit!). We help fulfill his medical goals for the nation in educating the public about health in whatever area we may be serving in. There are only roughly 6800 officers in the USPHS, but these officers are sought after by many different federal agencies some of which include the CDC, FDA, IHS, BOP, SAMSA, HRSA, and many more. Since the USPHS has a very limited budget for staffing, its officers are “loaned” to other agencies for their salary billets to be filled and that is where they serve as their “day job”. But, here is where it also gets fun. The USPHS Officer Corps has an intricate responsibility in disaster relief and response. So while we serve in the many capacities across the nation, when disasters occur many of the

Officer Corps are called upon to leave those jobs for a short while and deploy to assist with disaster relief. The goal is “boots on the ground” in 12 hours setting up field medical stations able to handle a minimum of 250 patients in each medical station. Many of the things you have heard about in the news like the current Ebola situation in Africa to the unaccompanied minors at the boarder have had the USPHS Officer Corps respond to and assist. This is what has attracted my interest in the PHS. I can be doing a job that I enjoy that provides that satisfaction of serving the community, but I can also be one of those who respond to help those affected by circumstances of great need.

The USPHS Officer Corps dedicates itself to serving our nation, especially those populations that are under served. They may be few, but they do the work of many and that is why they are sought after by so many agencies. These nurses are the ones that not only do their nursing, but go beyond for their patients and their country.

## Congratulations to our students!

Kacey Martinez and Brook Ament, both Accelerated students in SON have been selected to receive the John William Jackson Scholarship.



Brook Ament

This scholarship honors Dr. Brenda Williams and Barton C. Douglass. Selection criteria was based upon the students’ degree of community service, financial need, and nursing goal alignment with the School of Nursing.



Kacey Martinez

# School of Nursing: Teaching

By Chris Banyas, ISU's *The Bengal Life* Editor and Writer

A trip to the hospital is something that for many conjures up scenes of chaotic operating rooms from television programs or emotions tied to emergencies that have occurred in their own lives.

Idaho State University's nursing program instructs and prepares potential nurses for the environments they will one day work in through practical, experience-based learning.

These students are also prepared to provide more than just medical care. They are prepared to do all they can to ensure the comfort and overall

satisfaction of their patients upon their departure.

Susan Belliston, a registered nurse who works at the Portneuf Medical Center in the Newborn Intensive Care Unit, also works as a clinical assistant professor at ISU in the nursing program.

Babies are her favorite aspect of working where she does, specifically other people's babies.

"Other people's babies are the best! You get to take care of the baby and then at the end of 12 hours you get a good night's sleep," said Belliston.

Initially earning an associate's degree, Belliston then continued on to a bachelor's and then

a master's.

"As I was working in clinical practice, one of the things that I enjoyed the most was working with students," said Belliston.

"When I did my master's, I did some education specific classes and I was like 'this is definitely what I want to do, this is a great place,' because I love nursing but I love working with the students."

Watching students make connections over the course of a semester is one of the things that Belliston enjoys the most. Belliston's own experience of starting out in nursing has given her a unique perspective when dealing with her students.

"I have great compassion for students that get into clinical and are really panicked, because I was there once," said Belliston. "I can appreciate that some of the students are going to get into the hospital and they're going to be like, 'I can't go talk to that patient. I'm afraid of talking to that patient.' So it's nice to be able to be like, 'OK. We can go do that together. I can help you through that.'"

According to Belliston, staying current with medical changes and updates is the best thing about working in the medical field alongside instructing.

"It forces you to stay up to date with what's going on, or new research that's coming out because you need it for practice," said Belliston.

Originally, Belliston did not

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Susan Belliston, MS, RN, works as a Clinical Assistant Professor in ISU's Nursing Program while also working in Portneuf Medical's Newborn ICU. Photo Courtesy of *The Bengal* photographer Miranda Steffey.

# Events

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want to pursue nursing because of the pre-conceptions she had of the profession.

"I didn't have a good understanding of what nurses did. I was like 'oh, nurses just take orders from doctors all day,'" said Belliston.

"Unfortunately that is what a lot of people think and it's really not what we do."

As of the start of the semester, Belliston is pursuing her Ph.D. in nursing.

"I am passionate about having evidence-based practice for nursing. For so long in nursing, all our practice was just driven by tradition until we had a few nurse-scientists starting to develop that said, 'yeah we've always done it this way, but does that mean it's the best?'" said Belliston.

One of the biggest changes to come out of this shift to evidence-based practice has to deal with ventilator associated pneumonia. When a patient is having trouble breathing, they are intubated, a process in which a tube is placed into their trachea to aid with respiration.

"What we learned is that if they have really

good nursing management, they can be on a ventilator and not get pneumonia," said Belliston. "One of the biggest interventions was positioning of the head and oral care. A very basic thing, keeping the mouth clean. That is very nurse driven. The nurses at the bedside are doing that day to day care."

Currently in her fifth year of instruction at ISU, Belliston has experienced first-hand the benefit of teaching from real-world experience and what her students have taken away from it.

"Last December my husband was in the hospital for a major surgery and I was really stressed out about it. It was the end of the semester so I was really busy here, and I was worrying about how I was going to manage everything," said Belliston. "One of my graduates walked into the room to take care of him for the night and I was like 'you know what, I can go home now.' It was one of the best feelings ever thinking 'I know how well that nurse has been prepared and I know that person is going to take good care of my loved one.'"

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## Homecoming 2014



SON faculty member Kim Jardine-Dickerson waves from the SON float while surrounded by Nursing students in the ISU Homecoming Parade, Sept. 27th.