



# The Synapse

*A Communication Impulse*

Connecting the Bethel University Nursing Department with its Alumni | Summer 2022

## Remembering Longtime Donor and Friend Karin Larson

Over the course of 14 years, Karin Larson supported the creation of many hallmark spaces on campus—including nursing—all because she believed in the far-reaching impact of Bethel’s Christ-centered education.



## PROGRAM HIGHLIGHTS

### First Cohort Graduates from Post-Baccalaureate Nursing Program

On August 6, 2021, 18 students participated in Bethel’s first pinning ceremony for its Post-Baccalaureate Nursing Program. This 15-month program allows students who already have a bachelor’s degree in any field to earn a Bachelor of Science in Nursing.

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## Nurse-Midwifery Program Continues to Thrive and Grow

Katrina Wu

The Nurse-Midwifery Program has continued to thrive and grow, leaning into the added challenges accompanying the COVID-19 pandemic. Thankfully many of the restraints with clinical placement that initially occurred during the pandemic have since lessened. Our final intensive has now permanently moved to a virtual platform after trialing it during

*Nurse-Midwifery Prog. - cont. on p. 2*

the pandemic, which has enabled us to secure fantastic national leaders from across the United States as guest speakers and panelists.

We are thrilled to announce we had a successful program reaccreditation visit with the Accreditation Commission for Midwifery Education (ACME) in the fall of 2021 and have been granted continued accreditation for ten more years! This is the maximum amount of time awarded for renewal—special thanks to Dr. Jane Wrede and Tracy Rud for pouring in a tremendous amount of work

to ensure this would be a successful visit! We are so proud of our program.

We are also busy finalizing the curricular changes and new media creation for our extensive redesign process—special thanks to Dr. Renee Clark for leading our team through this design process! Nurse-midwives have an increasing role as primary care providers in our healthcare system; therefore, we are happy to announce that our new primary care course successfully launched in the fall of 2021. We have intentionally integrated

more gender-inclusive language and content to promote health equity in practice throughout our courses, building off the following new program outcome:

***Promote culturally competent systems that support the global context of healthcare, the reduction of healthcare disparities, and a commitment to anti-racism in practice.***

Lastly, we continue to have sustained growth with student enrollment and are looking forward to adding new adjunct faculty this fall. The future of midwifery is bright!



## **New CAS Course: *Pharmacology for Nurses***

Laura Nugteren

This spring, the 45 sophomore students admitted to Bethel's CAS nursing program participated in a new course. The *Pharmacology for Nurses* course was developed, separating the previously combined topics of pathophysiology and pharmacology. Dr. Julie De Haan and Laura Nugteren designed the course to help students prioritize essential information on how nurses administer medication, assess

patient responses within holistic nursing care, and recognize more significant social and ethical issues within pharmaceuticals. "We are excited to integrate what students are learning in their health assessment course into *Pharmacology for Nurses* to stimulate the application of the material. Assigning medication cards in this course that students will utilize next semester in clinicals is another opportunity for cohesive

learning between the courses," said Nugteren.

Bringing extensive nursing experience and a large dose of creativity, the professors are excited to utilize application exercises to help students prioritize large amounts of information by highlighting in-class activities. Some of these activities include GI Pic-tionary, cardiovascular pharma-

*Pharm. for Nurses - cont. on p. 3*

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# Community Health Majors Work as Vaccine Ambassadors

Dr. Beth Anderson

Community Health majors Abby Gessesse, Priya Khunger, Richelle Bondoc, and Vanessa Yang worked as vaccine ambassadors from June to December 2021 through the Faith in Vaccine Ambassador project funded by grant dollars awarded by Interfaith Youth Core. The project allowed students to apply classroom learning while responding to the urgent need to increase vaccination across the country. Students collaborated throughout the project with leadership at two community organizations and Bethel University Health Services to address issues of accessibility and trust for the vaccine.

During this project, students worked with individuals, groups, and communities. Through this experience, students found their efforts were most effective when they were curious about who the person was—what the person cared about and why. They learned that deep listening was a key component of effective communication. Deep listening and being curious in a respectful way allowed students to be more effective than giving many facts. Students balanced three components during conversations with individuals, groups, and communities. First, they determined how people understood COVID and the vaccine. Next, they demonstrated understanding and empathy surrounding the person's story and their feelings. Finally, students respectfully explained

how they understood COVID and the vaccine. This approach allowed them to have authentic, organic conversations surrounding COVID and the vaccine and to come alongside community members to improve vaccine access.

Students reached over 200 members of the communities they served and all members of the Bethel community through this project. They promoted health literacy by utilizing social media to ensure individuals, groups, and communities had access to credible, up-to-date COVID and vac-

*Vaccine Ambassadors - cont. on p. 5*

*Pharm. for Nurses - cont. from p. 2*

cology feud, and a MAR escape room, in addition to more traditional case studies and student presentations. De Haan highlighted the use of gamification theory for the application activities. "By combining an element of fun and collaboration, we hope to engage the students in activities that develop their thinking skills about how medications are used, monitoring patients' response to them, and what patient education nurses provide regarding medications." The goal is to ensure the nurses of tomorrow are best equipped to be successful in the rapidly changing nursing profession and serve God's kingdom through their stewardship, compassion, knowledge, and advocacy.

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## 2022 BSNA and NCF Update

Luke Haider, Isabel Joecks, and Nathan Hoff

This year, the Bethel Student Nurse Association (BSNA) continued to form connections between individual students, the nursing program, and the greater Bethel community. Starting off the year, BSNA hosted a bonfire for the freshmen pre-nursing majors to facilitate a welcoming environment for all students. As with every year, the BSNA team also focused on maintaining our Mentorship Program to provide underclassmen nursing students with additional support. To kick off the fall semester for all nursing students, BSNA hosted a department-wide Nursing Cookout, where students and faculty could enjoy the late summer weather

before the cold set in. With the creative help of individual BSNA members, a "Nursing Painting Night" was offered to allow students time to relax and decompress while painting. As for informational events, BSNA hosted an internship panel for junior nursing students to give direction on finding nursing internships and an event with a CRNA guest speaker to provide insight on advanced practice. Finally, BSNA held a Christmas party in the nursing department, where people could enjoy food, partake in fun raffles, or make blankets for hospitalized pediatric patients.

*BSNA and NCF - cont. on p. 4*





## Bethel Nursing in Action with Sigma Theta Tau

Laura Nugteren

This past fall, 22 students from the CAS, CAPS, Nurse-Midwifery, and DNP programs were inducted into Sigma Theta Tau, an international honor society of nursing dedicated to the advancement of knowledge, teaching, learning, and service. The Chi at-Large chapter induction welcomed members from Bethel, St. Olaf, St. Catherine, and Gustavus Adolphus Universities. This spring, the Chi at-Large chapter hosted an education day featuring a presentation by Bethel nursing professors Dr. Julie De Haan, Dr. Ann Holland, and Laura Nugteren entitled “Nurses as Expert Thinkers: Developing the clinical judgment of the next generation.” This free presentation engaged practicing nurses and students in examining how clinical judgment is used in practice. Changes in the NCLEX to be implemented in 2023 were presented, focusing on the clinical judgment measurement model and new test items. Practical ways to develop clinical judgment in nursing students and novice nurses were discussed. Following this educational presentation, the chapter held its annual meeting and welcomed Bethel alumna Abigail Rhodes (‘20) as the incoming president.

## Dedication of CAS Class of 2024

Dr. Kayla Skeate

On Saturday, February 5, 2022, the Nursing Dedication Ceremony for the CAS class of 2024 took place, witnessed by Bethel University Nursing Department faculty and staff, nursing students, and the families and friends of our nursing students. The Nursing Dedication Ceremony is an annual tradition that recognizes the incoming nursing class as new members of the nursing profession. The American Nurses Association (ANA) states that “nursing can be described as both an art and a science; a heart and a mind.” The mission of the Bethel University Nursing Department is “to provide leadership in nursing education, scholarship, and practice that reflects a Christ-like presence as we prepare nurses to serve, with excellence,

a diverse and changing society” (Bethel University). The Nursing Dedication Ceremony emphasizes the Christian foundations of our Bethel nursing program. It highlights to students the value of nursing education for both heart and mind critical to the nursing profession as described by the ANA.

The ceremony began with an invocation from Dr. Diane Dahl, Dean of Nursing, welcoming both the nursing students and their families and friends to the ceremony. Students joined the nursing faculty in the recitation of the Bethel University Student Oath, where students commit themselves to the practice of Christian nursing. Keynote speaker

*Dedication - cont. on p. 5*

*BSNA and NCF - cont. from p. 3*

The spring semester offered a variety of events to keep the nursing program connected as a whole. Some highlighted events included our annual blood drive, homeless packing event, and various guest speakers.

After a year of hosting virtual Bible study meetings over Zoom, BSNA’s Nurses Christian Fellowship (NCF) began to hold in-person meetings in the nursing department once again. Similar to previous years, NCF allows students to meet nursing students from other classes and talk about the intersection of one’s faith and nursing. These meet-

ings give students a chance to ask questions about their major and how they can participate in God’s work throughout their lives. Each meeting looks a little bit different, depending on the needs of those attending. Whether it be extra help around advising time for students choosing classes or extra time devoted to prayer, NCF seeks to meet the needs of the students in the nursing department.

Overall, this year BSNA and NCF have promoted in-person events while maintaining appropriate precautions to provide a sense of community for many students. We are thankful for this opportunity!

Priscilla Adu-Bobi, Bethel University Nursing class of 2018, shared with the incoming nursing students her experiences providing Christ-like nursing care to patients struggling with mental health concerns and provided practical advice for surviving nursing school in the years ahead.

As is the tradition in the Nursing Dedication Ceremony, the Blessing of the Hands occurred where students received a blessing from nursing faculty to carry with them as they enter the nursing profession, including the verses, “I pray that out of his glorious riches he may strengthen you with power through his Spirit in

your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ” (Ephesians 3:16-18). The Nursing Dedication Ceremony concluded with closing remarks by CAS-BSN Program Director Dr. Linda Anderson.

Observance of the ceremony was made possible via a virtual meeting for nursing students’ families and friends far and wide. The Bethel University Nursing Department joyously welcomes the class of 2024!

cine information and knowledge of vaccine administration sites. They developed written resources, participated in health fairs, provided information through presentations and youth learning activities, and connected organizations with resources such as Black Nurses Rock. Students worked with Bethel Health Services to promote two COVID vaccine clinics by creating and setting up table tents and posters for on-campus vaccination.

Feedback received from individuals and community partners included appreciation for providing the information needed to best meet the health and safety needs of community members and their family members. A community member who attended a student presentation shared, “When I got COVID, I was so thankful for the training the students provided. I knew exactly what to do to keep everyone—myself, my family—safe.” Students appreciated the first-hand knowledge of community health workers’ impact on the health and safety of individuals, groups, and communities!

## FACULTY HIGHLIGHTS

### Dr. Kimberley Meyer, RN, MSN, EdD Retires

*Dr. Beth Anderson*

After teaching for 33 years at Bethel University, Dr. Kimberley Meyer retired in spring 2022. Kim was a pioneer when it came to online learning as she developed one of the first online courses in the University and the first online course in the nursing program. As a psychiatric mental health nursing specialist, Kim consistently advocated for keeping mental health nursing theory and clinical as strong components of the undergraduate curriculum.

Kim taught in the CAS, CAPS, MSN, Post-Baccalaureate, DNP, general education, and Seminary programs during her tenure. Kim

was a curriculum and course writing leader for these programs. She was actively involved in planning and writing for two accreditation visits in CAS and MSN, and planning one in DNP.

Kim’s love of teaching was evident through the time and effort she gave to students. Nursing role socialization has been Kim’s passion throughout her career and she taught the first course in several nursing programs, including CAS, CAPS, MSN, and DNP. Kim supported students through relationship building, mentoring, and advocacy. She focused

*Dr. Meyer - cont. on p. 6*



*Dr. Kimberley Meyer*

on strengthening self-awareness and resilience in nursing students and was passionate about the counselor role of the nurse. To prepare nursing students for this role, Kim was a proponent of reflective practice to build self-awareness, therapeutic relationship, and therapeutic communication.

Kim recognized the importance of interdisciplinary work across the university. She taught psy-

chopathology for five years in the Marriage and Family Therapy program at the Seminary and a general education K course in CAS, *Decision Making and Medical Technology*. She loved to integrate faith into learning about the discipline of nursing and current life issues.

In addition to her work at Bethel University, Kim is an active member of her church community. She has shared her talents and faith

through teaching, counseling, supervision of pastoral counseling, women's groups, mentoring, and Bible study. Kim's students have been deeply impacted by her positive and encouraging attitude. The entire Nursing Department has been blessed and encouraged by Kim's constant grounding in faith and her 'prayer warrior' heart. Kim's presence and influence will be deeply missed!

## Faculty Academic Achievements

Dr. Beth Anderson received her Doctor of Nursing Practice from Capella University. The title of her scholarly project is *Applying preventive oral health practices to reduce early childhood caries among preschool children*.

Dr. Julie De Haan received her EdD in Higher Education from Bethel University. The title of her dissertation is *Use of Best Practices in Exam Item Creation, Analysis, and Revision: Nursing Faculty's Knowledge, Use, and Implementation Barriers and Facilitators*.

Dr. Sara Nylin received her Doctor of Nursing Practice from Bethel University. The title of her scholarly project is *Developing Guidelines for Sexually Transmitted Infection Screening in School-based Clinics*.

Dr. Kayla Skeate received her Doctor of Nursing Practice from St. Catherine University. The title of her scholarly project is



Pictured, left to right:  
Dr. Beth Anderson, Dr. Julie De Haan, Dr. Sara Nylin, Dr. Kayla Skeate  
(not pictured: Dr. Renee Clark)

*Support for Nursing Faculty Using Student-Recorded Video in Health Assessment: A Quality Improvement Project*.

Dr. Renee Clark received her Doctor of Nursing Practice from

Frontier Nursing University. The title of her quality improvement project is *Implementing Client-Centered Care Regarding Pregnancy Ultrasound in a Freestanding Birth Center*.



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## FACULTY ACCOMPLISHMENTS

### Fellows of the American College of Nurse-Midwives

Two nurse-midwifery faculty, Dr. Julie Ann Vingers and Dr. Jane Wrede (PD), were inducted as Fellows of the American College of Nurse-Midwives at the American College of Nurse-Midwives 67th Annual Meeting and Exhibition, Chicago, IL, in May.



*Dr. Julie Ann Vingers*



*Dr. Jane Wrede*

The Fellowship in the American College of Nurse-Midwives (FACNM) is an honor bestowed upon those midwives who demonstrated leadership within ACNM, clinical excellence, outstanding scholarship, and professional achievement. FACNM represents the commitment of the ACNM to honor its own. It is a consultative and advisory capacity. The ACNM Fellowship program was established in 1994.

### Nursing Scholarship

Emily Day was the recipient of Villanova University's Dr. Abigail Adams Silvers Nursing Scholarship, Spring 2022.

Katrina Wu was nominated as a Rising Star in Research and Scholarship for Sigma Theta Tau's International Nursing Research Congress 2022. As part of this honor, she was invited to present a poster at their summer international conference in Edinburgh, Scotland.



**Find Us on Facebook**

Bethel University Nursing Department Facebook page is a great place to stay connected to the current happenings in the Nursing Department. We encourage our alumni and friends to Like and Share our page.

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## Faculty Publications and Presentations

**Tiffany, J., Hoglund, B., Holland, A. E., Schug, V., Blazovich, L., & Bambini, D.** (2021). Promoting fair evaluation of learning during clinical simulation: Knowing yourself, your team, and your tool. *Clinical Simulation in Nursing*, 59, 67-74. <https://doi.org/10.1016/j.ecns.2021.05.009>

**Witt, A., Gerdin, B. J., De Haan, J. A., & Bergman, L. K.** (2021). A Comparison of Collaborative Testing and Alternative Test-Taking Methods on Content Retention in Baccalaure-

ate Nursing Students. *Nursing Education Perspectives*, <https://doi.org/10.1097/01.NEP.0000000000000856>

**Neuenschwander, C., Wu, K., & DeGolier, T.** (2021). An investigation into using an herbal labor induction tincture containing black cohosh, cramp bark, partridgeberry, and motherwort on contractile responses produced from isolated strips of mouse uterine tissues. *Pharmacognosy Journal*, 13(6), 1478-1487. <http://dx.doi.org/10.5530/pj.2021.13.188>

**Wu, K., Lopez, C., & Nichols, M.** (2022) Virtual visits in prenatal care: An integrative review. *Journal of Midwifery & Women's Health*, 67(1), 39-52. <https://pubmed.ncbi.nlm.nih.gov/34767317/>

**Wu, K., Phillippi, J., Lopez, C., & Nichols, M.** (2022, May). The integration of virtual visits in routine prenatal care during the pandemic. Poster presented at the American College of Nurse-Midwives 67th Annual Meeting and Exhibition, Chicago, IL.

*Pubs. and Pres. - cont. on p. 8*

**Wu, K., Phillippi, J., Lopez, C., & Nichols, M. (2022, July).** The normalization and implementation of telemedicine in prenatal care. Poster presented at the 33rd International Nursing Research Congress - Sigma Theta Tau in Edinburgh, Scotland.

Dr. Kristin Sandau enjoyed collaborating with others for papers and speaking. In particular, she enjoyed adding nursing perspectives to a great team of cardiologists from Sweden, Italy, and the U.S. about nonpharmacologic management for patients dealing with orthostatic hypotension.

Fedorowski, A., Ricci, F., Hamrefors, V., **Sandau, K. E.**, Hwan Chung, T., Muldowney, J., Gopinathannair, R., & Olshansky, B. (2022). [Orthostatic Hypotension: Management of a Complex, But Common, Medical Problem.](#) *Circulation. Arrhythmia and electrophysiology*, CIR-CEP121010573. Advance online publication.

Dominic, P., Ahmad, J., Awwab, H., Bhuiyan, M. S., Kevil, C. G., Goeders, N. E., Murnane, K. S., Patterson, J. C., **Sandau, K. E.**, Gopinathannair, R., & Olshansky, B. (2022). [Stimulant Drugs of Abuse and Cardiac Arrhythmias.](#) *Circulation. Arrhythmia and electrophysiology*, 15(1), e010273.

**Sandau, K. (2021).** Looking at MCS through a Different Lens: The Psychosocial Perspective. Session: Success Starts at the Beginning: Improving Outcomes from Re-

ferral to Implant and Beyond. (Invited Speaker). International Society for Heart Lung Transplant's Annual Scientific Sessions (international conference held virtually due to COVID-19). Session SYMPOSIUM 27.

**Sandau, K. & Fink, A. (Feb. 24, 2022).** Discontinuing Telemetry for Your Hospitalized Patient: Translating Practice Standards from the AHA.

Webinar hosted by the Patient Safety Authority. Free CEU credit is offered. [Click here](#) to view this Webinar presentation.



## **RETIRED FACULTY**

### **A Natural Planner**

### **Plans Ahead for Bethel**

With her bequest, Sagrid E. (Eleanor) Edman, founding chair of the Bethel University Nursing Program, looks to the future of nursing through a Christian worldview.



*Sagrid E. (Eleanor) Edman*



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## ALUMNI HIGHLIGHTS

### Nursing Major Carves Her Own Path

Kristen Gerber '09 is filling a niche in Minnesota with Navigate Care Consulting, a team of licensed school nurses she leads who consult with 50-plus school districts across Minnesota. Along with starting her own business, Gerber is a major in the Minnesota National Guard and is currently the commander of the Medical Detachment Unit.

### Providing Purposeful Community for Expectant Mothers

Rachel Hanus GS'17 is a Bethel grad, certified nurse-midwife, and co-founder of ESTHER Homes, a maternity housing program for pregnant women facing crisis or homelessness in St. Paul, Minnesota. She spends her days walking alongside women, providing support and creating a space for them to experience authentic community.

### A Labor of Love

Upon completing Bethel's nurse-midwifery program, Lisa Brown GS'18, GS'21 helped launch a midwifery practice at Mayo Clinic Health System in Mankato, Minnesota, bringing a new kind of care to her community.

### Community Partnerships Change Graduate's Life

Nursing and reconciliation studies double major Lizzy Carson '22 has invested her time, energy, affection, and talents into the Bethel community and beyond, following Jesus' example to model love in each of her servant leadership roles.

## SAVE THE DATE!

**Post-Pandemic Pinning Party  
for the CAS Nursing Class of 2020  
Saturday, October 8 • During Homecoming  
2022 Watch your email!**

**Keep in touch with us!**

**[bethel.edu/alumni/stay-connected/update-info](https://bethel.edu/alumni/stay-connected/update-info)**



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