Thanks to Janet Larson and Mark Baldwin for years of board service

Two of Allen College’s long-term members of the Board of Trustees retired from service at the end of 2012: Janet Larson, who served 19 years on the board; and Mark Baldwin, who sat on the board for 13 years.

Larson links College’s history to present

Larson’s connection to Allen Health System began in 1959, when she entered the Allen Hospital School of Nursing. She earned her nursing degree in 1962 and worked at Allen Hospital and several other hospitals. In 1968, she left the field to start a construction company with her husband, Ed. Larson Construction built all three buildings on the College campus, including the brand-new Winter Hall.

“It has been an honor and a privilege to have been a part of the board since 1994,” Larson said. “I have seen positive growth over the years and a continued high level of excellence in education, both academically and clinically.”

Dr. Jerry Durham, Allen College chancellor, said Larson’s business knowledge benefitted the board.

“But perhaps more importantly, as a graduate of Allen Hospital School of Nursing, Janet has a real passion for Allen College and its students,” Durham said. “She never misses an opportunity to praise the College, its students and its graduates, and is a key supporter in the community.”

Larson also helped to give the board a historical perspective, Durham said.

New program development continues

In 2012, Allen College began the approval process for four new degree programs. These programs will continue to address the state’s need for more healthcare professionals. A bachelor’s degree completion program for dental hygienists (BHS-DH), a bachelor’s program in public health (BHS-PH), a master’s program in occupational therapy (MOT), and a doctoral program in health professions education (EdD) have all been approved by the Board of Trustees.

All four programs have been submitted to the Iowa Coordinating Council for Post-High School Education (ICCPHSE) for approval. Additionally, the four new degree programs have been submitted to the Higher Learning Commission (HLC), the College’s regional accreditor and a commission of the North Central Association of Colleges and Schools (NCA), for approval. The HLC has scheduled an early-May site visit to evaluate the new program requests.

“We are excited to see where these new degree programs take the College. We will be able to better address the needs of the students and the state of Iowa with these new programs,” said Nancy Kramer, vice chancellor for academic affairs.

Upon approval of these degree programs, the College plans to better serve the MOT and EdD degrees by adding faculty and resources.

“These two new degree programs do not fit well under the existing graduate-level degree programs, the Master of Science in Nursing (MSN) program and the doctoral program in nursing practice (DNP),” Kramer said. “The College plans to add a director for each program to better address the needs of the programs, hire additional faculty, continue to develop the programs’ curricula, seek specialty accreditation and recruit new students.”

The College plans to continue to work with the advisory committees to obtain support and recommendations regarding ongoing program development. The advisory committees include physicians, people practicing in that discipline, educators from other colleges, community members, representatives from specialty associations as well as faculty from the College.
Should the BSN degree be required for Iowa’s future nurses?

According to the Iowa Board of Nursing’s (IBON) most recent statistics, only 29 percent of Iowa’s 47,000+ registered nurses (RNs) were initially prepared at the Bachelor of Science in Nursing (BSN) level, and only 30 percent have a BSN degree as their highest educational credential. In the 2010-2011 academic year, Iowa’s 32 associate-degree nursing programs graduated 1,475 nursing majors, while Iowa’s BSN programs graduated only 647 pre-licensure nursing majors.

The Iowa Regional Action Coalition RN to BSN Task Force released a revised “RN to BSN Transition in Iowa” white paper in December 2012. This white paper supports the goal to increase the percentage of BSN-prepared nurses in Iowa to 50 percent by 2020. The task force further recommends that by 2015, graduates of associate-degree nursing programs be required to enroll in a BSN completion program prior to their first license renewal (within two years) and complete the BSN degree prior to the second renewal of their RN license (within an additional three years). The IBON has appointed a 12-member Education Study Committee whose charge is to explore options to increase the number of BSN-prepared nurses in Iowa.

This flurry of activity is in response to recommendations in a 2010 Institute of Medicine report, “The Future of Nursing: Leading Change, Advancing Health.” One of the report’s major recommendations is that “nurses should achieve higher levels of education and training through an improved education system that promotes seamless academic progression.” A key goal in the report is an increase in the proportion of nurses in the American workforce with a BSN degree to 80 percent from the current 50 percent level by 2020.

Why the BSN degree now? Supporters of a BSN mandate note the following rationale:
1. Highly complex healthcare environments require greater knowledge and skills.
2. Research evidence supports that a higher percentage of BSN graduates leads to better patient outcomes.
3. Current education models support the shift from associate to bachelor’s degrees.
4. Several other countries already require the BSN for practice—the U.S. is lagging behind.

In Remembrance

MARcia ann barrett
Allen Memorial Hospital School of Nursing Class of 1971
September 24, 2012

pATRICIA groebeCK
Allen Memorial Hospital School of Nursing Class of 1963
October 12, 2012

DarlearN sickert
Allen Memorial Hospital School of Nursing Class of 1947
October 13, 2012

DOROThea warren
Allen Memorial Hospital School of Nursing Class of 1945
February 5, 2013
Anne Christensen Doyle believed in leaving every place she visited better than how she found it. That’s why, after she lost her battle with breast cancer in September 2012, her husband and her father decided to honor her memory with a gift to Allen College.

“We wanted to give back to the College in a way that would be utilized for things that Anne believed strongly in,” said Tim Doyle, Anne’s husband and a 2010 graduate of Allen College’s family nurse practitioner (FNP) Master of Science in Nursing (MSN) track. “That’s why we’re looking at study-abroad programs and international student services.”

Anne worked at Allen College as an international admissions counselor for approximately a year before her death, following a 14-year career at Hawkeye Community College.

“We feel the Center for Engagement, Learning and Leadership (CELL) is an appropriate way to honor Anne for her years of work for students through study abroad and other such endeavors,” said David Christensen, Anne’s father.

As of Feb. 1, Allen College boasts the Anne Christensen Doyle Center for Engagement, Learning and Leadership.

Study abroad, mission trips, service-learning and ways to improve society as a whole were priorities to Anne, who was a 42-year-old mother of two as well. Kristin Teig Torres, a lifelong friend of Anne’s and Allen College alumni relations/student life coordinator, helped Tim come up with unique way to memorialize her friend.

“On a visit to Vancouver for work, Anne noticed that the city was full of fruit trees on the city’s common grounds,” Teig Torres said. “When she asked someone about them, Anne learned that the trees were planted so that fruit grown on them could be donated to feed the homeless and hungry.”

So another aspect of Tim and David’s gift—which involves a lump sum now and an annual endowment contribution for the next 25 years—will be Anne’s Orchard.

“We’re going to plant rows of fruit trees on campus this spring, and when the fruit ripens, we’ll donate it to the food bank,” Tim said.

Keeping breast cancer in the forefront of people’s minds will help ensure a cure is found by 2020, David said. And the CELL and orchard will keep Anne’s memory and her commitment to finding a cure alive as well.

Tim is also excited for the opportunity to help future nurses broaden their understanding of helping others. Whether through service-learning, helping the environment by planting trees or feeding the hungry—all serve as fitting tributes to Anne.

“We’re trying to show that one person can make a difference,” Tim said. “Regardless of the situations that are given to us, we should try to help better society as a whole.”

2012-2013 outside scholarship recipients

Thank you to the following individuals and organizations that offered scholarship assistance to Allen College students during the 2012-2013 academic year. Congratulations to the recipients. Allen College institutional scholarship recipients and donors were acknowledged in the fall newsletter.

<table>
<thead>
<tr>
<th>Scholarship Name</th>
<th>Recipients</th>
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<tbody>
<tr>
<td>Aplington-Parkersburg Dollars for Scholars</td>
<td>Ashley Farley</td>
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<td>Kelsey Miller</td>
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<td>Jessica Thompson</td>
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<td>Britany Ubhen</td>
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<td>Whitney Voss</td>
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<td>Barrels’ Endowed Nursing Scholarship</td>
<td>Anonymous Recipient</td>
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<td>Benton Scholarship Foundation: A Chapter of Dollars for Scholars</td>
<td>Ashley Olson</td>
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<td>CF Business Professional Women Scholarship</td>
<td>Anonymous Recipient</td>
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<td>Nicole Smith</td>
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<td>Community Memorial Hospital Auxiliary Scholarship</td>
<td>Nicole Smith</td>
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<td>Covenant Medical Center Auxiliary-Smith/O’Connor Trust Fund</td>
<td>Nicole Smith</td>
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<td>Delaware County Memorial Hospital</td>
<td>Samantha Rolles</td>
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<td>Ed Thomas Family Foundation Scholarship</td>
<td>Anonymous Recipient</td>
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<td></td>
<td>Ashley Farley</td>
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<td>Whitney Voss</td>
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<td>Genesys Health Services Foundation</td>
<td>Anonymous Recipient</td>
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<td>Genesis Health Services Foundation</td>
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<td></td>
<td>Kara Stahlhut</td>
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<td>John R. Grubb Scholarship (Awarded by the Iowa Health Care Association Foundation)</td>
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<td>Stephanie Gruet</td>
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<td>Whitney Wubbena</td>
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<td>Grundy County Memorial Hospital Foundation Healthcare Scholarship</td>
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<td>Trista Metz</td>
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<td>Andrew Ruskusky</td>
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<td>Jessica Thompson</td>
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Faculty/staff accomplishments

Dr. Andrea Addington was an abstract reviewer for the 140th American Public Health Association (APHA) Annual Meeting in October 2012 for the Caucus on Refugee and Immigration Health Program.

Dr. DeAnn Ambroson was certified as a peer reviewer and a master reviewer with Quality Matters.

JoEllen Kubik presented “Adapting to Chronic Illness” for the Cedar Valley Crohns and Colitis Support Group on September 20, 2012.

Jared Seliger presented “Will PET/MRI Complement or Compete with PET/CT” at the Iowa Society of Radiologic Technologists’ state meeting at the Isle Casino in Waterloo on September 21, 2012.

Dr. Kendra Williams-Perez was appointed to the advisory committee for the Iowa Advanced Practice Nurse Tracking System.

Bringing service into the classroom

Nursing Care for the Mental Health Client (NU 360) is a course that examines how to care for clients with ineffective coping skills and mental illness. However, unlike most classes that expose students only to mental health in a hospital setting, this course gives students an opportunity to interact with people out in the community.

Students spend part of their time in the classroom, studying causes of major mental illnesses and nursing interventions for illnesses. Students are also required to attend the “Club,” an outpatient mental health program supported by Cedar Valley Community Support Service. This organization offers socialization, education, and peer support to individuals with severe and persistent mental issues.

“The service project offers the students the opportunity to interact with a vulnerable population with unique needs, helping the students develop their communication skills with patients with mental illnesses,” said Kay Froehner, Allen College associate professor and NU 360 professor.

As part of the course, students are required to visit the Club two times during the semester. During their first visit, students observe and interact with clients. For their second visit, students plan and implement an activity that improves clients’ socialization, loneliness issues and quality of life.

“I planned a session on the benefits of good hygiene so clients could protect themselves during flu season. They were so eager to learn and had so many questions, which was a delight for me to see,” said Kylea Thomas, NU 360 course participant.

Students in the course feel that the service element of this course increased their understanding of mental illnesses and the resources available for these individuals outside of a hospital.

“The service enhances the course because you truly gain insight into what life is like for someone with a mental illness,” said Heidi Atkinson, NU 360 course participant.

“For many students entering nursing, there is a lack of experience or exposure to anyone with a severe mental illness, resulting in inaccurate judgments. The Club offered an informal setting to learn about the daily lives of those who suffer from mental illness.”

The course also helps nursing students confront mental health issues in their community.

“Before taking this course, I didn’t realize how severe mental illness was not only in our community but also nationally, as evidenced by the Sandy Hook shooting. I was very blind to mental illness,” said Thomas.

After finishing the course, students not only understood mental illnesses better but also gained an appreciation for volunteering.

“The course affected me by inspiring me to do more volunteer work. It was a delight to watch volunteers come and go through the Club and see how the clients really appreciated their time,” said Atkinson.
From Bosnia to the U.S., one professor’s journey to Allen College

Originally from Sarajevo, Bosnia, Adisa Tokaca studied and practiced in the field of nursing in Bosnia before moving to the United States.

Growing up in Bosnia, Tokaca wanted to go into business, following her best friend to school. Her father asked her to take a deeper look at her strengths.

“My father recommended that I look at nursing school because of my personality and compassion. He thought that nursing would be a much better choice than business for my future,” said Tokaca.

She attended nursing school in her native Bosnia and then worked in the field for several years before deciding to move to the U.S. 18 years ago. The transition from Bosnia to the U.S. was very difficult for Tokaca. She knew no English, and her nursing license from Bosnia was not recognized here. She chose to go back to nursing school, studying for the same degree again.

“When I came to the U.S., I had to start all over,” Tokaca said. “Unlike most people, I had the opportunity to look over my past experiences in nursing and decide whether I wanted to stay in the field. I chose to study nursing for the second time in my life.”

Tokaca completed her Bachelor of Science in Nursing (BSN) at Mount Mercy College in Cedar Rapids, IA. After graduating, she worked in the intensive care unit at St. Luke’s Hospital in Cedar Rapids for nine years. While she enjoyed taking care of patients, she wanted to teach and continue to improve the field of nursing. In 2007, she received her Master of Science in Nursing (MSN) degree from Allen College, focusing specifically on healthcare education, and started teaching at Allen College.

“When I first became part of the faculty at Allen College, I must admit that I was anxious. However, my colleagues accepted me into the College family and made the transition from practitioner to professor much easier for me.”

After teaching for several years, Tokaca received a graduate certificate as an adult nurse practitioner, and then achieved certification as an advanced registered nurse practitioner (ARNP).

In addition to teaching, Tokaca practices in Cedar Rapids at Internists PC, specializing in nephrology; volunteers at the Community Health Free Clinic in Cedar Rapids; and translates for Bosnian patients at St. Luke’s Hospital in Cedar Rapids and the University of Iowa Hospitals in Iowa City.

“I feel very fortunate because I have the best of both worlds. I get to teach future nurses and learn from young minds, but I also get to practice at the clinic and take care of patients. As a nurse and teacher, I am privileged to be directly involved in people’s lives.”

Tokaca remarked that the field of nursing is changing every day, and nurses are facing new challenges in the workplace.

“The high expectations in the workplace and the high patient-to-nurse ratio can create a lot of stress for those entering into the field. I think we need to recognize the needs and challenges of new nurses and provide them with adequate tools and resources to help them transition from being a student into the role of a nurse.”

But the most rewarding part of Tokaca’s job is facing new challenges every single day, whether working at the clinic or the College.

“I can honestly say that my work life is very interesting because I am forced to learn every day. In addition to that, the number one reason I love my job is that I get to help people.”

Students to experience nursing abroad in Ecuador

This May, students from Allen College will travel to Ecuador to assist with a healthcare clinic, stay with host families and gain a broader appreciation of healthcare challenges. The group will include 10 students and two faculty members.

Students will have opportunities to work with children and families and provide basic healthcare needs in both rural and urban settings. Allen College has partnered with CIAbroad to help provide students with this opportunity. Associate Professor and Assistant Dean of Graduate Nursing Programs, Jacqueline Meyer, and Professor Andrea Addington will accompany students as they experience this new country.

“Our best hope is that students will recognize the similarities we share with patients and families from all different cultures and countries, as well as gain a broader appreciation of the healthcare challenges these individuals face in meeting even basic healthcare needs,” Meyer said.

Students will depart Iowa on Wednesday, May 8, and arrive in Quito, Ecuador, that evening. Students will tour the city, stand on the equator and learn about the different cultures and countries, as well as gain a broader appreciation of the healthcare challenges these individuals face in meeting even basic healthcare needs,” Meyer said.

Students will work with children and families and provide basic healthcare needs in both rural and urban settings. Allen College has partnered with CIAbroad to help provide students with this opportunity. Associate Professor and Assistant Dean of Graduate Nursing Programs, Jacqueline Meyer, and Professor Andrea Addington will accompany students as they experience this new country.

Not only will students provide care, they will also learn from professors in the area, covering subjects such as survival medical Spanish and public health in Ecuador. The tour will then take the students to rural areas of Ecuador, where they will assist a local pediatrician. Students will conclude their experience with a tour of Cuicocha Lake and volcanic crater.

“We chose Ecuador out of several options because it is a location that allows students to work with children and families in both urban and rural settings,” said Meyer.

Students will earn three course credits during this short-term study abroad.

“During their time in Ecuador, students will recognize the personal and professional rewards that come with providing service to others,” said Meyer.
The Allen College Engagement and Salvation Army Partnership (ACE-SAP) saw a record year in 2012 with a 29 percent increase in the number of patients and an increase in funding. Founded in 2008 to provide free healthcare services to those in need, the clinic served 1,098 patients in 2012, totaling $148,000 in care. Students and faculty logged more than 2,100 volunteer hours at the clinic.

The clinic's 2012 awarded grants included:

- $20,000 from the Guernsey Charitable Foundation
- $13,500 from the Cedar Valley United Way
- $12,000 from the Community Foundation of Northeast Iowa
- $10,000 from the Black Hawk County Board of Supervisors
- $3,353 from the Iowa/Nebraska Primary Care Association

The clinic has experienced an increase of patients from the IowaCare insurance program because of the shortage of healthcare providers that accept this insurance. The clinic continued to see a greater percentage of minority patients than the percentage of the minority population that resides within Black Hawk County and Waterloo. Ninety-seven percent of patients report incomes below the poverty level, and 65 percent report that they have no insurance coverage.

“We have had a very successful year and continue to increase the number of patients that we are able to see and treat,” said Ruselle DeBonis, Allen College associate professor and ACE-SAP coordinator.

The clinic continues to work closely with the Black Hawk-Grundy Mental Health Center to provide psychiatric assessments while patients wait several months for appointments, and to meet patients’ physical needs.

The ACE-SAP clinic received high marks in patient satisfaction surveys, and 93 percent of patients say that they understand their health better. The clinic encourages patients to make healthier choices in their daily lives, and 42 percent report that they plan to make these changes.

“We students benefit significantly from their experience at the clinic and remark that they are more comfortable providing care to different ethnic groups. After their experience at the clinic, most students believe that students and healthcare professionals should volunteer in their community,” said DeBonis.

The clinic continues to work with patients who need prescription assistance and with community agencies to help secure these medications. This year, the Bachelor of Science in Nursing (BSN) students helped organize a medication assistance program to help meet this need. They also created a diabetic patient education plan.

“We hope to build on these projects and involve the BSN students in some wellness initiatives directed at this population,” said DeBonis.

The clinic continues to look for new ways for students to gain experience and help their community. The College is looking into new programs to involve occupational therapy and dental hygiene students.

“The students’ experiences at the clinic will stay with them for a lifetime. Their knowledge of the barriers and effects of poverty on patients moves students to help those in need in their community,” said DeBonis.

SHOULD THE BSN DEGREE BE REQUIRED?

Critics of a BSN mandate have raised several questions:

1. Do Iowa’s BSN programs have the capacity to accommodate an influx of new RN-to-BSN learners?
2. How might this change affect the shortage of nursing faculty?
3. Who will pay for associate-degree graduates to continue their education?
4. Will this change cause a shortage of RNs?
5. Will employers increase the pay of nurses who earn the BSN degree?

Several other states are also considering rules or legislation that would require nurses to earn a BSN degree. The effort currently underway in Iowa to upgrade future nurses’ educational level deserves thoughtful consideration by our state’s nursing leaders, educators and policymakers.
Nurse Camp gears up for a second summer

This summer, Allen College will hold its six-week Summer Nurse Camp, introducing high school students to a career in nursing. The camp helps prepare students for college and nursing school, familiarizing them with admission requirements and a glimpse into college life.

Hosted by the Office of Diversity Services (ODS) and supported by the federal Nursing Workforce Diversity Grant, the camp encourages educationally and/or economically disadvantaged high school students, especially groups historically underrepresented like ethnic minorities and men, to participate in the preparatory camp. ODS works to remove barriers for students from all backgrounds entering the nursing and health science professions. Through the camp, ODS continues to build connections with these minorities and increase cross-cultural awareness and interaction on the Allen College campus.

Last summer, Andrea Allen attended Nurse Camp. Her mother, Adrienne Allen, saw her daughter grow through the camp, and saw it affect her future plans.

“She was exposed to different types of nursing duties and got a feel for what type of nurse or doctor she would like to be one day,” said Adrienne Allen. “It has encouraged her to continue to work toward her goal to become a nurse or doctor. She is very motivated to pursue a career in the medical field since the camp.”

Students attending the camp can expect to not only learn about a career in nursing or healthcare, but also to be immersed into the life of a healthcare professional. The camp arms students with the important information they need before they become college students.

During the camp, students learn about general nursing admission requirements; engage in daily classes in math and science; conduct research; gain hands-on nursing skills; and acquire financial aid information to help pay for college. Students are also exposed to a variety of careers in the healthcare industry and meet professionals who are practicing in those areas. Finally, students are introduced to a variety of hospital settings throughout eastern Iowa, experiencing nursing from a staff's prospective.

This year’s camp will run from June 10 to July 19. For more information about the 2013 Summer Nurse Camp or to apply, please visit allencollege.edu. Applications for the 2013 Summer Nurse Camp are due May 1.

Dr. LaVeist presents on health inequalities

On Nov. 30, 2012, the Allen College Office of Diversity Services (ODS) featured a presentation by Dr. Thomas LaVeist, the William C. and Nancy F. Richardson professor in health policy and director of the Hopkins Center for Health Disparities Solutions at the Johns Hopkins Bloomberg School of Public Health in Baltimore.

His presentation was called, “Addressing Health Disparities and Health Equality: Challenges for Nurse and Other Healthcare Providers,” and 66 Allen College faculty and staff and Allen Hospital associates attended.

LaVeist has studied the major healthcare gaps in America, the trends causing them and the problems they create. His research addresses the substantial disparities in the access to quality of care and in health outcomes among ethnic groups. However, these disparities also occur across socioeconomic groups, he said.

Denise Pralle, Allen College associate professor, found LaVeist’s illustration of this particularly impactful.

“I loved the story he told about the Titanic and its relation to diversity,” Pralle said. In the same way third-class Titanic passengers were denied access to lifesaving tools, lower-income people can lack access to services.

“When we talk about diversity, often people immediately think about race or religious affiliation,” Pralle said. “Rarely are the poor recognized as a ‘culture’ that requires our attention. As healthcare providers, we cannot ignore the needs of those living in poverty or (worse yet) ‘lock them in the bowels of a boat.’ Being culturally competent demands that we open our eyes to the needs of all to whom we provide care and be willing to provide that care in the same way, without consideration to how society might classify them.”

Assistant professor Mavis Te Slaa thought the presentation was important for healthcare educators.

“The United States is becoming more diverse and will continue to do so. Therefore, cultural competence is a vital part of nursing education, to prepare nurses who can provide appropriate care for a diverse population,” Te Slaa said.

Dr. LaVeist presents on health inequalities
When Allen College conducted its Dec. 14, 2012, commencement ceremony at the Nazareth Lutheran Church in Cedar Falls, distant family and friends were able, for the first time, to see the ceremony in real time from their computers via live video stream. According to Allen College Chancellor Dr. Jerry Durham, the College will broadcast future commencement ceremonies via live video stream. Arrangements for the live video stream broadcast were made by the College’s instructional designer, Seth Vickers, and instructional technology specialist David Wu.

Dr. Jane Hasek, chancellor emerita, presided over the fall commencement ceremony. The commencement speaker was Mark Baldwin, chair of the Allen College Board of Trustees and a member of the Allen Health System and Iowa Health System Boards. Baldwin has been a member of the Board of Trustees for 13 years and served as chair from 2002 through 2012. Baldwin holds a B.S. in mathematics from the U.S. Air Force Academy, an M.S. in engineering from UCLA and an MBA from the University of Northern Iowa.

The College conferred 33 Bachelor of Science in Nursing and eight Master of Science in Nursing degrees at the ceremony.

CONGRATULATIONS TO THE FOLLOWING FALL GRADUATES:

**Bachelor of Science in Nursing**
- Britney Sue Allen
- Krystle Baylon
- Sydney Rae Burtness
- Kandis S. Ciesielski, RN
- Stephanie Jo DeBoer
- Marisa Dennis
- Mackenzie Fullerton
- Chelsea Jo Hackman
- Brandy Lynn Hagedon
- Kari J. Hines, RN
- Samantha Elaine Horton
- Breanne Rose Huber
- Jolene Rebecca Kaplan
- Leah Koelker
- Hannah Konrardy
- Bethany Rae Kuenstling
- Melony Marie Loy, RN
- Britney Ann Mattingly
- Sarah Elizabeth Meusel
- Kelsey Anne Miller
- Kelly Morrow, RN
- Kristen Elise Nielson
- Hannah Jean Norris
- Ashley Marie Pecenka
- Alysha Reynolds, RN
- Deborah Ashlyn Rosol
- Megan Elizabeth Rubendall
- Bonnie I. Ryan, RN
- Keri Lynn Schoolman
- Lori Katherine Shepard, RN
- Nicole Elizabeth Smith
- Brittany Kaye Weis

**Master of Science in Nursing**
- Sarah Jennifer Baumert
- Christa Belle
- Heidi Clark

**ACADEMIC HONORS**
- *Summa Cum Laude* (3.9 GPA or above)
- **Magna Cum Laude** (3.71-3.89 GPA)
- #Cum Laude (3.5-3.7 GPA)
Update from the School of Nursing

Allen College recently received approval to offer a post-master’s Family Psychiatric Mental Health Nursing Practitioner certificate for those who are already certified as Adult Psychiatric Mental Health Nurse Practitioners (APMHNPs). The program will include five semester credit hours and 150 clinical hours.

The Family Nurse Practitioner (FNP) track curriculum has recently been reviewed and revised with suggested changes for two of the three specialty courses. These proposed changes will allow for the introduction of primary care related to both women and children in the second FNP course. Students will then move on to the more advanced and complex primary care in the third and final FNP specialty course. These new courses will be implemented in the 2013-2014 academic year.

Students enrolled in the Doctor of Nursing Practice (DNP) program presented their scholarly project proposals in December 2012. The students will spend the spring and summer semesters of 2013 implementing and evaluating their projects. The first group of DNP students is scheduled to graduate in August 2013.

A site visit for the Commission on Collegiate Nursing Education (CCNE) accreditation of the DNP program has been scheduled for Oct. 16-18, 2013.

2012 fall graduates’ awards & honors

The following graduates were recognized for their awards and honors during fall graduation activities.

PRESIDENTIAL AWARD

Each year the Presidential Award is given for excellence in academics to the top student in the undergraduate program who is graduating with the highest cumulative grade point.

Bachelor of Science in Nursing program recipient:

Lori Shepard

JANE E. HASEK EXCELLENCE IN NURSING AWARD

The nursing faculty of Allen College select the graduate who best incorporates the values and beliefs of the mission and philosophy of Allen College in her/his professional and personal life. This award was named in recognition of the first chancellor of Allen College, Dr. Jane Hasek, for her visionary leadership in the establishment of the College. The recipient of the Jane E. Hasek Excellence in Nursing Award is Chelsea Hackman.

ALLEN COLLEGE SERVICE AWARD

Selection of the Allen College Service Award is made by the Allen College faculty for students who have provided outstanding service to the College and as ambassadors in the community, and have demonstrated a strong commitment to the core values espoused in the College philosophy. The recipient of the Allen College Service Award is Megan Rubendall.

On Sunday, Oct. 21, 2012, 12 Associate of Science in Radiography Organization (ASRO) student members volunteered their time to participate in the Adopt-A-Highway program. ASRO’s Adopt-A-Highway portion is located on Highway 63 in Waterloo, beginning at Allen College and continuing two miles north. Every fall and spring the ASRO program hosts a highway cleanup. The students spent 2.5 hours cleaning up the highway, and this year they collected four large bags of trash. Although the job was time consuming, everybody had a great time bonding with their fellow classmates.

The Diagnostic Medical Sonography (DMS) program received a new GE Logiq 7 BT09 ultrasound machine. This is a shared service machine capable of performing general, cardiac, OB/GYN, abdomen, thyroid, breast and vascular imaging. The speciality transducers will enhance the learning opportunities available for students to perform stress echo imaging, endovaginal imaging and other specialty exams. This machine will increase the opportunity for future expansion of the Allen College DMS program to include a cardiac and/or vascular concentration.

The DMS program recently purchased a female ultrasound training pelvis phantom. The gynecological ultrasound exam is an important diagnostic tool. Students gain competency with hands-on practice. Unfortunately, access to patients can be limited. The Model CRIS 404 female ultrasound training pelvis facilitates teaching and demonstration of ultrasound techniques in a non-stressful situation. This training model consists of an external female ultrasound training pelvis facilitating learning and technique mastery in a non-stressful environment. The phantom has both abdominal and vaginal scanning access, allowing a variety of transducer orientations.

Features of the ultrasound training pelvis include:

• External anatomy
• Abdominal and vaginal scanning access
• Uterus with endometrium and myometrium
• Ovary with follicles
• Iliac vessels

Two new sites, Mercy Medical Center in New Hampton and Trinity Hospital in Muscatine, were secured as clinical rotation sites for the Medical Laboratory Science (MLS) program.

ALLEN COLLEGE

9

A L L E N  C O L L E G E
Personal health battles lead to dedication to patient care

ShanQuiesha Robinson hasn’t always been the care provider. She was once on the other side of the hospital, as both a family member and a patient. While working in radiology, Robinson discovered that her calling was in direct patient care.

Robinson began by helping care for her mother, who had systemic lupus. She learned more about her mother’s condition and supported her during treatment. Then, Robinson’s 21-year-old sister was diagnosed with breast cancer.

“I was able to provide support to them while educating myself about both diseases,” said Robinson. “I knew I wanted to expand my knowledge of healthcare.”

After helping her sister and mother, Robinson decided that nursing was the right fit for her.

“I chose nursing because it is a career that is forever evolving in so many aspects. I personally had the desire to become a part of that evolution. I realized it takes a special type of individual to become a nurse, but I felt that I had the characteristics, the drive, the compassion and the devotion to help others,” Robinson said.

The battle
Robinson took healthcare courses at the University of Northern Iowa (UNI) before attending nursing school at Allen College. At the age of 25 and two weeks away from graduation at UNI, she was diagnosed with breast cancer. She put school on hold in order to go through treatment.

“I experienced so many emotions while going through treatment and needed someone my age to talk to,” Robinson said. “I never wanted anyone to go through the loneliness that I felt.”

She decided to start an organization called Splash of Color to provide support, education, advocacy and resources to women of color in the Cedar Valley who have been affected by breast cancer. This organization is the only breast cancer support group in the state of Iowa that focuses on the specific needs of women of color.

“I thank both my mother, Cathy, and my sister, Niisha, for understanding the vision I had three years ago and coming along to establish Splash of Color.”

Nursing career
After successfully battling cancer, Robinson returned to school in the Bachelor of Science in Nursing (BSN) program.

She feels that her time spent at Allen College has dramatically influenced the way she prepared for a career in nursing.

“Many times I have an ‘ah-ha’ moment, when I can connect a concept that was taught in school to what I may be doing at that moment,” Robinson said.

After graduating from Allen College in 2011, she began working at Allen Hospital in the surgical unit. Robinson said her journey to be cancer-free has affected the way she relates with patients.

“I know that the hospital was the last place I wanted to be, and it is the same for most patients. Having this knowledge allows me to be more empathetic to the patients I care for.”

Future plans
Robinson plans to earn a Master of Science in Nursing (MSN) in nursing education and become a family nurse practitioner.

Robinson encourages those considering going into nursing to take advantage of all the resources around them because it will influence the way they care for patients in the future.

“I made the decision to be involved with several campus organizations as well as volunteer work while I was in school. It has made all the difference since I have been practicing, because I am better able to relate with patients and give them the care that they deserve.”

Alumni and Friends Calendar of Events

**MAY 2: ALLEN COLLEGE COMMUNITY CHORUS**
The Allen College Community Chorus presents “The Best of Broadway”
6 p.m. – Pre-concert appetizer reception
7 p.m. – Concert
8 p.m. – Post-concert dessert
All activities free of charge. Seating is limited. Reception and dessert hosted by Allen College.

**MAY 10: ALLEN COLLEGE ALUMNI REUNION**
10 a.m. – Brunch – Barrett Forum/Allen College Campus
Noon – Tours of the College and Allen Hospital
3 p.m. – Commencement – Nazareth Lutheran Church in Cedar Falls
Members of the class of 1963 are invited to walk with the graduates in cap and gown
6 p.m. – Dinner and Program – Winter Hall/Allen College Campus
Visit Ireland with Allen College

Visit the Emerald Isle with Allen College Chancellor Dr. Jerry Durham, Matt Rolinger, senior director of development for Allen Foundation, and Allen College Alumni & Friends, June 9-20, 2013. Discover significant nursing landmarks, kiss the famous Blarney Stone, visit Dublin, dance to traditional Irish music, and witness the drama and beauty of the Dingle Peninsula. Don’t miss this trip of a lifetime! Visit allencollege.edu or call Matt at 319-235-3960 for more information.
YOU CAN HELP shape the future of Allen College and Allen Hospital by donating to Allen College. Your generous donations will help finance special projects to enhance the quality of our education and the realm of our services. Contact Allen College or Allen Foundation to find out how you can make a difference, or donate online at www.allenhospital.org/foundation.

Dr. Jerry D. Durham, Chancellor
Allen College
319-226-2015
durhamjd@ihs.org

Matt Rolinger, Senior Director
Allen Foundation
319-274-6712
rolingmd@ihs.org

Transcripts
All transcript requests may be submitted in writing and mailed to:

Allen College
Attn: Transcripts
1825 Logan Ave.
Waterloo, IA 50703

Transcript fees:
Immediate Service - $8
48-Hour Business Service - $6
Faxing Service - $13
Student Copy - $6

Please include the year you graduated, your name at graduation, the address where the transcript should be mailed and the transcript fee, payable to Allen College.

For a copy of the transcript request form, please visit our website at www.allencollege.edu. Use the page search menu to find the form.

Direct any questions to Enrollment Management by calling 319-226-2000 or by emailing allencollegeadmissions@ihs.org.

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