

# SCHOOL OF NURSING

DIVISION OF HEALTH SCIENCES

Idaho State  
UNIVERSITY

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Idaho State University School of Nursing Newsletter

October 2013

## Palliative Care study funded by the American Nursing Foundation

Finding evidence to verify what nurses already know from their everyday experience is the topic of an Idaho State University nursing professor's new study.

Mary Anne Reynolds' one-year descriptive study on palliative care was funded by the American Nurses Foundation for \$5,000. Palliative care is the specialized medical treatment for people with limiting and potentially life-ending illnesses.

"Palliative Care Needs of Young and Middle Age Adults (20-59) with a Potentially Life Limiting Cancer Diagnosis: A Pilot Study," is the title of Reynolds' grant. She said nurses see recurring patterns in palliative care for this population, but there is a lack of evidence-based research that describes those needs. Her study of 25 oncology patients in Pocatello and Idaho Falls is intended to provide that evidence.

Reynolds said resources and literature about cancer are abundant for children and the elderly. Young and middle-aged people with life-limiting cancers have specific needs, Reynolds said, but "there is nothing to validate what those are."

For a young or middle-aged person "at the peak of their physical and cognitive abilities," the diagnosis of cancer and demanding physical treatments can bring about a sense of isolation, can interrupt family and work commitments and can challenge available resources. During six months of data collection, Reynolds intends to describe these observations to the nursing world, which she described as an "evidence-based practice." By publishing her results in nursing journals, Reynolds could pave the way for new care models to be put into place for young and middle-aged cancer patients.

Reynolds' hopes to expand her research to 75 patients soon by submitting a grant to the Oncology Nursing Society Foundation. This would allow her to include patients from Boise, Meridian and Twin Falls.

The American Nursing Foundation grant provides funding for a research assistant but Reynolds said she plans to do most of the work herself as the primary investigator. The small size of the study lends itself well to her plans. Institute of Rural Health researcher Cyndy Kelchner aided Reynolds in her grant proposal.



Dr. Mary Anne Hales Reynolds, PhD, RN, ACNS-BC, Clinical Associate Professor

For more information about the palliative care grant, contact Mary Anne Reynolds at [reynmary@isu.edu](mailto:reynmary@isu.edu).

## ISU welcomes first class of doctoral nursing students

Idaho State University's School of Nursing welcomed the first class of doctoral (PhD and DNP) nursing students in late August 2013. This class included the first Nursing PhD students in the state of Idaho.

Front Row, Left to Right: Dr. Mary Nies, Dean School of Nursing, Rebekkah Hulen, Julie Hammatt, Jacqueline Naccarato, Tamara Rose, Emelie Elliott, Andrea Walsh

Second Row: Left to Right: Sean Smart, John McRae, Ben Barbot



## In This Issue

- DNP & PhD students begin doctoral nursing education at ISU (pg 1)
- Research funding (pg 1)
- Featured People: SON's new faculty & staff (pg 2-3)

# School of Nursing: New Faculty Members

Sandie Nadelson, PhD, RN, CNE



**Title:** Associate Director of Undergraduate Studies and Clinical Associate Professor

**Research Interests**

- Community health
- Student professional development
- Improving STEM education
- Promoting

nursing student success

Dr. Nadelson completed her BSN at Oregon Health Science University Portland Oregon; MSN at California State University, Los Angeles, CA; MS Education at Portland State University Oregon; and PhD in 2007 in Higher Education at the University of Nevada, Las Vegas.

Susan Tavernier, PhD, APRN-CNS, AOCN (R)



**Title:** Assistant Professor and Coordinator

**Research Interests**

- Quality of life
- Cancer care quality and outcomes
- Patient-centered care
- Integrative therapies

Dr. Tavernier received her BSN from Whitworth University in Spokane, WA; her MSN from Loyola University of Chicago and her PhD in Nursing from the University of Utah. She completed a post-doctoral fellowship through the College of Nursing at the University of Utah.

Omotayo Omotowa, MSN, MPA

**Title:** Clinical Instructor and Coordinator

Ms. Omotowa has a BSC in Political Science from Obafermi Qwolowo University, Nigeria; MPA in Public Administration from University of Ilorim, Nigeria; MA, Political Science from the University of Idaho; BSN from Lewis-Clark State College; and MSN in Nursing Education from Walden University.



Cristy Bledsoe, PhD, MSN, RN

**Title:** Clinical Assistant Professor

**Research Interests**

- Autism
- Health Care Reform Act
- Geriatrics



Dr. Bledsoe graduated from Idaho State University, received her MSN at the University of Colorado, and her PhD in Nursing from the University of Utah.

Marshall Jewell, MSN, RN



**Title:** Clinical Instructor

Mr. Jewell obtained his Bachelor's Degree in Nursing from South University, MSN with an emphasis on education from Grand Canyon University, and is currently working on a Doctor of Nursing Practice Degree.

# School of Nursing: New Administration & Staff

## Dr. Nies promoted to Dean for the School of Nursing

Mary Nies, PhD, RN, FAAN, FAAHB was promoted from Associate Dean and Director to Dean in Fall 2013. The School of Nursing is very excited about this step forward in continued growth and local, regional, state, national and international status of the School of Nursing.

### Research Interests

- Physical Activity Interventions for Vulnerable Populations
- Health Promotion and Obesity Prevention
- Influence of Neighborhood and Environment on Health Outcomes
- Community Based Participatory Research

Dr. Nies is a behavioral nurse scientist with a research focus on community interventions promoting health in vulnerable populations. Her scientific expertise lies in health promotion and intervention research. In addition to being an invited speaker, she has presented her research at regional, na-

tional, and international conferences. She has received extensive federal and foundation funding to support her research. Dr. Nies has numerous publications in well-recognized peer review journals. She is the co-author of the textbook *Community/Public Health Nursing: Promoting the Health of Populations* now in its 5th edition. Dr. Nies has experience working with interdisciplinary research teams and has served on several NIH and CDC grant review study sections. She is a Fellow in the American Academy of Nursing and a Fellow in the American Academy of Health Behavior. Dr. Nies was inducted

into the International Nurse Researcher Hall of Fame, Sigma Theta Tau International Honor Society in 2011 in Mexico. She received the Distinguished Alumnus Award from the University of Wisconsin, Madison School of Nursing and the Loyola University Chicago School of Nursing. Her BSN is from the



University of Wisconsin, Madison, her MSN from Loyola University Chicago, and her PhD in Nursing Science is from the University of Illinois at Chicago. She completed a post-doctoral fellowship at the School of Nursing, University of Michigan working with Dr. Jean Goepfinger and Dr. Nola Pender.

### Kara McCurdy, BA

Ms. Kara McCurdy joined Idaho State's School of Nursing on September 3, 2013 as the School of Nursing Academic Advisor. Kara has three years of advising experience with pre-pharmacy students. In addition, she has four years of experience with admissions in the College of Pharmacy. Ms. McCurdy has a Bachelors of Arts degree in English from ISU. Kara was selected to attend the 2013/2014 Idaho State University Leadership Training Program.



### Morgan Scadden

Mrs. Morgan Scadden joined the SON staff as an Administrative Assistant 1 in July, 2013. Morgan is working on a Bachelor of Science degree in Communication Sciences and Disorders at ISU, graduating in December 2013. Morgan has experience with working with health team members (nurses, doctors, billing agencies, insurance companies, and patients) as front desk office staff at Bingham Memorial Hospital. She was selected to attend the 2013/2014 Idaho State University Leadership Training Program.



## Nursing Events

# 50 YEARS OF CELEBRATING U

## ISU Homecoming 2013



Above: Mrs. Barbara Anne Gehrke (class of 1970) and Dean Nies at the ISU Homecoming Game Parade. Right: ISU SON students on Nursing homecoming float for 2013 parade on October 5, 2013.

Idaho State University's Homecoming 2013 themed "50 Years of Celebrating U" highlighted the 50-year anniversary of Idaho State University becoming a four-year university.

A variety of alumni events were held culminating Oct. 5 with the Homecoming Parade and football. The Bengals finished just behind North Dakota, final score 28 to 25.



## Alumni Update

### Class of 1961

LuAnn Howe, School of Nursing Professional Achievement Award recipient for 2013, attended the ISU vs. UC Davis football game this year with Dean Nies in California. LuAnn graduated from the SON in 1961.

LuAnn Howe (far right) with her family and Dean Nies (far left) at the UC Davis, California football game.



### Class of 2013



James Farmer graduated from Idaho State University School of Nursing Family Nurse Practitioner program in May of 2013. He was awarded a residency with the VA and will be providing primary care services for veterans in a Medical Home approach to care. James will be practicing in the ER, Women's Health, Inpatient acute care and specialty clinics and is looking forward to this opportunity.

James Farmer, Family Nurse Practitioner class of 2013.

We want to know what your recent accomplishments and updates are! If you have an update you would like us to share in the next SON Newsletter, please email details to: [Profnurs@isu.edu](mailto:Profnurs@isu.edu)

# Nursing Events

UPCOMING EVENT

## SNA hosts Health Preparedness Seminar

Beginning September 30 through November 18th the Student Nurses Association (SNA) is hosting a Health Preparedness Seminar by Nick Scarborough, Health Department, every Monday from 12:30pm-1:30pm in the Beckley Nursing Building, Room 304. Information will be provided on the Medical Reserve Corps and FEMA certified can be obtained at the end of the course. A pizza lunch is provided each Monday by SNA. Heid Peterson, SNA President encourages anyone interested to attend. "It's a wonderful opportunity to come and learn how to be prepared for any type disaster. "

## SON hosts successful reception for new faculty members in Meridian

Local hospital administrators, students, staff and faculty gathered at the ISU Meridian Health Science Center on September 11, 2013 to welcome the new SON faculty



members. The School of Nursing hosted the wine and cheese reception to help establish connections in the Treasure Valley. The new faculty members in Meridian work closely with several organizations in the area and welcomed the opportunity to meet their new colleagues.



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