

NURSING

UNIVERSITY OF DUBUQUE

FALL | 2023



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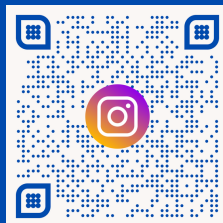
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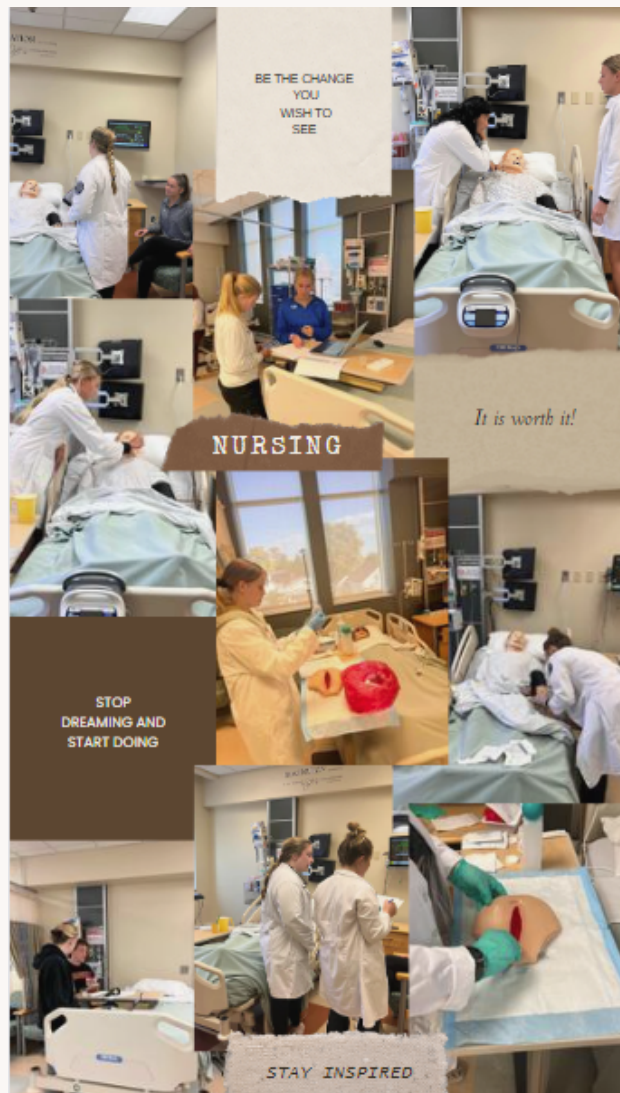
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FOLLOW US ON
SOCIAL MEDIA!

THE MISSION OF THE DEPARTMENT
OF NURSING AT THE UNIVERSITY OF
DUBUQUE IS TO EDUCATE
PROFESSIONAL NURSES TO PROVIDE
ETHICAL, EVIDENCE-BASED,
COLLABORATIVE CARE TO MEET THE
DYNAMIC NEEDS OF DIVERSE
INDIVIDUALS AND COMMUNITIES.





Farewell from Neil...



Fall is a time for change – the changing seasons, the new students and faculty on campus, and the moving on of others. In my own life, I have a major change occurring – I am retiring at the end of this year. I have been at UD since fall of 2012 and the Department Head since 2021. I started out as an Associate Professor, obtained tenure, and was promoted to full Professor. During this time, I have had the opportunity to teach many students and be involved in a wide variety of university committees and events. However, it is time to move on. I have been a nurse for nearly 48 years and involved in health care for 48 years starting off as an EMT. I have had in my

career the opportunity to travel as a Peace Corps Volunteer and be a nurse in a variety of clinical settings and places here in Iowa, Hawaii, and Oceania. I have had the unique opportunity that only nurses have – to be at both births and death. I have seen the human condition in many of the multiple aspects of life. I feel grateful for these opportunities and participation in these events. So, I feel I have contributed to nursing, and the lives of my patients, their families, and to the students and faculty I have worked with.

I leave UD with confidence that the University is moving ahead in a positive and effective way that will ensure the University and the Department of Nursing will continue to improve and become stronger. Dr. Jackie Meyer will be taking over as the Department Head, and she will continue to lead a great team of faculty (Dr. Tobin, Professors – Neyen, Kragenbrink, Steinbeck, Hansen, and Chapman) assisted by our administrative assistant Holly Sinno, and graduate assistant Hailey Barsema. I would be remiss if I did not formally say thank you to each of these people as they have made me a better teacher, leader, and faculty member – I cherish the time I have had with each of them and thank them for their support over the years.

So, this is my last message to you all, rest assured that I have fond memories of my time at UD and as an RN working in a variety of areas. So as many of you have heard me say at the end of classes many times over the years – I bid you all a fond Aloha!

Department News

New Faculty Member MARY TOBIN PHD, RN

After pre-nursing courses at Iowa State, I graduated from the Iowa Wesleyan Nursing Program. Following graduation, I worked in Med/Surg and later in Adolescent Oncology in Houston at MD Anderson Cancer Research Hospital. I next worked in Peds ICU and General Peds at UIHC while I got my Masters at the University of Iowa with none other than the wonderful Dr. Neil MacNaughton! After grad school, I married Bob Tobin (a Civil Engineer from Dubuque), and we moved to Northwest Iowa. While there I worked in Peds/OB and taught in a community college. My husband was next transferred to Omaha.



I completed half of a PhD at The University of Nebraska with a focus in Community Health and Informatics. My husband was relocated to Cedar Rapids and we moved to Solon, Iowa, and adopted two infant boys from South Korea. I taught at Kirkwood for 4 years and then for 18 years at Coe College. I also taught basic skills to inmates at Oakdale prison in the summer. These inmates worked as caregivers in the infirmary/hospice units at the prison. I also worked part-time in Skilled Care at Solon Retirement Villages. While at Coe I took students on May Term trips to Korea to study policy differences in mandatory reporting and we volunteered in an orphanage and toured Seoul. I served as Chair of Nursing at Coe. I was able to finish my PhD during these years in the College of Education at the University of Iowa.

Our infant sons are now sadly grown. One lives in Dallas (a marketing major from Iowa State) and our other son is a Junior at Creighton (majoring in Chemistry and Physics). After we launched our sons, my beloved Alma Mater, Iowa Wesleyan recruited me to serve as Chair and I was delighted to give back to that wonderful program. However, Wesleyan closed in May 2023. In Fall of 2023 UD was able to adopt several Wesleyan students and myself. I am delighted to be here and help my husband's hometown! Bob and I have now been married for 30 years! I will be serving as a Professor of Nursing and help in a variety of courses including: Community Health, Peds, Leadership and in an Aging clinical. I will also be working on a UD for Kids Nursing Summer Camp for children who want to explore nursing. I enjoy accreditation and regulation work and am delighted to help the UD nursing team with those things. I served as an accreditation site visitor in the past and hope to do more of that type of service. At some point, I aspire to serve on the Iowa Board of Nursing. My research interests include Nursing Empowerment, Conflict and Organizational Commitment. I have published several articles in those areas. My true love is Camp Nursing and I have had the privilege of serving in therapeutic and well-child camps across the nation and have published several articles on camp nursing. I am a member of the American Camp Nurses Association. I am also an active Catholic and enjoy volunteer work, especially serving in soup kitchens. I aspire to teach Catholic religion classes in Dubuque once I get acclimated to UD. I am a member of Sigma Theta Tau Nursing and was inducted into Phi Kappa Phi Honor Society in 2017 for outstanding faculty scholarship.

I am delighted to find myself at UD in this season of my career and can't wait to help students realize they made the perfect choice in choosing nursing as a major! In my opinion, it is the perfect major! It will last a lifetime and there is almost nothing you can't do with it! You could be a bedside nurse, a nurse practitioner or even the future President of the United States! Nursing is a wonderful thing to do with your gifts. Please do not hesitate to stop by my office or ask for anything I can help you with!

Teacher Learning Conference - Nursing

On August 15th and 16th, nursing faculty presented at the UD Teaching Learning Conference (TLC). This conference is an excellent resource for UD faculty and staff to come together and share best practices for supporting our students academically and beyond. This was also an excellent opportunity to network and build relationships with our colleagues from other disciplines across campus.

2023 TLC sessions topics including best instructional practices, difficult conversations with students, Mentors in Violence Prevention, designing clear and effective writing assignments, an excel workshop, an internship panel, student career readiness, AI in the classroom, wellness in the work and school day, CPT/AED certification, and challenging students through intellectual and emotional connections. UD Nursing Department faculty (Beth Neyen (lab and simulation coordinator), Kristi Steinbeck, Kerri Chapman, and Dr. Jackie Meyer) contributed two sessions on simulation to the 2023 conference. The first session was "Simulation for Student Learning: Not Just for Healthcare and Aviation!" Noting that simulation facilitates student learning of complex content in a safe setting, nursing faculty shared basic concepts and examples of simulation as a teaching strategy in nursing and other disciplines. In the second session, "Delivering on Student Learning: Simulation in Action," the same group of nursing faculty put simulation into action as session participants from multiple disciplines helped Noelle, the nursing program's obstetric simulator, deliver her baby in the classroom. Both sessions were enjoyable and engaging, and the overall!

There are many teaching and learning methods, with simulation being just one approach shown to be very effective in nursing. The overall objective of these sessions was to share information with participants about how simulation can be used in areas outside of healthcare. It is interesting to note that evidence indicates pre-briefing (discussion before the simulation experience) and debriefing (post-simulation discussion and reflection) is where the majority of learning takes place.



Multiple individuals from different departments are assisting Noelle in the delivery of her baby.



Smiling through the birth of the new born!



Students experiencing simulation in the Nursing Lab.

AACN Conference

American Association of Colleges of Nursing

Over the summer I embraced the opportunity to attend AACN's (American Association of Colleges of Nursing) summer seminar in beautiful Quebec City, Canada. The seminar was led by Sean Olsen, CEO of Recognize Professional Coaching. The Seminar focused on leadership and creating your own personal brand for yourself and your team. During the seminar, we identified key behaviors that influence our surroundings, why they matter, and how to create a winning organizational culture. We then dove deeper into looking at what the future of academic nursing looks like, and how we can develop partnerships that drive change and enhance impact. Some key takeaways from this conference are that within the work environment, we all have blinders on after 18 months and are focused on what our job is, instead of the mission at hand. He encouraged us to find the co-worker we often avoid, find the 1% that we did have in common, and build a relationship. This is such sound advice because there is no trust outside a relationship. We did several activities that included reflections on who we were, and what we wanted to be, and received a realization as to how our view differs from those in the same profession. My favorite quote from Sean Olsen during the conference was "We all get butterflies, but when you are prepared they fly in formation." I had the opportunity to collaborate with several nursing chairs and co-chairs across the country. We shared several struggles in academia but also received great advice on how to handle these struggles and initiate change in nursing academia. Sometimes your best asset is fresh eyes and a fresh perspective.

-Kerri Chapman



AACN, 2023

*"THE TOP NETWORKING EVENT
FOR AACN MEMBER SCHOOL
DEANS AND DIRECTORS,
FOSTERING CONNECTIONS AND
COLLABORATION TO SHAPE
THE FUTURE OF NURSING
EDUCATION"*

AACN, 2023

Faculty and Staff



Jackie Meyer PhD, RN, CNE
Education

- Villanova University, PhD in Nursing, Villanova, PA
- University of Iowa, Master of Science in Nursing, Iowa City, IA
- Clarke University, Bachelor of Science in Nursing, Dubuque, IA

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Nursing Program Responsibilities

NRS 309: Mental Health Nursing (Fall)

Department Chair, Nursing (Spring)

NRS 401: Health Care Research (Spring)

NRS 495P: Nursing Internship Clinical Supervision (Spring)



Krisiti Steinbeck MSN, RN
Education

- Walden University, Master of Science in Nursing, Minneapolis, MN
- Valparaiso University, Bachelor of Science in Nursing, Valparaiso, IN

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Teaches:

NRS 310/310L: Basic Concepts & Complex Skills in Nursing Assessment

NRS 307/307L/307P: Nursing Care of the Adult Population I: Health Care Team Prevention and Condition Management

NRS 415: Adult Health II



Beth Neyen MSN, CMSRN
Education

- Clarke University, Master of Science in Nursing Education, Dubuque, IA
- Clarke University, Bachelor of Science in Nursing, Dubuque, IA
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Teaches:

NRS 311/311L: Basic Concepts & Skills in Nursing

NRS 307L/307P: Nursing Care of the Adult Population

NRS 495P: Senior Internship Practicum
Lab & Simulation Coordinator



Linda Hanson BSN, MSN, MEd, RN
Education

- Allen College, Master of Science in Nursing, Waterloo, IA
- Capella University, Master in Education, Minneapolis, MN
- Allen College, Bachelor of Science in Nursing, Waterloo, IA

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Teaches:

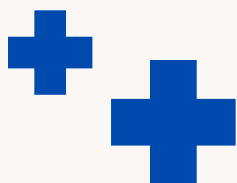
NRS 415 Nursing Care of the Adult Population II: Health Care Team Prevention & Condition Management

NRS 305P: Nursing Care of the Older Adult: Health Care Management Issues

NRS 307L: Nursing Care of the Adult Population I

NRS 402: Leadership & Management in Nursing & Health Care

NRS 404: Health Care Issues & Policy



Faculty and Staff



**Kerri Chapman MSN, RN,
RNC-OB**

Education

- University of Dubuque, Bachelor of Science in Nursing, Dubuque, IA
- Walden University, Masters of Science and Nursing Education, Minneapolis, MN

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Teaches

NRS 310: Basic Concepts & Skills in Nursing:
Assessment

NRS 308/308P: Care of Child-Bearing & Pediatric
Populations

NRS 403/403P: Care of the Client in the Community



Mary Tobin

Education

- University of Iowa, PhD in Education, Iowa City, IA
- University of Iowa, Masters in Nursing, Iowa City, IA
- Iowa Wesleyan University, Bachelor of Science in Nursing, Mt. Pleasant, IA

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Teaches:

NRS 305P: Nursing Care at the End of the
Continuum Aging Practicum

NRS TBD: New Nursing Program Development

NRS 403P: Care of the Client Across the Age
Continuum within the Context of Community
NRS 308/308P: Care of the Child-Bearing, Child-
Rearing, & Pediatric Populations

NRS 402: Leadership & Management in Nursing &
Health Care

NRS 404: 21st Century Issues in Nursing & Health
Care



**Lisa Kragenbrink BSN, MSN,
RN**

Education

- University of Iowa, Undergraduate degree, Iowa City, IA
- Clarke University, Master of Science in Nursing Education, Dubuque, IA

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Teaches:

NRS 303: Pathophysiology/Pharmacology

NRS 305/305P: Geriatrics

NRS 495P: Senior Seminar

NRS 307P: Nursing Care of the Adult Population
I (Practicum)

NRS 201: introduction to Nursing



Holly Sinno, BA

Education

- Clarke University, Bachelor of Art in Communications, Dubuque, IA
- University of Dubuque, Master in Management - Organizational Diversity and Inclusion Leadership, Dubuque, IA - Expected graduation April 2024.

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Responsibilities

Administrative Assistant



Hailey Barsema, BA

Education

- University of Dubuque, Undergraduate degree, Dubuque, IA
- University of Dubuque, Master in Management - Organizational Diversity and Inclusion Leadership, Dubuque, IA - Expected graduation April 2024.

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Responsibilities

Graduate Assistant

UD Nursing Camp

Adventures in Nursing

An exciting new project in the works in the UD Nursing Program is the development of a new summer day camp tentatively called Adventures in Nursing. Sam Wu, BSN (2020) and Dr. Mary Tobin are collaborating with Peggy Drexler who organizes UD for Kids summer camps to see how nursing can be added to the camps listed for summer 2024. At this time we hope to loop this new nurse camp into the long standing and very successful UD for Kids summer camp program. Opportunities that support middle schoolers in exploring career options may help them crystalize nursing as a career choice. Summer camps can provide the opportunity to introduce middle schoolers to diverse areas of nursing from Forensics Nursing to Neonatal Nursing. Society is facing a severe and unrelenting global nursing shortage. Nurse summer camps are growing in popularity as a method to expose middle schoolers to nursing and hopefully increase enrollment in nursing programs. Early outreach camp programs like Adventures in Nursing may help more middle schoolers confirm their interest in nursing as a viable career choice. Middle schoolers may be an untapped target group that could be recruited into nursing. It is hypothesized that the poor image of nursing portrayed in media may also contribute to decreasing enrollment in nursing programs across the nation. Adventures in Nursing camp hopes to incorporate a component which allows middle schoolers to create a positive digital message to spread on their own social media sites about nursing. Lack of diversity in nursing is also a rising national concern. It is hoped the Adventures in Nursing camp can help recruit campers from underrepresented groups. It is also hoped that our UD Nursing Department can stay in contact with these campers by having them return to campus for fun events where they can mingle with current nursing students who could serve as role models. Grants and other funding sources are being explored so camp scholarships can be offered.



Sam Wu,
University of Dubuque
Alumnus

WATCH FOR MORE
DETAILS IN THE NEXT
NEWSLETTER!

ANTICIPATED DATE:
Summer 2024

My name is Sam Wu. I am originally from Taiwan, and I am a recent grad from UD, currently working as night staff nurse on the medical unit at MercyOne Dubuque Medical Center. There are those who believe that they are destined to become nurses, and there are those who swear that they would never become nurses. It would be hard to convince either group to do otherwise. However, I believe that there are many more people who were like me, who never considered about entering the healthcare field, who did not know much about nursing, who never imagined a vocation of taking care of people at their most vulnerable time; but these may be people who have just the right personalities, talents, and strengths to be amazing nurses. When becoming a commercial pilot, a childhood dream of mine, became impractical for me financially, my parents suggested the field of nursing. I did not know much about the healthcare field besides my limited experience in the high school Certified Nurse Aid course. Running out of time and option, I went with the suggestions, and it ended up being one of the best decisions I have ever made in my life. I still cannot say nursing itself is my dream job or ultimate passion, but what comes with nursing – the need to learn every day, the challenging tasks to overcome in each shift, and the true interactions and connections I have between each patient, are what made me love nursing. I only got lucky because it just so happened that what my parents suggested worked out for me. Granted, they raised me, and they likely had seen the strengths I had to offer nursing. Nevertheless, I was never exposed to the world of nursing prior to entering nursing school. Yet, it does not have to be that way for others! This Nurse Camp will serve as a portal for young children and teens who are not aware of the world of nursing but have what it takes to become great nurses, they may even end up loving nursing. This cannot be done if they are never exposed to nursing, and that is exactly what Nurse Camp will be accomplished, to help those who have the gifts of nursing find out they can use their talents and gifts to meet one of the world's greatest needs.

UD Student Nursing Association

UDSNA'S MISSION:

UDSNA is an organization run by pre-nursing and nursing students to help guide, educate, and mentor each other throughout the nursing curriculum. We strive to connect all nursing students with the greater campus and Dubuque area by participating in community events. UDSNA's monthly meetings will provide a fun, educational, and comfortable environment in which students can voice their opinions and build personal and professional relationships. UDSNA also strives to help future nurses become more readily adaptable to the diverse, dynamic, and ever-changing health care environments of the 21st century.



ABOUT THE MENTORSHIP PROGRAM

We are very excited to announce the launch of our Mentorship Program this year! This Mentorship Program is designed for our pre-nursing and nursing students to use each other as mentors to navigate through the pre-nursing and nursing courses at UD. There are multiple senior mentors that have given up their time to meet with their group of five pre-nursing and nursing students once each month. During this meeting the group discusses high points and hardships and relates on their journey so that each student feels more comfortable as they move forward in the program.

2023-2024 SNA OFFICERS

Advisor: Lisa Kragenbrink

President: Madelyn Huschitt

Vice President: Abbey Dunwoody

President Elect: Kaelyn Weigel

Secretary: Jadyn Werner

Treasurer: Josie DeLapp

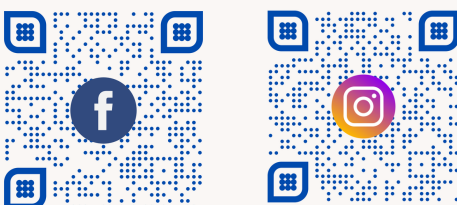
Senior Representative: Kaitlyn Kaufmann

Junior Representative: Grace Lagerhausen

Sophomore Representative: Lizzie Borton

Freshman Representative: Aubrey Sorrell

FOLLOW US ON SOCIAL MEDIA!



UPCOMING EVENTS

UDSNA will be hosting a meeting on December 5th at 5pm. This meeting will consist of making tie blankets to donate, as well as a soup potluck. Additionally, UDSNA will be hosting a relaxation day in December, TBD. For more information, check out their social media page!

Nursing Alumni Spotlight

Tyler Glenski

What year did you graduate? 2020.

What inspired you to be a nurse?

My decision/inspiration to be a nurse was multifaceted. I come from a family of medical professionals, primarily nurses. My mom and sister are both RNs, as well as my grandmother and a handful of other direct relatives. Thus, my family inspired me to work within the medical profession. I currently work in pediatrics, a direct preference since the passing of a high school student, Tyler Toll, when I was in sixth grade. He made such a large impact on me as a child, and I have always wanted to pay that forward to the "littles" of today. Considering these experiences, I toured the University of Dubuque in 2015 and had an open mind to all things medical. During this campus visit, Professor Carol Chesterman (UD faculty at the time), sat my family down and lit a fire for pediatric nursing within me that I have maintained to this day. I attribute my final decision to be a Registered Nurse to Carol Chesterman.

Where has your degree taken you in your career?

Following graduation in 2020, I took a job in the Pediatric Intensive Care Unit at the University of Iowa Stead Family Children's Hospital. I began this job during the heart of COVID-19 and stayed for roughly three years. Within this position, I experienced more than I could have ever imagined. The PICU sees children of all ages, from premature cardiac babies to developmentally delayed children in their thirties... and everything in between. Within this role, I learned how to care for some of the sickest children within our region. Children who require vasoactive drips, moderate-deep sedation, mechanical ventilation, ECMO, CRRT, organ transplants, and much more. I experienced immense joy, for instance, speaking to a child's parents who just learned their child was getting a heart transplant or another major organ that they had been patiently waiting on. I also experienced grief, agony, and loss, but I will spare you the details of these situations. I tell people I went into this role with rose-colored glasses, not truly understanding the gravity of what I would experience. The PICU developed the nurse that I am today, and I am incredibly grateful for each person who assisted me along the way. After roughly three years, I decided I was ready to move on to something new. I recently took a position with Pediatric Associates of UI Stead Family Children's Hospital in Coralville and Iowa City, Iowa. In this role, I assist with the care of infants, children, and adolescents where we provide a range of services including well-childcare, basic childhood immunizations and illnesses, and managing complex medical conditions and chronic disorders. This transition from inpatient care to ambulatory care was both enlightening and challenging. I am very glad I chose to experience another side of nursing, and I continue to grow as a young nurse every day.

What do you like being most about a nurse?

What do you like best about being a nurse? What I enjoy most about being a pediatric nurse is the connection and impact I can make on children and parents during times of stress. Medical procedures, exams, and health care professionals in general can be very frightening to kids. Reducing any amount of fear for these families and children results in a successful day for me, and with my bubbly personality, it's one of the things I do best.

What advice would you give to current nursing students?

One piece of advice I would give is to persevere. Nursing school is incredibly difficult and can be immensely stressful at times. I remember getting frustrated with the stress of school, but that stress taught me how to become comfortable with being uncomfortable. I firmly believe that the stress you face in nursing school is directly preparing you for the stress you could potentially face as a Registered Nurse. For that, I am very appreciative. I embolden UD's nursing students to persevere!

What did you like most about being a spartan?

What I liked the most about being a spartan was the close-knit community on campus. I loved that I could walk across campus and without a doubt, see someone I knew. This made the campus feel more like home.



Nursing Alumni Spotlight

Chloe Brehm

What year did you graduate? 2020.

What inspired you to be a nurse?

When I was in kindergarten, my mom and I were in a car accident that resulted in a short hospital stay. The care and compassion those nurses gave me is something that I have wanted to be able to give to others. Additionally, while in high school, I shadowed a nurse and that really solidified that this was the career path that I wanted to take.

Where has your degree taken you in your career?

After graduation I started working on a medical-surgical floor full-time as a new grad nurse. This first position was a great learning experience where I gained the understanding of how to really be a bedside nurse. After about a year and a half I felt comfortable in my role and transitioned from full-time to PRN and decided to start travel nursing. I started closer to home and took my first contract about an hour away. However, on my second contract I decided to spread my wings a little more and travel to Colorado where I am finishing up my assignment on a medical-surgical oncology floor after almost a year at this facility and 3 years of being a nurse. I cannot wait to see where my next assignment takes me!

What do you like best about being a nurse?

Caring for patients in some of their most vulnerable times can be tough but it is also what makes this career worth it. The stories you hear as a nurse are truly incredible and can really put life and what matters most into perspective. Another great aspect is schedule flexibility. I always work three 12 hour shifts a week, so it is easier to ask for time off and work life into a busy schedule. Since becoming a travel nurse, I have loved not only the financial freedom it brings, but also learning new things at each facility I have been to.

What advice would you give to current nursing students?

Just keep going! I know it is hard, with the long hours of studying and difficult material, but once you graduate, it will be so worth it. Never be afraid to ask questions, you will continue to ask them throughout your entire career. I would recommend starting off on a med-surg floor and going from there. Learning the basics of how to be a nurse is key, and less overwhelming on this type of floor.

What did you like the most about being a Spartan?

I could not be more grateful for every opportunity I received through UD. I was awarded quite a few scholarships that made my education affordable. Being a Spartan provided me with some of the best memories and friends that I have to this day. The close-knit community throughout UD makes college so much easier and fun.



Nursing Alumni Spotlight

ALLISON MAAS

What year did you graduate? 2007.

What inspired you to be a nurse?

I have always wanted to do something in the medical field that met people's needs mentally, emotionally, and physically.

Where has your degree taken you in your career?

My bachelor's degree took me on a career path of being an emergency room nurse which has included a variety of roles including management, emergency preparedness, EMS management, and ER travel nursing in hospitals ranging in size from trauma level 1 down to critical access hospitals. I have also gained nursing experience in case management, cardiovascular/ICU, and psychiatric services. Along with this civilian experience, I have close to 19 years of experience in the United States Army combined with the National Guard and the Reserves. My military experience pertains to being a soldier, a nurse, and an ER/Trauma nurse in a forward surgical team. All of this experience has led me to where I am today. I recently graduated from the University of Iowa with my Doctorate of Nurse Practitioner specializing in mental health.

What do you like best about being a nurse?

I like to interact and listen to each of my patients to figure out what their needs are and how I can best care for them. I don't do this job for thanks or for glory. I do it because that is what people need.

What advice would you give to current nursing students?

There is a lot of different advice out there and it would depend on the situation. For the new nurses, don't be afraid to have a voice. As a new nurse, it is your career on the line – be an advocate for yourself. Make sure you get full onboard experience when you start your new job. Make sure to practice self-care and don't go out with guns blazing and overwork yourself too much.

What did you like the most about being a Spartan?

I am extremely proud that I can say that I graduated from the University of Dubuque. I hold my head up high and am proud that I graduated from UD's nursing program. I feel that UD has an excellent nursing program.



We will continue to honor an alumni every semester. Every person featured in the alumni spotlight completed their studies at the University of Dubuque and went on to enhance their education to reach their current positions. Including the alumni spotlight has proven to be a fantastic and successful way to highlight and honor these accomplished leaders. Among many others, the alumnus is a fantastic role model for both current and prospective students.

UD nursing students performing safety assessments in lab.

