

Knowledge of Our Past

Florence Nightingale, 1820 - 1910

2010 International Year of the Nurse Nurses - Making a Difference in Global Health

The 2010 International Year of the Nurse is the centennial year of the death of Florence Nightingale, the founder of modern nursing. Sigma Theta Tau International, in collaboration with the Nightingale Initiative for Global Health and the Florence Nightingale Museum in London, are honoring and celebrating her life by recognizing the contributions of nurses globally. This Celebration of Commitment provides opportunities for nurses to share their unique contributions toward global health. On Sunday, April 25, at the National Cathedral in Washington DC, a commemorative service celebrated her life and legacy. The service can be viewed at the following web site: <http://www.nationalcathedral.org/events/Nightingale20100425.shtml>

The name of Florence Nightingale (1820-1910) has been revered and respected - across the world - for more than a century. Even today, her contributions to nursing theory, education, practice, research, statistics, public health, and healthcare reform are foundational and inspirational. And, her contributions to human health still continue to be revealed.

Nightingale was a consummate health policy advocate who influenced the world's political leaders of her time. She was an ardent environmentalist who changed conditions that caused disease. She was a global networker who corresponded with thousands of people around the world about furthering and promoting health issues.



She was an effective communications and media expert who impacted upon public awareness to change how people understood and valued health in her time. She knew the critical importance of self care and renewal.

"You must inform public opinion..."

Florence Nightingale, 1893

From her own deep and prolonged experience with personal health issues, she advocated for all nurses to be continually renewed to sustain their effective, compassionate and caring practices. She called all these approaches "Health Nursing."

Today, in our 21st century 'global village,' these broader insights from Nightingale can become innovative approaches developed by nurses who seek to impact and influence the factors which will determine and sustain the health of humanity in our time.

"When I am no longer even a memory, just a name, I hope my voice perpetuates the great work of my life. God bless my dear old comrades of Balaclava and bring them safe to shore."

Florence Nightingale

Nurse Scholars Achieving Excellence

The Celebration of Nurse Scholars Achieving Excellence was held at The Health Foundation of Greater Cincinnati on March 31, 2010. Mavis Bechtel, MSN, FACHE, Vice President of Patient Care Services at University Hospital and Associate Dean at UC College of Nursing, was the keynote speaker. Participants celebrated the outstanding accomplishments of two nurse scholars who were the 2010 Beta Iota Excellence in Nursing Award recipients. The recipients were:

Sharon Ashley, MSN, RN 2010 Excellence in Nursing Leadership

Sharon Ashley is the Chief Nursing Officer and Director of Performance Improvement at Adams County Regional Medical Center. For almost 20 years prior to her current position, Sharon served as the Director of Allied Health Services, Outpatient Rehabilitation, Inpatient Case Manager, and Performance Improvement/JCAHO Coordinator at Adams County Hospital. She received her MSN from University of Cincinnati and her BSN from Ohio University. In 1984, Sharon was inducted into the Beta Iota Chapter of Sigma Theta Tau International, The Honor Society of Nursing.

Wanda O. Wilson, PhD, MSN, CRNA 2010 Excellence in Nursing Education

Dr. Wanda Wilson became the seventh Executive Director of the American Association of Nurse Anesthetists (AANA) in December, 2009. Prior to assuming this administrative role, Wanda was the Director of the Nurse Anesthesia Major at the UC College of Nursing (CON). Her rich clinical history in nurse anesthesia spans 36 years. Under Wanda's leadership, the CON Nurse Anesthesia Program ranked 11th out of 108 United States graduate nurse anesthesia programs. In 1993, Wanda was inducted into the Beta Iota Chapter of Sigma Theta Tau International, The Honor Society of Nursing.



The Beta Iota Chapter commends Sharon Ashley & Dr. Wanda Wilson on their outstanding contributions to the profession of nursing.



President's Proclamation Spring 2010: A Time to Celebrate, Renew & Rededicate

It is my pleasure to extend to each of you warm greetings for a joyous spring season 2010! As I sat down to compose this message, I found myself torn between competing demands for my attention - my duty as President of Beta Iota to come up with a meaningful theme for this Spring reflection and my yearning for a walk underneath the brilliant blue sky beckoning beyond my office window. Suddenly, it occurred to me that my desires reflected a common theme: the need to celebrate, renew, and rededicate my energies toward two passions - Beta Iota and nature! Building upon my own inspiration, I would like to take this opportunity to invite each of you to join me as we celebrate, renew, and rededicate.

Each spring, Beta Iota Chapter celebrates the "birth" of a new group of Beta Iota members with our invitation to membership and during our Induction Ceremony. This year, please join me in this celebration by reflecting back upon your own induction into membership in Sigma Theta Tau International. Do you remember the pride you felt upon receiving your invitation to membership? Do you recall your passion and resolve to be an active, contributing member of the organization? I cherish my own memories of the pride I felt at induction, and find those memories to be an important resource and reminder of my own priorities when faced with the competing demands of my hectic life. Spring 2010 is the time to celebrate your own membership in Beta Iota, and Sigma Theta Tau International.

Spring also reminds us of the opportunity for renewal. After a particularly hard winter, it sometimes becomes difficult to remember what the sun looks like! However, just when we feel that we cannot face one more gray day, out from the thawing ground emerges a daffodil - reminding us that renewal is not only possible, but also inevitable. Therefore, I call upon you to take this time to renew yourself as a committed, dedicated member of Beta Iota. Perhaps in the past you have not had the time to devote to participation that you would have liked. My message to you - participate now, renewal is possible! Maybe you have not found a place within the organization where you feel you can contribute. I would urge you - in spring 2010, find your place in Beta Iota and contribute now, renewal is possible! Finally, for those of you who perhaps have failed to maintain your active membership in our organization, please do not forget this very important message - renew your membership now, renewal is possible!



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President's Proclamation Spring 2010: A Time to Celebrate, Renew, and Rededicate

Lastly, spring affords us many opportunities to rededicate ourselves toward self-improvement. At this time of year, people emerge from their winter cocoons and gravitate toward parks and sidewalks in an effort to rededicate themselves to achieving their goals of personal health. Likewise, I ask each of you to take this time to rededicate yourself to achieving professional health through your ongoing participation as a Beta Iota member. We all have a role to play in building a vibrant Beta Iota Chapter of Sigma Theta Tau International. During my fall 2010 Presidential Call to Action, I asked each of you to "answer the call" through the pursuit and celebration of excellence and through active participation in our Beta Iota Chapter. What are you waiting for? Now is the time to rededicate your efforts to meeting the challenges I sat forth. Reflect upon your roles as a member of the profession of nursing and rededicate yourself to meeting the challenge of excellence in your practice, research, leadership, service and education. Reflect upon your membership in Beta Iota over the past year and rededicate yourself to playing an even greater role in the success of our chapter through your contributions.

You each have a unique contribution to make toward the continued vibrancy of the Beta Iota Chapter of Sigma Theta Tau International Honor Society of Nursing. I am sure each of you cherishes your membership in this organization, yet I also recognize that we are all pulled in multiple directions and our time is sorely limited. Therefore, I challenge you to examine your own priorities and determine what is holding you back from being the member that you truly want to be. Explore ways in which you can balance the competing demands in your professional and personal life so that you can honor your commitment to this organization, to your own professional health, and to our mutual passion for nursing excellence.

In closing, I would like to ask each of you to recognize the need to celebrate, renew, and rededicate your own efforts toward enriching the legacy that is Beta Iota Chapter. That legacy is built through the efforts of each member. To that end, embrace this season of nature's awakening as your own! Take this opportunity to reflect on the role you play as a Beta Iota member in achieving the shared mission of the Sigma Theta Tau community of nurses: "to support the learning, knowledge, and professional development of nurses committed to making a difference in health worldwide." Celebrate, renew, and rededicate yourself as a vital member of the global community of Sigma Theta Tau nurses!

Warmly,
Rebecca C. Lee, PhD, RN, PHCNS-BC, CTN-A
President, Beta Iota Chapter

Knowledge in the Making

Call for Grant Proposals

The Beta Iota Chapter Research Committee invites active Beta Iota Chapter members to submit proposals for research studies in the areas of nursing practice, education or administration. A maximum of \$4000.00 will be awarded to one or more researchers depending on the funds requested and quality of the proposal. The recipients will be recognized at the Beta Iota Chapter's Founders' Day Program held each Autumn.

Deadline

Submit grant proposals to Dr. Elaine Miller, Beta Iota Research Committee Chair, by June 1, 2010 at elaine.miller@uc.edu. Grant guidelines and an application form can be downloaded at the Beta Iota web site: http://betaiota.org/research_grant.html. Funding for selected grants will begin August 1, 2010.



Knowledge Sharing

Southern Ohio/Northern Kentucky (SONK) Consortium 2010 Annual Conference

The SONK Consortium, comprised of five chapters located in close geographic proximity (Beta Iota, Omicron Chi, Omicron Omicron, Rho Theta, and Zeta Phi), sponsored the 2010 SONK Annual Conference on February 19, 2010 at the Sharonville Convention Center. The keynote speaker, Dr. Elizabeth (Betsy) Weiner, Senior Associate Dean for Informatics at the Vanderbilt School of Nursing, captured the attention of 76 participants as she presented *Disasters and Pandemics: The Nurses' Pivotal Roles*. In the afternoon, a panel of experts in disaster preparedness provided information on local resources and

Nurse Researcher

Robin Lynn Crouch Osterman, PhD, RNC-OB, PMHCNS-BC Assistant Professor, University of Cincinnati College of Nursing

In 2009, Dr. Robin Osterman's proposed study, *Motivational Interviewing Intervention to Decrease Alcohol Use During Pregnancy*, was funded by Beta Iota Chapter for \$4000. The abstract of Dr. Osterman's completed study follows:

Motivational Interviewing Intervention to Decrease Alcohol Use During Pregnancy

Problem: Although alcohol consumption during pregnancy can result in Fetal Alcohol Spectrum Disorders (US DHHS, 2005), 34.4% of pregnant women continue to drink (Bobo, Klepinger, & Dong, 2006). **Purpose/Framework:** This study determined the effectiveness of a motivational interviewing (MI) intervention in decreasing prenatal drinking. The influence of the intervention on drinking behaviors as mediated by Self-Determination Theory's concepts of basic psychological needs and autonomous motivations was explored.

Methods: Of 171 pregnant women who reported previous year alcohol use, 67 consented to participate with random assignment to an MI Intervention (MII) group or a No-MI Intervention Comparison (NIC) group. After receiving education regarding risks of prenatal alcohol use, both groups were assessed for alcohol usage, levels of basic psychological needs, and auto-

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educational opportunities that addressed the topic. Panel members were Daniel Kirkpatrick, Assistant Director, Workforce Development, The National Center for Medical Readiness; Anne Carson, Associate Professor, Miami University at Middletown and the 2004 American Red Cross Ann Magnussen Award recipient; and Jean Caudill, Disaster Preparedness Coordinator, Northern Kentucky Health Department.



nomous motivations at baseline and 4-6 week follow-up. Fifty-six pregnant women completed the study.

Results: Structural equation modeling determined the effectiveness of the intervention in decreasing pregnant women's drinking behaviors as mediated by basic psychological needs and autonomous motivations over the 4-6 week period. After model goodness-of-fit was achieved, two significant paths were found between the type of intervention group and (1) changes in number of drink days per week ($p < .05$) and (2) gains in levels of basic psychological needs ($p < .05$) with the NIC group reporting greater changes in both at follow-up.

Conclusions: The MI intervention provided by this study was not found effective in decreasing pregnant women's drinking behaviors. Confounders, such as the standard education provided to both groups, and the decreased variability in levels of reported drinking, basic psychological needs, and autonomous motivations reported by the two groups at baseline may have affected the results. This study provided the groundwork for future intervention research that will assist pregnant women to decrease alcohol use during pregnancy.

Nurse Scholars in the Lead

The 40th Biennial Sigma Theta Tau International Convention entitled, *I am a Nurse ... and I am a Member of a Global Nursing Community*, was held in Indianapolis at the Indiana Convention Center, October 21 through November 4, 2009. Dr. Karen Morin, was installed as the 28th President with a Call to Action entitled, *Connecting through Knowledge for Global Health*. In concert with Vision 2020, President Morin highlighted four areas that would be the foci of her tenure: (a) Creating Welcoming Environments, (b) Enhancing Knowledge Resources and Networks, (c) Contributing to Global Health, and (d) Creating a Legacy of Personal Leadership. To read President Morin's Call to Action, link to: <http://www.nursingsociety.org/aboutus/CalltoAction/Pages/CalltoAction.aspx>

Dr. Beverly S. Reigle, Associate Professor at the University of Cincinnati College of Nursing was elected for a second term as Secretary of the Sigma Theta Tau Board of Directors. Dr. Donna Miles-Curry, Associate Professor and Associate Dean, Graduate Programs, Wright State University was elected Region 9 Coordinator.



Beta Iota Chapter

Board of Directors

President	Rebecca Lee
President-Elect	Claudia Mitchell
Vice President	Robin Dennison
Secretary	Beverly Reigle
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Connections Editor	Beverly Reigle reiglebs@ucmail.uc.edu
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Mission

The mission of the Honor Society of Nursing, Sigma Theta Tau International is to support the learning, knowledge & professional development of nurses committed to making a difference in health worldwide.

Vision

The mission of the Honor Society of Nursing, Sigma Theta Tau International is to create a global community of nurses who lead in using knowledge, scholarship, service & learning to improve the health of the world's people.