

March, 2024

SCHOOL OF NURSING

DePaul University



IN THIS ISSUE

Message from the Director

MENP Study Abroad

Research Spotlight

Networking Event

CbSL in the City

A Message from the Director

By Dr. Kim Siarkowski Amer, PhD, RN

Spring is in the Air! We are embarking on our final quarter in April and looking forward to the flowers blooming and sunny Spring weather. Please take time to get out and get some sun and take care of yourself by going outside and exercising. The American Heart Association recommends 20 minutes of exercise at least 3 times a week to stay healthy physically and mentally. You will be safer nurses if you are alert and fit.

We are embarking on strategic planning in the Spring Quarter and this will involve looking closely at curriculum, goals and future planning to stay current in nursing education. We had many faculty and students who attended professional nursing conferences the past academic year. This is an excellent way to get different perspectives and stay current with clinical practice ideas. We will be scheduling student forums in the beginning of Spring Quarter.

I attended the American Academy of Colleges of Nurses Conference in Naples Florida. It was focused on doctoral education, and I was able to get lots of ideas regarding implementing updates in our program.

My non-nursing exciting news is that I was able to see my favorite group, U2 at the Sphere in Vegas this month! What a show. Their message is one that we should all embrace: Take Care of One Another, Be Kind and Take Care of Our Planet.

Contact me if you have any questions, concerns or suggestions. Best, Kim

Dr. Amer's Office Hours (990 W. Fullerton, 4th Floor) are Monday and Wednesday 1:00 PM - 2:30PM or email Dr. Amer to schedule a chat or give suggestions for improvements.
kamer@depaul.edu

Upcoming Events

Mandatory ATI Live Review: March 20, 21, 22, 9:00 AM - 4:00 PM, McGowan South Room 404
Quarter 8 Students

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MENP Orientation: March 22, 9:00 AM - 1:00PM, McGowan South Room 401

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Winter 24 Honors & Pinning Ceremony: March 23rd, 10:30 AM - 12:00PM, Lincoln Park Student Center, Room 120 AB

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April 1st: Begin Spring Quarter

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Nursing White Coat Ceremony & Blessing of the Hands:
Monday, May 6th, 6:30 PM - 7:30 PM
Lincoln Park Student Center Room 120 AB
First Year Students in Quarters 1 through 4 as of Spring Quarter

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National Nurses Week: May 6 - 12

2023 MENP Study Abroad Trip to the Czech Republic

by Dr. Sheila Towson, DNP, APRN, AGPCNP-C, MS, RD

Twenty-eight MENP students had a complex clinical, and cultural experience for two weeks in the Czech Republic over Winter Break. Beginning the journey in Prague, they experienced the magnificent Prague Castle and learned about the Hapsburg Dynasty that ruled the Austro-Hungarian empire for centuries. Paleopathology was taught through The Museum of Man at Charles University. The famous Institute for Mother and Child was visited, and a WHO researcher gave an extensive seminar on the mortality rates of infants and mothers in the EU.

After leaving Prague a major, rare snowstorm hit Southern Bohemia. Our tire-treaded boots did their job as we walked many miles daily! In a small town, we trekked to a hospital with a baby box, a home for the elderly, autistic children, severely disabled adults, and much more. We had side trips to a former estate turned rehabilitation facility for addictions and co-morbidities, a castle in a town that looked like the hobbits lived there and WWII sites that made hearts cry with sadness.

The entire experience gave the students a global view of healthcare policy differences and culturally unique practices. They will be future nursing leaders and make many new friends. It was a pleasure guiding them through the journey as we learned so much as their leaders! What a great group of students!



MENP Students and faculty in Prague

Research Spotlight:

Dr. Michelle Neuman, MA, MSN, PPCNP-BC



MENTAL HEALTH, RELIGION & CULTURE
<https://doi.org/10.1080/13674676.2023.2290073>

 **Routledge**
Taylor & Francis Group

 Check for updates

Forging connections in the wilderness: a pilot study on Judaism and mental health in outdoor behavioural healthcare

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ABSTRACT

Wilderness behavioural therapy programs take place outside of traditional office settings and focus on successful problem-solving skills instead of the underlying issues. There are few longitudinal studies on wilderness behavioural therapy and none specifically examining the connections between Judaism and mental health. Presented here is a longitudinal cohort study collecting data pre & immediately post-program, 6-months, 12-months, and 18-months post-program. The overall goal of this pilot study was to examine connections between Judaism, coping skills, and mental health. Two evidence-based Jewish spiritual measures and three evidence-based mental health measures were used. While most participants thought their connection to Judaism was important to treatment, that did not translate to using aspects of Judaism as a coping mechanism. Likewise, there were no statistically significant changes on any of the mental health measures used. One caveat: the small sample size makes for poor generalizability.

ARTICLE HISTORY

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behavioural therapy; mental
health; young adults;
Judaism; coping



Zeta Sigma Chapter



Winter Networking Event

On Wednesday, February 21st, Sigma Theta Tau Honor Society and the DePaul Student Nurses Association gathered faculty, students and MENP graduates at McGowan South for a chance to learn more about different nursing positions, current nurse residency programs at local hospitals and the importance of having mentors in your nursing career.

MENP Graduates Nicolas Cooper (Nov. '22), Sydney Knobel (Mar. '22), and Raina Leon (Aug. '18) currently working in Psych, Labor & Delivery, Rehab, Pediatrics, ER and Med-Surge served as the speaker's panel for this event.



Students, Alumni and Faculty at the Sigma Theta Tau, DSNA joint networking event on February 21st, 2024 Pictured Left to Right: SallyAnn Rose, MSN, RN, Mar. '23, Dr. Kim Siarkowski Amer, PhD, RN, Dr. Rebecca Barron, DNP, RN, Nicholas Cooper, MSN RN, Madhavi Patel, MSN Candidate Mar '24; Sydney Knobel, MSN, RN, Shivani Patel, MSN Candidate, June '24; Dr. Gre Gonzales, DNP, APN, FNP-C, CNE, CHSE; Raina Leon, MS, RN; Dr. Amanda Dirnberger, MS, FNP-BC; Dr. Michelle Neuman, MA, MSN, RN, PPCNP-BC; Tina Nguyen, MSN Candidate, June '24; Iris Yumang, MSN Candidate, June '24

CbSL In the City



"I help at Ravenswood Community Services with a neighborhood food pantry that provides hot meals along with packaged or frozen goods. I've had the opportunity to get to know a lot of new people and am aware of my influence in the community. CbSL has helped me learn how to develop my own leadership, raise awareness of societal concerns, and serve the same socioeconomic that I may encounter in the future in healthcare. I'm thankful for the fulfilling experience I have had while working at this site"

-Nikol Backo, Quarter 7 MENP, LPC Campus

nursing

[health care provider]

care of individuals, families and communities so they may attain, maintain or recover optimal health and quality of life



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