Dear Xi Chi-at-Large Members:

I hope this letter finds you all doing well. The holidays are quickly approaching and that means both added joy and stress. I am excited, and a bit nervous, to hold this office of president. I am hoping that over this next year we are able to engage more members and continue to work on the guiding principles of Sigma Theta Tau, International.

This is the year of the biennium. We are fortunate to be able to sponsor two members to attend, Dr. Krista White and Linda Ginder. I am sure they will bring back many new and exciting ideas for the chapter. In addition, STTI will have a new president. The president will have a call to action for us to respond to during the next couple years.

The Distinguished Lecture, held at Millersville University in October, had a good turnout of members and it was nice to see so many of you at this event. The upcoming spring is a full of events with the Evidence-Based Practice Meeting with Eta Eta Chapter from York in March, Induction in April, and the Annual Meeting in May. We, as many other organizations, struggle with attracting our membership to these happenings. You all are most generous when we call upon you to support our service projects such as the Shoes for Orphans. I thank you for this generosity. Yet we are challenged to know how we can best engage the membership and would appreciate any input from you regarding this endeavor. I know you are all busy with many activities that include work, school, children, parents to care for, etc. How can we best engage you?

Great news! We are celebrating our 20th anniversary in 2016 so look for more information about how we might celebrate together.

Thought for today:
Try to be a rainbow in someone’s cloud.
~Maya Angelou
Although my guess is you all do this every day.

Happy Holidays!
Warmly,
Dee Minchhoff
Distinguished Lecture 2015

On October 22, 2015, Dr. Ruth McDermott-Levy, PhD, MPH, RN spoke to the Xi Chi-at-Large members and guests. Her presentation was entitled, “Living with Pennsylvania’s Gas Boom: Voices from the Community” and described the personal, healthcare, and financial effects of natural gas drilling on those living near the wells.

Dr. McDermott-Levy is an Associate Professor and Director of Global and Public Health at Villanova University.

Xi Chi-at-Large Chapter Awards
Presented October, 2015
At the Distinguished Lecture 2015

Carol Y. Phillips Undergraduate Award – Katrina Dodik
C. Virginia Palmer Graduate Award – Melissa Kramer
PCHS RN to BSN Award – Cassandra Sensenig
Xi Chi-at-Large Chapter Scholarship Award – Jennifer Abdul-Rahmon
Research Grant – Dr. Jean Hershey and Dr. Dee Minchoff
Excellence in Nursing Practice Award – Charlene Haley
Mentor Award – Dr. Krista White
Nursing Community Leadership Award – The RN to BSN Program at Pennsylvania College of Health Sciences
Excellence in Nursing research Practice Award – Dr. Kari Cellini

Community Cold Weather Drive

At the 2015 DL, members collected cold weather items for the Winter Shelter for Women and Children at the Lancaster YWCA. Thank you to our members for:

- Hats – 17
- Pairs of Gloves – 56
- Scarves – 26
- 2-3 Piece Sets (Hat/Gloves/Scarf) – 12
- “Ski Bands” – 2
- Total items = 113

The cold weather Winter Shelter is equipped to house 40 women in the main area and 6 women and children in a family room. Last year they averaged around 30, however the shelter did fill up all of the beds on some of the nights. Rapidly re-housing women and children is the priority since there are more resources available to that population. Many of the children that come through the shelter are only staying for a night or two before they are able to be connected with more suitable housing.

The shelter is always in need of volunteers during the time it is open. If anyone is interested in learning more about the volunteer opportunities for the Winter Shelter at the YWCA, please contact Lindsay Hess, Director of Service Ministries for the Lancaster County Council of Churches at 717-690-8042. Specifically, there is a need for about 3 or 4 people to help set up the beds from 6-7 pm and volunteers to help clean up the beds from about 8 – 8:30am every morning.
Kari Cellini recently finished her doctoral dissertation. She has provided a summary of her work below.

**Title of research:** The Impact of Service Learning Experiences on the Professional Practice of RN to BSN Graduates

**Purpose/problem statement**
It is incumbent upon nursing educators to utilize the most effective teaching-learning methodologies as they prepare nursing students to become professional nurses. Service learning is a teaching-learning methodology that is being increasingly utilized in nursing education. Service learning has demonstrated the ability to develop a number of requisite skills and values deemed necessary for professional nursing practice by professional organizations, accreditors, and stakeholders. It was found in the literature that service learning is viewed as both transformational and able to bridge the theory-practice gap of nursing education. These aspects of service learning suggest an enduring impact on students as skills and values developed during service learning experiences have the potential to transition to professional practice. Although undergraduate service learning develops skills needed for professional nursing practice in the undergraduate setting and is suggested to have transformational potential, little research has been completed examining the impact of service learning on professional nursing practice. This research was designed to develop an understanding of the impact of undergraduate service learning experiences on RN to BSN program graduates’ professional practice, and therefore support nursing educators as they seek to utilize effective teaching-learning strategies.

**Sample**
The sample consisted of RN to BSN program graduates who are practicing RNs and participated in service learning during their RN to BSN program. Participants also had to be RN to BSN program graduates within the last four years and have completed at least one year of part-time or full-time employment as an RN prior to starting their undergraduate service learning experience.

**Methodology**
This was a qualitative research study.

**Results**
The findings of this research were that service learning completed during as RN to BSN program does impact graduates’ professional nursing practice. Five themes emerged which supported this finding. Each theme emerged as the participants described their services learning experiences in relation to who they had become in their professional practice because of their service learning experiences: a practice innovator, a leader, a nonjudgmental practitioner, a mindful practitioner, and civically engaged.

**Conclusions/implications**
The implications for practice are several. First, as service learning has been shown to impact professional nursing practice, it can be utilized as a teaching-learning strategy that bridges the theory-practice gap, translating skills learned by students in the undergraduate setting to professional practice. Second, service learning can be utilized to develop essential professional practice skills that may have limited opportunities for practice in undergraduate education such as leadership and civic engagement. Third, the findings of this study were not project specific. The implication is that an appropriately structured service learning project would have the potential to impact professional practice. Finally, this study suggests that service learning has potential benefits yet to be discovered. For instance, the theme titled nonjudgmental suggests a moral component that service learning developed in the participants that has yet to be formally identified as an outcome of service learning.
Evidence-based practice (EBP) had its beginnings with Florence Nightingale. Florence used data to prove that cleanliness and sanitary conditions led to better patient outcomes (McDonald, 2001). Nurses today increasingly rely on data obtained from research to change practice and improve patient outcomes. Evidence-based practice continues to evolve as a science of its own and is now included in nursing education curriculums and is an integral part of nurse residency programs.

The Center for Transdisciplinary Evidence-Based Practice (CTEP) in the department of nursing at the Ohio State University offers EBP Immersion programs to educate healthcare clinicians in the science of EBP. Bernadette Melnyk, Dean of the College of Nursing at The Ohio State University, states “Given the current challenging situation of our healthcare system with the number of errors, preventable complications and wasteful healthcare spending, there is an urgent need to accelerate and sustain evidence-based practice across the nation” (CTEP, 2015).

Recently three advance-practice nurses from Lancaster General Health had the opportunity to attend a five day EBP Immersion through CTEP at The Ohio State University. This experience provided these clinicians with a deeper appreciation and understanding of EBP. Upon their return to LGH after the immersion, the nurses began sharing their newfound knowledge of EBP with their colleagues through various venues. The nurse residency curriculum was updated to include a more detailed approach to EBP using the seven steps of EBP outlined by Melnyk, et al. Education sessions were set up for nurse managers, nurse residency facilitators, and members of our policy and procedure committee.

Charlene Haley, Cardiovascular CNS at Lancaster General Health, appreciated the opportunity to attend CTEP as it has “refined our knowledge to guide people through the EBP process.” Amanda Shrout further emphasized the importance of this refined EBP knowledge and stated “EBP needs to be included in every clinical decision we make, and we need to base every nursing practice decision on evidence.” CTEP offers an interdisciplinary approach to EBP and a recent Immersion included PT, OT, nurse educators, CNSs, Clinical Nurse Leaders, and a librarian.

For more information on EBP Immersions offered through CTEP, go to their website: https://elearning.nursing.osu.edu/

Respectfully submitted,
Christina Martin, MSN, RN, NE-BC

References:

Member Update  

By Jennifer Oehme Knepper

I recently had the fortunate opportunity to hear Nicholas Kristoff speak. (Author of "Half the Sky" and "A Path Appears," as well as a NY Times columnist.) I was so excited to hear him talk about the work of Nurse Family Partnership (NFP) as a long-standing EXTREMELY EFFECTIVE organization that helped to stop the cycle of poverty. This was encouraging to me because as someone who primarily works in acute care-sometimes it is hard to know the long-term outcomes-wondering if what we’re doing is really making a difference. So I wanted to share this article with you as a bit of encouragement as I found it.

http://www.nursefamilypartnership.org/The-Way-to-Beat-Poverty

Along this same vein, I would like to invite you to save the date for the 8th annual alternative gift fair “Gifts that Give Hope,” which I am a part of planning-for the first time ever. Nurse Family Partnership will be one of our participating organizations and I wanted to encourage you to come and support their work. At the gift fair, there are 30 nonprofit organizations that designate gift items that go towards furthering their work; whether it is NFP, Heifer International, Girls on the Run, Habitat for Humanity, Aarons Acres, Water Street Ministries and more-you can find a gift that can be given in honor of a loved one, particularly one that may work in the healthcare field.

The event will take place on Saturday December 12th at the Farm & Home Center in Lancaster (Behind Old Navy, conveniently located off Rts 283 &30).

Thank you for taking the time to read this- Wishing you all the best,
Jenifer Oehme Knepper RN, MSN, CCRN

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The Xi Chi Fundraiser at Ten Thousand Villages

Xi Chi has 3 shopping times for Dec. 11th
Kitchen Kettle 4-8
Rockvale 4-8
Ephrata 2-6

15% of the proceeds from shopping during those times go to Xi Chi. The Ephrata store has a café open during their 2-6 shopping time. The Café menu for Ephrata is available on the Ephrata store website if anyone is interesting in going for a meal.

http://blogs.millersville.edu/xichi/
Education Updates

Graduations

- Congratulations to Linda Ginder!  
  My name is Linda Ginder - I graduated this May from University of Phoenix with a Master in Nursing (MSN), specializing in Education. I have worked for 23 years as a bedside nurse in a cardiac, step-down unit. My desire is to branch out and be an adjunct facility member teaching students during their clinical rotation. I have always loved teaching others, especially students. I love seeing their excitement as they are taught the basics of nursing, new procedures, or have the opportunity to learn firsthand - things that up until now they may have only read about.

- Congratulations to Kari Cellini!  She earned her PhD specializing in Nursing Education from Capella University in August 2015.

New DNP Program at Millersville

On October 8, 2015, the PASSHE Board of Governors approved a new Doctor of Nursing Practice (DNP) in October for Millersville University Department of Nursing. The new program will provide advanced practice nurses a high level of preparedness through practice-oriented evidence-based research analysis and application within the healthcare community.

“Our goal for the program is to develop the next generation of nurse practice leaders that will have a positive impact on healthcare in the central Pennsylvania region” said Dr. Kelly Kuhns, Associate Professor & Chair of Department of Nursing.

The new DNP program will begin May 2016 and consist of 33 credits to be completed on a part-time basis (2 year). This program is for those nurses with an advanced practice license or certification. In addition to this new program, the Department of Nursing added a fully online RN-BSN option in fall 2015 and is opening a second option MSN location in Harrisburg in spring 2016.

New MSN Program at PA College

Pennsylvania College of Health Sciences launched its first classes for a new online Masters of Science in Nursing degree this past August. The program can be completed in two years and requires 33 credits to graduate. The degree offers two tracks, in administration and education, and prepares registered nurses to take leadership roles in nursing across a wide range of hospitals and higher learning institutions.

Central to the vision of the PA College graduate programs, the development of an interprofessional core of courses allows the MSN students to study alongside health science students in the administration and education graduate programs. These courses provide the opportunity to work with learners in other professions and sharpen skills in team building and collaboration.

For more information, visit http://www.pacollege.edu/academics/programs/graduate-education/.
Report from STTI 43rd Biennial Convention  
By Krista White and Linda Ginder

Our chapter was fortunate to send two delegates to the biennial convention this year; Linda Ginder, MSN, RN, PCCN (Vice President) and Krista White, PhD, RN, CCRN-K, CNE (Heritage Committee Chair). The convention occurs every two years and has a dual purpose. The early portion of the convention is a professional conference with plenary sessions, key note speakers with global research agendas, and an enormous number of concurrent sessions. The later portion is the “business meeting” – called the House of Delegates. This is a formal meeting where two delegates from each chapter see our international board members, listen to reports from STTI International, vote for new board members for the next biennium, and vote for proposed international bylaws amendments.

Our 2013-2015 President, Dr. Hester Klopper, presided over the House of Delegates. Dr. Klopper, from South Africa, was our first President from outside North America. She was amazing… and such a beautiful accent. There are over 500 STTI chapters in more than 90 countries; Xi Chi-at-Large is #356 in Region 12. There were 487 chapters represented at the House of Delegates. Delegates voted on four proposed changes to the international bylaws template. One proposed bylaws amendment caused considerable debate. The proposed change was to allow existing chapters to add a practice-setting to their chapter to become an at-large chapter. Current bylaws note that only institutions of higher education may petition to become a STTI chapter. The addition of practice-settings (i.e. hospitals, clinics, extended care facilities, etc.) was proposed to improve recruitment and retention of current chapter membership as well as facilitate the addition of quality community leaders from the practice arena. After extensive debate, this proposed change was adopted with a 75% (yes) and 25% (no) vote.

The House of Delegates concluded with the installment of new international board members and the introduction of our new President, Cathy Catrambone, PhD, RN, FAAN. Dr. Catrambone’s call to action for the next biennium is “Influence to Advance Global Health & Nursing”. There are four themes housed in this call to action: Influence through advocacy, influence through policy, influence through philanthropy, and influence through lifelong learning.

Linda and I would like to send a sincere thank you to our chapter for allowing us to represent Xi Chi-at-Large at the biennium. We were honored and humbled to be your delegates. It was a great event.

Thank you again,  
Krista A. White, PhD, RN, CCRN-K, CNE

Las Vegas, NV

Our regional representative (region 12) -- Janice Agazio.
Shoes, Shoes, and More Shoes!

Let’s buy shoes for the children at a Guatemala orphanage!

Last year we supported Dennis Freed (Nurse Practitioner and Millersville Alum) by sending donations to buy all kinds of shoes for the children he serves. The shoe drive was so successful, and their need is so great, that we decided to do it again this year. Our goal is 58 pairs - one pair for each child in the orphanage.

A donation of $20.00 buys one pair of shoes for a child in need. Feel free to donate money for just one pair of shoes or a whole bunch.

Thank you for your support!

Make checks payable to Xi Chi-at-Large and send to our treasurer. She will send one check with our full donation.

Charlene Haley
16 Iron Circle
Reading, PA 19607

UPCOMING EVENTS

- **December 11, 2015**: This is a fundraiser event at Ten Thousand Villages. Please consider shopping at the following locations:
  ♦ Rockvale Square (4-8P)
  ♦ Ephrata (2-6P)
  ♦ Kitchen Kettle (4-8P)
  The chapter receives 15% of the sales which is used to help the needy locally and globally.

- **March 17, 2016**: This is a **collaborative conference with Eta Eta and Xi Chi-at-Large Chapters** that focuses on Evidence-Based Practice. This year it will be held at Millersville University **from 6:30 - 8 PM**. Light refreshments are served; come & network with another area chapter.

- **April 17, 2016**: **Induction Ceremony** held at Millersville University with orientation and socializing **beginning at 1:00 PM**. The Region 12 Coordinator, Janice Agazio, will be the guest speaker at 2:00 p.m. Janice is a professor at The Catholic University and assistant dean for doctoral programs. Refreshments are served.

- **May 21, 2016**: **Our Annual Meeting** is reflective of our service work that members are involved in within the region. It is held at the PA College of Health Sciences beginning at **9:00 AM**.

http://blogs.millersville.edu/xichi/
Join us in promoting nursing to school–age children!

We are partnering with the North Museum for their “What in the World” Program. The program is designed to introduce children to different careers and motivate them to study & stay in school.

The program takes place in a school gym or cafeteria where volunteers from different fields of work sit at a table and talk to small groups of students for 15 minutes. The students complete a worksheet for each presenter that contains the following information: Presenter’s name, title, & place of work - Presenter’s duties in a typical day - Presenter’s favorite & least favorite part of their job - Education and/or training required to perform job.

After completing the worksheet, we have shown students some of the tools of our trade, such as a stethoscope, blood pressure cuff, etc. You might show each one, ask what it is used for, and then explain it. You could ask what nurses the children know or what do nurses do. There are several of us who have participated in the past and would be happy to discuss our experiences with you or have you join us on one of the presentations. The program lasts for 1.5 hours and you talk to six groups of students for 15 minutes. The time flies by!

Here is the schedule for winter. If interested contact witw@northmuseum.org or contact Dee Minchhoff, daminchh@pacollege.edu to find out more.

<table>
<thead>
<tr>
<th>Presentation Date</th>
<th>Time</th>
<th>School Name</th>
<th>Students Attending</th>
<th>Grade</th>
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<td>9:30am-11:00am</td>
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<td>9:00am-11:00am</td>
<td>Reynolds M.S. 605 W Walnut St, Lancaster, PA 17603</td>
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<td>1/5/2016</td>
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