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E-Pulse

College of Health and Human Services

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College of Health and Human Services

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**Student
Edition**
*electronic
newsletter*

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CHHS Dean Appointed to International Nurse Educator Organization

CHHS Dean Linda Samson has been appointed to an international organization



created to address issues that affect nurse educators worldwide.

Dr. Samson was recently appointed to co-chair a joint task force created by the National League for Nursing ([NLN](#)) and the National League for Nursing Accrediting Commission ([NLNAC](#)).

The taskforce — **International Nursing Education Services and Accreditation (INESA)** — is comprised of six leading nurse educators with extensive experience in nursing education and international health care delivery and policy.

The task force's goal is to promote global initiatives in nursing education and to advance excellence in nursing education worldwide.

As task force co-chair, Dr. Samson represents the NLNAC, which is responsible for specialized accreditation of nursing education programs, both post-secondary and higher degree, which offer a certificate, diploma, or a recognized professional degree.

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Hats Off to Dean's List 100!

The College of Health and Human Services at Governors State University recently recognized 100 undergraduate students who made the **Dean's List** for the Fall 2008 trimester.

"I'm extremely proud of our students," said College of Health and Human Services Dean Linda Samson. "The programs we offer are particularly challenging and our students demonstrate an extraordinary amount of discipline, ability, and dedication through their work. In addition, many of our students are balancing jobs, families, and school – all at the same time."

Dean's List honors come only to undergraduate students who earn a minimum 3.70 grade point average or higher during the trimester and take at least six credit hours during the term.

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Take a CHHS Vacation Education this Summer!

Students: Here's a chance to enrich your summer! Enroll in GSU's **Vacation Education** program, scheduled to run June 1 to July 15.

This six-week mini summer term is open to everyone, age 17 and over, including non-Illinois residents, those who wish to continue their education, and those who have never taken a college course.

"We're extremely excited to be able to offer such a wide and wonderful array of college level courses this summer," noted CHHS Dean and Vice Provost for Academic Affairs, Linda Samson.

"There are as many reasons to enroll in Vacation Education as there are courses to choose from. What better way to make summer work for you, if you're already a student? And, for others, what better time to begin pursuing your educational dreams than during the relaxed months of summer?"

Courses offered by the CHHS this coming summer include:

- Alternative Medicine: Facts and Myths
- Pathophysiology
- Introduction to Aging in the 21st Century
- HIV: The Epidemic Issues
- Introduction to the Health Professions
- Psychopharmacology for Dummies
- Women and Addictions
- Introduction to Health Promotion in the Community Setting
- Introduction to Training and Consulting as a Career Path to the Addictions Field and Medical Terminology

No prerequisites are required. Students are responsible for checking with their advisors concerning transfer eligibility of credit hours.

For further information, and to see the complete list of course offerings, visit [Vacation Education](#).

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As Quoted in the *Trib*: MPT Graduate

A story that appeared recently in the *Chicago Tribune* about the hazards of sitting in a chair quoted 2007 Master of Physical Therapy (MPT) graduate (and now practicing physical therapist) **Vince Gutierrez**.

According to the article, sitting all day is the worst thing you can do for your back. GSU grad Gutierrez pointed out the two most common sitting mistakes are leaning forward and having the chair too low. Avoiding these mistakes can significantly reduce the amount of low back pain a person who sits a lot every day experiences.

So students, take heed: Avoid the hazards of "chair disease," and refrain from slouching forward for hours without moving. You're never too young to start caring for your back. Back pain is the leading cause of disability in Americans under age 45, affecting eight out of 10 people at some point during their life, according to the National Institutes of Health.

[Learn more tips on preventing "chair disease."](#)

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GSU Grad Appointed by Kansas Governor

to State Board

A 1985 graduate of the Board of Governors program here at GSU has really taken off in the healthcare world!

Debra Zehr, RN, president of the Kansas Association of Homes and Services for the Aging ([KAHSA](#)), was recently tapped by Kansas Governor Kathleen Sebelius to serve on the Kansas Works state board. (Governor Sebelius was recently confirmed by Congress to serve as head of the [U.S. Department of Health and Human Services](#).)

Since 1985, Zehr has served in various capacities with KAHSA, overseeing all aspects of operation, including public policy, education, public relations, communications, and research. (KAHSA is a state affiliate representing 160 not-for-profit, long-term care provider organizations who serve more than 20,000 elderly Kansas residents.)

Zehr has nursing experience in long term care, acute care, and ambulatory health care settings. In 2005, Zehr served as a delegate to the White House Conference on Aging. She holds a master's degree in gerontology from Wichita State University.

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OT Celebrates *Centennial Vision*

The **Occupational Therapy Department** hosted a 10-year celebration of graduates of the Master of Occupational Therapy (MOT) Program recently. The featured guest at the celebration was Dr. Penny Moyers Cleveland, President of the American Occupational Therapy Association ([AOTA](#)).

Two MOT students, **Joanne Linane**, President of Pi Theta Epsilon ([PTE](#)), the National Honor Society for Occupational Therapy students and alumni, and **Amanda Rosenthal**, Vice President of PTE, were integral in bringing the AOTA President to the GSU campus for the celebration.

During her visit to the College of Health and Human Services, Dr. Moyers Cleveland served as keynote speaker for the OT Department's *Centennial Vision* program. After a day of meeting and speaking with MOT and DrOT (Doctor of Occupational Therapy) students, Dr. Moyers Cleveland commented that she has "never seen such energy, enthusiasm, and excitement. I can look forward to retirement now, knowing the profession is in good hands."



Therapy Association.

Writing on her President's blog following the trip, Dr. Moyers Cleveland said she had a "great" time visiting GSU, where she engaged in numerous "creative and energetic" discussions with OT students, alumni, and faculty.

"I was most impressed with the desire of all of the students and practitioners to make positive contributions to their clients and to the profession. It was a fantastic experience."

Dr. Beth Cada (left), Chair of the Occupational Therapy Department, and Dr. Penny Moyers Cleveland, President of the American Occupational

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Upcoming CHHS Degree Program Information Sessions

Master of Occupational Therapy/Doctor of Occupational Therapy

The Department of Occupational Therapy will host information sessions for both the Doctor of Occupational Therapy (DrOT) and the Master of Occupational Therapy (MOT) degree programs at Governors State University on:

Thursday, June 4, 2009

- 5:30 p.m. (Registration)
- 6 to 8 p.m. (Program)
- G127

Thursday, August 6, 2009

- 9:30 a.m. (Registration)
- 10 a.m. to 12 Noon (Program)
- G127

Additional information may be obtained by contacting Mary Tracy at 708.534.7293 or m-tracy@govst.edu.



Bachelor of Social Work at Triton College

In partnership with Triton College, GSU now offers the Bachelor of Social Work (BSW) degree program at Triton College.

Information sessions for the BSW degree program at Triton College will be held on the following dates and times in Room A-105A of the University Center, located on the first floor of the Library.

Wednesday, May 27, 2009

- 5 to 7 p.m.
- Room A-105A, University Center, First Floor of Library
Triton College, 2000 Fifth Avenue, River Grove

Tuesday, June 23, 2009

- 5 to 7 p.m.
- Room A-105A, University Center, First Floor of Library
Triton College, 2000 Fifth Avenue, River Grove

For additional information, call GSU's School of Extended Learning at 708.534.4099, or gsusxl@govst.edu.

DPT/T-DPT Degree Programs

The Department of Physical Therapy will host an open house for individuals interested in obtaining information about the Doctor of Physical Therapy (DPT) degree program or the Transitional Doctor of Physical Therapy (t-DPT)* degree program at Governors State University on:

Tuesday, June 16, 2009

- 4 to 7 p.m.
- D34000

Advisors will be available for individual consultation. Light refreshments will be provided. Additional information may be obtained by contacting Mary Tracy at 708.534.7290, or m-tracy@govst.edu.

*The t-DPT program is designed for licensed physical therapists who want to transition into a doctoral physical therapy program.

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APTA Clinical Instructor Education and Credentialing Program

The Physical Therapy Department will sponsor a 15-hour **Clinical Instructor Education and Credentialing Program** on Friday, July 17, and Saturday, July 18, 2009, from 8 a.m. to 4:30 p.m. in Room D34000 at GSU.

The program is recognized by the American Physical Therapy Association (APTA). **Ann Vendrely, PT, DPT, Ed.D.**, will serve as instructor for the course.

The Illinois Chapter Continuing Education Committee has approved this course according to the Criteria for Approval of Continuing Education offerings established by the [American Physical Therapy Association](#) (APTA).

All participants are required to attend each session in its entirety and complete the Assessment Center to be eligible for credentialing.

Program registration fee is \$100, which covers the cost of the two-day program, handouts, morning and afternoon breaks, and lunch on both days.

In addition, there is a fee for the APTA, which covers the cost of the APTA CI Education Manual, Assessment Center, and credential/registration on a national database of credentialed clinical instructors. The APTA fee is \$70 for APTA members; \$140 for physical therapy professionals (PT or PTA) who are not APTA members; and \$180 for all other health professions.

There is a 10% discount on APTA fees only for five or more registrants from the same facility.

Registration deadline is June 22, 2009. For reservations or more information, call 708.534.7290. [Download and complete the brochure and participant dossier form.](#)

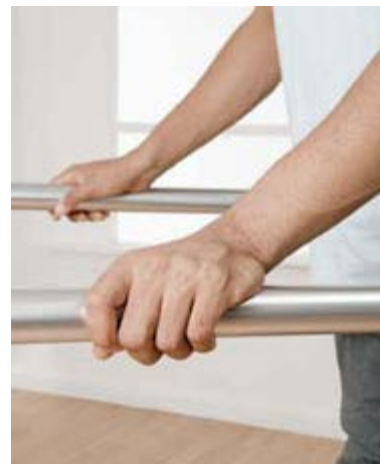
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CHHS Sponsors Visit from Renowned Ethicist, Author

The College of Health and Human Services hosted a presentation by noted ethicist and award-winning author **Jack Gilbert, Ed.D., F.A.C.H.E.** Gilbert is the author of *Strengthening Ethical Wisdom: Tools for Transforming Your Health Care Organization*.

In his presentation, which was made possible by a **GSU Intellectual Life Grant**, Gilbert discussed the importance of organizations keeping their credo alive.

"Sometimes a mission or vision statement just gets stuck on the wall. If our values are going to mean something, they need to be monitored. If you lose sight of your



values, what happens is you get results — but not through ethical pathways," Gilbert said. This is what Gilbert refers to as "ethical erosion."

Gilbert advises workers to learn how to identify and trust what he calls their "ethical wisdom. If you feel uncomfortable with something — you sense something, a physical feeling—that's your ethical wisdom at work," Gilbert said. "Is it in everyone? No. Can you access this wisdom and harness it? Yes."

And that's the good news: "Unethical behavior is NOT in the DNA of organizations. Not necessarily," Gilbert said.

As individuals, we "have to start where we are," Gilbert said. "Every step we take, no matter how small, towards doing the right thing will help build an ethical society. We may not see it in our lifetime. But whatever we do towards this end is worthwhile."

Ethicist Jack Gilbert speaks with Rebecca Wojcik, associate professor of Physical Therapy, following his presentation.



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Congratulations to All Scholarship Winners!

In order to recognize academic excellence, and to provide financial assistance for deserving students, the [GSU Foundation](#) and the [GSU Alumni Association](#) devote a great deal of effort to raise funds for scholarship awards.

We'd like to extend a hearty congratulations to the following 2008 scholarship recipients from the College of Health and Human Services:

- **Erika Van Dyke:** James and Helen Hassett Endowed Scholarship in Nursing
- **Shalandra Jennings:** Annie L. Lawrence Scholarship for Students of Nursing and Health Sciences
- **Annabela Alencastre:** Psi Iota Xi Scholarship in Communication Disorders
- **Dawn Voss:** Virginia M. Pizza Endowed Scholarship in Geriatric Care
- **Idris Omosanya:** Accelerated Rehabilitation Scholar (Physical Therapy)
- **Vilija Auskтуolis:** Monsignor Ignatius D. McDermott Endowed Scholarship for Addictions Studies
- **Nicole Oyaya:** Dr. W. Prince and Elsie McLemore Endowed Scholarship for Physical Therapy

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Scholarships for Disadvantaged Students

Students in the College of Health and Human Services are encouraged to check on the availability of funding for their programs through the [Scholarship for Disadvantaged Students \(SDS\)](#).

These scholarships can make a tremendous difference in students' academic experiences by easing monetary pressures and allowing them to concentrate on their studies.

To earn the scholarship, you must complete an application, qualify, and complete both FASFA and a Parental Income Affidavit.

The Parental Income Affidavit must be submitted no matter what age you are. This form is required even if you have children or grandchildren.

Apply today. This is an opportunity you can't afford to miss and which could make all the difference in your academic experience.

Scholarships for Disadvantaged Students are funded through a grant from the U.S. Department of Health and Human Services.

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Future Master of Science in Nursing (MSN) Grads Put Expertise on Display

A tremendous amount of hard work, knowledge, and expertise was on display in the Hall of Governors last March as six soon-to-be Master of Science in Nursing graduates showcased their table-top poster presentations.

This was the final project required for completion of the [MSN](#) degree.

One future MSN graduate, **Mary Ann Jones**, RN, BSN, WCC, (pictured with Dr. Nancy MacMullen, Interim Nursing Department chair) tackled a project concerning bed sores, a very common, yet potentially lethal health ailment among the elderly residing in long-term care settings.



Despite advances in healthcare that extend life and improve functioning, pressure ulcers continue to be one of the most serious chronic illnesses among the elderly. While the elderly are extremely prone to skin breakdown, Jones said, "They shouldn't have to endure the pain caused from the development of pressure ulcers/skin problems."

Jones stressed that skin sores are not inevitable, unavoidable consequences of aging and/or chronic illness. Nor are they due to neglect on the part of caregivers. Jones believes it is often a matter of lack of knowledge that leads to the problem.

"To help create a more accessible, hands-on education tool, Jones, along with the support of her colleagues and preceptor, completed her graduate project on a computer-based module, "W.O.W. — Wipe Out Wounds," a computerized program designed to teach healthcare practitioners how to prevent skin lesions.

This six-month teaching module has been proven to reduce bed sores by 65 percent at Extended Care, the healthcare facility where Jones has been employed for more than two years. The goal is to spread this teaching module to all company facilities throughout Chicagoland, Indiana, and Ohio.

Caring for the geriatric population and helping to prevent painful skin problems is "my passion," Jones said. She also stressed the importance of providing continual staff training to improve healthcare services provided to the elderly population.

"Education is the key to preventing complications," Jones stated.

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Social Work Advocacy Day

Bachelor of Social Work (BSW) and Master of Social Work (MSW) students traveled to Springfield recently for the annual Social Work Advocacy Day, sponsored by the [National Association of Social Workers](#).



Students and faculty from all over the state of Illinois went to Springfield to lobby issues related to education, health, child welfare, client confidentiality and tax reform. Accompanying the students were Dr. Phyllis Bell, Dr. Lorri Glass, and Dr. Asabi Yakini of the Social Work Department.

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Don't Forget to Check the Online Schedule

Some things remain constant – like taxes. Course schedules, on the other hand, have been known to change. To make sure you're up-to-date on the latest scheduling information for your Fall Trimester courses, check out the [online schedule](#).

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Advising Note

If you have not already done so, students in undergraduate CDIS, HLAD, and graduate ADDS, should contact advisor Shavron Kelley to complete your program study plans. Also, please be sure to check your student IMail accounts on a regular basis.

As always, if you have any questions or concerns regarding your program and its requirements, please contact Ms. Kelly at s-kelley@govst.edu.

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Adding Courses for Spring/Summer 2009

Students are reminded that courses may be added any time during the registration period for Block 3. Courses may NOT be added after the registration period ends.

- Last day to add a Block 3 class is **Wednesday, July 1, 2009**.

Classroom assignments are available online. Students can view and print their schedules and check room assignments using the computers outside of the Registrar's Office.

The College of Health and Human Services recommends that students also ensure that financial aid is validated by the payment deadline to avoid being dropped from classes.

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The Writing Center: At Your Service

There's a famous "Red" Smith saying about writing; "There's nothing to writing. All you do is sit down at a typewriter and open a vein."

That's an exaggeration, of course. But if you feel like you could use some help with your writing skills, the [The Writing Center at GSU](#) has an excellent team of consultants who are there to help you with that term paper, research project, documentation conundrum, or even that scholarship essay.

The Writing Center helps students in three ways:

1. Writing Center tutors are on duty in the University Library from 3:30 to 7:30 p.m. Monday through Thursday, and from 11:30 a.m. to 3:30 p.m. on Saturday. Tutors can help you narrow your research focus and answer questions about documentation, such as APA.
2. [The Writing Center at GSU](#) provides online assistance as well. The online writing center offers revision suggestions for making your paper better with the promise of a response within twenty-four hours. The online writing center also offers links to resources, such as documentation styles (APA and AMA) and where to put that comma.
3. The Writing Center offers one-on-one assistance in half-hour appointments for students who prefer a face-to-face consultation. Appointments must be made in advance. To make an appointment, call 708.534.4508.

Whatever writing issues you need to work on, the Writing Center provides outstanding support. Our advice: see the University Writing Center pros early, and see them often.

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Stressed? Need Help?

Governors State University's [Counseling Center](#) provides confidential counseling services for currently enrolled GSU students.

For personal counseling, contact Katherine Helm at 708.235.7334.

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Take Advantage of Career Assistance

The [Office of Career Services \(OCS\)](#) is ready and able to help you get your career off the ground. OCS meets with students and alumni one-on-one to develop resumes, cover letters, job search strategies, and more. The OCS also holds workshops and keeps postings for local employers.

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Disability Accommodations

Students with disabilities who intend to request extended time on professional licensing exams, should contact [Access Services for Students with Disabilities](#), located in the Academic Resource Center.

Registering will ensure students with disabilities receive the accommodations they need as CHHS students and, when they seek additional time on licensing exams, provide necessary documentation that accommodation was provided in their undergraduate or graduate program.

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