



Georgia State University  
Byrdine F. Lewis School of Nursing  
Alumni News  
Spring 2009 E-Newsletter

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## Dr. Mark P. Becker, GSU President

On January 1, 2009, Georgia State University welcomed its first new president in 16 years, Dr. Mark P. Becker. Dr. Becker is the seventh president of Georgia State. Formerly, Executive Vice President for Academic Affairs and Provost at the University of South Carolina in Columbia, Dr. Becker has held administrative positions at the University of Minnesota, University of Michigan, University of Washington and Cornell University. Dr. Becker earned his PhD in Statistics from The Pennsylvania State University and a Bachelor of Science in mathematics from Townson State University in Maryland.

Dr. Becker wrote an open letter to the university community posted on January 13, 2009 on the Georgia State University website. To read Dr. Becker's letter, go to:

[http://www2.gsu.edu/~wwwexa/news/archive/2009/09\\_0112-PresidentBecker-letter.html](http://www2.gsu.edu/~wwwexa/news/archive/2009/09_0112-PresidentBecker-letter.html)

In April, Dr. Becker will address the University community. You are invited...



~ Special Event ~

Georgia State University  
and the  
Byrdine F. Lewis School of Nursing

invite you to attend

Dr. Mark Becker's  
State of the University Address

April 16, 2009 at 4:00 pm

Student Center Ballroom

Georgia State University



Dr. Mark P. Becker, GSU President

## Faculty Accomplishments



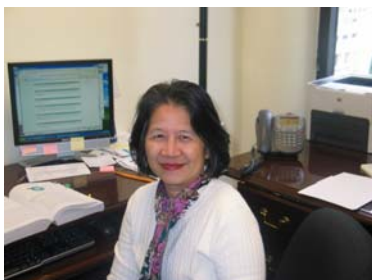
Myra Carmon, EdD, CPN



Carol Grantham, PhD, RN



Krista Meinersmann, PhD, RN



Huey J. Chen, PhD, RN, APRN-BC

**Carol Grantham, PhD, RN and Myra Carmon, EdD, RN CPN**, have published an article in the *Journal of Pediatric Health Care* titled: *Do Cartoon Stickers Given After a Hemoglobin Finger Stick Influence Preschoolers' Pain Perception?* The purpose of this study was to determine if providing a sticker given after a finger stick for hemoglobin reduced pain perception among pre-school-aged children. The hypothesis was that cartoon sticker rewards influence the perception of pain following a finger stick. Preschoolers from Headstart Centers in a southeastern city were recruited for the study. The age range for participants was between three and five years. The children were assigned randomly into two groups: those receiving stickers, and those not receiving stickers. Subsequently, each participant's pain level was assessed within one minute of the finger stick. There was no statistically significant difference in pain scale ratings found between the two groups. This study was clinically significant in that nonpharmacological interventions were utilized in an attempt to reduce pain in young children. Further research should determine whether receiving rewards (such as a cartoon sticker, adhesive bandages, or small toys) alone or in conjunction with distraction measures are efficacious in pain reduction.

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**Krista Meinersmann, PhD, RN**, Associate Director of Undergraduate Programs, co-authored an article about equine-facilitated psychotherapy (EFP) with adult female survivors of abuse (*Journal of Psychosocial Nursing and Mental Health Services*. 46(12)). This qualitative study examined the stories of five women who experienced abuse and participated in EFP as part of their recovery. Anecdotal accounts support the effectiveness of EFP with women who have experienced abuse, but there is a lack of supporting research. Selection criteria included age, experience of abuse, participation in EFP, and ability to understand English. Overall, the participants' stories show that EFP can be effective for women who have experienced abuse.

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**Huey J. Chen, PhD, RN, APRN-BC**, will give an oral presentation at the Sigma Theta Tau 20<sup>th</sup> International Nursing Research Congress Focusing on Evidence - Based Practice in Cancun, Mexico. Her presentation is titled: *Using Geographic Information System (GIS) Technology to Understand Mental Health Care Needs in the Community*. GIS Technology utilizes census track data to estimate the number of persons needing mental health services in a specific area and to locate mental healthcare providers.

## Journey Towards Excellence II: A Mentorship Project

Retention of new nurses within acute care organizations continues to be problematic. Reports indicate that up to 60% of new graduate nurses leave their positions within the first year. This attrition is extremely costly to the healthcare agency. It is estimated that orientation of a staff nurse costs an agency approximately \$5,000 over the first year; orientation for a critical care nurse can exceed \$8,000 per nurse. There are many reasons that these nurses leave their first professional position, in the nursing world, it has been said that “nurses eat their young.” Horizontal violence has been linked to the attrition of new nurses in the workplace. To address this concern at the Grady Health System, a mentorship project was developed. The purpose of this project is to determine the effectiveness of a mentorship program on job satisfaction, intent to stay on the job, nurse confidence, and retention of new graduate nurses and experienced nurses who are new to a hospital system,

The mentorship intervention is being tested over three years and implemented in

two phases:

**Phase I. Preparation of Mentors.** The mentor education program consists of lecture, discussion, and case studies related to issues that new nurses can face in the workplace. The modules include the roles and responsibilities of the mentor and the mentee, the needs of new nurses, communication, lateral violence, problem-solving, conflict resolution and change.

**Phase II. The Mentorship Relationship.** The mentor and the mentee are matched as the mentees begin their clinical portion of the orientation. If possible, mentors and mentees are matched on their areas of clinical expertise; however, no mentor will be matched with a mentee that works in the mentor’s work unit. The focus of the mentorship program is to identify and implement an action plan that is focused on the mentee’s professional goals, including their short-term goal of establishing themselves as a confident professional nurse clinician. The mentors and mentees volunteer to participate. They are asked to maintain the relationship for one year in order to offset the reality that most new nurses leave their first professional employment after 6-9 months of employment.

Evaluation of the mentorship relationship includes two focus groups with mentor and mentees. Four times during the project mentees will complete questionnaires on job satisfaction, intent to stay, and nurse confidence. Both mentors and mentees will complete surveys on satisfaction with the mentorship relationship and the mentorship project.

Linda Toomer, MSN, RN, Principal Investigator, **Cece Grindel, PhD, RN, FAAN**, Pamela Gordon, MSN, RN and Ethel Santiago, BSN are project coordinators. This project was funded by Health Resources Services Administration, Washington, D.C.



*“Horizontal violence has been linked to the attrition of new nurses in the workplace.”*



From L-R-Barbara Woodring (Director), Donald Bradshaw, Melissa Smith, Olivia Taveras-Koranda, Cathy Carter, Ptlene Minick (alumnus and faculty), Krista Meinersmann (alumnus and faculty), Wylene Moore, E. JoAnn Bacon (faculty), and Cindy Lumanauw

## Byrdine F. Lewis of Nursing Alumni Club...we're back!

The school of nursing in conjunction with the Alumni Association is working with our alumni to rejuvenate the Nursing Alumni Club. A group of alumni and school of nursing faculty recently met to discuss beginning a Nursing Alumni Club. It was a great mix of recent and seasoned graduates that shared food, fun and ideas at Manuel's Tavern. The next gathering will be on June 4<sup>th</sup>. Watch the website for periodic updates and the next location, [www.gsu.edu/alumni](http://www.gsu.edu/alumni). Come, join the fun and bring a classmate with you!

### NURSING ALUMNI CLUB

Are you interested in participating in the club? If so, contact Kyle Torok, alumni club coordinator at the Alumni Association, [ktorok@gsu.edu](mailto:ktorok@gsu.edu). Save the date, June 4<sup>th</sup> for the next Nursing Alumni Club gathering.

## Calling All Byrdine F. Lewis School of Nursing Alumni

Are you a graduate of the Byrdine F. Lewis School of Nursing? Have you been recently promoted, accepted a position, or are working on an interesting project? We would love to hear from you!

Send your news to [acorley@gsu.edu](mailto:acorley@gsu.edu) and you may appear in an upcoming edition of the e-newsletter.

Be sure to keep your contact information current. Please visit the Alumni Association at [www.gsu.edu/alumni](http://www.gsu.edu/alumni) or 404-413-2190.

## The results are in: Blue Team Lady Steppers Win!

During the fall semester, the Byrdine F. Lewis School of Nursing began a 10 week "On the Move" walking initiative to encourage faculty and staff to become more aware of the number of steps taken per day. There were four teams of faculty and staff and the program was designed to invigorate our minds and bodies, to garner comradeship, and to have fun!

The results are in and the Blue Team Lady Steppers WIN! This team was lead by staff member Angela Corley. Other winning team members were, E. JoAnn Bacon, Sue Hopkins, Eva Horne, Sylvia Lee, Wanda Little, Grace Marriott, Dana Meaney-Delman, Krista Meinersmann, and Michelle Nelson. The Lady Steppers walked 6,773,696 steps. All of the teams walked a total of 25,599,965 steps (approximately 12,800 miles) which shattered our initial goal of 10 million steps and later a second goal of 20 million steps.

Eight participants walked 100,000 steps or more in ONE WEEK and became a member of the 100,000 Steppers Club.

There was a recognition celebration in December to acknowledge everyone's accomplishment. Indeed, the Byrdine F. Lewis School of Nursing was On the Move.



## Blue Team Lady Steppers Win!



Fall 2008 Commencement

## Coach Bill Curry Congratulates Grads

During Fall 2008, Commencement speaker Bill Curry, Georgia State's head football coach, urged more than 2,500 Georgia State graduates to set goals and follow their dreams.

Curry, who spoke at the Commencement on the eve of his 46<sup>th</sup> wedding anniversary, praised his wife Carolyn, a two time Georgia State graduate for her persistence and "love of learning". Sharing tales from his pro-football career, Curry, author of the popular book, *The Ten Men You Meet in the Huddle*, told graduates to follow their inner voices and be change-makers in society.

The university conferred 2,659 degrees including 133 doctoral degrees. Those figures include both summer and fall graduates.

## NSGS and Ashley Fennessey...



**Ashley Fennessey, Community Service Chair**

Hat's off to Nursing Students at Georgia State (NSGS) and Ashley Fennessey who received the organization and individual Georgia State University President's Awards for Community Service and Social Action. Ms. Fennessey received the Outstanding Community Impact Award for students; and, NSGS received the Outstanding Campus Impact Award for student organizations. The recipients will be recognized in an awards ceremony on April 8<sup>th</sup>. Along with the recognition ceremony, award recipients receive a monetary gift which is being donated to the school of nursing's Dr. Cennette Fisher Jackson Nursing Scholarship Fund.

GSU's television station, GSTV, is creating a short film about NSGS and Ms. Fennessey's community service projects. Ms. Fennessey is the community service chair of NSGS. Congratulations to NSGS and Ms. Fennessey for their dedication of service to the community.

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## What's new with NSGS?

Nursing Students of Georgia State has partnered with the Department of Employee Development and Wellness Services to host a monthly open house on the first Thursday of every month. They perform blood pressure screening and provide healthy lifestyle education to faculty, staff and students at Georgia State. Their first open house, held on February 5<sup>th</sup>, was a success and the students screened 40 people.

An additional NSGS community service event included planting 60 trees in Oakhurst with Trees Atlanta. NSGS members Lisa Phillips and Ashley Fennessey addressed 800 nursing students from throughout Georgia during Georgia Nurse's Association (GNA) Lobby Day held on January 27<sup>th</sup> at Georgia State. As a day of political empowerment, the students discussed becoming a nurse advocate.

Upcoming community service projects include: Easter Basket Drive for Children's Restoration Network, Ronald McDonald House meal preparation, Hospice Volunteer Orientation, and Walk for a Wish on April 25<sup>th</sup>.

## Did you know?

The Alumni Association offers many family activities for alumni, their families and their guests. See Sampling below. For more information, opportunities or to become a member, contact the Alumni Association at 404-413-2190 or 1-800-GSU-ALUM or [www.gsu.edu/alumni](http://www.gsu.edu/alumni).

## The Alumni Association has a Travel Program:

As an alumnus of Georgia State University, you can travel the world as a "Panther Around the World". The Alumni Association has a Travel Program that is available to alumni and their guests. Georgia State alumni have exclusive access to the Personal Vacation Club (PVC) powered by Virtuocard®. PVC offers luxury to budget travel packages to the world's most premier destinations. Explore fascinating new places and exciting ways to travel including: cruises, beach resorts, safaris, golf vacations, guided tours, cultural immersion, and much more. Whether you are planning the trip of a lifetime, or just a quick getaway; going around the globe or just around the corner, the PVC will inspire your imagination. Have a great time planning your next vacation, at <http://gsaa.virtuocard.com>!



## Georgia State Alumni Association Cruise

September 21-26, 2009, join the Alumni Association for its annual cruise aboard the Carnival Destiny ship as it sails the Bahamas with stops at Grand Turk, Half Moon Bay and Nassau. The Carnival Destiny ship departs from Miami. For information, contact the alumni office at 404-413-2190 or 1-800-GSU-ALUM or [www.gsu.edu/alumni](http://www.gsu.edu/alumni).

## Family Event



## Alumni Night at the Atlanta Braves

Friday, May 15, 2009

Atlanta Braves vs. Arizona Diamondbacks

Turner Field

Game time: 7:30 p.m.

The Georgia State Alumni Association invites you to join it for its annual Alumni Night at the Braves game as the Braves host the Diamondbacks at Turner Field. For information, contact the alumni office at 404-413-2190 or 1-800-GSU-ALUM or [www.gsu.edu/alumni](http://www.gsu.edu/alumni).



## Georgia State Marks Milestone in Parker H. Petit Science Teaching Laboratory



Georgia State University marked a major milestone in the construction of the state-of-the-art Parker H. Petit Science Teaching Laboratory during a “topping off ceremony” on Dec. 5. The Science Teaching Laboratory, part of the university’s science park at Decatur Street and Piedmont Avenue, will house faculty and students from multiple disciplines, including the nursing skills and simulation laboratory, biology, chemistry, neuroscience laboratory and other departments of the College of Health and Human Sciences.

The topping off tradition marks the end of the rise of a building under construction, and the placing of the last beam on top of the facility. A beam was signed by construction workers who thus far have put in more than 200,000 working hours into the building.

Officials anticipate opening the \$150 million, 350,000-square-foot facility in the spring of 2010. Funding is provided by Parker H. Petit, philanthropist and former CEO of Matria Healthcare; the state of Georgia; the Georgia State University Foundation; the Georgia State University Research Foundations; and other private donations. For updates refer to [www.gsu.edu](http://www.gsu.edu).

## History of the Student Recreation Center

In spring of 1994, former Georgia State University President Carl V. Patton appointed a task force to investigate the feasibility of building a recreation center at Georgia State University. The faculty, student, and staff members of the task force spent the spring and summer soliciting information from other universities about the impact, magnitude, costs and contents of such center. They collected floor plans, photos, statistics and fee information. The combination of their hard work and dedication played a significant role in planning this facility and establishing its policies. Student employees serve as facility managers, lifeguards and desk attendants. A full-time professional staff supervises the Student Recreation Center’s daily activities and administers a variety of non-credit instructional programs. The Student Recreation Center opened in 2001.

### Student Recreation Center Facts

- The SRC cost \$29.5 million.
- The SRC has 161,112 square feet.
- The SRC is financed through student fees.

## You can join the Student Recreation Center!

**Georgia State University alumni and their families are eligible to join the Student Recreation Center.** Currently enrolled Georgia State University students have automatic membership through their student activity fee. Faculty, staff and Georgia State University graduates may join for a fee payable on a semester or annual basis. For more information, contact the Student Recreation Center at 404-413-1754 or [www.gsu.edu/recreation](http://www.gsu.edu/recreation).



## Upcoming GSU Events

Turner First Thursday Downtown Arts Walk	4/02/2009
National Relay for Life Event: "Celebrate. Remember. Fight Back."	4/03/2009- 4/04/2009
Mingus Big Band	4/04/2009
neoPhonia New Music Ensemble	4/07/2009
GSU Baseball vs. Alabama State	4/08/2009
Wind Orchestra	4/09/2009
Student Concert Series	4/10/2009
Men's Tennis vs. DePaul	4/12/2009
Percussion Ensemble	4/14/2009
Jazz Appreciation and Poetry Month	4/15/2009
President Becker's State of the University Address	4/16/2009
University Singers	4/16/2009
Jazz Band with guest artist Jon Faddis, trumpet	4/17/2009
Chamber Opera: Conrad Susa's "Transformations"	4/18/2009
Bent Frequency	4/21/2009
Symphonic Wind Ensemble	4/23/2009
Nursing Pinning Ceremony	5/07/2009
Alumni Night at the Atlanta Braves Game	5/15/2009

For more information about GSU events [click here](#).

## WIN A PRIZE!

### Name the E-Newsletter

The Byrdine F. Lewis School of Nursing needs your help with a name for our E-newsletter. Please send your ideas to [acorley@gsu.edu](mailto:acorley@gsu.edu) by June 1, 2009. The winner's name, along with the new name of the newsletter, will be featured in the fall 2009 e-newsletter. Plus, win a prize!

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