



Eta Beta Chapter Sigma Theta Tau International Nursing Honor Society



Greetings to All!

As the events that impacted our lives in 2007 have become a memory, 2008 is upon us. This year, a major focus for Sigma Theta Tau International (STTI) is to improve global health through collaboration. In the fall Eta Beta took that theme and applied it to our fall program with a presentation by Drs. Lynn Kelly and Barbara Patterson as they walked us through China and its healthcare system. It was a wonderful presentation both interesting and informative. Staying with the theme the chapter held a Chinese auction (yes, we know we were not politically correct) and a 50/50 raffle with the proceeds going to the Bernadine Center in Chester, Pa. Members arrived at the hors d'oeuvres and wine event with cans of food also donated to the center.

In November, your delegates, Drs. Judith Kilpatrick and Mary Baumberger-Henry lived in Baltimore for a week and voted for the chapter on various bylaw

changes, attended awards and induction ceremonies as well as continuing education sessions. A special luncheon recognizing 10 nurse heroes was held prior to the conference. We would like to applaud Dr. Barbara Chamberlain, a graduate of Widener University's doctoral program and a member of Eta Beta, for her achievement of this award. Barbara was helping to build rail fences during a drenching rain storm at Gettysburg National Battlefield Park when a fellow volunteer collapsed and suffered a heart attack. She immediately provided CPR to the gentleman in ankle-deep mud until help, delayed by the storm, could arrive. Congratulations Dr. Chamberlain.

A crowning achievement at the convention was the election of Karen Morin to the position of president-elect for STTI. Karen was the president of Eta Beta during the years of 1994 to 1996 and also was the regional coordinator of the TriState Consortium. She held many positions on the board of Eta Beta and recently has served as a valuable member of the Board of Directors of STTI. Among the many responsibilities of her years with the board, she co-chaired the STTI/WHO Global Nursing Education Standards Initiative and led the planning of the Consensus Conference held in Bangkok Thailand. Karen is a born mentor having started a new chapter at Western Michigan University and will prove to be a valuable leader as president-elect and President of Sigma Theta Tau International. Congratulations Karen!

A look at what is ahead includes our

events on March 14th. The Annual Research day will be hosted in the morning. This year will feature among others, presentations by the senior undergraduate honor students who have been working diligently throughout the year to complete their research projects. The program will start at 8AM.

In the afternoon of March 14th, we will induct our new members into the chapter. The ceremony will start at 2P.M. with Professor Ellen Boyda presenting her travels to Timbuktu, Mali, West Africa. Ellen spent her Christmas break on a medical trip offering health care to an incredible number of patients and all family members on a daily basis. We invite everyone to attend both the research presentations and induction ceremony which will take place in Lathem Hall on Widener University's main campus.

Monday, April 14th is the date scheduled for the spring dinner. Dr. Karen Morin will be the featured speaker. The night will begin with an open bar at 5:30 P.M. followed by dinner, our speaker, member awards, and the installation of officers. This event will take place at the beautiful Springfield County Club. Please come and attend and show your support for the Eta Beta Chapter. It will be worth your time and effort. Have a wonderful start to the New Year, stay healthy and happy!

Mary Baumberger-Henry, RN, DNSc
President, Eta Beta Chapter of Sigma
Theta Tau International

Promoting Health and Self-Care Across the Life Span

Dr. Donna Callaghan, Widener University



Dr. Donna Callaghan

Dr. Donna Callaghan presented her most recent research endeavor at Sigma Theta Tau International's Biennial Convention in Baltimore

this past fall. This study, entitled "Promoting Health and Self-Care across the Life Span", investigated the relationships among health-promoting self-care behaviors, self-care self-efficacy, and self-care agency across the life span. The purpose of this study was to support the integra-

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**MAKE YOUR PLANS TO ATTEND
Eta Beta's SPRING DINNER!**

April 14th 2008

5:30 - 9:00 PM

Springfield Country Club

**Speaker: Dr. Karen Morin,
President Elect**

Sigma Theta Tau International

*Watch your mail,
flyers will be arriving shortly!*

Meet the Members of the Board

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Promoting Health and Self-Care Across the Life Span

(Continued from page 1)

tion of these concepts within a framework that can be used to promote health and self-care across the life span. A descriptive multivariate design was used to investigate the relationships among the study concepts across the life span. The sample consisted of 256 adolescents, 379 adults, and 235 older adults who were responsible for self-care. The data analyzed in this study were obtained through three separate studies and merged in order to answer the research question. The instrumentation included the Health-Promoting Lifestyle Profile II Scale, the Self-Rated Abilities for Health Practices Scale, and the Exercise of Self-Care Agency Scale. A canonical correlation statistic was performed to answer the research question. Interpretation of

the canonical correlation identified a canonical variate having a canonical correlation of .81 ($p = .000$). All variables in set 1 and all variables in set 2 loaded on this variate accounting for 65% of the variance. These findings indicate that participants who reported more frequent practice of healthy behaviors and higher levels of self-care self-efficacy also reported higher levels of self-care agency or ability. Since relationships among health-promoting self-care behaviors, self-care self-efficacy, and self-care agency were identified in this study, the use of the study concepts to direct the development of health promotion and self-care interventions across the life span is supported. A framework integrating the study concepts was presented that includes strategies to increase one's self-efficacy of the health-promoting behaviors that may lead to the practice of healthy behaviors and self-care across the life span.

Report of the 39th Biennial Convention of STTI

Vision to Action: Global Health Through Collaboration

During the convention the honor society's leadership outlined a 13-year strategic plan entitled Vision 2020 that supports the organization's mission of creating a global community of nurses to improve health. Several sessions were held during the convention to educate attendees on how this plan will affect the honor society's future.

The honor society's House of Delegates met to elect members of the board of directors and other standing committees, vote on the approval of petitioning honor societies for chapter chartering and vote on proposed bylaws amendments. Thomas Edison University School of Nursing had their petition for chapter chartering approved by the house of delegates. The new members of the board of directors include: President-Elect Karen Morin; Vice President Gwen Sherwood; Secretary Beverly Reigle; Treasurer Richard Ricciardi; At-Large Director, Board of Directors Hester Klopper, Karen Pehrson, Beth Baldwin Tigges; Governance Committee Pamela Autrey, Suzanne Beltz, Linda Cooper, Geralyn Frandsen, Amy McClune,

Carole Anne Pepa, Bonnie Lynn Wright; Leadership Succession Committee Robin Bartlett, Gerene Bauldoff, Mansour Jumaa, Carol Picard, Larry Plant, Nancy Sharts-Hopko, Fu-Jin Shih; Regional Chapters Coordinating Committee Chair Jane Allen; Region 14 Coordinator Constance Sobon Sensor. All proposed bylaws amendments were approved except for amendment #3 Article III. Section 2.c.1.c. which will remain unchanged and states "Rank in class – Basic students who are elected shall rank not lower than the highest 35 percent of their class in scholarship".

Finally the last day of the convention was also the last day in office for Nancy Dickenson-Hazard, who has served as honor society chief executive officer since 1993. President Carol Picard also closed her service as president since November 2005. Patricia Thompson begins her tenure as chief executive officer, and Carol Huston assumes the president's role on November 8, 2007. For more information on the events of the convention go the www.nursingsociety.org.

NEWS FLASH:

Widener University, School of Nursing announces a change in doctoral degrees. The Doctorate of Nursing Science degree is now a PhD with the same emphasis on nursing education.

The Yin and Yang of Healthcare in China: A Work in Process

Lynn Kelly, PhD, RN



**Dr. Lynn Kelly and
Dr. Barbara Patterson**

In July, Dr. Barbara Patterson and I joined a group of nurse educators and administrators traveling to China as part of the People to People Ambassador Program. This is a program established in 1956 by President Dwight D. Eisenhower to develop understanding among people of different backgrounds. We visited three cities: Beijing, Guilin, and Shanghai. In each city we met with students and teachers in schools of nursing and toured health care facilities. We saw a diverse range of facilities, including a modern hospital with an ICU performing complex surgeries, one hospital that practiced traditional Chinese medicine, and a country hospital where barely the basics of supplies and services were available. Rural health is decades behind in technology and resources. We also visited some of China's famous sites, including the Forbidden City, The Great Wall and Tiananmen Square. Preparations for the Summer Olympics are seen everywhere in Beijing.

As China seeks to be a destination for foreign travelers, hospitals in cities

are evolving to deliver western style healthcare, while at the same time hold onto traditional beliefs about health and illness. We visited Beijing Royal Integrative Hospital where nurses and doctors are working together to provide a model of care that combines Western and Traditional Chinese Medicines. The nurses spoke of the importance of treating the whole person, adjusting modalities depending on patient needs.

Up to recently the Communist government took care of the health care needs of its people. Currently there is no official private healthcare system. The government provides few resources to hospitals. Therefore hospitals depend on revenues from drug sales and expensive medical treatments. Prescribing drugs is very profitable, resulting in overuse of many medications, especially antibiotics. Citizens often must pay out of pocket for all or part of health care services.

In each city we met with student nurses and nursing faculty. Nursing education is diverse in China, with programs preparing students at the vocational, bachelor and master's levels. The curriculum is modeled on medical education and includes content on traditional Chinese medicine. Most programs do not have clinical faculty, but have students matched with a staff nurse who functions as a preceptor. The roles of health care practitioners are not well defined, with gaps in services especially in preventive and health promotion services. China is one of the few countries where doctors outnumber nurses, with

1.4 million nurses, but 2 million physicians. This fact helps to explain the lack of preventive care in China, as nurses are recognized as the health professional that are most able to deliver cost-effective preventive health care. The Delegation met with a former minister of the China Health Ministry who described nursing as undervalued, lacking respect and overworked. The collaborative physician-nurse relationship common in the United States, appears rare in China. There is a Chinese saying that "a doctor's mouth directs the nurse's legs".

Few countries in history have had the economic growth that China has had in the past 10 years. There has been enormous expansion of industry, along with huge growth in the major cities. This expansion has resulted in colossal energy requirements for industry as well as home use. Almost all of the energy is produced from coal; the most readily available, but dirtiest energy source. Cars are quickly replacing bikes as the primary source of transportation, further contributing to a major problem with pollution. On arrival in Beijing, the air is gray and has an odor that clings to your clothes. It is no surprise that pulmonary disease is the number one cause of morbidity and mortality in China. The rising asthma rates among children are also linked to air quality, as well as exposure to second hand smoke. It appears that everyone smokes in China.

Industrialization has exposed the Chinese people to many forms of pollutants, including lead. The effect on chil-

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Evidenced – Based Practice

Eddins, C. & Gray, M. (2007) Do probiotic or symbiotic preparations alleviate symptoms associated with constipation or irritable bowel syndrome (IBS)? *Journal of Wound, Ostomy, and Continence Nursing*, 34 (6). 615-624.

This article examined the current evidence associated with the use of prebiotic, probiotic and synbiotic supplements in the relief of constipation and associated symptoms and the relief of the symptoms of irritable bowel syndrome (IBS).

What are prebiotics, probiotics, and synbiotics? The term probiotics is from the Greek and literally means life promoting. A prebiotic is a non-digestible food that enables the growth of probiotic organisms in the intestine. A synbiotic is a combination preparation that includes both a prebiotic such as a fructo-oligosaccharide and a probiotic such as *bifidobacterium*.

Three studies were identified by the authors that related to the use of probiotics or synbiotics in relief of symptoms associated with constipation and increase in stool frequency.

Results:

Limited evidence suggests that administration of a *Lactobacillus*, *Propionbacterium*, or *Bifidobacterium* may increase defecation frequency and reduce associated abdominal pain of constipation but the effect is modest. Older per-

sons may gain more benefit than younger persons. [Example: yogurt with *Bifidobacterium*] Level of Evidence: 2.

Eleven studies were identified that examined the use of probiotic or synbiotic preparations in persons identified as having irritable bowel syndrome (IBS).

Results:

Probiotic or synbiotic preparations containing strains of *Lactobacillus*, *Bifidobacterium*, *Propionbacterium*, *Streptococcus*, and *Enterococcus*, either alone or in combination, have been shown to effectively reduce some IBS symptoms. Different studies demonstrate that the nature and magnitude of symptom relief varies. Abdominal symptoms, especially pain are most relieved by consumption of probiotic and synbiotic preparations. [Examples: Probiotic capsules containing *Lactobacillus*, *Bifidobacterium* and *Enterococcus*, dietary supplemented with vitamins & vegetable charcoal plus strains of *Lactobacillus* and *Streptococcus*] Level of Evidence: 1

There was insufficient evidence for the following:

that probiotics or synbiotics alone could relieve constipation.

that combination products with multiple strains of a single bacterium species or different species are more effective than preparations containing a single strain.

that preparations of synbiotics [matched prebiotics and probiotics]

enhance growth of the probiotic strain or are more effective than the probiotic alone.

Clinical Implications

1. Because the use of probiotics has shown some success in relief of associated symptoms of both constipation and IBS with few side effects, it is reasonable to use probiotics as a supplemental therapy.
2. In patients with IBS, probiotics may reduce pain better with fewer side effects than analgesics and may be a first choice therapy.
3. Due to the variability of results, patients should use a “buyer beware” attitude when selecting a product in a grocery store, OTC in the pharmacy, in a health food store, or convenience store.
4. Probiotics come in a variety of forms: pills/capsules, powders, drinks, and in foods such as yogurt.
5. Probiotics usually need to be taken for several weeks before effectiveness can be determined.
6. Diabetics need to be aware of sugar and carbohydrate levels in the selected product.

For more complete information see the original article.

Summarized by
Dr. Judith Ann Kilpatrick,
Widener University

The Yin and Yang of Healthcare in China: (Continued from page 3)

dren is most alarming. In some areas of China 65-99% of children have serum lead levels above what is acceptable. Increased economic prosperity has also resulted in another health problem, childhood obesity. It is estimated that over 8% of China's children are overweight or obese.

Chinese Traditional Medicine stresses the importance of the balance of yin and yang for health. It is clear that China's changing political policies, economic growth, and participation in the world market will change the lives of its

citizens. There are promising signs that these changes will be positive, but there are also signs that point to increasing and new health risks, along with lack of attention to important services such as primary health care. Our experience in China reminded us that nothing occurs without consequences, and that modern advances are not necessarily positive or healthy. One hopes that the Chinese people hold onto those traditional beliefs and practices about health and illness that promote balance and well-being.

We Need You!

Become involved in Eta Beta by running for one of the following positions: President-Elect, Recording Secretary, Treasurer, Program Chair and Leadership Succession Chair. We also need persons to serve on the Leadership Succession Committee. You can nominate yourself or someone else online or by contacting Joyce Rasin, the Leadership Succession chair at 610.499.4234 or jrasin@widener.edu.

Karen Morin Elected President-Elect STTI



The Eta Beta chapter of STTI would like to congratulate Karen Morin, DNS, RN, on her election as President-Elect of STTI at the 2007 Biennium. Karen is a former president of Eta Beta and faculty member of the Widener University School of Nursing. We are very proud of her accomplishments and wish her the best of luck in her new position.

Karen is a Virginia Henderson Fellow and a Sigma Theta Tau fellow, has served as a member of the Board of Directors of STTI (2003-2007), as a

member and faculty of the STTI and Johnson & Johnson Maternal-Child Health Leadership Academy Planning Committee, and the co-chair STTI/WHO Global Nursing Education Standards Initiative. She also led the planning of the Consensus Conference held in Bangkok, Thailand in December 2006. As a member of the board of directors she provided direction for the Leadership Succession Committee (2003-2005), the STTI foundation board (2005-2007), and the Nursing Education Task Force (2005-2007).

Karen's goals for her position include the following "I would like to create a critical mass of STTI communities throughout the world that embrace

the values of the organization, and that make them operational in ways that reflect their uniqueness. The Society has the potential to be a major force in global health through the knowledge and leadership of its members and chapters. My vision is to create synergy, action, and service that will propel the organization forward toward the goal of a global community of nurse scholars and leaders to lead and serve global health, achieved through governance and policy making."

It is our hope that Eta Beta can play an instrumental role in helping Karen achieve these goals during her time in office. Please join us in congratulating Karen at the Spring Dinner meeting where she will be our guest speaker.

Tristate Consortium

Article submitted by Jennifer Timony RN, BSN, Widener School of Nursing 2006, Staff Nurse - Hospital of the University of Pennsylvania, Staff Nurse-Girard College

The Tristate Consortium is comprised of 20 chapters representing 23 colleges and universities throughout Pennsylvania, New Jersey, and Delaware. This year the 21st Annual Tristate Consortium Brunch and Lecture took place in September, 2007 and was sponsored by the Hospital of the University of Pennsylvania, Phillips Medical, and Common Cents Planning, Inc. The day began with a planning meeting for the 2008 event and included delegates and members from many of the associated chapters. During brunch, updates from STTI were presented that included voting issues for the annual meeting scheduled to take place in October in Baltimore, Maryland.

The guest speaker was Cheryl L. Mee RN, BC, CMSRN, MSN. Ms. Mee is the Vice president of US Nursing and Health Professions Journals at Elsevier publishing where she manages 25 nursing journals. As the Editor-in-Chief of Nursing2007, she received national writing awards for her editorials during her

seven year tenure. Her background includes work in critical care and hospice as an RN, clinical specialist, and nurse manager. Currently, she serves as Secretary of the Pennsylvania State Nurses Association and President of the Nursing Foundation of Pennsylvania. In 2003 she received the Pennsylvania State Nurses Association highest award – the Distinguished Nurse Award.

Cheryl Mee's lecture entitled "Doing the 'Write' Thing: Practical Tips for Successful Professional Writing" was inspiring and well received by new and experienced writers alike. Ms Mee discussed the importance for seeking support and mentorship and suggested writing for lay-publications such as newspapers, magazines, and books as a way to educate our patient population. She also recommended seeking opportunities for contributing to health and professional organization literature and newsletters as well as journals and books. Ms. Mee continued her lecture by explaining the role of the editor and the editorial

process. She then laid out a step-by-step plan for selecting and developing a topic and conducting a literature review. She continued with suggestions on developing written material, editing an article, and providing the best references for the material that has been created.

The gathering was enjoyed by all who attended. The day offered opportunities for networking as well as reconnecting with friends and colleagues. Next year's goal is to increase attendance so more members will have the opportunity to benefit from the experience with additional event sponsors being sought. Ideas can be forwarded to Anne Muller, Chair, at anne.muller@uphs.upenn.edu

SAVE the DATE for 2008
- Sunday October 19, 2008

Guest Speaker:

M. Elaine Tagliareni EdD, RN

- * Professor/Independence Foundation Chair Department of Nursing - Community College of Philadelphia
- * President of National League of Nursing

SEND US YOUR NEWS!!!!

Publications
Promotions
Personal News
at

www.etabeta.wuson.org



Nominations for Membership Awards Due April 1, 2008

Excellence in Mentorship

Actively shapes and promotes the career of a nurse or the development of a chapter; freely shares own resources for the growth and development of the individual or the chapter; maintains the mentoring relationship over time.

Excellence in Research

Conducts distinguished research in nursing; communicates nursing research finding; writes scholarly works related to nursing theory and/or nursing research; gives evidence of a history of nursing research activities; encourages research activities in STTI, nursing and/or community

Excellence in Practice

Demonstrates breadth of knowledge; develops creative approaches that con-

tribute to quality client care; possesses expertise and attributes of a clinical scholar; advances the scope and practice of nursing; serves as a mentor/preceptor who inspires peer's practice of nursing; influences the practice of nursing through communication; enhances the image of nursing through nursing practice; participates in community affairs, legislation, or organizations that affect nursing practice.

Excellence in Leadership

Receives local, national, or international recognition as a nursing leader in education, practice, administration, or research; influences leadership in nursing, through visionary and innovative approaches to leadership; creates an environment that enhances the image of

nursing/nurses; participates in development of nursing leaders/leadership.

Excellence in Education

Demonstrates excellence in teaching; advances the science of nursing through clarifying, refining and/or expanding the knowledge base of nursing; promotes a theory/research base for nursing curricula and nursing practice; influences scholarly development in nursing education, practice and/or research through teaching; influences the professional practice of nursing and the public's image of nursing through excellence in teaching.

To nominate a member: click on the link on the

*EtaBetahomepage
www.etabeta.wuson.org*

NOMINATIONS

NOMINATIONS ARE BEING ACCEPTED FOR THE FOLLOWING POSITIONS:
Check the web site www.etabeta.wuson.org for further info

- PRESIDENT ELECT
- RECORDING SECRETARY
- GOVERNANCE -
- FACULTY COUNSELOR
- VP PROGRAMS
- LEADERSHIP -
- NOMINATION COMMITTEE

DATES TO REMEMBER!

- March 1st:** Research Grant Applications Due
- March 14th:** Eta Beta Research Day – 8 A.M. - 12 P.M.
Lathem Hall,
Widener University 13th and Potter Street
- March 14th:** Eta Beta Induction Ceremony – 2 P.M. - 4 P.M.
Lathem Hall,
Widener University 13th and Potter Street
- April 14th:** Eta Beta Spring Dinner – 5:30 P.M. - 9 P.M.
Springfield Country Club

Check www.etabeta.wuson.org for further information!