LETTER FROM THE EDITOR

Much has happened at Mesa College since the last newsletter. There have been many changes and the Outreach Project has been funded. This is our opportunity to update you.

Thanks to those of you who have kept in touch with us. It's always nice to hear from you. Please continue to let us know of your current activities and we will pass them on through the newsletter.

--Janet Kruse

UPCOMING WORKSHOP

Frank Marsh, J.D., Ph.D., professor of philosophy and preventive medicine, will present a workshop on Ethical Decision Making, May 8, 1985 in Liff Auditorium. This is sponsored by AHEC. Provides 7.5 contact hours for continuing education. Call 245-6111 for more information.

EMPLOYMENT

Rangely Hospital is taking applications for the Director of Nursing Service. This is a 28 bed hospital in Northwest Colorado. Desiring a people-oriented R.N. with supervisory experience. Salary $24-30,000. Contact Joan McDonald, (303-675-5011)

BSN ORGANIZATION

The BSN Organization held a book sale at the end of last semester. Students were able to sell books they no longer needed and to buy those they did need at bargain prices. This semester's sale will be May, 9-3 p.m. in the ATL.

Currently we are in the process of electing new officers. We are also exploring the concept of including ADN students to form a student nurse organization for all levels of nursing students. We have common interests and concerns, and can offer support and encouragement to one another.

The following are this year's recipients of Baccalaureate of Science Degrees in Nursing:

Diana Bailey Fern Dubose
Glenda Peters Mary Helm
Ann Cox Kathleen Kruger
Cheryl Anderegg Dianna McNutt
Helen Busby Kathy Rivera
Adolfine Oharek Catherine Roberts

A reception in their honor will be held Thursday, May 9 from 2-4 p.m. at the Rodeway Inn. Dr. Jo Dorris is the featured speaker.

As I am one of the fortunate to be graduating, I'd like to take this opportunity to thank everyone for their friendship and support, and to say good-bye. It's been a slice.

-- Kathy Rivera, President

Generic Baccalaureate Program:
Plans are in progress toward establishing a generic or basic four year nursing program at Mesa College. The faculty believe that entry into professional nursing be at the baccalaureate level. With this commitment, a committee is studying not only the feasibility, but plans to establish a smooth, organized transition for the future. Committee members are Tess Neofotist, chairperson, Eileen Williams, Marie Eicher, Liz Mustee and Sandy Forrest. Attention will be given and a tract provided for RNs who wish to obtain a BSN degree. The next newsletter will bring you an update.
Research:
The faculty research project exploring the stresses and coping behaviors of the spouses of elderly cancer patients is progressing well. A pilot study has been conducted and data collection via interview has begun. Following data analysis a manuscript for publication will be constructed and findings will be shared with other nurses at research conferences. The possibility of requesting grant monies to extend this research is being investigated.

Curriculum Changes:
There have been two changes, effective for Fall 1985 catalog, in prerequisite credit hours. Nutrition will be accepted if the nurse has 2 or 3 credit hours. Two credit hours was changed in order to accommodate those who took nutrition while on quarters or being transferred from other schools. Organic chemistry of 4-5 hours instead of presently 6-8 will also be effective this fall. To take Organic Chemistry, the student must have either (1) high school chemistry and permission of instructor (2) Chem 100-Chemistry and Society, or (3) Chem 121-General Chemistry.

Faculty Changes:
Jane VanderKolk accepted a position of Assistant Inservice Director at the VA Hospital in Denver. She left the college the end of January to assume her new responsibilities. We wish her well. Barbara Magenheim has joined the staff teaching Community Health I & II since Jane’s departure. Welcome Barbara.

Marie Eicher will be teaching in the AD program effective fall of '85. She has offered much to the BSN program and will continue to have much to offer for the AD students. Susan Dickson will teach Physical Assessment, Introduction to Critical Care Nursing and Advanced Nursing in Episodic Settings. She comes to the baccalaureate faculty well prepared as having taught in the AD program and having work experience in ICU at St. Marys.

Janet Kruse is moving to Denver to be with her husband who has a position with 1st Interstate Bank. She will be missed. A part time faculty member will replace her.

Outreach Project:
January brought the exciting news from the Department of Health and Human Services that over $270,000 was awarded to the Mesa College School of Nursing. This grant was approved which will enable the faculty to expand the baccalaureate program to three areas in Western Colorado. The Outreach Program, in its original proposal, would offer BS Nursing courses in the Craig-Steamboat, Glenwood Springs-Rifle, and the Montrose-Delta areas. Registered nurses from AD or Diploma school, meeting the prerequisite courses, would be able to take advantage of this opportunity.

Diane Dea has assumed the coordinator position. She is now visiting these areas and making contact with nurses. Interested nurses may write to her for information.

Scholarships:
Congratulations to the following BSN students who have been awarded scholarships for Fall 1985.

- Donna Scheurer
- Jessie Sammons
- Kay Schlichling
- Mary Murrin
- Kyna Culver
- Sheryl VanHole
- Fannie Sussman Award
- Colorado Scholarship
- Dorothy Howard Award
- Grace Clark Award
- Colorado Scholarship
- Eleanor Hansen Award
BSN Program (con't)

Students:
A special thanks to four students who have served as officers during 1984-85 academic year for the BSN Student Nurses Organization. They are:

President         Kathy Rivera
Vice President    Jessie Sammons
Secretary          Jane Sefiha
Treasurer          Donna Scheurer

We are also proud of our 1985 graduates. Congratulations to you all.

PEOPLE IN THE NEWS

Janet Grant (AD,'79) Certified Nurse Midwife, has opened her own office at 710 Wellington. She offers family-centered prenatal care for low-risk women with in-hospital birth room delivery. Additional services include annual examinations and pap smears.

Diana Wilkie (1982) has completed all of her course work for her MS at UCSF. She is presenting a portion of her thesis research "Pain Intensity and Pain Control Behaviors of Adults Diagnosed with Cancer" at the Annual Congress of the Oncology Nursing Society in Houston, TX in May. She has also coauthored an article forthcoming in CANCER.

Kris Antonelli has accepted a position at Primary Children's Hospital in Salt Lake City as a Neonatal Nurse Practitioner.

As usual Judy Goodhart was very involved with the Health Fair and was this year's medical advisor. She was also chosen to represent Mesa College's School of Nursing as Outstanding Nurse at the National Recognition Day celebration on May 6 in the Wingate Room, Mesa College.

The Baccalaureate Nursing Student Honorary met April 8, 1985 in conjunction with Sigma Theta Tau. Dr. Muriel Myers presented "Marketing a Professional Image." Cathy Roberts, Kathy Rivera, and Helen Busby were welcomed as new members.

Janet Kruse authored an article "The Jolts and Joys of Dual-Career Living" which recently appeared in a national newsletter.

Cathy Clark has been appointed as the new Head Nurse of St. Mary's Psychiatric Unit. Congratulations!

HEALTH UPDATE

Mothers Milk for Preemies:
Research shows milk from mothers whose babies were 1-3 mo. early had nearly twice the amount of long-chain polyunsaturated fatty acids as milk produced for full-term babies. These acids are critical to the growth of brain cells and the lining around nerve centers. This milk was also shown to be more easily digested.

Kleenex:
Researchers are investigating the use of Kleenex tissues treated with an iodine-based germicide to help prevent the occurrence and spread of colds. Preliminary research indicated that about 1/2 an experimental group, who used Kleenexes treated with the germicide, experienced about 1/2 the colds of a similar group.

Do You Know When You're Full:
Obesity, in some cases, may result from a hormone-related inability to sense when one is full, according to researchers at Thomas Jefferson University in Philadelphia. The hormone cholecystokines (CCK) signals satiety in certain animals, including humans. Research indicates that the hormone is present in equal amounts in slim and fat rats however in fatter rats there are lacking receptors, which are proteins on the surface of cells to which hormones bind. As a result the rats do not sense fullness and continue to eat, which indicates that there may be a link between a biochemical defect and overeating.
HEALTH UPDATE (con't)

Toothpicks:
In a study at the University of California at San Francisco a test was conducted on 12 women and men to determine the most effective means of controlling plaque and gum bleeding. For the first two months they brushed and flossed, then added the use of toothpicks for two months. Plaque and bleeding diminished by 50%.

Stretching Before Running Can Be Dangerous:
In a study of 540 25-mile per week runners, 88% of those who stretched before runs had more leg pains and injuries than those who didn't stretch at all. Dr. Joseph D'Amico, chairman of orthopedics at NY College of Podiatric Medicine, says tall skinny runners (ectomorphs) probably shouldn't stretch while endomorphs (stocky powerful people) should stretch the most. Mesomorphs (the majority) should do just enough to get the kinks out.
Source: Consumer Capsules, Nursing and Health Care, Sept. and Oct., 1984

ENTRY INTO PRACTICE
The Colorado Society of Nurse Executive at their March 21, 1985 meeting in Englewood, Colorado presented a panel discussion on their proposed adoption of the resolution, "The Colorado Society of Nurse Executives", when hiring new graduates, will hire only at the B.S.N. level or above after 1989.

SUMMER/FALL COURSE OFFERINGS

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Please keep us up to date on your activities and any other information which you would like to share with your colleagues. Return this section to:

Mesa College
School of Nursing and Allied Health
P.O. Box 2647
Grand Junction, CO 81502

Attn: Liz Mustee

Name
Graduating class
Address
Street or Box No.
City
State
Zip

Current interests and activities:

Newsletter title:

School of Nursing and Allied Health
Mesa College
P.O. Box 2647
Grand Junction, CO 81502