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Inside this Issue:

Rho Chapter Honored at STTI Biennial Convention 2
Happy Birthday, Ruth Barnard 2
Presidents Column 3
Meet the Rho Board and Committees 4
2015 UMHS Nursing Poster Day 6
Chapter Scholarship—Project Summaries 6
News/Upcoming Events 7
Upcoming Events 7
Research/Special Projects Grants—Application 8
Deadline January 31, 2016

Website: (School of Nursing)
http://nursing.umich.edu/rho-chapter

Chapter Web page The Circle:
http://rho.nursingsociety.org/RhoChapter/Home

Facebook Page:
Facebook.com/SigmaThetaTauInternationalRhoChapter

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Rho Chapter Participates in the 43rd STTI Biennial Convention
Rho Chapter honored at STTI Biennial Convention

What a grand experience for Rho Chapter members at the STTI biennial convention in Las Vegas Nevada. On Monday, November 9th, our treasurer, Cristina Wojack, accepted our very first Chapter Key Award from STTI President, Hester Klopper, and the STTI CEO, Pamela Thompson. The Chapter Key program honors STTI chapters that show excellence in membership support, programming, professional development, and collaboration at the local, national, and international levels. Our colleagues from the University of Michigan who attended the biennial convention along with Regional Coordinator, Mary Graiver were present for the recognition ceremony. It was a proud moment for all of us! On Monday at the Region 10 meeting led by Mary Graiver, UMHS Educational Nurse Specialist, Dorothy Nagle received a certificate of appreciation for her work as a Regional Committee member. And Rho Chapter received a Showcase of Regional Excellence award for outstanding Servant Leadership and Gratitude. Congratulations to all Rho members--your accomplishments made these awards possible.

Your Rho Chapter colleagues from UM School of Nursing and UM Health System were prominent at the biennial convention. Marie Wolfer and Corinne Lee presented “Multi-Method Critical Care Orientation Improves Critical Thinking, Skills and Confidence.” Sharon Smith also created the presentation but was unable to attend.

The unique partnership between UMSN and UMHS was presented as a symposium by Dana Tschannen, Leah Shever, Mary Lynn Parker, Inga Vitins, Jolé Mowry, and Ann Gosselin, Sandra Kendziora also attended. Julie Grunawalt and Winnie Wood contributed to the presentation but were not present. The symposium was unique because of the balanced presentation between faculty and staff voices. It was a wonderful demonstration of how the school and the health system nurses work together to improve patient care. Kudos for all of these members who represented Rho chapter so well.

HAPPY BIRTHDAY, RUTH BARNARD!

117 people attended the fundraising event for the Haiti Nursing Foundation, honoring the 80th birthday of Rho chapter member, Dr. Ruth Barnard, a key member in the founding of the FSIL Nursing School in Haiti and the Haiti Nursing Foundation. The event also honored the 10th anniversaries of these organizations. Thanks to all of the Rho members who attended to support FSIL and honor Ruth. The event raised over $14,000 for HNF and FSIL. Special thanks to Linda Strodtman whose inspiration and incredible work in creating the doll auction made the event possible.
The 43rd STTI biennial convention was held in Las Vegas, Nevada and it was a memorable experience for Cristina Wojack and me as your Rho Chapter representatives. The convention started with a beautiful procession of the flags from all the 90 countries that have STTI chapters and the current President, Hester Kopper from South Africa gave the plenary session entitled “STTI as Edge Runner through Serving Locally, Transforming Regionally and Leading Globally” which has been her call to action for the past biennium. There were literally hundreds of concurrent sessions available covering a multitude of topics. Cristina and I attended different sessions based on our areas of interests. I attended sessions related to Magnet readiness, Quality and Safety education in nursing, and research related to the impact of shift work. One very interesting session related to the “Million Hearts Campaign” to increase screening and reduce cardiovascular related risks. This is a potential area to consider as a Rho Chapter service project. Cristina attended sessions related to patient education, critical care ethical issues, and best practice outcomes in the intensive care setting. Several amendments to the STTI by-laws and new resolutions were approved at the convention. There were four major amendments proposed and approved by the House of Delegates. The first related to technical changes to the language which will change the word “school” to “institutions of higher education” wherever the word “school” is used throughout the bylaws. The second change enables the members of the Governance Committee and the STTI Board to approve new chapters. Electronic voting for new chapters will no longer go to Chapter delegates for a vote. This streamlines the current process which is onerous. Prospective new chapters are required to go through a comprehensive vetting process and there has not been a time when the delegates voted against a new chapter being approved. The third change allows the members of the Governance Committee and the STTI Board to determine a revocation of a Chapter without a vote form the House of Delegates. The rationale for this was related to providing more privacy to the Chapter. It was noted that there has never been a Chapter placed on probation or been revoked in STTI history, but the by-laws are put in place for any future possibility. The fourth and most controversial change related to now allowing a school of nursing to join with a “practice partner” to become an at-large chapter. All current requirements for Chapter designation remain. An existing Chapter can decide to join with a practice partner and submit to become an at-large chapter or a newly formed at-large chapter can be approved between a school of nursing and practice partner. A major reason for this change was to enhance participation in STTI by practice members and to increase recruitment and retention of members. It was noted that many STTI members drop their membership immediately after graduating and going into practice. It was also noted by delegates of several countries that being able to partner with practice settings would be an important step for their membership as few schools of nursing often exist in many other countries around the world. In addition to these amendments, eight resolutions were also passed:

1. Recognition of health care providers and humanitarian workers worldwide in response to the recent Ebola outbreak;
2. Support of the International Academic Nursing Alliance (IANA) to promote collaboration and dissemination on nursing knowledge;
4. Support of nurses who demonstrate love, courage and honor while serving under dangerous circumstances;
5. Support of STTI’s ongoing commitment to equity, equality, diversity and inclusivity;
6. Appreciation for the leadership and stewardship of President, Hester C. Kopper, The Board of Directors and the Subsidiary Boards;
7. Appreciation for all Chairs and members of committees, advisory councils and task forces; and
8. Appreciation for Patricia E. Thompson, CEO and all ATTI staff members.

We also attended useful presentations on service opportunities and chapter operations. All in all, it was an interesting convention and we learned a lot of great things! We are thankful for the opportunity to attend and represent Rho Chapter! Happy holidays to everyone!

WELCOME, KRISTA MYERS, RHO CHAPTER STUDENT INTERN

Rho Chapter recently began an internship program to mentor new inductees as future leaders. Our first intern is Krista Myers, currently a senior in the traditional BSN program. Krista writes: “I was inducted as a junior into Sigma Theta Tau last Spring. After working for a couple of years after graduation, I am interested in pursuing an advanced practice degree either as a CRNA, Pediatric NP, or Women’s Health NP. Beginning my freshman year, I became involved in a research project through UROP looking at how iron deficiency anemia affects neurocognitive development with Dr. Betsy Lozoff at the Center for Human Growth and Development. I specifically worked with waveform analysis of ABR and EEG and data synthesis from the pediatric population, and have continued on with this project for the past three years. I am honored to be Sigma Theta Tau Rho Chapter’s first student intern, and I am looking forward to this next year!” Krista’s enthusiasm is contagious, and we’re looking forward to working with her this year!
Meet the Rho Board Members

Meet the Rho Chapter Board & Committee Members 2015-2016—Thank you to everyone who participated in the Rho Chapter election in summer 2015. We are especially grateful to those who are serving the chapter as members of the board or committees. Here is an introduction to your chapter leaders for the upcoming year:

Chapter Officers:

President: Margaret M. Calarco, PhD, RN, is Senior Associate Director of Patient Care Services and Chief of Nursing Services – The University of Michigan Health System and Adjunct Professor, The University of Michigan School of Nursing. Dr. Calarco holds a Ph.D. in Nursing from the University of Michigan, an M.S.N. in Psychiatric-Mental Health Nursing from Case Western Reserve University and a B.S.N. from the University of Cincinnati. Dr. Calarco has presented nationally and internationally, and has published widely in the areas of clinical depression, leadership and organizational change.

President-elect: Deborah Price, DNP, RN. Deb is a faculty member of the University of Michigan School of Nursing. She holds a DNP in Nursing from Oakland University, and a M.S. and B.S.N. from the University of Michigan. She currently teaches undergraduates, and also mentors graduate students. Deb’s research and scholarship focus on interdisciplinary palliative and end-of-life care. She has presented nationally and published on teaching innovations in undergraduate education and palliative care.

Vice-President: Shandra James DNP, RN, CCRA, CCRP, is currently a Clinical Assistant Professor at the U of M School of Nursing. Her career has focused on critical care nursing, clinical research, and undergraduate nursing education. Her teaching centers on helping nursing students transition into professional nursing practice. Additionally, she has an interest in translational research and implementing best practices at the bedside.

Secretary: Paul Edick BSN, RN, is a staff nurse on the inpatient child and psychiatry unit at UMHS. He received his BSN from Michigan State University’s College of Nursing second career program after receiving his BA from the University of Michigan.

Treasurer: Cristina Wojack, BSN, RN, is a staff nurse at the University of Michigan Cardiovascular Intensive Care Unit. She is a graduate of the University of Michigan BSN program and is continue her education at the U of M, working toward a MS as an Adult-Gerontology Acute Care Nurse Practitioner. She serves as a mentor to senior undergraduate nursing students during their critical care clinical experience.

Faculty Counselor: Elizabeth (Libby) Brough, PhD, RN. Libby is currently a Clinical Instructor at the School of Nursing, where she serves as a clinical faculty in the undergraduate program. Her recent research has focused on understanding the role of emotions in chronic illness and using tailored messages to help women reduce hypertension. Her clinical work includes evidence-based practice projects with clinical nurse specialists and staff nurses.

Faculty Counselor-Elect: Ashleigh Kleefisch, MSN, RN, is currently a Clinical Instructor at the U of M School of Nursing. Her career has focused on acute care nursing and undergraduate nursing education. She carries an interest in observation of coping mechanisms in patients during chronic illnesses, as well as teaching students implementation of exceptional patient care for patients and families.

Past President: Sharon Smith, PhD, RN. Sharon is the Director of Professional Development and Education at the University of Michigan Health System. She received her Masters and Ph.D. from the University of Michigan School of Nursing. Sharon’s passions are change management and nursing professional practice development. Her research is focused on role transition—making the move from CNE to CEO.

Chapter Committees:

Governance Committee: This committee oversees new membership and bylaws.

Chairperson: Carol J. Loveland-Cherry, PhD, RN, FAAN, is Professor Emerita, University of Michigan School of Nursing. Dr. Loveland-Cherry holds a B.S.N. and a M.P.H. in Nursing from the University of Michigan, and a Ph.D. in Nursing from Wayne State University. Her NIH funded research focused on development and testing of health promotion interventions for families with infants, children, and adolescents. She was a faculty member at Wayne State University College of Nursing and a faculty member and Executive Associate Dean at The University of Michigan School of Nursing.
Committee Members Continued:

Governance Committee Con’t: This committee oversees new membership and bylaws

Member: Kristin Choi BSN, RN, is a second-year PhD student and a Hillman Scholar at the University of Michigan School of Nursing. Her program of research in the doctoral program focuses on abused, neglected, and exploited children. She is interested in health services research, policy, and system-level interventions to improve child welfare and mental health service delivery for trauma-exposed children.

Member: Elizabeth (Libby) Brough, PhD, RN. Libby is currently a Clinical Instructor at the School of Nursing, where she serves as a clinical faculty in the undergraduate program. Her recent research has focused on understanding the role of emotions in chronic illness and using tailored messages to help women reduce hypertension. Her clinical work includes evidence-based practice projects with clinical nurse specialists and staff nurses.

Leadership Succession Committee: This committee is responsible for selection of members to serve in chapter leadership positions, and handles officer elections.

Chairperson: Michelle Munro-Kramer, PhD, CNM, FNP-BC, is an Assistant Professor in the University of Michigan School of Nursing. Dr. Munro-Kramer’s program of research is focused on trauma, comprehensive care of vulnerable populations, and missed opportunities for care within domestic and international contexts. She practices part-time at the Washtenaw County Public Health Department adult health clinic.

Member: Penny Riley, PhD, RN, is a recent graduate of the PhD program and a clinical instructor at the University of Michigan School of Nursing. She has been a nurse in various positions including psychiatry, obstetrics, medical-surgical, and outpatient settings. She has served as a nursing instructor for undergraduate nursing students for over 10 years. Penny previously served as member and chair of the leadership succession committee in Rho Chapter from 2009-2011.

Member: Moira Visovatti, PhD, RN, ACNP-BC, OCN, is a Research Fellow in the University of Michigan School of Nursing. Dr. Visovatti holds a PhD in Nursing from the University of Michigan, a MS in Medical Surgical Nursing from the University of Michigan, and a BSN from the University of Toronto. Her program of research is focused on cancer-related symptoms, namely cognitive symptoms, and developing interventions to reduce distress and improve functional abilities.

Excellence Awards Committee: This committee oversees the Nursing Excellence Awards and the annual awards ceremony held in April.

Chairperson: Mary Sue Webb BSN, RN, is a float nurse in Ambulatory Care, working among five Family Medicine clinics. Mary Sue states, “I’m using my experience to help all the clinics and provide some tools to enhance the efficiency of those working in the RN role.”

Research and Special Projects Committee: This committee oversees the grants awarded semi-annually to support members’ research and scholarly projects.

Chairperson: Jane Anderson, PhD, RN, BC. Jane recently retired from her career as an Educational Nurse Specialist in the University of Michigan Health System Nursing Department of Professional Development and Education. She currently holds a temporary appointment in the Nursing Professional Development and Education Department at UMHS.

Newsletter/Publicity: This committee oversees development of the chapter newsletter and handles publicity for Rho chapter events.

Publicity: Ann Kruszewski, PhD, RN, is emeritus faculty from the University of Michigan School of Nursing. Although retired, she is still passionate about involvement with the next generation of nurses.

Social Media: Amanda Schuh, MS, RN, PMHNP-BC, is currently a PhD student at the University of Michigan, where she also earned her Master of Science in Psychiatric Mental Health Nursing. Her research focuses on military families and the impact of parenting stress on mental health outcomes. Last year, Amanda was named the first JONAS Nurse Leader Scholar for the University of Michigan. Amanda plans to create a career as a clinician, researcher, and educator and is passionate about advancing the profession of nursing.
2015 UMHS Nursing Poster Day

This year's UMHS Nursing Poster Day event, held in September, supported by UMHS Nursing, the School of Nursing, and Rho Chapter, included over 25 posters showcasing the work of practicing nurses and researchers, nursing faculty and students. A wide variety of topics were featured including chronic pain, communication between team members, and compassion fatigue. Awards were given for posters in the categories of Research, Clinical Innovation, Evidence-Based Practice, and People's Choice (determined by vote of attendees). The People’s Choice Award is funded by Rho Chapter. A new award category was developed for first time presenters at the conference. Each winning team received a donation to the nursing education fund on their nursing unit. Congratulations to this year’s award recipients:

**Research Category**

“A survey of nurse practitioner knowledge and treatment choices for chronic unexplained orchialgia”

Author: Susanne Qualich

**Evidence Based Practice**

“Keep Calm and Love Your Skin”

Authors: Jennifer Dammeyer, Candace Friedman, Carolyn Lyles, Lori DeGroat, Jo Healey, Craig Meldrum, MaryAnn Adamczyk

**Clinical Innovation**

“Procedural Pain Reduction and Comfort for patients Undergoing Ophthalmic Surgery”

Authors: Sandra Merkel, Michelle Churches, Shelly Robbins, and Poke Team at Kellogg Eye Center

**First Time Presenter** (new category for poster authors who are presenting their first poster at UMHS Poster day)

“Patients and Families as Drivers of Care: Enhancing Communication Through RN Change of Shift Bedside Handoff to Improve Safety and Satisfaction of With Care”

Authors: Kasey Frost and Ashley Thibodeau

**People's Choice Award Winner** (this award is sponsored by Rho Chapter, Sigma Theta Tau International Honor Society of Nursing)

“Compassion Fatigue Addressed: The Birth of Critical Situation Incident (CSI) Gatherings”

Authors: Treasa Chmielewski and Abi Garrison

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Because descriptions of the challenges of recruiting and retaining older adults hospitalized for acute HF are lacking, the purpose was to describe the recruitment and retention challenges faced and the subsequent challenges used to successfully examine cognitive dysfunction in 53 older adults hospitalized for heart failure. A descriptive, non-experimental study was conducted. Clinical Nurse Specialists and a senior staff nurse screened potential participants. Data were collected at most three days/week using symptoms questionnaires and computerized cognitive tests. All questionnaires were loaded on the computer and read to participants to reduce fatigue, minimize missing data and to standardize data collection. 27 participants, who completed the initial data collection session refused to participate in additional data collection sessions because they were too tired, discharged on day of data collection or discharged prior to next data collection day. Six provided no specific reason for refusal to participate. To augment recruitment strategies the number of recruitment units was increased from 1 to 3, unit based screeners were asked to confirm with potential participants their willingness to meet with the study team and recruitment efforts were continued for an additional 12 weeks. Recruitment efforts were halted after three months without any new participants. Recommendations to augment recruitment include devoting adequate resources (personnel, time and budgetary), providing incentives, having dedicated recruiter and developing relationships with unit based nurse and/or physician champions. Dr. Arslanian-Engoren presented the poster, along with her colleagues, with support for travel from Rho Chapter.


The goals of the project were to assess burnout and resiliency among registered nurses and psychiatric care worker (PCW) staff, establish potential trends that place staff at risk for higher levels of burnout and lower levels of resiliency, explore the feasibility of offering positive psychology interventions on an inpatient psychiatric unit, and determine if positive psychology and character strengths interventions impact burnout and resiliency scores. Registered nurses and PCW staff completed the Maslach Burnout Inventory, the Connor-Davidson Resilience Scale, and demographic data. Positive psychology exercises were offered to small groups of staff for 15 minute sessions on all three shifts approximately 4-5 days a week over an 8-week period. Exercises included “signature strengths”, “gratitude visit”, “three good things” (2 week exercise), “active-constructive listening”, “savoring”, “you at your best”, and “using signature strengths in a new way”. At the onset of the interventions, the unit acuity spiked with several episodes of acting out by patients on every shift. This made it difficult for staff to actively engage in interventions. The interventions were suspended during one week as staff could not safely participate due to the needs of the patients and families on the unit. Results on the resiliency and burnout scales did not show significant difference from pre-test to post-test, although PCW’s showed slightly more negative results. However, staff enjoyed learning about positive psychology and felt that this was beneficial work despite the unchanged scores on the burnout and resiliency scales. Multiple staff members identified character strength work/signature strengths, three good things, and the gratitude visit as activities they would like to continue using as part of their unit culture. Building resiliency and decreasing burnout must remain at the forefront of the nursing community.
Paul's poster received a second place award among all submissions in the Practice Category at the APNA conference.


This project, presented in two sub-sessions, examined regulatory needs and financial stressors in several organizations using concepts from caring science. Each organization used data derived from a caring science research program. Path analysis was used to examine the relationship of caring to organizational variables and determine outcomes important to patient care. The first sub-session reviewed a mixed method study that examined concepts of patient satisfaction that are consistent with HCAHPS questions which are mandated in US to measure patient satisfaction. The first method examined the relationship of caring, using Watson's theory of caring, with five slightly reworded HCAHPS questions. Patients were asked about their pain management, feeling listened to by staff, education on pain meds and discharge instructions. The second method used semi-structured interviews with a panel of nine patients who provided an HCAHPS score of 7 or 8 but not 9 or 10. Finally, a secondary analysis was conducted of HCAHPS scores from approximately 9,000 patients to understand if a profile high HCAHPS scores could be produced. Results provided a contextual understanding of HCAHPS.

The second sub-session reviewed a multi-country study of patient falls, focusing on an acute care facility working within a program of caring science within the context of Relationship Based Care. Results suggested context-specific predictors of patient falls. Results have been used to specify methods to study falls and to further explain why patients fall, both with and without injury.

**DON'T MISS IMPORTANT CHAPTER NEWS--UPDATE YOUR EMAIL ADDRESS WITH STTI:**

Rho Chapter compiles email addresses from the STTI database. We use the STTI database for sending the Chapter newsletter, information about upcoming events, and photos from recent events. Be sure that your email address is up to date in your STTI member profile. Contact Membership Services to update your information: 888-634-7575 (toll free).

**Publicaton information:**

Rho Newsletter, supported by member dues, is published two times a year: Fall and Winter. We welcome your comments and news about Rho Rho members' activities. Send your contributions via email by the 15th of March and November, to:

- Ann Kruszewski PhD, RN
- Newsletter Editor, Rho Chapter, STTI
- University of Michigan School of Nursing
- 400 N. Ingalls, Ann Arbor, MI 48109-0482, or via email to annkrusz@umich.edu. Thanks!

**UPCOMING EVENTS: RHO CHAPTER**

- **Research and Special Projects Grants**
  - Applications due January 31, 2016
  - Do you need support for your research or scholarly projects? Rho Chapter provides grants to support research and special projects such as patient education programs, media projects, etc. Masters and doctoral students, faculty, and community members who are Sigma Theta Tau members are eligible. Please see the application process on our website: www.nursing.umich.edu/rho-chapter

**Taking The Lead 2016: The Power of Advocacy** (co-sponsored by Rho Chapter)

- **January 14, 2016; 7:00 a.m. - 5:00 p.m.**
- **Kensington Court Hotel, Ann Arbor, MI**

The 2016 Taking the Lead Conference will explore the concept of advocacy and leadership. Participants will learn from noted healthcare leaders and nurses about how to “play to win”. To view conference brochure and register online go to: https://www.regonline.com/LDR16

- **6.0 contact hours for nursing will be provided, 1.0 contact hours for the optional pain session.**

- **SICU Conference: Stitching Evidence into Practice**
  - **March 1, 2016; 7:00 a.m. - 4:30 p.m.**
  - **Kensington Court Hotel, Ann Arbor, MI**

View conference brochure and register online go to: www.regonline.com/SICU16

- **7.0 contact hours for nursing will be provided**

**Evidence Based Practice Conference**

- **Friday, March 18, 2016; 7:00 a.m. - 4:30 p.m.**
- **Kensington Court Hotel, Ann Arbor, MI**

More information coming soon!

- **Dean’s Research Day 2016** (sponsored by the School of Nursing and supported by Rho Chapter)

- **Tuesday April 5, 2016**

The deadline for abstract submission is January 11, 2016. For abstract submission and information: http://nursing.umich.edu/research/deans-research-day

**Annual Rho Chapter New Member Induction and Awards Ceremony**

- **Sunday, April 3, 2016; 2:00 - 4:00 p.m.**
- **Michigan Union, 530 S. State St., Ann Arbor, MI**

**Note the Michigan Union location!**

Consider nominating a colleague for an award no later than February 20, 2016. See back page for more information or visit our website: nursing.umich.edu/rho-chapter (click on Awards) Then join us on April 3 to welcome the newest Rho Chapter members and acknowledge your colleagues’ leadership and excellence in nursing.

**STTI Region 10 Conference**

- **Friday, April 15 - Saturday, April 16, 2016**
- **Kensington Court Hotel, Ann Arbor, MI**

More information coming soon!

**UPCOMING EVENTS: STTI**

- **Apply for STTI Small Research Grant:**
  - Deadline: December 1, 2016. Ten to fifteen grants for amounts up to $5000 are available. More information is available at: http://www.nursingsociety.org/advance-elevate/research/research-grants/sigma-theta-tau-international-small-grants

- **Submit abstracts for the 27th STTI Nursing Research Congress**

- **Nursing Education Research Conference: Research as a Catalyst for Transformative Practice**
  - **April 7-9, 2016, Washington DC**

Opportunity for nursing students, faculty, researchers, and leaders to collaborate on topics affecting nursing education. More information and registration: http://www.nln.org/NERC/discover-nerc
Rho Chapter Sigma Theta Tau International

Excellence in Nursing Awards

NOMINEE:
Name:________________________________________________________________________________________________
Email Address :_________________________________________________________________________________________
Work Phone:  ____________________________________________ Cell Phone:____________________________________

NOMINATED BY:
Name: _______________________________________________________________________________________________
Email Address:____________________________________________ Phone: ______________________________________

For award criteria and submission process, visit the Rho Chapter website: www.nursing.umich.edu/rho-chapter . Click on Awards

Award Categories (check one)
____ Research                  ____ Education                  ____ Nursing Practice
____ Leadership                ____ Rising Star                 ____ Mentorship
____ Friend of Nursing         ____ Distinguished Service   ____ Student Leadership**
____ Institutional/Organizational Excellence ____ Drickamer Student Mentorship**

**awards for current UM nursing students

1. Attach Summary of Nominee’s Contributions and Accomplishments
2. Additional supporting materials to be submitted with this nomination form include:
   • The nominee’s curriculum vita
   • Supporting statements from peers and community leaders or other documentation regarding award criteria

Submissions must be received by February 20, 2016
For questions, contact MarySue Webb (mswebb@umich.edu) or call 734-764-5315