



Honor Society of Nursing
Sigma Theta Tau
International

Rho Chapter

The University of Michigan
Chartered 1959

Web Page: <http://www.nursing.umich.edu/stti>

Fall 2002
Vol. 43, No. 2



The Dean's Perspective

By Ada Sue Hinshaw PhD,
RN, FAAN

The consequences of the current nursing shortage in the clinical workplace and the increasing numbers of retiring nursing faculty are still looming. The demand for nurses

continues to open up new avenues of opportunity.

A research study was initiated by the Secretary of Health and Human Services, and subsequently cosponsored by: the Health Resources and Services Administration Division of Nursing, the Health Care Financing Administration (HCFA), the Agency for Healthcare Research and Quality, and the National Institute of Nursing Research of the National Institutes of Health. The results were published in a recent article in the Journal of the American Medical Association. The study showed what clinicians have suspected for a long time: A strong and consistent relationship exists between the nurse staffing variable and medical patients five patient outcomes: urinary tract infections, pneumonia, length of stay, upper gastrointestinal bleeding, and shock. In major surgery patients the relationship between failure to rescue and nurse staffing was strong and consistent. Weaker evidence was found for urinary tract infections and pneumonia for surgical patients.

Evidence like this research conducted by an interdisciplinary team provides strong substantiation to inform policy makers and the public about important next steps.

Our policy makers both in the state and at the national level have indeed begun to take steps to make an impact on the shortage. The measures they have taken are positive and important and will no doubt influence on the situation greatly, but we still have a lot of work ahead of us as well.

We must continue to work with both our interdisciplinary colleagues and all healthcare stakeholders to promote a strong intellectual image of nursing as well as a much improved work environment. Research provides important information to decision makers. It could be our strongest tool as we move forward.



A Call to Action

Elizabeth Beattie, PhD, RN
President, Rho Chapter

As another green Ann Arbor summer draws to a close many of us anticipate the golds and crimsons of Fall, the pleasures of crisp, bright days, cider and apples, and the start of the new academic year. Fall is a time to reflect on the miracle of the

falling leaves and the promise of regeneration we carry with us through a long Winter into Spring. This year the STT Board has committed to the regeneration of Rho Chapter via a number of initiatives designed to increase communication, member participation and program outcomes focused on service and scholarship.

As part of your personal commitment to this chapter I ask you to revisit President May Wykle's 2001-2003 Call to Action [<http://www.nursingsociety.org/about/calltoaction.html>] where she reminds us of "the powerful impact of nursing's intellectual capital on health care" and the energy created by diverse activities involving diverse peoples. Intellectual capital alone cannot sustain a vibrant chapter. We need your enthusiasm and commitment to nursing, and to this family of leaders in nursing, to give Rho chapter a promising Spring. Remember when you've planted bulbs in the Fall and you're never quite sure if they'll come up at all, and if they do what color they will be, how strong and bright against the withdrawing whites and greys of winter? The anticipation is always more exciting than the regret of not planting.

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Volunteers Needed

Please take advantage of this opportunity to become involved with your honor society by volunteering to serve on one of the Rho Chapter committees. Each committee welcomes volunteers. Some of the committees in need of volunteers include: **Membership Eligibility, Membership Involvement, Newsletter and Publicity, Research and Special Projects, Ritual and Reception, Excellence Awards, Finance, and Bylaws.**

President Elizabeth Beattie is eager to hear from you to help with the operation of the chapter. Please call her (647-9331) or email her ebeattie@umich.edu with your interests. Or, if you would like, feel free to contact one of the other officers.

Rho Newsletter, supported by member dues, is published three times a year: Fall, Winter, and Spring/Summer. **We welcome your comments and news about STT Rho member's activities.** Send your contributions via email or disk by the 15th of April, July, and November, to Newsletter Editor, Rho Chapter, STTI, c/o Elizabeth Beattie, Rho President, University of Michigan, 400 N. Ingalls, Ann Arbor, MI 48109-0482, (734) 647-9331, ebeattie@umich.edu

RECOGNIZING THE STARS AMONG US: Awards Committee Report

The Rho Chapter Awards Committee is very pleased to announce our newly revitalized plan to recognize the contributions and achievements of its members and supporters. This year, the award categories are being **expanded** and will include several exciting **new award categories** including mentorship, student awards and friend of nursing. In addition, the time frame for the nominations and ceremony has been changed from Fall to Winter with a gala affair planned for February 9, 2003. (Mark your calendars!) The actual nominations will be solicited in late Fall, so watch your e-mail, the Rho Chapter web site and newsletter for announcements. Meanwhile, please make note of those special nurses and friends of nursing who deserve special recognition so that you will be prepared when the call goes out.

Cecilia Trudeau, Chair

Join Rho Chapter's Team

Memory Walk for Alzheimer's Disease

**Sunday, October 6, at Domino's Farms
Registration at 12 Noon**

**For details,
call Sue Fink (734) 763-1516**

Annual Membership Business Meeting Tuesday, September 24

At 6:30 PM at the **Holiday Inn – North, 3600 Plymouth Rd, Ann Arbor**, Membership Chair Ann Kruszewski will present for membership action the names of 2002 prospective inductees to the honor society. Current Rho Chapter members are urged to attend and stay for the program meeting that follows.

FALL INDUCTION CEREMONY

The fall induction ceremony for our new members will be held Sunday, November 17 from 1:30 PM to 4 PM in the Michigan League. Please mark this special date on your calendar and plan to attend. It is important to have a large audience to welcome our new inductees and transfer members and to showcase the supportive network that comes with Rho chapter membership. We especially encourage all of you who have endorsed a candidate for membership to come to the induction ceremony and honor your special inductee. See you then!

Ann Kruszewski, Chair, Membership Committee

September 24 Program Features Adreanne Waller

Adreanne Waller, MPH, Co-chair of the Health Improvement Plan for the Washtenaw County Health Department, will present an especially informative program at the **Holiday Inn – North, 3600 Plymouth Rd., Ann Arbor, on Tuesday, September 24, at 7:30 PM.**

The Health Improvement Plan (HIP) of Washtenaw County, the local organization for Healthy People, Healthy Community national initiative, follows a national trend in public health to develop broad-based community efforts to improve the health of local residents. The initial Washtenaw County HIP Assessment took place in 1995. The resulting data were used to develop the HIP indicators and objectives. To assure measurement of progress, success and opportunities, these indicators are tracked on an annual basis, with the exception of those based on the HIP phone survey, which was re-administered in 2000 and will be re-administered in successive five year increments.

Ms. Waller will report on the status of the County HIP. This excellent program will inform members of the opportunities to become involved in an important grass roots endeavor to improve the health of Washtenaw County residents. Copies of their 2002 publication will be available for purchase.

2001 RHO CHAPTER FALL INDUCTION CEREMONY

These pictures were taken at the 2001 fall induction for undergraduates, graduates, and community leaders were inducted into the nursing honor society. Many family members and friends of the new inductees enjoyed the accompanying reception. A complete list of names of those inducted was published in the Spring 2002 newsletter.



2001 Senior Student Rho Chapter Inductees with President Sue Fink.



2001 Graduate Student Rho Chapter Inductees with President Sue Fink.



New Inductee signs Rho Chapter register while members of the Ritual Committee watch.



Rho Chapter Board members at the Induction Ceremony.



Audience at the 2001 Induction (held in the Michigan League Ballroom).

Effect of Smoking, Alcohol, and Depression on the Quality of Life of Head and Neck Cancer Patients

Sonia A. Duffy, Ph.D., R.N., Jeff Terrell, M.D., Marcia Valenstein, M.D., David Ronis, Ph.D., Laurel A. Copeland, Ph.D., and Mary Connors, M.S., R.N.
(1999 Rho Chapter Research Grant)

Objectives

Head and neck cancer patients are at increased risk for smoking, alcohol intake, depression, and poor quality of life, and these problems are often interrelated. Research has shown that regardless of medical history, head and neck cancer patients who screen negative for smoking, alcohol intake, and depression have greater rates of survival. The purpose of this pilot study was to examine the relationship between smoking, alcohol intake, depression, and the quality of life of head and neck cancer patients.

Methods

A self-administered questionnaire on smoking, alcohol, depression, and quality of life was distributed to head and neck cancer patients (N=81) while they were in the clinic waiting to be seen for their scheduled appointment at a midwestern VA or the affiliated University hospital. Smoking, alcohol intake, depression, and quality of life were measured by the Fagerstrom Test for Nicotine Dependence, Alcohol Use Disorder Identification Test, the Geriatric Depression Scale, the SF-36V, and the Head and Neck Quality of Life instrument. Descriptive statistics are presented for smoking, alcohol intake, depression, and interest in receiving related services. Linear regressions examined the association between smoking, drinking alcohol, and depression and quality of life scores.

Results

Almost one-quarter (23.4%) of head and neck cancer patients were currently smoking and over one-third (35.1%) had smoked within the last 6 months. In addition, 46.0% had drunk alcohol within the last 6 months, and 18.2% of these patients were at risk for alcohol-related disorders. Almost half (44.2%) screened positive for depressive symptoms. About one-third of smokers were interested in smoking cessation services and 37.9% of depressed patients were interested in depression treatment. However, less than one-tenth of those who drank alcohol expressed interest in alcohol treatment. Smoking was negatively associated with scores on

five scales of the SF-36V including physical functioning, general health, vitality, social functioning, and role-emotional health. Depression was negatively associated with all eight scales on the SF-36V and all four scales of the Head and Neck Quality of Life instrument. In contrast, alcohol was found to be positively associated with the pain scale of the SF-36V.

Conclusion

Head and neck cancer patients are at risk for smoking, alcohol intake, and depression. Those who are currently affected by these conditions have significantly lower quality of life scores than those who are not affected. While smoking, alcohol intake, and depression may be episodically treated, standardized protocols and aggressive intervention strategies for systematically addressing these highly prevalent disorders are needed in this population.



Recommend your Colleague for Membership in Sigma Theta Tau

Rho Chapter is actively campaigning for new members from our nursing community. Do you know a nurse who should be a Sigma Theta Tau member? Please encourage him or her to apply for membership, or send a nomination form with his or her name to the Rho Chapter Faculty adviser.

Nomination forms and the nomination process are found on the Rho chapter website: www.nursing.umich.edu/stti (after entering the website, click on the membership button, and then on the Community leader membership button).

Registered nurses who are not students apply for membership as "community leaders." The criteria for community leader membership are:

- Registered nurse with at least a bachelor's degree in nursing, or a bachelor's in another field with outstanding accomplishments in nursing.
- Have graduated at least 5 years ago

Please visit the Rho Chapter website and nominate your deserving colleagues for membership.

The Impoverished Self and Alcoholism: Content and Structure of Self-Cognitions in Antisocial Alcohol Dependence and Recovery

Colleen M. Corte (2001 Rho Chapter Research Grant),
Doctoral Candidate, The University of Michigan

Alcoholism is one of the leading causes of preventable mortality in the United States. The self-concept has been implicated as an important factor in the development of alcoholism, as a cause of progressive alcohol misuse, and as a key motivator of recovery. However, important methodological weaknesses including the lack of attention to alcoholism subtype, failure to address stage of progression of the disorder, and the lack of a theoretical model of the self-concept compromise the validity of existing studies and compromise their utility as a foundation for clinical practice.

In this study, the cognitive model of the self-concept was used to examine the total collection of cognitions that comprise the self-concept in 21-31 year old males and females with antisocial type alcoholism (Zucker, Ellis, & Fitzgerald, 1994) at two stages of the disorder: alcohol dependence (n=24) and sustained recovery (n=18). A control group of young adult social drinkers was also included (n=23). According to the cognitive model, the self-concept is comprised of a diverse collection of highly organized units of knowledge about the self in specific content areas that are referred to as self-schemas (Markus, 1977). Self-schemas have been shown to powerfully influence affect and behavior (Cyranowski & Andersen, 1998; Kendzierski, 1990; Stein, Nyquist, & Corte, 2002).

Using this theoretical model, the role of a structurally impoverished self-concept as a cognitive vulnerability to the disorder, the role of an alcohol related self-schema in the persistence of symptoms, and the role of a structural reconfiguration of the self-concept in recovery was investigated. Results provide empirical evidence that antisocial alcohol dependence (AAD) is associated with an elaborated drinking-related self-schema and an impoverished self-concept—comprised of few positive and many negative and highly interrelated self-schemas, and that recovery from AAD is associated with a more well-developed self-concept—comprised of many positive, few negative, and independent self-schemas—and an elaborated recovery-related self-schema.

Furthermore, results showed that an impoverished self-concept contributes to negative

affect and high levels of alcohol use, and this effect was mediated through a drinking-related self-schema. Findings from this study suggest that interventions to promote recovery from AAD should focus on deconstruction of negative self-schemas, construction of new and independent positive domains of self-definition, and fostering the development of a recovery-related self-schema.

DORMIRE AND KUPFERSCHMID PROPOSALS FUNDED BY CHAPTER

As a result of the June 15th Special Call for proposals, the following proposals were funded by Rho chapter research grants:

\$1,000 **Sharon L. Dormire**
The Role of Glucose in Menopausal Hot Flashes

\$1,000 **Barbara Kupferschmid**
Cognitive and Behavioral Responses to Acute Activation of the Immune System

Jane Anderson
Chair, Research/Special Projects Committee

President's Message Continued...

At this change of season we ask you to reexamine your commitments, recall your own induction into STT, and make time for Rho – we seek new minds, hands and hearts to bring diversity to our committees, our discourse, our programming and our future directions. We need all the vibrancy of Fall. We ask you to join us at the important ritual of Induction, as we celebrate and invigorate Rho's store of new intellectual capital. If you sponsor a new member, be there with them to honor their entry. In midwinter we ask you to attend the Silent Auction and Awards event, with the theme of "A Healthy Heart", to raise money for a community project. Perhaps then, in Spring, as we survey a new landscape, it will be one of growth and blossoming that your intellectual capital helped cultivate.

The Startle Response in Older Women with Dementia: A Pilot Study

K. Colling, PhD, RN, S. Dormire, PhD., RN, B. L. Metzger, PhD., RN, FAAN, B. Therrien, PhD., RN, FAAN
(2001 Rho Chapter Research Grant)

The purpose of this study was to describe the bio-psycho-social behaviors that are characteristic of the startle response (SR) in older women with dementia. The secondary aim of the study was to determine the preliminary psychometric properties of the Behavioral Correlates of Fear Checklist (BCFC) designed specifically to assess key attributes of the SR.

A convenience sample of eight women between the ages of 72-92 (mean 82) and living in an assisted living facility was recruited. Informed consent was obtained from the resident's responsible party. Mini-Mental State Examination (MMSE) scores indicated that the majority of the sample were moderately demented (mean 11.6, $n = 6$) while two of the participants were severely impaired. A battery of neuropsychological tests were administered to assess depression and sub-categorize participants along an aggressive-passivity continuum.

Participants, accompanied by a familiar nursing assistant, were brought to a quiet, comfortable room in an assisted living facility for the SR data collection session. The Polar Vantage® monitor was applied to obtain continuous heart rate monitoring as biological validation of the SR. Videotape monitoring of the session was then initiated. Participants were instructed to relax and view a nature video provided on a large screen television. The SR was elicited through a tap on the shoulder from the nursing assistant while the subject was absorbed in viewing the video. Heart rate was monitored during quiet viewing for 5 minutes before the startle stimulus and continued through a post-resolution period.

Neuropsychological testing revealed the following findings. Scores on the Geriatric Depression Scale (GDS) found that six participants (75%) exhibited probable depression. Ryden Aggression Scale (RAS) scores indicated that the majority of the participants (75%) exhibited few or no aggressive behaviors, while one participant was highly aggressive and another moderately aggressive. The Scale for the Assessment of Negative Symptoms in Alzheimer's Disease (SANS-AD) showed that two participants (25%) exhibited mild levels and two (25%) exhibited moderate levels of affective blunting, apathy and withdrawal. The Irritability/Apathy Scale (IAS) revealed that five of the participants (65%) moderate to high levels of apathy. Apathy sub-scale scores from the SANS-AD and the

IAS were moderately correlated ($r=0.532$, NS).

Analysis of the videotape data using the Behavioral Correlates of Fear Checklist (BCFC) showed that following the shoulder tap, the majority of participants demonstrated an approach versus avoidance response as indicated by turning their heads toward the stimulus tap and inquiring as to the source of the stimulus. No profound behavioral SRs were demonstrated. However, heart rate data indicate that participants responded to the stimulus physiologically. All participants experienced a downward trend in heart rate within five seconds of the SR. The average change in heart rate was 46 bpm with a range of 8-100 bpm.

In conclusion, the rate of probable depression in this small sample would warrant further assessment and follow-up. While the shoulder tap stimulus was not adequate to elicit a full SR, all participants experienced a physiological response as indicated by decreased heart rate. It is possible that while demented elders do not necessarily display behavioral attributes of the SR, even small stimuli produced a physiological heart rate response.

Further research regarding the SR is necessary to elaborate both behavioral and physiological responses in larger populations of elders with dementia. Additional psychometric evaluation of the BCFC is necessary to refine behavioral categories and explore alternative scoring strategies. Recognition that demented elders may be more passive and demonstrate physiological rather than behavioral responses to the SR may necessitate adjustment of caregiver interventions when the possibility of eliciting the SR is present.

It's Not Too Early

The Nominating Committee will be soliciting members for the Rho Chapter 2003 ballot later this fall. We will be looking for members to complete the ballot. The bylaws require 2 names for each position on the ballot, so we need your advice and help. If you have suggestions for the Nominating Committee, please contact me.

Dottie Elliott, Chair, Nominating Committee
delliott@umich.edu

Sigma Theta Tau, Rho Chapter 2002-2003 Calendar

Fall	Winter
<p>September</p> <p>1 Student Membership Applications in SON Mailboxes</p> <p>13 Student & Community Membership Applications due</p> <p>24 Holiday Inn North 3600 Plymouth Rd, Ann Arbor 5:30 PM Board Meeting 6:30 PM Membership Business Meeting 7:00 PM Refreshments 7:30-8:30 PM Program Speakers: Adreanne Waller, MPH Washtenaw Co. Health Dept. Topic: 2002 Healthy Washtenaw Plan</p> <p>30 Applications due for Fall Research Grants</p>	<p>February</p> <p>9 Silent Auction/Awards Ceremony Time and Place TBA</p>
	<p>FOR PROGRAM INFORMATION:</p> <p>In addition to the newsletter, we will be announcing events on the Rho Chapter website; via emails; bulletin boards in the School of Nursing; and with ads in the Ann Arbor News.</p> <p>Please contact Karen L. Zasada VP/ Program Chair for additional information: Kzasada@selectmedicalcorp.com or (734) 522-6850.</p>
<p>October</p> <p>6 Rho Chapter Team Memory Walk for Alzheimer's Disease</p>	<p>STTI & Rho Web addresses:</p> <p>http://www.nursing.umich.edu/stti</p>
<p>November</p> <p>17 INDUCTION OF NEW MEMBERS Michigan League Ballroom Sunday, 1:30 PM-4:00 PM Family, friends, members, faculty, & students invited to attend</p>	<p>Send your new email addresses to:</p> <p>rhochapter@umich.edu</p>

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