Dear Alumni, Friends, Students, & Faculty of CSULB, School of Nursing,

Welcome to the 1st School of Nursing Newsletter.

This newsletter in electronic and print format comes to you as the result of the efforts of BSN Community Health Students under the direction of their faculty, Dr. Phyllis G. Cooper. This volume and subsequent editions are the result of the students’ Community Health Nursing Community Education project. We hope you enjoy the readings and updates from the School of Nursing. Please feel free to communicate your input to us. Thank you for your continued interest in and support of the CSULB, School of Nursing.

Dr. Phyllis G. Cooper, RN, PHN, CNS  
Rocky Botelho  Judy Jurca  
Akruti Dadhania  Roli-Montini Manalo  
Sarah Dukellis  Maria Murdock  
Meghan Gilday  Lisa Ortega  
Yvette Herzfeld  Brenda Santamaria  
Mary Joy Ocampo  Rebecca Woods
Dear Alumni and Friends of CSULB School of Nursing:

Greetings to all of you!

It gives me great pleasure and pride to inform you that the “State of the Union” of the CSULB School of Nursing is excellent from the perspective of its curriculum, quality of instruction, the competencies and employability of its baccalaureate and graduate nursing graduates in the marketplace, and the outstanding quality of the nurse professors here as well as full national level and state level accreditations for all our programs. Currently we have 1023 nursing students; 539 are undergraduate students and 484 are graduate students. Since January 2004, we have tripled our undergraduate enrollments. We accept students at the sophomore level after they have completed their 60 semester units of prerequisite courses. We offer four routes to the BSN degree: 1) Basic/Generic BSN, which is the three year program, 2) Trimester BSN which is a two calendar year program, 3) Accelerated BSN for second degree students, which is an 18 month intensive course of study and is a part of our Entry Level Masters degree (ELM) program, and 4) RN to BSN program for ADN nurses to obtain their BSN in two years.

Our graduate program is one of the largest within the CSU system. We offer five Nurse Practitioner (NP) programs (Adult/Gerontolgy, Pediatric, Family/Women’s Health, and Psychiatric/Mental Health), an Acute Care Clinical Nurse Specialist (CNS) program, and two dual degree programs (Masters in Nursing/Masters in Public Health and Masters in Nursing/Masters in Health Care Administration). Additionally we offer the postmasters certificate program in Nursing Education and the School Health Nursing. For more detail about our Masters degree program, please visit our website at www.csulb.edu/nursing.

Fall of 2012 brought another milestone; we started our Doctor of Nursing Practice (DNP) degree. It is a consortium style program between three CSU Nursing programs at CSU Fullerton, CSU Los Angeles, and CSU Long Beach. We have admitted 33 students into the program in Fall 2012.

I would like to invite you to come and pay a visit to the campus as we would love to show you around! Wishing you all good health and Happy Holidays!

Cordially,

Loucine M. Huckabay

Loucine M. Huckabay, PhD, RN, PNP, FAAN
Director and Professor
CSULB School of Nursing
Long Beach, CA 90840
Until 2010, the School of Nursing had only four classrooms, the largest of which held only 30 students. By 2004, our average class size had reached 48, with some class enrollments reaching 90. We also needed to update our 1950-era student labs to accommodate the advances in computerized human mannekins that simulate most human physiology and pathophysiology. In 2007 we were able to remodel two of the four classrooms to become state-of-the-art simulation labs that resemble actual hospital rooms with piped in gases such as O2, N2, Medical Air, and suction.

Needless to say, the leftover two classrooms were not enough to provide instruction for 1023 students. Beginning in 2007, we embarked on a capital campaign to raise funds from private sources to add three classrooms, a 50-seat computer lab, a conference room and centralized administrative offices. We were able to move into the building beginning January 2011.

During Summer 2013 we plan to expand our simulation lab space by remodeling two classrooms in our older nursing building. We will build two simulation labs; an ICU room and a delivery room. We also plan to remodel the vacated administrative office to provide additional faculty offices and a seminar room for our DNP students.

This reconstruction will leave us only three classrooms and a computer lab for instruction of our students. In order to accommodate the 1023 students, we are embarking on another capital campaign to raise the necessary funds to add four large classrooms on the west side of the older nursing building, which will cost approximately $500,000.

We welcome your input as we embark on our second capital campaign to build four new classrooms and two new simulation labs.

Partnerships:

Our School of Nursing enjoys partnering with our local community medical centers and hospitals. For example, since 2001 we have two satellite campuses at both Long Beach Memorial Medical Center and Hoag Hospital Presbyterian where we offer onsite ADN to BSN and Masters degree programs to their nursing employees.

Returning Veterans Program:

An innovative BSN program option at the School of Nursing is one for returning veterans. It is made available through a Song Brown Grant funded by the Office of State Health Planning and Development (OSHPD). The Song-Brown grant was initiated by Dr. Beth Keely, School of Nursing Professor, Assistant Chair and Director of Undergraduate Programs. Dr. Keely administers the grant implementation. Currently we have 16 returning veterans in the program.
It is a great pleasure to introduce our first Southern California joint CSU Fullerton/ Long Beach/ Los Angeles DNP program at CSULB which is a result of the vision, dedication and efforts of the faculty, staff and administration. The Statewide Director of the Pilot DNP Program is Dr. Margaret Brady, CSULB, School Of Nursing faculty. The mission of the Southern California DNP Consortium is to provide a quality doctoral education program, that is accessible to a diverse student population of advanced nursing practice specialists. The program prepares graduates who can provide culturally sensitive care within a framework of scientific and professional accountability as well as function independently in a variety of settings, including direct specialty practice and indirect practice as leaders or educators. It also prepares graduates who demonstrate commitment to lifelong learning for personal and professional growth. It was approved by the legislature in November of 2010 to begin at CSULB and the first class of students enrolled in the DNP program was in fall 2012. Currently there are 33 students enrolled in the program. We have Family Nurse Practitioner, Pediatric Nurse Practitioner, Nurse Anesthetist, Nurse Midwives, Acute care Nurse Practitioner, Psych Mental Heath, Nurse Leaders, Adult and Geriatric Nurse Specialist etc. in our program. It is a Post Master’s Program which consists of 36 semester units and total of 5 semesters. The curriculum of the program is divided into 3 parts: 1) Evaluation and Measurement core which consist of Research, Bio Statistics and Epidemiology 2) Leadership and Management which consist of Role and Role Development 3) Education component. The students will attend the seminars, work on their DNP projects to improve their Research skills and plan to publish their work. More information about the DNP program and the prerequisite for the program is available at http://www.csulb.edu/colleges/chhs/departments/nursing/doctor_of_nursing/.

Dr. Margaret Brady, School of Nursing Professor and Statewide Director of Pilot DNP Program
Interview with Debi Windle, MSN, CNS: Full Time School of Nursing Faculty

CSULB has responded to three local hospitals' requests to provide a University-based program that offers classes onsite at these facilities as well as an on-campus option at Long Beach State University. Debi Windle is the Liaison for these hospitals and CSULB. I am currently in the RN-BSN program at Hoag Hospital in Newport Beach, CA, and have taken almost all of my nursing courses in the education building of the hospital one night a week, which has worked out very well for me. This onsite program is the reason that I chose CSULB, because the option to take classes close to home, worked out so well for me. It’s a personal decision for every individual student to make of where they will decide to go. A lot of factors go into making a decision on what school to choose.

If you work at these hospitals and live close to them, this onsite program is a great option. Debi stated, “the decision to return to school is a difficult one for many to make, our program is not accelerated or online, and some choose those programs instead of a classroom-based program.”

Debi explained that CSULB is contracted with Hoag Hospital in Newport Beach, to provide classes each semester for both BSN and MSN students so that nurses at Hoag have a better opportunity of being admitted into either program and so that they are able to take classes at the hospital. The contract provides funding for classes that are held at the Hoag Hospital campus and for the instructors. The other Hospital that is contracted with CSULB at this time is Long Beach Memorial Medical Center for MSN students and Trimester BSN.

There is a rising need from these hospitals for nurses with a MSN degree. Both Long Beach Memorial Medical Center/ Miller Children’s Hospital and Hoag Hospital have requested that CSULB increase their classes for MSN students, specifically for family nurse practitioner students. With the increasing interest of nurses obtaining a BSN degree or higher, there is a increased number of nurses that have expressed an interest in returning back to school for one of these options. It’s great that these hospitals can work together with the University to offer another option for their employees to advance their practice.
CSU Long Beach School of Nursing produces competent skilled nurses by putting students through realistic experiences in their simulation labs. This nursing simulation lab allows nursing educators to teach cause and effect in a safe environment. According to Professor Anita Fitzgerald, the Director of the Nursing Learning Center, who oversees the SIM lab, “Simulations enable our students to gain a tremendous amount of experience by doing procedures and then observing their impact without compromising the health and safety of human patients.” “Students can be placed in emergent situations without fear of harming a real person, which helps them understand the possible outcomes of their actions and allows them to improve their skills.” The SIM lab ultimately reduces anxiety in nursing students’ skill development and boosts their confidence.

Another one of the benefits of the SIM lab is that students get to experience situations that they might not see in their clinical settings, says Professor Fitzgerald. In addition, hands on simulation promote teamwork and effective communication.

The simulation lab consists of two labs, an adult and child setting, each with a focus on a specific set of nursing skills including medical/surgical,
health assessment, and critical care. The labs are usually run by nursing faculty. Professor Fitzgerald says, it would be beneficial if the School of Nursing had graduate assistantships, which would allow graduates to train nursing students while getting paid and would equip the simulation lab with staff that are capable of teaching students necessary skills. Currently, during the Spring and Summer semesters, graduate students who need clinical hours fulfill some of them by training students in the SIM lab, but they too must have a faculty member present to supervise.

The SIM lab also offers task trainers, which are mannequin body parts that allows for individual skill learning such as use of an arm for taking blood pressure or inserting a saline lock.

Though it’s absolutely wonderful news to hear from Professor Fitzgerald that there are plans to expand the SIM lab to accommodate ICU and mother-baby units, space continues to be limited. Getting funding for these advancements can be difficult and currently funding comes directly from grants. Professor Fitzgerald states that “it’s easier to get grants for huge purchases like expanding the SIM lab itself because grants are limited to a specific item like a task trainer or a hospital bed, but it’s harder to get funds for small items needed to stock the SIM lab such as fake medications, intravenous bags, and foley catheters; these supplies come out of student lab fees.”

The SIM lab has definitely become an essential part of the nursing students’ skill development, but ensuring that it’s put to good use takes time, supplies, available staff, space, and most important funding.

**International Programs:**

We have also been very fortunate to provide a partnership nursing program in the country of Vietnam at Hanoi Medical University (HMU). Our faculty have been involved in helping establish the 1st Baccalaureate Nursing program in the countries of Armenia and Oman. Requests for partnerships and curricular consultation have come from several countries such as China and Japan, yet our human resources and financial constraints have limited our involvement in these countries.
A recent interview with Chris Warhaft, a CSULB School of Nursing graduate, was a great opportunity to find out what some of the school’s alumni have been doing. The school has a great reputation in the community, and produces graduates that are marketable and highly sought after for employment. Chris entered CSULB’s nursing program with her RN license already in hand, so she began the ADN to BSN program. She’s currently working as an RN in the Emergency Room at Downey Regional Medical Center. She started her career as a Medical-Surgical nurse, and then became interested in the Emergency Department. She has also worked as a discharge planner in the ER. Amidst it all, she found time to enroll in CSULB Masters program. After completing the ADN to BSN program in December of 2010, she continued on to work on her Masters Degree in Nursing. She is in the Family Nurse Practitioner program and hopes to graduate in Fall 2013. She has already been offered a job as a Nurse Practitioner at Downey Regional Medical Center pending graduation. She loves the classroom environment that CSULB offers as opposed to taking online only classes, and really enjoys her professors here. The CSULB School of Nursing is a student-centered program whose mission is to educate undergraduate and graduate students to become quality professionals for entry into practice in diverse community settings. The programs offered here are nationally and internationally recognized for its excellence in nursing education and quality of its faculty.
Alfred Lopez, RN, BSN

“I graduated from the ADN program at Long Beach City College in 2005. The best thing about the ADN-BSN program is that it was flexible with my work schedule. In addition, the instructors were all great and had a palpable passion for nursing which made it inspirational and motivating. The BSN has been very beneficial to my career because it has given me an edge in many opportunities. More importantly it has opened the door for me to enter graduate education. With the current economic trends and hospitals pushing for greater quality of care, there is a trend for Bachelor’s prepared nurses. I feel that having my BSN allows me to be competitive in the healthcare market with a strong educational base. Since obtaining my BSN, I have entered an A-GNP program at CSULB. I currently work at LBMMC in the intensive care unit as a staff RN.”

Jamie Deluna, RN, BSN

“My education at CSULB’s School of Nursing gave me the knowledge, skills, and experience to march my first baby steps out into the real world. I’ve been blessed to have dedicated and passionate staff and faculty inspire my personal nursing journey and support me even beyond the doors of CSULB and into my clinical practice. CSULB also gave me the opportunities for financial assistance and employment both throughout nursing school as a patient care assistant and immediately following graduation as an RN through their partnership with Long Beach Memorial. Our nursing school fostered meaningful and enduring bonds with my fellow schoolmates and offered opportunities for community service, leadership, and mentoring positions that empowered me to feel a stronger sense of confidence in my professional practice. Most importantly, my experiences here at CSULB’s School of Nursing allowed my once idealistic perceptions of the profound impact that nurses leave in the lives of their patients to manifest into a very tangible reality.”
Twenty first century health care requires nurses to be prepared for 21st century global issues and community based health care. To this end, the School of Nursing is preparing its BSN students to be 21st century community health nurses by innovative community experiences as well as focusing on vulnerable or at risk populations.

The theory component prepares the students to respond to community disasters and offers experiences with the Public Health Dept, military, hospitals and the Red Cross. These experiences include participating in disaster drills as victims as well as volunteer staff. The students come away with a sense of the impact of a disaster on a community and its populations.

The Community Health undergraduate section is led by Ann Kim, MSN, RN, MPH who is the section coordinator. Faculty include Phyllis G. Cooper, DNP, RN, PHN, CNS; Cherie Forsha, MSN, RN, MPH; Mercedes Guilliaum, MSN, RN, MPH; Melody Coffee-Love, MSN, RN, MPH; Jean Plew, MSN, RN, MPH and Debi Windle, MSN, RN.

The students have clinical experiences in such diverse locations as Illuminations, an OC nonprofit focusing on the homeless, LB Unified School District, Head Start and Early Head Start, LB and Orange County Health depts., Community Partners focusing on vulnerable population and LBMMC Emergency Dept for education, outreach and follow up of patients and families in the community. All of these clinical experiences provide a focus on screening, public health case management, interventions with high risk populations and community education.

One of the most important learning experiences for the students is their vulnerable/at risk populations project. These group projects focus on the population with a goal of not only understanding their needs and issues but also to provide relevant interventions to assist the population with the identified issue. Project foci have included the homeless, pregnant teens, teen dating violence prevention, preventing sexually transmitted infections in teens and seniors, sleep deprivation consequences in college students and diabetes prevention in the LB Cambodian population.

All of these experiences help the students prepare for the 21st century health care foci of health promotion and disease prevention and give them a community and population focus regardless of the specialty area where they work after graduation.
Did You Know?

Healthy Way LA (HWLA) is a no cost insurance program designed to provide LA County residents with quality MediCal for the uninsured. In 2011, as part of the Affordable Care Act approved by President Barrack Obama, the Los Angeles County Department of Health Services began enrolling hundreds of thousands of uninsured LA County residents in HWLA’s publicly funded health program. HWLA’s allows access to a primary care provider, preventative and specialty services, as well as access to hospital-based inpatient and outpatient services. For more information on eligibility requirements and enrollment clinics, visit http://www.ladhs.org/wps/portal/HWLA.

GIVE to CSULB School of Nursing

When you give to the School of Nursing, you are contributing to the future of healthcare! Your donation will graciously help facilitate the expansion of the new nursing building, including new updated “smart” classrooms. Classroom chairs are available to purchase for $500 per chair. There are opportunities for donors who wish to leave their legacy by naming offices, classrooms, laboratories, and the courtyard through gifts from $25,000 to $100,000. Donations can be made to contribute to expanding the SIM lab to include Critical Care and Labor & Delivery learning areas. All donations will directly affect our nursing students here at CSULB and will help the school to continue to provide quality educational experiences for our students.

Not sure what to do with that 2-hour time gap between classes?

Consider exercising for one of those hours. It is recommended by the American Heart Association to spend 150 minutes per week of moderate exercise, which is 30 minutes 5 times a week. The Student Recreation and Wellness Center (SRWC) is a one-stop shop available to students, faculty, and alumni looking to meet their fitness needs. The Center is located adjacent to the soccer fields and parking structure on lower campus. The SRWC has an abundance of exercise options. There is a three court gym, a multi activity court gym, indoor jogging tract, 20,000 square feet of weight and cardio equipment, racquetball courts, activity rooms for group fitness, a custom made rock climbing wall, a wellness center, swimming pool and spa, as well as many other services available to meet one’s fitness needs. Students who have paid the mandatory USU fees can simply register for a membership. Interested faculty and alumni visit www.asirecreation.org for information.

Please make checks payable to: CSULB 49er Foundation/School of Nursing

School of Nursing
California State University, Long Beach
1250 Bellflower Boulevard
Long Beach, CA 90840-0301
Attention: Dr. Loucine Huckabay

Please call Dr. Huckabay for questions at (562) 985-4463. For further information on other naming opportunities or including the School of Nursing in your estate plans, please contact the CHHS Office of Development at (562) 985-8343.