

From the Chairperson

This maiden issue of the nursing department newsletter is a product of collaborative work of the nursing faculty, staff, students and our alumni. I acknowledge and celebrate the fortitude and commitment of the nursing department team to facilitate our students' learning during COVID-19 season. The creativity demonstrated in the quick switch from in-person to online teaching, as well as in simulation labs are phenomenal. It is also exciting to see our student's enthusiasm during their in-person practicum experiences. The support from our practice partners, donors and funders to support the delivery of quality nursing education is exceptional. This first issue of our newsletter is to reflect and acknowledge the great work of nurses and our supporters despite the ongoing global pandemic



**Adejoke B. Ayoola, Ph.D., RN,
FAAN
Chair and Professor of Nursing**

Sigma Outstanding Student Performance



Abby Yonker (picture above), a senior nursing student (2021 graduating class) received the Sigma excellent student award in November 2020. Abby is at the top of her class academically. Along with her major in nursing, she is completing a minor in Spanish. During her sophomore year, she spent a semester abroad studying Spanish in Honduras which included an ethnographic study opportunity at the local hospital.

Over the last 4 years, Abby has regularly sought out new and challenging opportunities, particularly those that require her to be a leader. She is currently the president of the Senior Friend Student Organization at Calvin which plans community events for residents at Holland Home (a local long-term community dwelling facility for older adults). The summer before her junior year, Abby worked as a research

assistant with Dr. Joke Ayoola on her project entitled "Preconception Reproductive Knowledge Promotion". She excelled in this position and was able to use her Spanish speaking ability to serve local Latina women. In her senior year, Abby was hired to assist with another research study entitled "Women Supporting Women" which is overseen by Dr. Mary Molewyk Doornbos. This project seeks to reduce depression and anxiety in 3 impoverished, ethnically diverse Grand Rapids neighborhoods.

Abby has strong vocational plans. After working for a year to two, she is planning to start graduate school to pursue either a DNP or PhD in nursing. Abby emits confidence, passion and grit in everything she does. Abby is not only a strong student, but does everything with integrity. Her warm, genuine personality makes her easy to get to know and her kind, encouraging spirit makes her one that works well with others. She has a deep love of the Lord and desires to serve Him through her nursing career.

Congratulations, Abby!!!

FALL 2020

Faculty Spotlight



Nursing professor Adejoke Ayoola was inducted into the American Academy of Nurses 2020 Class of Fellows for her work with women’s and reproductive health.

Ayoola has spearheaded work with women in Grand Rapids. The core is outreach to communities and neighbors, based on the principle of listening to women’s needs and working to meet them. Ayoola’s work and research focuses on unintended pregnancy. “I focus on unintended pregnancy because it was a concern from the women in our neighborhoods,” Ayoola said. When Ayoola started working at Calvin in 2007, she initiated a focus group within the community to pinpoint and address the common problems that the community faced. The focus group asked the community group what they thought about the issue of unintended pregnancy. “When we asked women in the community about unplanned pregnancies, they said that we should teach them about their body. They said we should teach them about ovulation, about pregnancy symptoms, and that that would help them to plan their pregnancy,” Ayoola said.

In order to help meet the needs and desires of the community, Ayoola helped start the Preconception Reproductive Knowledge Program in 2012. Through PREKNOP, women are paired with nursing students and professionals who educate them about their body and the menstrual and reproductive process. They talk about reproductive anatomy, menstruation, ovulation, methods of birth control and early signs of pregnancy. “Everything we do comes from listening to the needs of the women in these communities,” Ayoola emphasized. Meetings typically take place in the homes of the individuals participating in the program, which allows the program to take a holistic approach to meeting women’s needs. Ayoola recalled one instance in which one participant’s house had an insect infestation. “We visited this individual’s home, and because of the infestation we worked to help connect them to the Kent County Health Department,” she said. The holistic, women-centered nature of the PREKNOP allows it to focus on the entire lives of the women.

After PREKNOP was established, Ayoola asked the women how the program could be improved. Many women responded that they wanted the program to include their daughters. “And that was how HEALTH camp started,” Ayoola said. HEALTH camp is a summer program run by the nursing department that brings together around 120 girls between the ages of 9 and 15 to learn about health and explore jobs in the health career field. “We bring in people from many departments on campus,” Ayoola said. Professors from the biology, Spanish, kinesiology, and speech pathology departments all work together to provide teaching sessions for the girls participating in the camp; Calvin students from various disciplines serve as counselors. Read more about the health camp [here](#), and the women’s health promotion project [here](#).



Lyndsay DeGroot '15

After three years of ICU experience and with encouragement from my undergraduate mentors at Calvin, I decided to pursue a PhD in Nursing at Johns Hopkins University School of Nursing where I am a third year PhD candidate and a fellow in the Nurse Faculty for the Future program. This program aims to prepare doctoral students for a future academic nursing faculty role through teaching residencies and leadership training.

Due to the COVID-19 pandemic, I temporarily relocated back to Grand Rapids to help in the ICU at Spectrum and had the privilege of completing one of my required teaching residencies with Professor Jesse Moes. Dr. Moes' commitment to engaging, evidence-based teaching and excellent mentorship inspires me to embody similar qualities as a future faculty member. Dr. Moes and the phe-

nominal senior nursing students in Nursing 357 graciously provided an invaluable opportunity to participate in their course and give my first lecture!

This enriching teaching fellowship provided an opportunity to learn from the Calvin faculty who championed my own development from undergraduate student to ICU nurse to PhD candidate. I am so grateful to Dr. Moes, Nursing 357 superstars, and the Calvin University Nursing Department for this incredible experience!



Josephine Granner '18

As a PhD candidate at University of Michigan, I feel like things are really coming together. I am done with classes, so I get to focus on my own research for these last two years of the program. It's so much fun! I'm surveying new fathers about their mental health and any history of childhood trauma or maltreatment that they may have. We think that fathers who are trauma survivors have a harder time parenting—one of the reasons that

child abuse and neglect run in families. I want to make a program for "Survivor Dads" to support their mental health and parenting skills. I hope it will be my little contribution towards breaking cycles of child abuse and neglect!



Laurel Machiele '18

Laurel graduated from Calvin in May 2018 and began her DNP in Family Practice with an added concentration in Occupational Health Nursing in Fall 2018. She has completed the required coursework to sit for board exams this spring and will soon begin the next phase of her program: the DNP scholarly project. She has relished the knowledge gained diving deeper into pharmacology, applying nursing theory to family based interventions, designing quality improvement initiatives, taking interdisciplinary courses with engineering and public health students, and applying what she's learned in the clinical setting.

SCHOLARSHIP & SIMULATION



Women Supporting Women (WSW)

Mary Molewyk Doornbos, PhD, RN

WSW is a resident-driven solution to high levels of women's depression and anxiety in Baxter/Madison, Burton Heights, and Creston/Belknap neighborhoods. Focus groups documented this health concern and proposed the solution -- a seven-session supportive/educative group offered via NURS 379 students, community health workers, and faculty. The results indicate that WSW reduces symptoms and increases self-care knowledge. Due to COVID, WSW pivoted to a telehealth format which will be compared to in-person delivery. In 2021, the WSW Ambassador Program will commence with graduates of WSW trained to address mental health stigma in their communities. Preceding the launch of the ambassadors, a

community mental health stigma survey will be completed to provide baseline data for later comparisons. Responding to community need, WSW will conduct men's mental health neighborhood focus groups during spring 2021.



Elizabeth Byma, PhD, RN

Professor Byma has recently had a research manuscript accepted for publication to the journal *Pain Management Nursing*. The title of the article is *The Experience of New Graduate Nurses as Manag*

ers of Pain. New graduate nurses were interviewed about how they applied what they learned in school about pain to their new clinical practice.

Simulation Center

Elizabeth Byma, PhD, RN

This summer was a busy time in the Calvin nursing department as our simulation center was being constructed. This fall we were able to begin using it for senior medical surgical clinical students. The simulation center is comprised of three patient rooms modeled after hospital rooms and a seating area for the students. The feedback from the students regarding the simulation center has been very positive. They comment on how much it looks like an actual hospital room and how it contributes to the realism of the simulation scenarios. The department is very appreciative of the alumni support which sponsored the development of the simulation center. Additional information about the simulation lab is at this [link](#).

GROWTH & PARTNERSHIP



Interprofessional Education Jaclynn Lubbers, DNP, RN, CPNP

The World Health Organization defines Interprofessional Education (IPE) an experience that “occurs when students from two or more professions learn about, from, and with each other” (WHO, 2010). The Calvin University Nursing Department recognizes that preparing nurses for 21st century nursing practice requires nurses to work as valuable members of an interprofessional team. To simulate this interprofessional teamwork, the Nursing Department is collaborating with the Speech Pathology and Audiology (SPAUD) and the Social Work departments to offer senior nursing students an opportunity to work with students from other Calvin programs. In these experiences, the students work together on complicated patient care scenarios. Each discipline provides their own input regarding the scenario; but the real task is using the discipline specific input to come up with a solution to the scenario that is better than the sum of it’s parts. As the university transitions to a College of Health Sciences organizational model, it is our desire to continue to grow these experiences.



Partnership Opportunities

The nursing department invites you to share your skills and knowledge gained over the years to enrich the next generation of nurses!

We would love to highlight your stories in our future issues and on our Facebook page. Please, send your stories to nursing@calvin.edu

We plan to continue to develop the simulation labs, thanks to all of our donors. There are opportunities for ongoing donations to the college for nursing activities/programs through the grants and development office.

There are increasing research opportunities in the department.

Plans for graduate programs within the new university system

Email: nursing@calvin.edu with your ideas and questions

Facebook: Calvin University Nursing Department

Instagram: calvin-nursing