

Southwest Minnesota Nursing Honor Society



Spring 2018

The mission of the Southwest Minnesota Nursing Honor Society is of advancing world health and celebrating nursing excellence in scholarship, leadership, and service.

Society Newsletter, Volume 1, Issue 1

Summer Series 2018: Certified Nurse Educator

(CNE) Prep Course Review

The first Summer Series of the Southwest Minnesota Nursing Honor Society is planned for June 21, 2018 from 9:00 am to 4:25 pm. The course is based on the blueprint for the CNE examination. See the website for more information at

<http://www.southwestmnnursinghonorsociety.com/>



2018 Election Results

Leadership Succession Chair Stella Nwachukwu led the 2018 Election for the Southwest Minnesota Nursing Honor Society. Following are the results of the electronic election:

President-Elect	Melissa Kidrowski
Secretary	Tami Johnson
Counselor	Nancyruth Leibold
Program Chair	Nancyruth Leibold

Congratulations to the New Officers and Leaders!

From the President

Greetings All!

I am amazed at all we have accomplished in our first two years as the Southwest Minnesota Nursing Honor Society! From implementing our programs to membership, awards, induction ceremonies, and our inaugural newsletter! Thank you to all our members who have made all our progress possible! We would not be a success without you!

We plan to apply to Sigma Theta Tau International in 2019 to be a chapter! The best thing we can do now is to keep up our efforts! One way you can help to further our progress is to recruit a college to the Society! For membership information, see our website: <http://www.southwestmnnursinghonorsociety.com/>



Dr. Nancyruth Leibold, Society President

Spring 2018 Induction



Inductees from left to right Ashley Sovell, Melissa Gruhot, Daniel Ferrian, Donna Erbes, Lindsay Rohlik

Southwest Minnesota Nursing Honor Society held Spring 2018 Induction on March 15, 2018. Thirteen new members joined the Society: 10 undergraduate members and 3 nurse leaders. Five new members were able to attend induction. SMSU President Connie Gores and Provost Dwight Watson attended and spoke at the induction. The ceremony was emceed by Society President Nancyruth Leibold. Counselor Laurie Johansen read the biographies of inductees. A reception after the induction was held that included beverages and cake.

Compassion Fatigue and Rural Nursing

In February of 2018, we held our educational webinar, *Compassion Fatigue and Rural Nursing* by Presenter: Dr. Mary Bemker, PhD, PsyS, LADC, LPCC, CCFP, RN, CNE. Dr. Bemker explained the main tenets of compassion fatigue for nurses that work in rural communities. She also shared preventative activities for nurses to offset compassion fatigue.



Dr. Mary Bemker, February Webinar Presenter

Southwest Minnesota Nursing Honor Society Website

The Southwest Minnesota Nursing Honor Society has a progressive website that is updated at least twice per month according to Nancyruth Leibold, the Society Webmaster.



The website includes a calendar of events, news, archives, membership information, information about awards, and programs. Leibold reports the latest edition to the website is an Evidence-Based Practice Section. To submit your publications for the SMNHS website Evidence-based Practice section, send them via email to nancyruth.leibold@smsu.edu

We are especially interested in one paragraph research summaries for the SMNHS website!

Check out the latest updates on the SMNHS website today at:

<http://www.southwestmnnursinghonorsociety.com/>

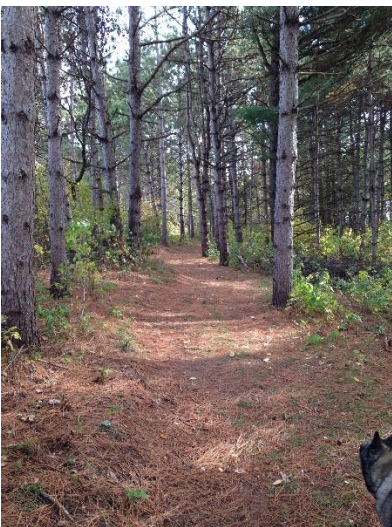
Forest Bathing

By Nancyruth Leibold

This story starts out with describing how I became interested in Forest Bathing. This passion led to doing a literature search and writing this research article summary.

I hike with my Norwegian Elkhound, Vaughni, in the woods. She is so joyful in the woods. It is an incredible experience to see how happy she is in the woods. She is more playful, and her walk is even peppier. I thought about this and realized that I too, feel happier when hiking in the woods. I really enjoy looking at the trees, watching animals, and especially watching the beautiful season changes in Minnesota.

As a holistic nurse, I wondered...could there be anything scientific to feeling good when hiking in the woods?



Forest Bathing with Vaughni by Nancyruth

I did a literature search and what I found amazed me! This well-researched area in Japan and China and is called Forest Bathing. Okay, forest bathing is the English translation of Shinrin-Yoku (Hansen et al., 2017). The following is an evidence summary of an article about forest bathing.

Forest bathing is walking in the woods and a form of nature therapy (Hansen et al., 2017). A review of research studies using the search terms: “Shinrin-yoku” and/or “forest bathing” and/or “nature therapy was completed. Sixty-four research study articles were analyzed in the review. The concept of nature therapy is discussed (the work of Yoshifumi Miyasaki) as a major conceptual framework. Even in a stressed state, nature restores humans and has the potential to result in physiological relaxation and increased immune responses. Hansen et al. (2017) do explain that physiological relaxation and the immune responses from nature therapy have individual responses. Yet, nature therapy can result in preventative health effects (Hansen et al., 2017).

As for the data from the 64 research articles reviewed, there is substantial evidence to support the health promoting effects of forest bathing (Hansen et al., 2017). Common findings in the studies includes decreased anxiety levels and depression, decreased physiological pain, stress reduction, improved mood states, and lower negative emotions. Other physiological effects of forest bathing reported included decreased heart rate, lower blood pressure, decreased salivary cortisol levels after forest bathing, improved sleep, and lowered stress hormone levels (Hansen et al., 2017).

Many studies were reviewed in this article and there were numerous commonalities noted in the study findings. However, there are many other factors, such as populations, health concerns in participants, and urban versus rural. Several studies reported more health benefit effects in rural or park settings as compared to urban settings (Hansen et al., 2017). This supports the impact of nature therapy as discussed earlier. Forest bathing is reported as beneficial for the many populations studied as well as participant health concerns. (continued)

(Forest Bathing continued from previous page)
The evidence supports mind and body benefits from forest bathing, but continued study is needed (Hansen et al., 2017). I find this entire topic amazing. Probably the most incredible part is my dog opened my eyes to this type of holistic health promotion. I have learned so much from my dog! And that really makes sense! After all, dogs are nature.

Reference

Hansen, M. M., Jones, R., & Tocchini, K. (2017). Shinrin-yoku (forest bathing) and nature therapy: A state-of-the-art review. *International Journal of Environmental Research and Public Health*, 14(8), 851. doi:10.3390/ijerph14080851

2018 Spring Summit: Excellence in Rural Nursing

The 2018 Spring Summit: Excellence in Rural Nursing was held on March 21, 2018 in Worthington, MN at Minnesota West. The Summit had 79 attendees. Four Nurse Scholars presented their work at the Summit:

- Rural Nurses—Driving for Dollars? by Laurie Jo Johansen, PhD, MN, RN
- Internet Use Patterns in Adolescents and Impact on Wellbeing by Tracy Hansen, MN, BSN, RN
- Providing Culturally Congruent Care by Gwen Post, BSN, RN
- Holistic Nursing: Journey or Destination by Jane Foote, EdD, MSN, RN



2018 Society Community Service Project

During March of 2018, members of the Southwest Minnesota Nursing Honor Society participated in a food drive. The food drive concluded on March 21, 2018. Proceeds were donated to the Worthington, MN and Marshall, MN Food Pantries.



Food Drive Project

2017-18 Board of Directors

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If you are interested in joining the newsletter committee, please contact Nancyruth Leibold at nancyruth.leibold@smsu.edu



**Authors: please submit your story for
the Southwest Minnesota Nursing Honor
Society Newsletter by email to
nancyruth.leibold@smsu.edu**

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