

Honorable News!

**Sigma**

Omega Omicron Chapter

Winter 2019

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

Society Newsletter, Volume 2, Issue 2

From the President



Dr. Laurie Jo Johansen, Society President

Greetings to all!

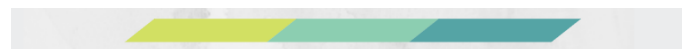
I have the pleasure of greeting all of you as we experience exciting times at the Southwest Minnesota Nursing Honor Society! As you know, the honor society has been really busy over the past few years providing educational experiences, completing projects, and preparing our application to Sigma Theta Tau International (STTI). When I reached out to you in our last newsletter, I stated that I was hoping to announce the acceptance of our honor

society into STTI. Well, I am pleased to declare that we have been accepted as a chapter of STTI! As I write this greeting, we are planning our chartering ceremony on December 10, 2019. At that time, we will transition from the Southwest Minnesota Nursing Honor Society to the new Omega Omicron Chapter of STTI!

Following the Chartering Ceremony, our Omega Omicron Chapter of STTI will continue to be engaged in providing a professional nursing organization for networking, scholarship, community service projects, and continuing education in Southwest Minnesota among nursing students, faculty, and nurses in the region and beyond. Our level of commitment to advancing world health and celebrating nursing excellence in scholarship, leadership, and service will continue, and can only happen with all the help of us!

Let's all celebrate becoming the Omega Omicron Chapter of STTI!

Dr. Laurie Johansen, Society President



Omega Omicron Chartering Ceremony

The Southwest Minnesota Nursing Honor Society became the Omega Omicron Chapter of Sigma Theta Tau International on December 10, 2019. Sigma's Vice President, Dr. Karen Gorton served as the Chartering Officer and Chartered Omega Omicron.



Karen Gorton, Sigma Vice President and Chartering Officer

Thirty-five new members joined Sigma and 6 Sigma members transferred their membership into the Omega Omicron Chapter.



New Sigma Members are

Kim Marie Anderson
Samuel Saydee Gwiyan Barlue
Christina M Blomme
Ashley Bohlsen

Ruth Louise Capp
Angela T Chesley
Jeanne Demuth Suby
Lacey Dirks
Miriam Huhta Dozier
Victoria Marie Freiss
Pamela N Gisemba
Caroline Kay Greve
Libby Halvorson
Austin Ray Hansen
Debra Herrmann
Sarah Marie Wilm Hunter
Allan Johnson
Dianne Marie Johnson
Tami Jo Johnson
Melissa Kidrowski
Stephanie Lynne Kravik
Hannah Larson
Stella Nwachukwu
Theresa Louise Otto
Carmen Elaine Obermoller
Gina Marie Ohden
Robert Owusu
Lindsay Nicole Rohlik
Chelsea Jayne Self
Nehemiah Omweri Shem
Sherry Jean Swenson
Jennifer Leigh Thiel
Lesia Jo Thielke

Monica Vanotterloo

Kris Lea Vollmer

Transfer/Multiple Sigma Members of Omega Omicron:

Dr. Mary Bemker,

Dr. Dawn Gordon,

Dr. Laurie Jo Johansen,

Dr. Nancyruth Leibold,

Dr. Laura Schwarz,

Dr. Ruth Ann Van Heukelom

Southwest Minnesota Nursing Honor Society Approved as Sigma Chapter



The Southwest Minnesota Nursing Honor Society was approved as a Sigma Chapter in June of 2019! Congratulations all!

Submitted by Nancyruth Leibold



A reception followed the ceremony.

Congratulations All!

Submitted by Nancyruth Leibold

2019-20 Newsletter Committee

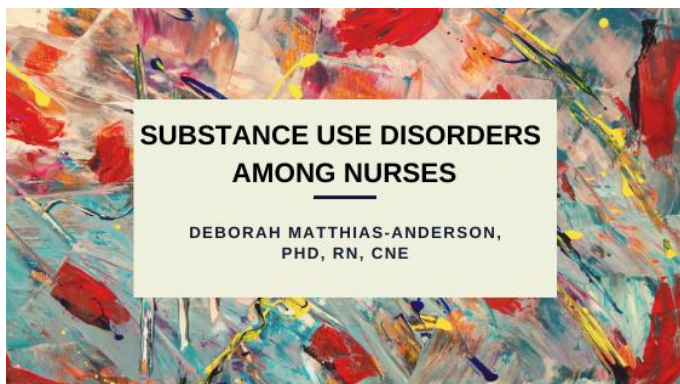
- | | |
|-----------|-------------------|
| Chair | Libby Halvorson |
| Webmaster | Nancyruth Leibold |
| Member | Allan Johnson |

If you are interested in joining the newsletter committee or writing an article, please contact Libby Halvorson at libbyh1069@hotmail.com

**November Webinar
Presented by
Dr. Deborah Matthias-
Anderson!**



Omega Omicron Chapter



November Webinar Image

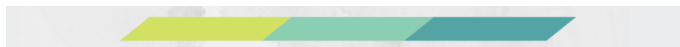
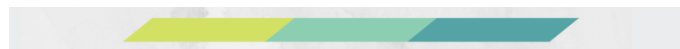
The Southwest Minnesota Nursing Honor Society hosted a November educational webinar. Substance Use Disorders Among Nurses was presented by Dr. Deborah Matthias-Anderson, PhD, RN, CNE. Dr. Matthias-Anderson wowed 58 nurses in attendance at this webinar! Thanks, Dr. Matthias-Anderson!

Submitted by Nancyruth Leibold

**2020 Omega Omicron
Silent Auction**

The 2020 Silent Auction for Omega Omicron is March 24th, 2020 at the 2020 Spring Summit. Many incredible donations are already being donated for the silent auction! We are accepting donations for the Silent Auction. Please drop off at the Department of Nursing, Southwest Minnesota State University by March 18, 2020. Cash and checks are accepted as form of payment for auction items at the event. Chocolate filled baskets will be back by popular request!

Submitted by Nancyruth Leibold



New Bike Donated for the 2020 Omega Omicron Silent Auction

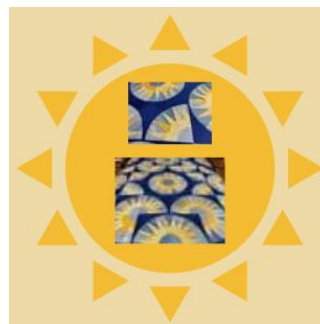


Amy Dawn and Donated Bike

Amy Dawn donated a new Schwinn bike for the Silent Auction! Amy is a RN in the RN to BSN program at SMSU. Amy speaks of her love and desire for education and promotion of others to seek their education goals. The silent auction is to fund such projects such as educational programs, scholarships, and awards for Omega Omicron! Thank you, Amy!

Submitted by Nancyruth Leibold

Quilt Donated for the 2020 Omega Omicron Silent Auction



Sunshine Quilt Donation

Omega Omicron is receiving some wonderful donations for the 2020 silent auction! A homemade Sunshine quilt was donated! It is yellow and blue colors and cheery!

Submitted by Nancyruth Leibold

February 2020 Educational Webinar: Storytelling and Humor in Nursing!

Date: February 10, 2020

Time: 7:15 to 8:15 pm central time **Free!**

Speakers:

Nancyruth Leibold, EdD, RN, MSN, PHN, CNE, AHN-BC, and Mary Bemker, PhD, PsyS, CNE, RN

The February 2020 Educational Webinar is about Storytelling and Humor in Nursing!

Warning: participants should be prepared to laugh during this webinar!

Sigma

Omega Omicron Chapter

Attendees earn 1.0 contact hour certificate

Free Webinar Join:

<https://zoom.us/j/531871565>

Or phone: 1 669 900 6833 or +1 646 558 8656

Meeting ID: 531 871 565

Students, non-members, and members are welcome to attend this webinar!

Submitted by Nancyruth Leibold

2020 Spring Summit: Excellence in Nursing Leadership

Plan to attend the Omega Omicron 2020 Spring Summit: Excellence in Nursing Leadership on March 24, 2020 from 8 am to 12:30 pm. The Summit is located at Southwest Minnesota State University in the Upper Conference Room. Free Parking Passes will be provided to registered attendees. For more detailed information, see the Omega Omicron website, Chapter Events at:

<https://thecircle.sigmanursing.org/omegaomicron/home>

Submitted by Nancyruth Leibold



Gratitude is a Valuable Element of Care

Have you ever wondered about gratitude between patients and their families and health care professionals? Gratitude is an element of

a healthy workplace. Aparicio, Centeno, Robinson, and Arantzamendi (2019) studied gratitude from patients and families as expressed toward healthcare professionals. A scoping review of research from 1984 to 2016 was analyzed using thematic analysis. Thirty-two publications were reviewed.

The three themes were identified as 1) the characteristics of expressions of gratitude, 2) the focus of expression of gratitude, and 3) the effect of gratitude on health professionals. Examples of how gratitude is expressed include handshake, pat on the back, a smile, flowers, candy, and written or spoken word. The focus of expressions of gratitude were commonly thankfulness for care received, but also include human skills, technical skills, and communication skills. Healthcare professionals report feelings of well-being, specifically positive feelings, and pride. Health care professionals who receive gratitude are likely to give gratitude to others.

Reflection and self-awareness were a common finding in the healthcare professionals who received gratitude. This is the first review study published about gratitude and healthcare professionals. Further research about gratitude is warranted. The researchers recommend a systemic study to examine the effect of gratitude on health care professionals (Aparicio et al., 2019).

Reference

Aparicio, M., Centeno, C., Robinson, C., & Arantzamendi, M. (2019). Gratitude between patients and their families and health professionals: A scoping review. *Journal of Nursing Management*, 27(2), 286-300. doi:10.1111/jonm.12670

Submitted by Nancyruth Leibold



Evidence-Based Practice In-The-Know: What is a Scoping Review?

The purpose of **scoping reviews** is to examine content on a specific topic, identify gaps in the literature, or assist in the process of setting research agendas. Scoping reviews do not include an evaluation of the quality of the research studies used (Tricco et al., 2016).

Reference

Tricco, A. C., Lillie, E., Zarin, W., O'Brien, K., Colquhoun, H., Kastner, M., . . . Straus, S. E. (2016). A scoping review on the conduct and reporting of scoping reviews. *BMC Medical Research Methodology*, 16(1), 15-10.
doi:10.1186/s12874-016-0116-4

Submitted by Nancyruth Leibold

Hello and Happy Holidays! My name is Libby Halvorson and as the New Chairperson for the newsletter I wish to welcome you all to this exciting time of change in becoming a member of Sigma Theta Tau International (STTI). I want to extend a request as well of any article that you have that would enrich our newsletter! Please submit them to libbyh1069@hotmail.com, I would appreciate any articles. If anyone wishes to become a member of the newsletter staff, I would love the help! I want to thank Nancyruth of all her help during this transition, she has been such a great resource!
Happy New Year!
Libby