



Saint Anthony College of Nursing

2021-2022 Annual Report



SAINT ANTHONY
COLLEGE OF NURSING



MISSION

In the Spirit of Christ and the example of Francis of Assisi, the Mission of Saint Anthony College of Nursing, a private Catholic college, is to provide quality nursing and health care education in an environment that encourages open inquiry, lifelong learning, and to serve all persons with the greatest care and love.

VISION

Leading in Nursing and Health Care Education, Practice, and Service.

VALUES

JUSTICE: Respect the personal worth and dignity of every student and person served regardless of race, ethnicity, age, gender or religion.

COMPASSION: Provide a response encompassing the greatest care and love to the physical, emotional, social, and spiritual needs of students and the communities and populations we serve.

INTEGRITY: Uphold Catholic ethical principles, Catholic social teachings, and professional codes of conduct and ethical standards in education and practice.

TEAMWORK: Collaborate with each other, with members of the healthcare team, and with those served to deliver comprehensive, integrated and quality health care education.

TRUST: Communicate openly and honestly to foster trusting relationships among ourselves, our students and with those served.

STEWARDSHIP: Manage responsibly the fiscal, physical, technologic, and human resources of the College.

LEADERSHIP: Provide leadership in health care education and in the communities served.

STUDENT AND MISSION PARTNER WELL-BEING: Demonstrate concern for the physical, spiritual, emotional and economic well-being of students and Mission Partners.

SUPPORTIVE LEARNING AND WORK ENVIRONMENT: Create and sustain high quality learning and work environments which focus on comprehensive, integrated and innovative opportunities for learning, growth, development and desired outcomes.

TEACHING/MENTORING: Provide a learning-centered educational environment that focuses on excellence and fosters development in mind, body and spirit to prepare learners of the College to grow personally and professionally in their chosen roles and become health care leaders in their communities.

SCHOLARSHIP/RESEARCH: Cultivate a spirit of inquiry that leads to the development and dissemination of new knowledge and a lifelong commitment to learning.

SERVICE/PRACTICE: Apply knowledge, skills, and attributes of the chosen health care discipline in service to others utilizing evidence-based practices.



MESSAGE FROM THE BOARD CHAIR

Greetings,

The events of the past couple of years are a reminder of how interdependent individual and community health are in the world today. More than other health professions, nursing practice is on the front line of understanding what matters to the patient, their family and their environment, not just their disease and vital signs. State-of-the-art nursing care is not just understanding the science, but concern for the patient and their well-being (i.e. serving with the greatest care and love, part of the Mission of Saint Anthony College of Nursing).

The Board of the Saint Anthony College of Nursing couldn't be more proud of the College's more than a century of commitment to advancing the discipline of nursing through leadership in teaching, research and practice. This commitment has been repeatedly demonstrated through the scope and range of nursing degree programs, performance in accreditation reviews, student support and graduate performance on board exams, practice-based research and community service.

Yes, right here in the heart of northern Illinois is not only the history, but the future of professional nursing education and practice. All this is possible because of the unwavering commitment of OSF HealthCare and OSF HealthCare Saint Anthony Medical Center to excellence in nursing, and an enormously dedicated and talented College leadership, faculty, staff, students and the legacy of its alumni.

J. Maichle Bacon, MS, MPH
Board Chair, Saint Anthony College of Nursing



MESSAGE FROM THE PRESIDENT

Dear Friends,

I am excited to share with you the many accomplishments of Saint Anthony College of Nursing this past academic year! This year has been full of transitions and successes! The continuation of the COVID-19 pandemic yielded some positive, lasting changes at the College. With the challenges of the pandemic and the move to increased online teaching and learning, the most valuable thing that we have gained is the confidence to try new online technologies. We have experienced success in online teaching, as Saint Anthony College of Nursing students benefitted from this new environment as well. Over the past academic year, we steadily increased our in-person interactions. This has been wonderful as faculty and staff have missed traditional College get-togethers!

One major accomplishment this past year was the very positive Commission on Collegiate Nursing Education (CCNE) accreditation visit. In February 2021, CCNE visitors were present virtually to assess our compliance with the AACN Essentials in the Post Masters Certificate and the Doctor of Nursing Practice (DNP) programs. The findings of this assessment were received in fall of 2021 and were very positive, with no compliance concerns. This resulted in a 10-year accreditation in these two programs through December 2031! Of course, we will need to continue to evaluate, update and reassess all of our programming with the intent of upholding our excellent educational traditions.

Additionally, having successfully completed the second Saint Anthony College of Nursing Strategic Plan, the third strategic plan was initiated. We had many positive outcomes from the completion of the second strategic plan, including strengthening community partnerships, expanding the Scholarship Symposium, and increasing efficiency through online payment options. The third strategic plan has faculty and staff working on advancing five pillar areas: Student Experience, Campus Vitality, Student Pipeline, Instructional Excellence and Scholarship of Teaching and Learning. Faculty and staff are working collaboratively to continue to move the College forward.

Finally, we have advanced the College Research Residency to further develop faculty scholarship, and have expanded this effort to Saint Francis Medical Center College of Nursing. This is creating new energy around scholarship!

Both NCLEX pass rates and advanced practice certification pass rates were 100% in 2021. This is an awesome accomplishment for all faculty and staff!

In all, it has been a fabulous year at Saint Anthony College of Nursing. We are passionate about nursing education and look forward to our future!

Sincerely,

Shannon K. Lizer PhD, FNP-BC, FAANP
President, Saint Anthony Medical Center College of Nursing



MESSAGE FROM THE GRADUATE DEAN

There is much to report about the Saint Anthony College of Nursing graduate program success this year! Despite the pandemic, we were able to return to in-person learning. Students completed their clinical requirements with little disruption and began to return to a more normal student life. We have many things to be thankful for this year, including having the pleasure to work with great students, completion of amazing graduate student projects, a successful in-person graduation, 100% pass rate for nurse practitioner board certification, and many faculty accomplishments.

The SACN nurse practitioner programs continue to experience a 100% board certification pass rate despite the barriers experienced with learning during a pandemic. Graduates were successful seeking employment. Many students have taken positions locally in primary care and specialty positions, including two students who have taken positions with OSF Medical Group, one with a combined position with SACN. Another graduate recently joined SACN as a full-time faculty member. We are proud of each and every one.

This has also been a successful year for faculty with regard to scholarship. Several faculty presented at regional and national conferences, and others published on a variety of topics. Matthew Dalstrom, PhD, MPH, published multiple articles with other SACN faculty. Key areas of his scholarly interests include medical travel, Medicaid, rural health and resilience. Lynette Castronovo, DNP, GNP-BC, a recent graduate of our Doctor of Nursing Practice program, published and presented on topics stemming from her graduate studies work related to honoring veterans. Elizabeth Andekian, DNP, FNP-BC, ACNS-BC, another recent graduate from our graduate program, presented on her graduate work on farmer wellness. One of our newest faculty members, Becky Parizek, PhD, MSN, both published and presented on her doctoral research related to health literacy and alcohol use behaviors in high school students. There are other exciting new projects in the works.

Along with transitions to retirement, we have been blessed with new faculty as well! Elizabeth Andekian DNP, FNP-BC, ACNS-BC, transitioned to a faculty member after graduating from our program. She will be a huge asset in her role with her background as an adult Clinical Nurse Specialist and now a Family Nurse Practitioner. Additionally, Jen Boomer, MSN, FNP-BC, a graduate of our MSN program, has transitioned into a part-time faculty role as well. Stacy Van Vleet, MS, ACNP-BC, joined our Adult-Gerontology Acute Care Nurse Practitioner Program and will support clinical placements for our growing acute care APRN track. Dawn Cousins, DNP, FNP-BC, a May 2022 graduate of our doctoral program, joined as faculty in summer 2022. She brings family nurse practitioner and rural medicine experience to the program. We are blessed with new faculty, new experience and energy.

This has been a wonderful and productive year for the graduate department. I am thankful for the opportunity to serve Saint Anthony College of Nursing.

Respectfully,

Michelle Brady, DNP, FNP-BC
Dean, Graduate Affairs & Research



MESSAGE FROM THE DEAN OF THE UNDERGRADUATE PROGRAM

Thank you for taking the time to read about what is happening at Saint Anthony College of Nursing. The 2021-2022 school year returned to a mostly normal college environment on campus. We continue to offer high-quality face-to-face clinical opportunities. We continue to encourage social distancing and limit student numbers in our smaller spaces such as study rooms and small classrooms.

In March 2022, we received our annual NCLEX report from the State of Illinois. I am pleased to share we achieved a 100% pass rate in 2021. This was well above the state and national pass rates of 82%. Our first quarter 2022 results were a 95% first-time pass rate.

Our first cohort of RN to BSN students from OSF HealthCare Little Company of Mary Medical Center, in Evergreen Park, Illinois, will complete their coursework in October 2022 and graduate in December 2022. We started a second cohort on that hospital campus in January 2022.

As we learned during the height of COVID-19, it is possible to have a telehealth appointment with your provider. To help prepare our graduates who might work in an office setting, this spring we increased the use of telehealth simulations. Students in all of our senior clinical courses had an experience with one of our standardized participants, who played the role of a patient. Our telehealth simulations included heart failure, stroke and post-COVID. Students review materials pertinent to the patient diagnosis in preparation for the simulation then meet virtually with the “patient.” After the virtual meeting, the students complete some additional learning activities. These telehealth simulations have been met with positive feedback from our students.

This year we brought back our Senior Objective Structure Clinical Evaluation (OSCE) to our graduating seniors. The OSCE is to provide additional evidence that graduates of this program are meeting all of our Student Learning Outcomes. The Student Learning Outcomes developed by the faculty are: Christian values, communication, evaluation, critical thinking, evidence-based practice, clinical competence, leadership and professionalism. Before this academic year, students would arrive for the OSCE and not know if their patient would be in a med-surg, obstetrical, mental health, community or pediatric setting. This caused students an increased amount of stress, so now all of these experiences are with a med-surg patient. Students appreciated being able to demonstrate that they were ready for entry into practice.

Blessings,

Beth Carson, EdD, RN, CNE
Dean, Undergraduate Affairs

TRANSITION OF LEADERSHIP



Sandie Soldwisch retires

OSF HealthCare and our colleges of nursing would like to honor and thank a transformative leader who made a significant impact on our Ministry and the education of many nursing students.

Sandie Soldwisch, PhD, ANP-BC, RN, retired on December 31, 2021, after serving as as president.

Dr. Soldwisch joined Saint Anthony College of Nursing (SACN) in August 2015. In the fall of 2017, Dr. Soldwisch also assumed the new role of president of the OSF College of the Health Sciences, overseeing SACN as well as Saint Francis Medical Center College of Nursing in Peoria. This role provided Dr. Soldwisch the opportunity to partner with senior OSF leaders to develop the concept of the College of Health Sciences. In July 2019, Dr. Soldwisch also became president of the Peoria college, when Dr. Patricia Stockert retired. Dr. Soldwisch served OSF in multiple and significant capacities during her tenure with the organization.

During Dr. Soldwisch’s service at SACN, she led the organization through many important initiatives. One of her notable achievements at SACN was leading the faculty through the development of a systematic evaluation plan. The plan provided a template for identifying key outcomes as well as a structure for evaluation. As part of this process, student learning outcomes were formalized. Additionally, Dr. Soldwisch led the COVID-19 lockdown for the colleges in March 2020, including a rapid move to online teaching, meetings, and operations. She secured federal COVID-19 funds for both colleges to assist during that time. After the lockdown, Dr. Soldwisch developed and led a “Back to Campus Post-Covid Operation Plan” in May 2020.



Shannon Lizer steps in as interim president

At OSF HealthCare, we believe Mission Partners and students are called to be here. Shannon K. Lizer PhD, FNP-BC, FAANP, was planning to retire from her position as dean of graduate affairs for Saint Anthony College of Nursing in May 2022 to spend a bit of time teaching. But, when the colleges of nursing needed an interim president, she felt called to step in. “These are great teams of awesome faculty and staff working together very well,” she said.

Dr. Lizer brings strong academic experience to the role of interim president. She began working in academia at UIC College of Medicine in 1996, moving to the RMED (Rural Medical Education Program) in 1997, and co-facilitating a virtual neurology course for RMED students for several years. In 2002, she also began to teach at UIC College of Nursing. She served as Associate Dean of Nursing and Allied Health at Highland Community College prior to joining Saint Anthony College of Nursing, Rockford as Dean, Graduate Affairs and Research in 2010. She earned her ADN from Rock Valley College, a BSN completion from NIU, a MSN in Nursing Service Administration from UIC, and a post MSN in family nurse practitioner (FNP) and PhD from Rush University. She practiced as an FNP, providing health care to the underserved and to veterans until January 2022. She was inducted as a Fellow in the American Association of Nurse Practitioners in 2016. She has multiple publications and presentations, regionally, nationally, and internationally.

One of her main goals has been to align Saint Anthony College of Nursing and Saint Francis Medical Center College of Nursing, so she splits her time between Peoria and Rockford. She believes it’s important to be present at both colleges, meeting with faculty and staff regularly to keep communication open and processes streamlined.



Michelle Brady appointed dean of graduate affairs

In January 2022, Michelle Brady, DNP, FNP-BC, was appointed dean of graduate of affairs for Saint Anthony College of Nursing after serving as an associate professor at the college.

She received her doctorate of nursing practice from the University of Illinois at Chicago, her master’s in public health from the University of Illinois at Chicago, and her bachelor of science in nursing from University of Iowa. She is a member of the Fellowship Advisory Council at OSF HealthCare Saint Francis Medical Center.

Among the many hats she wears in her role, she advises and consults with faculty, is responsible for the daily operations of the graduate school and participates in strategic planning and accreditation.

DEDICATED EDUCATION UNIT GIVES STUDENTS REAL-WORLD LEARNING

“I am looking forward to making a positive impact on my patients, peers and providers,” said Katie Kaiser, a student nurse at Saint Anthony College of Nursing.

In today’s fast-paced health care and education communities, student transition into a professional nursing role is exciting and challenging.

In alignment with the OSF HealthCare Mission – to serve with the greatest care and love – Saint Anthony College of Nursing set out to make real change in clinical practice with the goal of transforming the transition into the nursing profession.

An innovative solution

As senior nursing students, the final stretch before graduation is an important step before entering the field as a bedside nurse. Before a final comprehensive exam and the nursing licensure exam, students must complete clinical hours in a care setting. The Dedicated Education Unit (DEU) was created to take advantage of that time before graduation to immerse students in a real-life clinical experience.

Students who apply and are accepted into the innovative program work a full semester in an acute care setting on one unit. They get clinical hours while working one on one with a DEU instructing nurse. It provides a unique learning, teaching and working environment for students and instructors alike.

From their first day in the DEU, students are thrown into real-life patient care. Students work 12-hour shifts and do all that they will do when they graduate and enter the field.

Supported along the way

Students were paired with an instructor, an experienced registered nurse who wanted to help guide them through their entire clinical experience – from the first day of the semester to the last. These instructors applied to mentor one student nurse for the semester. Each shift the student nurse worked, the instructing nurse was there to walk them through a full shift of patient care. For many, it’s a mutually beneficial experience.

“My instructing nurse was very helpful and patient with me. She was open to answering all of my questions, and I always had a million questions,” said Nicole Kotch, a senior student nurse.

The DEU instructors enjoy an opportunity to work with the next generation of nurses who may become their colleagues in the future. The students, of course, reap many benefits as they ease

into their role as a future bedside nurse. At the heart of it all is a commitment to providing excellent patient care.

The DEU difference

As these nurses go out into the field after graduation, they bring with them an arsenal of preparation. During their shifts, students started their day in the unit by going over the report, meeting patients, looking at labs and medications, determining which patients were being discharged, passing medications and completing morning assessments. And by that point, it was only about 10 a.m.

The rest of the day included interdisciplinary rounds, working on discharges and another round of assessments and vitals.

And that doesn’t include answering patient call lights and all the charting that had be done during a shift.

John Guillermo, a recent nursing student graduate, emphasized how important having support is.

“I think that one of the most important things that I learned while I was working the DEU was the fact that I am not in this profession alone.”

He also gained practical skills, too.

“I also learned how important time management is in nursing.”

‘It’s the real deal’

Here’s what some of the students from the inaugural DEU year had to say about their experience:

- I got to experience what a typical day is like start to finish, as well as see lots of different patient scenarios.
- It is not a simulation; it is real time and the real deal.
- It is very important for the staff to work as a team, and it is OK to ask for help when it is needed.
- My favorite part about my semester in the DEU was settling into that “groove” and being able to have that rapport built with my instructor. I felt more confident in my abilities and always looked forward to a day of DEU.

“ Saint Anthony College of Nursing has a reputation for educating the best-prepared nurses in the area, and this program has elevated that bar even further. Students that go through this program can step into a nursing role immediately after graduation with confidence. ”

- The confidence I gained during my semester in the DEU is something I wouldn’t have gained in another clinical setting.
- The DEU program was the best thing for me to build my confidence and nursing skills. It connected me with management for meaningful career conversations and allowed me the opportunity to gain summer internship employment.

The instructors noticed a difference in the students, too.

“The student nurses have stated they feel less anxious about their upcoming transition from student nurses to working as licensed nurses,” said Hillary Woodard, a DEU instructor.

“The major change I see in students during this program is growth in confidence,” said Heidi Penney, the faculty coordinator of the DEU program.

The creation of the DEU program was an added bonus to an already renowned nursing preparation program.

“Saint Anthony College of Nursing has a reputation for educating the best-prepared nurses in the area, and this program has elevated that bar even further. Students that go through this program can step into a nursing role immediately after graduation with confidence,” Heidi said.

The students involved in the first DEU year highly recommended applying to the program to future nursing students. It’s a challenge, according to the students, but it’s a challenge well worth it.

The students all agree that they are more equipped to go out into their nursing careers with more realistic expectations and with more skills to handle the unexpected twists and turns of being a new nurse. They know that they will be able to serve at the patient bedside with more confidence and compassion because of their experience in the DEU.

After having completed his semester in the DEU, John is even more excited about getting into his career as a full-time nurse.

“I am looking forward to getting more experience in my future nursing career. While I was a student, I learned from many nurses, including my own mom, that I will learn the most as I begin working. I have always been very interested in learning more and I think that this aspect of my future career is what I am most ecstatic about.”



NICOLE KOTCH WITH A THERAPY DOG

2021-2024 STRATEGIC PLAN

Student Experience

Offer an impactful, enriching academic environment that uniquely shapes each student’s intellectual experience.

- Sustain the College mission, Catholic identity, and faith-based culture.
- Identify student definition of what constitutes an impactful, enriching academic environment.
- Adopt a student-centered philosophy and practices institution-wide.
- Provide curricular and co-curricular activities to benefit students in a multicultural environment.

Instructional Excellence

Foster a culture of inquiry and engaged learning led by faculty who are experts in their field and recognized for their teaching excellence.

- Provide Best Practices in Teaching/Learning.
- Expand faculty competencies in teaching
- Develop and expand faculty expertise in assessment and evaluation.
- Recruit and retain high quality faculty.

Scholarship of Teaching and Learning

Foster a culture of faculty development with particular emphasis on active scholarship of teaching, learning, use of teaching technologies, evaluation and one’s research trajectory.

- Develop faculty role and competence in scholarship.
- Develop faculty engagement in the “scholarship of teaching”.
- Operationalize a robust Research and Scholarship Symposium.
- Operationalize a robust Research Residency.

Development of Student Pipeline to and at SACN

Develop recruitment, retention and support systems that result in exceeding target enrollment and graduation rates.

- Develop a targeted recruitment and financial aid strategy that drives student application rates and yield.
- Expand support and retention strategies/services for students.
- Examine the concept of personalized or individualized education.
- Become competitive from a cost-benefit perspective when compared to regional colleges.

Campus Vitality

Adopt a holistic approach to campus well-being, quality improvement and operational excellence.

- Develop a master facility assessment and development plan that considers academic, technologic, and human resources and needs.
- Assess and employ, change or adopt new strategies to foster more efficient and effective business practices.
- Focus on student, faculty and staff physical, mental and intellectual health and well-being.
- Engage in a comprehensive friend raising and fundraising campaign.

SISTER MARY LINUS NOWAK AWARD

Tina Thomas, BSN, Doctor of Nursing Practice student



Tina Thomas, BSN, a Doctor of Nursing Practice student, received this year’s prestigious Sister Mary Linus Nowak Research Award for a research poster she presented at the UIC Health Sciences Campus Rockford Research Day.

I was shocked,” Tina said. “There were at least five or six other presenters from Saint Anthony College of Nursing who all had good projects, so I was really shocked and honored to win the award.

Established in 2014, the Sister Mary Linus Nowak Research Award was created to further the application of research as a scholarly activity in the nursing profession. Any poster with a registered nurse as an author is eligible for the award as long as it has been IRB approved. Two judges scored technical aspects of the posters as well as content, scientific merit and student presentation.

““ I was shocked. There were at least five or six other presenters from Saint Anthony College of Nursing who all had good projects, so I was really shocked and honored to win the award. ””

After being held virtually the last two years due to the COVID-19 pandemic, the Research Day was held in person this year.

“I didn’t know what to expect, but seeing medical students, pharmacy students, biology students and nursing students all there presenting their projects was very interesting,” Tina said. “I thought it was very informative and a really good experience.”

Titled “Data Analysis: Identifying Gaps in Care for COPD Patients,” Tina’s medical records review and quality improvement project looked at gaps in care for patients with COPD that may have led to hospital readmissions.

According to her project abstract, approximately 16 million people in the United States have COPD, which causes airflow limitations and hypoxia. People experiencing an acute exacerbation of COPD are often admitted to the emergency room or hospitalized, with 20 percent of those patients being readmitted within 30 days of discharge.

“I had data pulled that reflected the gold standard COPD guidelines, and it shows that we’re not hitting the marks in a lot of different areas. So there are a lot of improvements that could be made to help prevent exacerbations and keep people out of the hospital to try to provide better care for COPD patients,” Tina said. “We’re still working on my paper, but I hope it will be very impactful.”

Tina, who expects to graduate from the college with her Doctor of Nursing Practice in spring 2024, chose the project because her grandfather battled COPD. She works at a local hospital on the cardiac telemetry unit. After graduating, she hopes to work in a clinic focusing on functional and holistic medicine.

The Loves Park native was inspired to pursue nursing by her mom, who’s a nurse, and by her grandfather, who faced some health issues. “I always liked taking care of him and helping him get to his appointments and helping him at home with his medications,” Tina said. “I just always had an interest in taking care of people.”

In her spare time, Tina enjoys spending time with her husband and children and tries to be outdoors as much as possible.

STUDENT SPOTLIGHT

Annie McDonald, recent BSN graduate



Although she always wanted to be a nurse, Annie McDonald, BSN, waited until she was in her 40s to enroll in nursing school and now believes she is “living the purpose I was meant to live.”

A native of Beloit, Wisconsin, Annie graduated last December from Saint Anthony College of Nursing and works in the Critical Care Center at OSF HealthCare Saint Anthony Medical Center. She also helps nursing students as an instructor in the college’s Designated Education Unit and is a preceptor for newly hired nurses.

The DEU is an innovative program in which students learn at the bedside from experienced nurses who guide them through real-life patient care.

“I thought I might be too new in my position to help with the DEU program, but my boss was very encouraging and reassuring,” Annie said. “I feel like it’s easy for the students to relate to me because I am so fresh out of school but yet am doing well in my position and my role. I’m really enjoying it.”

As a preceptor on the unit, Annie works with new nurses for the first five weeks of their 11-week orientation.

“I don’t think I realized how much I had to offer them. I think it helps for them to start with someone like me who can relate to them and show them how it goes in the first six months of practice, and then they move on to a nurse with more experience,” she said.

““ *The program is hard, but it’s hard for a reason. To go the CCU right out of school and to thrive and do well and to feel like I’m coming into myself, so to speak, is a huge accolade to my studies.* ””

Annie worked in the health care field for many years while living in Miami, Florida, but put off her dream of becoming a nurse until her mom suffered a health scare.

“I immediately went to the ER, and my mom grabbed me by the shirt and said, ‘I want to see you finish nursing school before I die,’ ” Annie recalled.

Fortunately, her mom recovered and Annie enrolled in nursing school shortly after that. With a husband, three young kids and a part-time job, Annie said going to college was difficult and overwhelming at times, but she was driven and kept her goal at the forefront of her mind.

“The program is hard, but it’s hard for a reason,” she said. “To go the CCU right out of school and to thrive and do well and to feel like I’m coming into myself, so to speak, is a huge accolade to my studies.”

Annie is also grateful to her parents for helping her succeed at college.

“They really supplemented quite a bit of parenting and doubled up with my husband, so they were a huge component in me being able to go to school and do well,” she said.

When she’s not working at the hospital, Annie enjoys being with her family, gardening and cooking.

FACULTY SPOTLIGHT

Dr. Becky Parizek, PhD, MSN, BSN



Dr. Becky Parizek, PhD, MSN, BSN, has combined her love of teaching and passion for research to help develop student and faculty research at the Saint Anthony College of Nursing.

“Teaching is something I’ve always enjoyed, and when I went on for my doctorate, I wanted to be able to mentor nurses and students with their research projects so we have evidence-based practices and not tradition-based practices,” said the assistant professor, whose career path was inspired by her mom, now a retired nurse.

A Wisconsin native, Dr. Parizek began her nursing career at OSF HealthCare Saint Anthony Medical Center in 1988, with assignments that included working in telemetry, critical care float and ambulatory surgery services through 2020.

After working on a research project with a few professors at the college, she felt encouraged by them to obtain her master’s degree in nursing there in 2016 and later earned her doctorate in nursing from the University of Wisconsin-Milwaukee. She then left bedside nursing and switched to full-time teaching.

“I primarily teach research, and I also teach in the clinical nurse leader program. My favorite part is when students are designing their project because you get to use a little bit of creativity in thinking about what I want to measure and what is my impact going to be. Helping students connect those dots and working with them through that research process is so exciting to me.”

““ *My favorite part is when students are designing their project because you get to use a little bit of creativity in thinking about what I want to measure and what is my impact going to be,” she said. “Helping students connect those dots and working with them through that research process is so exciting to me.* ””

Dr. Parizek has been impressed with many of the projects her students have tackled. “There are projects my students are working on that are social justice related that could have a huge impact to create more equity for populations,” she said.

At least one student has seen her research put into practice in a real-world clinic.

“Her project had to do with screening patients with COPD for palliative care, which really helps with symptom management, especially at the end of life, so they’re experiencing less anxiety,” Dr. Parizek said.

One clinic that started applying the student’s research screened 41 COPD patients, found 13 of them qualified for palliative care and had six accept a referral.

“That was pretty impactful because in the previous five years, the number of patients at the clinic who were referred to palliative care was very low,”

Dr. Parizek said.

With a long list of publishing credits to her name, Dr. Parizek’s next goal is to teach her students how to publish their findings.

“The whole publishing process is super intimidating until you have someone walk you through it the first time,” she said.

Dr. Parizek’s love of teaching extends to her time outside the classroom. She works as a certified ski instructor in the winter and also enjoys spending time with her children and grandchildren.

FACULTY PROMOTION

Brandie Messer, DNP, RN, PCOE



Brandie Messer DNP, RN, PCOE was promoted to the rank of associate professor this past spring.

Dr. Messer has been a nurse for 36 years and employed by OSF HealthCare Saint Anthony Medical Center for the past 35 years. She graduated from Rockford Memorial School of Nursing with her Diploma in Nursing in 1986. She obtained her Bachelor of Science in Nursing from Rockford College in 1991, a Master of Science in Nursing Administration from University of Illinois Chicago, Rockford Regional Program, in 1996, and her Doctor of Nursing Practice from Saint Anthony College of Nursing in 2016.

She became a certified professional online educator in 2018 and has continuously attended local and national conferences. Dr. Messer has taught at Saint Anthony College of Nursing since 2012 in both the graduate and undergraduate programs. In 2016, she became a full-time member of the college as the DNP Coordinator. She has diverse research interests that include leadership, student concussions occurring in high school contact sports, and risky behaviors in youth. This has resulted in being awarded two grants that have totaled over \$30,000. She also has three peer-reviewed publications with another two under review.

Dr. Messer has been the project advisor for numerous DNP projects and has mentored other faculty for this role resulting in 18 poster presentations and 18 podium presentations. Congratulations to Dr. Messer for this accomplishment.

ALUMNI SPOTLIGHT

Doris Bowers, MSN, BSN



College of Nursing.

“I decided to switch streams and never was sorry at all,” Doris said of her decision that led to a distinguished career in nursing spanning more than 45 years.

Her first job after receiving her nursing diploma in 1961 was as a pediatric nurse at OSF HealthCare Saint Anthony Medical Center. She went on to become an assistant head nurse at Wisconsin’s first intensive care unit in the ’60s and a flight nurse in the ’70s.

Doris also furthered her education, earning her Bachelor of Science in Nursing from Sangamon State University in 1977 and a master’s in nursing administration from the University of Hawaii in 1982. A year later, she moved to Saudi Arabia to work at King Fahad Hospital.

“At the time, I was head nurse of a long-term care unit at a hospital in Hawaii, and they had closed our unit. So I was looking around at positions, and a friend and co-worker was going for an interview for a nursing job in Saudi Arabia. My husband actually answered for me and told her I would go with her. We were both hired, and about six months later we were over there,” she said.

Although she’d been hired as a staff nurse, Doris was quickly promoted to supervisor and assistant director over the hospital’s

Doris Bowers, MSN, BSN, had planned to become an English teacher before she unexpectedly won a nursing scholarship.

“I say it was by fate because I hadn’t applied for it,” Doris said, explaining that a couple who knew she was interested in health care had recommended her for the scholarship, which she used to attend Saint Anthony

“Stay involved and never stop learning. Always meet the challenges. And if you’re interested in something, go after it.”

critical care units. “I was there for two years, and it was a great experience and opportunity,” she said.

After her stint in the Middle East, Doris went back to Hawaii and worked as director of nursing in a long-term care facility. She spent 24 years in Hawaii before moving back to Illinois to care for her mom. She retired in 2005 but continues to fill in sometimes and also volunteers through her church.

Looking back, Doris said the only thing she didn’t pursue that she had considered was the study of legal nurse consulting.

“In fact, even though I’m 82 years old, I’ve considered doing it just to do it. And I might,” she said.

Doris has this advice for new nursing students: “Stay involved and never stop learning. Always meet the challenges. And if you’re interested in something, go after it.”

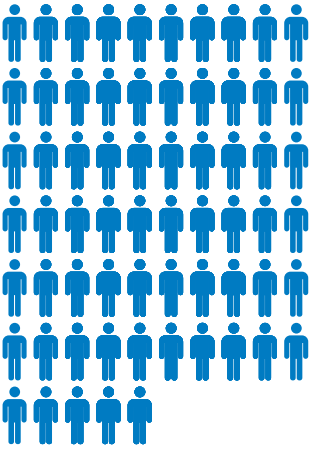
Some of those students may see her ushering at future baccalaureate and graduation ceremonies at the college.

“That’s just something I like to do to meet the younger people,” said Doris, who received this year’s Distinguished Alumni Award.

“To give support to the school is one of the biggest things we can do as alumni, and giving that encouragement and support to the students is really important.”

SCHOLARSHIPS

The number of scholarship recipients for 2021-2022 was 65.



The dollar amount awarded was \$188,829.



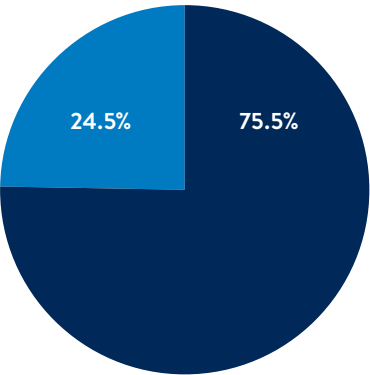
SCHOLARSHIP RECIPIENTS

FINANCIALS

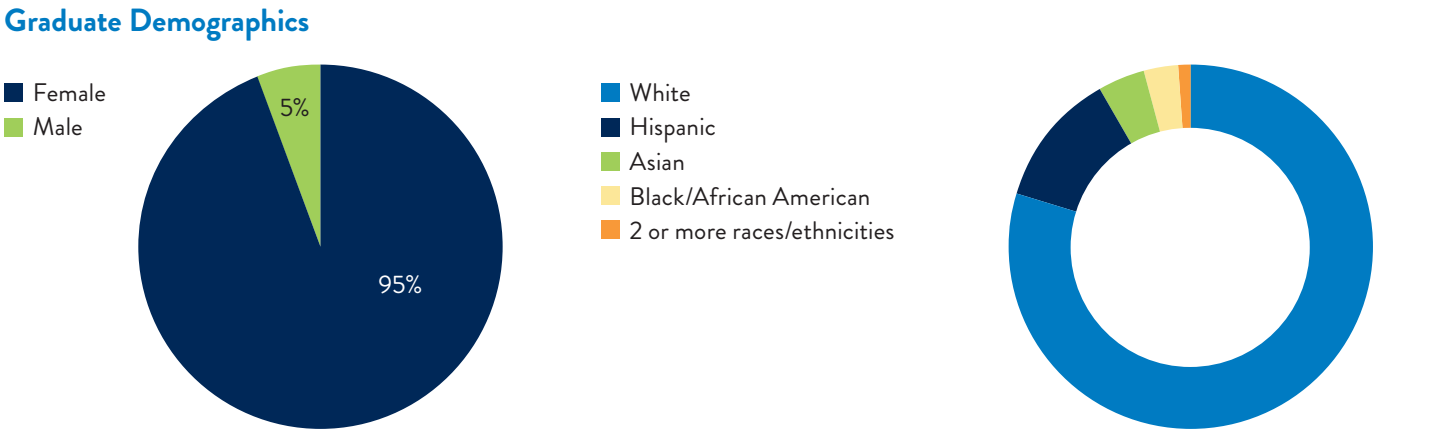
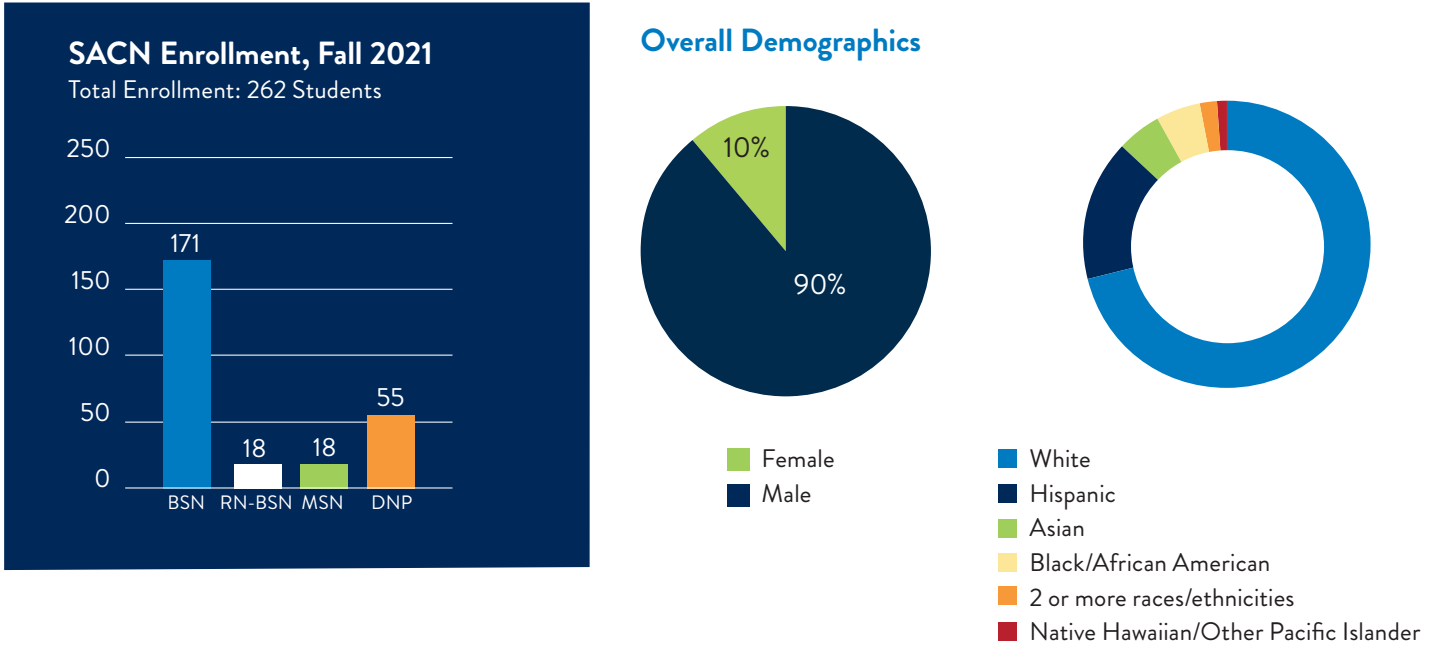
Total Revenue (including Federal Support)	\$6,395,145
Expenses	
Salaries & Benefits	\$4,535,741
Other Expenses	\$1,475,110
Total Net Income	\$384,294

FY 22 Expenses

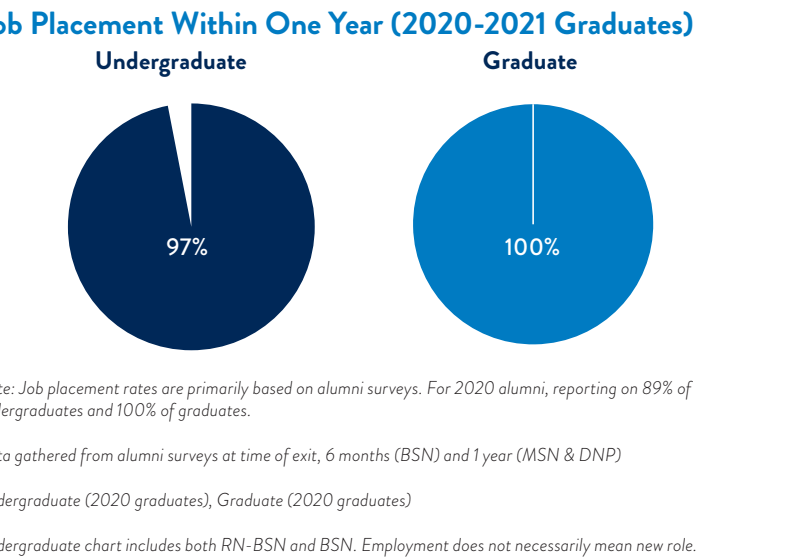
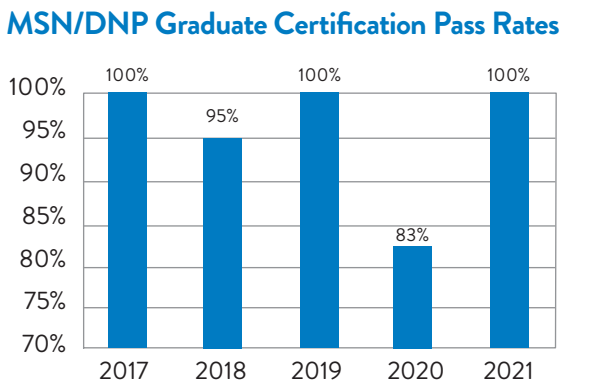
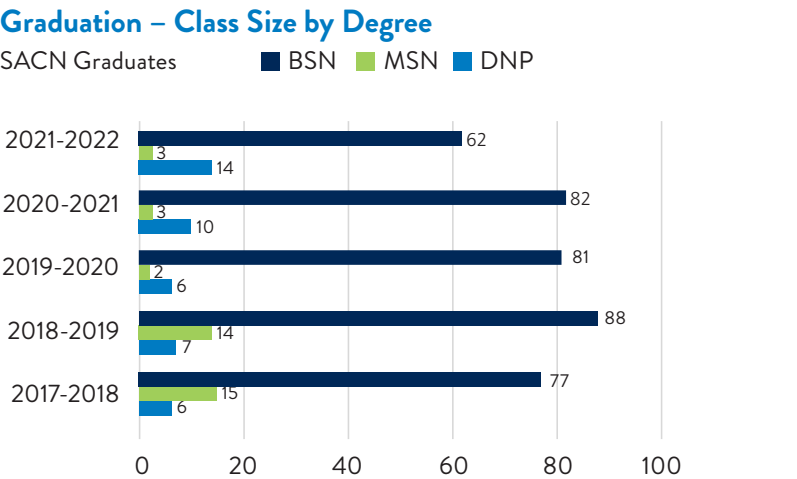
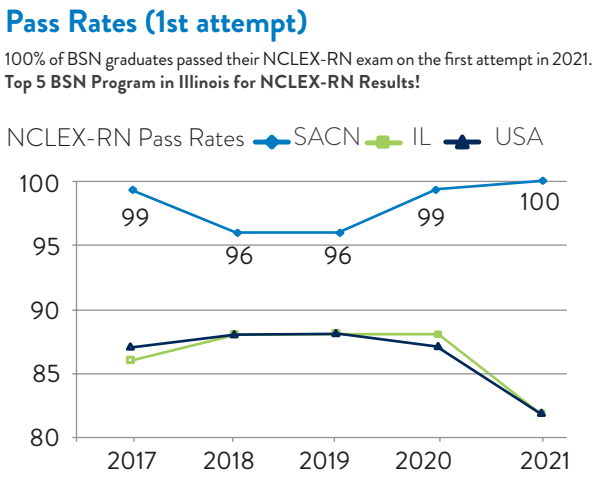
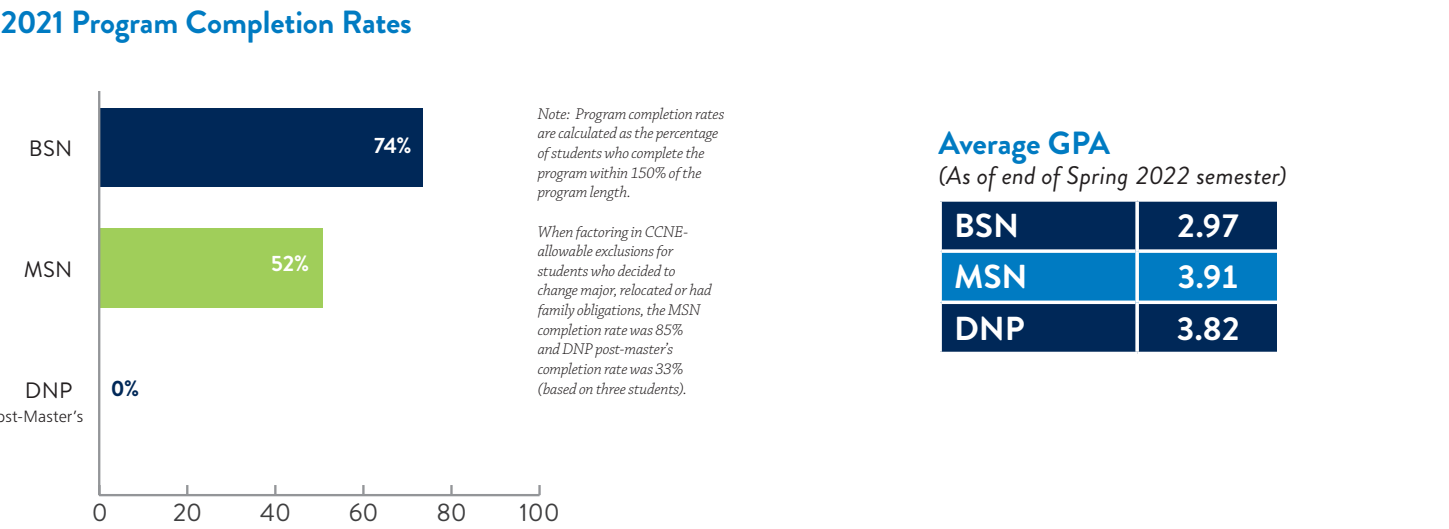
- Salaries & Benefits
- Other Expenses



OUR STUDENTS



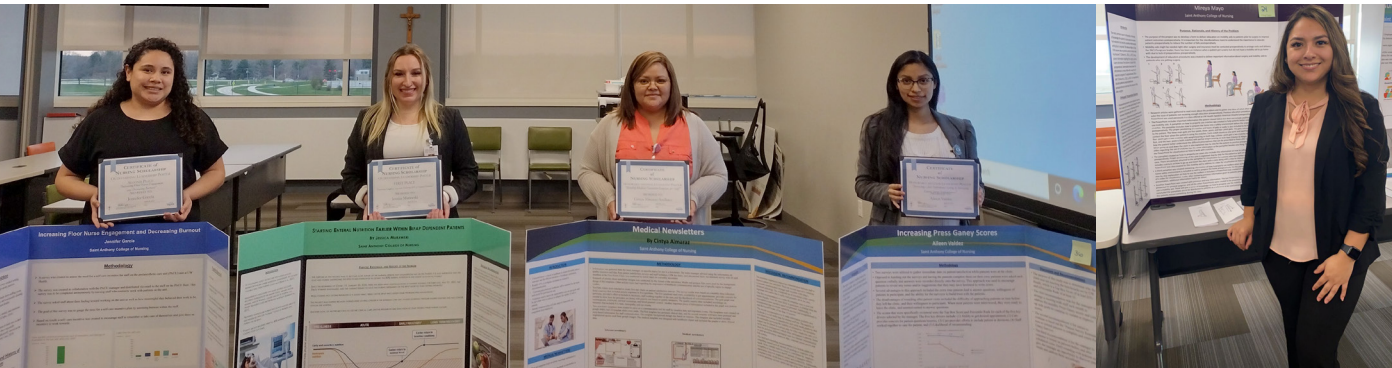
SACN AT A GLANCE



YEAR IN PICTURES



SIGMA THETA TAU CEREMONY



SCHOLARSHIP SYMPOSIUM LEADERSHIP POSTER WINNERS



WHITE COAT CEREMONY



BRAVEHEARTS



BRAVEHEARTS



FARM DAY



VETERANS DAY

RESEARCH ACCOMPLISHMENTS

Faculty

Andekian, E., Lizer, S. K., Brady, M., Dalstrom, M. D. & Westerman, M. (2021, April 19). *Use of a Farming Specific Website to Promote Farmer Wellness and Manage Stress* [Poster presentation]. University of Illinois College of Health Sciences at Rockford 26th Annual Research Day, Rockford, IL. (2021, September 28-29). [Electronic poster presentation]. I Am an OSF Nurse Symposium, Jump Trading Simulation & Education Center, Peoria, Illinois.

Andekian, E. (March 30-April 2, 2022). *Farm Well Wisconsin: Creating a Farming Specific Website to Improve Farmer Wellness*. [Postcard Presentation - One of 13 selected as Distinguished Abstracts for the 2022 conference].2022 Midwest Nursing Research Society Annual Research Conference, Schaumburg, Illinois.

Bartel, A., Brady, S., Castronovo, L., & Mosher, D. (2021, April 21-25). *Development of a Telemedicine OSCE for Graduate APRN Students* [Poster presentation]. 47th Annual NONPF Conference. Denver, Colorado. (2021, July 8). [Poster presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium – Poster Presentations, Rockford, Illinois.

Button, M., Dalstrom, M., Doughty, A., Lizer, S., & Messer, B. (2022). Return to Work Self-Efficacy (RTWSE-19) Assessment for Patients with Acute Work-Related Low Back Pain. *The Journal for Nurse Practitioners*.

Carson, E., Brady, M., Lizer, S. & Laethem, E. (2021, November). *WiserCare: Impact to Students Completing Advance Care Planning*. [Poster Presentation]. 2021 Saint Anthony College of Nursing Fall Scholarship Day - 2nd place for Faculty Posters, Rockford, Illinois.

Castronovo, L. (2021, November). *A Trip of Honor Veterans*. [Podium Presentation]. 2021 Saint Anthony College of Nursing Fall Scholarship Day, Rockford, Illinois.

Castronovo, L. (2022, March 31). *A Trip of Honor Veterans*. [Podium Presentation]. MNRS (Midwest Nursing Research Society), Chicago, Illinois.

Castronovo, L., Dalstrom, M., & Messer, B. (2022). Respect, Gratitude, and Closure: A Trip of Honor and Remembrance. *Anthropology & Aging*, 43(1), 49-57. <https://doi.org/10.5195/aa.2022.358>

Cwenar-Placzek, M., Kent, D. & Boomer, J. (2022, April 7-8). *CABG PTT - Preoperative Education to Improve Patients' Knowledge and Increases Postoperative Satisfaction*. [Poster Presentation]. University of Illinois College of Health Sciences at Rockford 27th Annual Research Day, Rockford, Illinois.

Dalstrom, Matthew. (2021). Providing High Quality Care: What Cross-Border Medical Travel Can Teach Us. In *Care Work and Medical Travel: Exploring the Emotional Dimensions of Caring on the Move*. Pp 69-90. Cecilia Vindrola-Padros (ed). Rowman and Littlefield

Dalstrom, M., Chung, R., & Castronovo, L. M. (2021). Strategies to Reduce Health Care Costs: What Medical Conditions are U.S. Seniors Treating with Mexican Pharmaceuticals? *Journal of Pharmaceutical Health Services Research*, 12(1), 87-89.

Dalstrom, M., Guth, B., Lizer, C., Zimmerman, K., & Khare, M. (2021, December). Supporting a Rural Wellness Intervention Through Assessing and Mapping Rural Physical Activity Environments. *Preventive Medicine Reports*, 24, 101567 <https://doi.org/10.1016/j.pmedr.2021.101567>

Dalstrom, M., Hawley, A., Onsrud, K., Zimmermann, K., & Khare, M. M. (2022). Using Maps to Promote Physical Activity in Rural Communities. *Practicing Anthropology*, 44(2), 21-26.

Dalstrom, M., Weinzimmer, L. G., Foulger, R., & Klein, C. J. (2021). Medicaid Expansion and Accessibility to Health Care: The Illinois Experience. *Public Health Nursing*, 38(5), 720-729.

Diaz, D., Muza, D. & Penney, H. (2022, June 18). *Interactivity in Remote Health Care Simulation*. International Nursing Association for Clinical Simulation and Learning (INACSL), Milwaukee, Wisconsin.

Forner, J. K., Doughty, A., Dalstrom, M., Messer, B. L., & Lizer, S. K. (2021). Quality of Life: A Nurse-Led Physical Activity Coaching Program to Improve the Quality of Life of Patients with Cancer During the COVID-19 Pandemic. *Clinical journal of oncology nursing*, 25(5), 571-577.

Gonzalez, L., Daher, S., Musa, d., & Penney, H. (2021, June 16-18). [Poster presentation] International Nursing Association for Clinical Simulation and Learning (INACSL) Virtual Annual Conference.

Harp, B. (2021, November). *Dissenter Turnover: The Roles of Organizational Justice, Negative Emotion, and Organizational Identification*. [Podium Presentation]. 2021 Saint Anthony College of Nursing Fall Scholarship Day, Rockford, Illinois.

Klein, C. J., Dalstrom, M. D., Foulger, R., & Weinzimmer, L. G. (2021). Auto-assignment of Providers in Medicaid Managed Care and Factors Influencing Seasonal Flu Vaccine Uptake: A Retrospective Analysis. *Journal of Pharmaceutical Health Services Research*, 12(2), 303-305.

Klein, C. J., Weinzimmer, L. G., Dalstrom, M., Lizer, S., Cooling, M., & Pierce, L. (2021). Investigating Practice-level and Individual Factors of Advanced Practice Registered Nurses and Physician Assistants and their Relationship to Resilience. *Journal of the American Association of Nurse Practitioners*, 10.1097/JXX.0000000000000639. Advance online publication. <https://doi.org/10.1097/JXX.0000000000000639>

Levenson, S., Ferrini, R., Ignacio, R., Nalls, V., Okoroti, F., Overstreet, N. (2021, October). Pain Management in the Post-acute and Long-term Care Setting: A Clinical Practice Guideline (CPG) from the Society for Post-acute and Long-Term Care Medicine (AMDA). *Journal of the American Medical Directors Association*. <https://doi.org/10.1016/j.jamda.2021.10.008>

McLaughlin, R. (2022, June 21). *Ultrasound Guided Percutaneous Tube Insertion*. [Workshop] 2022 AANP National Conference, Orlando, Florida.
Mosher, D. (2021, July 8). *Ability and Confidence in Caring for a COVID-19 Patient Post Simulation*. [Mini podium presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium, Rockford, Illinois.

Musa, D., Gonzalez, L., Penney, H., & Daher, S. (2021, August). Interactive Video Simulation for Remote Health Care Learning. *Frontiers in Surgery*. 8:713119. <https://doi.org/10.3389/fsurg.2021.713119>

Musa, D., Gonzalez, L., Penney, H., & Daher, S. (2022, January 15-19). *Interactive Video Simulation Technology for Health Care Education*. [Podium presentation]. International Meeting for Simulation in Health Care (IMSH), Los Angeles, California.

Parizek, R.A. (2021, August) Health Literacy Does Not Protect Against Underage Alcohol Use During the COVID-19 Pandemic. *J Psychosoc Nurs Ment Health Serv*. 1:1-9. <https://doi.org/10.3928/02793695-20210819-06> Epub ahead of print

Parizek, R.A. & Ligman-Schliem, M.A. (2019, March). *Do Adolescents Talk about Sex and Other Risk-taking Behaviors?* [Poster presentation]. 43rd Annual Midwest Nursing Research Society (MNRS) Research Conference, Kansas City, Missouri. (2019, May). [Poster presentation]. 21st Annual Building Bridges to Research-Based Nursing Practice Conference, Milwaukee, Wisconsin. (2021, July 8). [Poster presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium – Poster Presentations, Rockford, Illinois.

Parizek, R.A. (2021, November). *Health Literacy and Alcohol Use Behaviors in High School Students*. [Poster Presentation]. 2021 Saint Anthony College of Nursing Fall Scholarship Day - 1st place for Faculty Posters, Rockford, Illinois. (2022, May 4). [Platform and Poster Presentation]. OSF 2022 Annual Research Symposium, Peoria, Illinois.

Weinzimmer, L. G., Dalstrom, M. D., Klein, C. J., Foulger, R., & de Ramirez, S. S. (2021). The Relationship Between Access to Mental Health Counseling and Interest in Rural Telehealth. *Journal of Rural Mental Health*.

Student Awards

Research Day 2022 at the UIC Health Sciences Campus-Rockford
Winners: *Sister Mary Linus Nowak Research Award* awarded by Saint Anthony College of Nursing: **Kristina Thomas**: Data Analysis: Identifying Gaps in Care for COPD Patients.

Research Award awarded by the Winnebago County Department of Public Health and its Board of Health: Kristy Dollinger: A YMCA summer camp community garden. (*Winner of Supporting Model Public Health Practices.*)

Nurses EXPO 2022
Winner of - Research Award: Laura Dickerson: Examining the Use of a Formalized Resiliency Program to Improve Compassion Satisfaction.

New Knowledge and Innovation Poster Fair (SAMC)
Altagracia Cervantes: Barriers to Cancer Preventative Screenings in Latina Women: An Integrative Literature Review. (*Tied for first in the Battle of the Posters*).

Denise Runestad: Relationships Between Palliative Care & Quality of Life for Patients with COPD (*Tied for first in the Battle of the Posters*).

DNP Students

Aleksich, J., Brady, M., Messer, B., Doughty, A. & Dee, L. (2022, April 28). *Pre-exposure Prophylaxis: implementation of a Prep Program in a Community Health Center*. [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois. (2022, April 29). [Poster Presentation]. Nurses EXPO 2022. Rockford, Illinois.

Andekian, E., Lizer, S. K., Brady, M., Dalstrom, M. D. & Westerman, M. (2021, April 19). *Use of a Farming Specific Website to Promote Farmer Wellness and Manage Stress* [Poster Presentation]. University of Illinois College of Health Sciences at Rockford 26th Annual Research Day, Rockford, Illinois; (2021, July 8). [Poster Presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium – Poster Presentations, Rockford, Illinois.

Anderson, C. (2021, July 8). *Cardio-oncology Program: Screening for Cardiotoxicity*. [Mini podium presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium, Rockford, Illinois.

Cabrera, J. P., Myers, E., Messer, B. & Dalstrom, M. (2021, July 8). *Improving Breastfeeding Rates: Text Messaging*. [Poster Presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium – Poster Presentations, Rockford, Illinois.

Clayton, E., Messer, B., McGrath, C., Green, T. & White, K. (2021, July 7). *Transition into Advanced Practice Internship*. [Podium Presentation]. Leadership presentation at Beloit Memorial Hospital. Beloit, Wisconsin.

Cousins, D., Brady, M., Klein, C., Lucia, R. & Bartel, A. (2022, April 7-8). *Use of the Self-collected Vaginal Swab in the Urgent Care Setting*. [Poster Presentation]. University of Illinois College of Health Sciences at Rockford 27th Annual Research Day, Rockford, Illinois. (2022, April 28). [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois.

Dalstrom, M., Guth, B., Lizer, C. & Khare, M. (2019, May). *Using Rural Active Living Assessment (RALA) Tools to Support a Rural Wellness Program*. [Poster Presentation]. The University of Illinois Health Sciences Campus 24th Annual Research Day, Rockford, Illinois. (2019, May). Saint Anthony College of Nursing Scholarship Symposium, Rockford, Illinois. (2019, May 8-10). The National Rural Health Conference, Atlanta, Georgia. (2021, July 8). OSF HealthCare Saint Anthony Medical Center EBP Symposium – Poster Presentations, Rockford, Illinois.

Dalstrom, M., Hawley, A., Onsrud, K., Zimmermann, K., & Khare, M. M. (2022). *Using Maps to Promote Physical Activity in Rural Communities*. *Practicing Anthropology*, 44(2), 21-26.

Dempsey, E., Lizer, S., Doughty, A. & Parizek, R. (2022, April 7-8). *Remote patient monitoring for patients with congestive heart failure: impact on readmissions and quality of life*. [Poster Presentation]. University of Illinois College of Health Sciences at Rockford 27th Annual Research Day, Rockford, IL. (2022, April 28). *Remote patient monitoring for patients with congestive heart failure: impact on readmissions and quality of life*. [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois.

DiCicco, A., Messer, B., Doughty, A. & Parizek, R. (2022, April 7-8). *Mindfulness for Oncology Nurses to Combat Burnout and Compassion Fatigue*. [Poster Presentation]. University of Illinois College of Health Sciences at Rockford 27th Annual Research Day, Rockford, Illinois. (2022, April 28). *Mindfulness for oncology nurses to combat burnout and compassion fatigue*. [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois – (*Winner of the Evidence-Based Practice Award.*)

Dickerson, L., Klein, C., Riggensbach, J., Brady, M. & Lizer, S. (2022, April 28). *Examining the Use of a Formalized Resiliency Program to Improve Compassion Satisfaction*. [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois. (2022, April 29). [Poster Presentation]. Nurses EXPO 2022. Rockford, Illinois – (*Winner of the Research Award.*)

Dollinger, K., Brady, M., Dalstrom, M. & Doughty, A. (2022, April 7-8). *Role of a Community Garden in Promoting Healthy Food Choices in Children*. [Poster Presentation]. University of Illinois College of Health Sciences at Rockford 27th Annual Research Day, Rockford, Illinois – Winner of the Supporting Model Public Health Practices-Research Award from the Winnebago County Department of Public Health and its Board of Health. (2022, April 28). [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois.

Farone, M., Kakuta, M. & Lizer, S. (2021, July 8). *Utilizing a Standardized Education Process to Reduce Femoral Sheath Removal Complication Rates*. [Poster Presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium – Poster Presentations, Rockford, Illinois. (2021, July 8). *Groin Management Following Endovascular Procedures for Ischemic Strokes: Improving Patient Outcomes through Standardized Education and Best Practice Implementation* [Mini podium presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium, Rockford, Illinois.

Forner, J.K., Dalstrom, M., Doughty, A., Messer, B.L. & Lizer, S.K. (2021, July 8). *Get Up, Get Walking: A Brief Nursing Intervention to Improve Quality of Life of Adult Cancer Patients*. [Poster Presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium – Poster Presentations, Rockford, Illinois. (2021, January 11). [Paper presentation]. OSF Saint Anthony Patricia D. Pepe Center for Cancer Care - Cancer Care Committee. Rockford, Illinois.

(continued on next page)

RESEARCH

ACCOMPLISHMENTS *(continued)*

Forner, J.K., Doughty, A., Dalstrom, M., Messer, B.L. & Lizer, S.K. (2021).Quality of Life: A Nurse-led Physical Activity Coaching Program to Improve the Quality of Life of Patients with Cancer During the COVID-19 Pandemic. *Clin J Oncol Nurs.* 25(5):571-577. <https://doi.org/10.1188/21.CJON.571-577>

ONS Voice Interview (2021, October 12). Pilot Study Shows Positive Impact of ONS Get Up, Get Moving Campaign [Press release]. Pilot Study Shows Positive Impact of ONS Get Up, Get Moving Campaign | ONS Voice

Guth, B. (2021, July 8). “*What Did We Learn?*” [Panel discussion]. OSF HealthCare Saint Anthony Medical Center EBP Symposium, Rockford, Illinois.

Jacobs, F., Lizer, S. & Doughty, A. (2022, April 7-8). *Assessment and Implementation of a Fall Prevention Program for Older Adults*. [Poster Presentation]. University of Illinois College of Health Sciences at Rockford 27th Annual Research Day, Rockford, Illinois. (2022, April 28). [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois.

Medearis, P., Lizer, S. & Doughty, A. (2022, April 28). *Prescription Walking with Texting Follow Up*. [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois. (2022, April 29). [Poster Presentation]. Nurses EXPO 2022. Rockford, Illinois.

Mikkelsen, H., Newberg, S., Lizer, S., Berg, D. & Doughty, A. (2021, July 8). *Approach to Management of the Pediatric Exit Block in an Emergency Department: A Process Improvement*. [Poster Presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium – Poster Presentations, Rockford, Illinois. (2021, July 8). *A Quality Improvement Approach to Management of the Pediatric Exit Block in the OSF Saint Anthony Medical Center Emergency Department*. [Mini podium presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium, Rockford, Illinois.

Miller, H., Messer, B., McGrath, C., Bartel, A. & Doughty, A. (2021, April 19). *Electronic Nicotine Delivery Systems: A Change in Practice* [Poster presentation]. University of Illinois College of Health Sciences at Rockford 26th Annual Research Day, Rockford, Illinois. Winner of the Sister Mary Linus Nowak Research Award. (2021, July 8). [Poster Presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium – Poster Presentations, Rockford, Illinois.

Myers, R., Lizer, S., Carson, B., Bartel, A., Doughty, A. & Parizek, R. (2022, April 28). *Validating Psychomotor Skills for Nursing Staff in a Long-term Care Facility*. [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois – 2nd place in the Evidence-Based Practice Award. (2022, April 29). [Poster Presentation]. Nurses EXPO 2022. Rockford, Illinois.

Onsrud, K. A. & Hawley, A. (2021, November) *Using Mapping to Discover Physical Activity Amenities in Rural Communities*. [Poster and Podium Presentation]. 2021 Saint Anthony College of Nursing Fall Scholarship Day - 1st place for Graduate EBP Posters, Rockford, Illinois; (2022, April). [Poster Presentation] Midwest Sociological Society Annual Meeting, Chicago, Illinois.

Patel, R., Dalstrom, M., Brady, M. & Bartel, A. (2022, April 28). *Strike a Chord with Anxiety*. [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois. (2022, April 29). [Poster Presentation]. Nurses EXPO 2022. Rockford, Illinois.

Roby, T., Dalstrom, M., Brady, M. & Messer, B. (2022, April 28). *Transforming Inpatient Diabetes*. [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois. (2022, April 29). [Poster Presentation]. Nurses EXPO 2022. Rockford, Illinois.

Siebold, A., Messer, B.& Dalstrom, M. (2020, April 17). [Poster presentation]. University of Illinois College of Health Sciences at Rockford 25th Annual Research Day, Rockford, Illinois. (2021, July 8). *Implementation of Interactive Educational Program on Bullying in Fourth-grade Students*. [Poster Presentation]. Saint Anthony Medical Center EBP Symposium – Poster Presentations, Rockford, Illinois.

Thomas, K., Lizer, S., Southerland, C., Parizek, R. & Doughty, A. (2022, April 7-8). *Data Analysis: Identifying Gaps in Care for COPD Patients*. [Poster Presentation]. University of Illinois College of Health Sciences at Rockford 27th Annual Research Day, Rockford, Illinois – Winner of the Sister Mary Linus Nowak Research Award. (2022, April 28). [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois.

Zunker, K., Messer, B., Mosher, D. & McLaughlin, R. (2021, July 8). *Simulation-based Competency, Anxiety, and Self-confidence Among Experienced Nurses* [Poster Presentation]. OSF HealthCare Saint Anthony Medical Center EBP Symposium – Poster Presentations, Rockford, Illinois. (2021, August 11-13). [Mini Podium Presentation]. Fourteenth National Doctors of Nursing Practice Conference: The DNP and Quality Improvement, Chicago, Illinois.

MSN Students

Cervantes, A., Lizer, S. & Bartel, A. (2022, April 28). *Barriers to Cancer Preventative Screenings in Latina Women: An Integrative Literature Review*. [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois. (2022, April 29). [Poster Presentation]. New Knowledge and Innovation Poster Fair, Rockford, Illinois – Tied for first in the Battle of the Posters.

Runestad, D., Parizek, R., Lizer, S. & Bartel, A. (2022, April 28). *Relationships Between Palliative Care and Quality of Life for Patients with COPD*. [Poster and Podium Presentation]. SACN Scholarship Day Symposium Spring 2022. Rockford, Illinois. (2022, April 29). [Poster Presentation]. New Knowledge and Innovation Poster Fair, Rockford, Illinois – Tied for first in the Battle of the Posters.

Grants

Newberg, S. *Farm Safety Day*. Grant funding provided by **Compeer Financial (\$2,800)**.

Mosher, D. Grant funding provided through a **Community Health Advocacy Grant (JUMP Center)** to have nursing, pharmacy and medical students work as an interprofessional team to learn how to comprehensively discharge patients considering social determinants of health in order to reduce readmissions and utilize community resources to prolong/promote wellness **(\$39,932)**.

Mosher, D. Grant funding provided through a UIC-OSF Community Health Advocacy Grant (JUMP Center) to support applied community health research that addresses health and wellness challenges in urban settings. This grant is titled *Telehealth to Address Health Care Disparities* and will work specifically with the OSF Little Company of Mary patient populations and providers to improve telehealth literacy and health care access. **(\$69,680)**.

Dalstrom, M. *The Relationship Between Cross-border Pharmaceutical Usage, Health Literacy, and Medication Confidence*. (2022). Regional Faculty Associate Research Grant, Center for Latin American and Caribbean Studies, **University of Wisconsin-Milwaukee. (\$250)**

Dalstrom, M. *The Relationship Between Cross-border Pharmaceutical Usage, Health Literacy, and Medication Confidence*. (December, 2021). **June E. Dilling Fund (\$895)**.

SAINT ANTHONY COLLEGE OF NURSING BOARD

College Board Members

J. Maichle Bacon, MS, MPH (*Chair*)

Carol Boeke, BSN, RN

Sister Theresa Ann Brazeau, O.S.F.

Father Ryan Browning, STL

Alex Campbell, BSA

Paula Carynski, MS, RN, NEA-BC, FACHE (*ex officio*)

Thomas Cross, JD, BS

Lois Halstead, PhD, RN (*Vice Chair*)

Edison Lim, MD

Shannon Lizer, PhD, APRN-FPA, FNP-BC, FAANP

Carol Lockwood, JD, DPhil

Ricardo Montoya-Picazo, MA, BA POLS

Sandie Soldwisch, PhD, APRN, ANP-BC (*Secretary*)

Alan Zais, MPA

Linda Zuba, JD, MSN

Honorary Board Members

Linnette Carter, MSN, APRN/CNS-BC, NEA-BC

John Crone, CPA

Mary Anne Doherty, RN

Kim Entsminger, BJ

Marian Frerichs, EdD, RN

David Johnson, DDS (*retired*)

Jon Schmidt, BS

COLLEGE LEADERSHIP

Sandie Soldwisch, PhD, APRN, ANP-BC

President (retired December 2021)

PhD, University of Wisconsin-Madison, Madison, WI

Shannon Lizer, PhD, FAANP, FNP-BC

Interim President (January 2022)

PhD, University of Wisconsin-Madison, Madison, WI

Elizabeth Carson, EdD, RN, CNE

Professor, Dean, Undergraduate Affairs

EdD, Northern Illinois University, DeKalb, IL

Michelle Brady, DNP, FNP-BC

Associate Professor, Dean, Graduate Affairs & Research

DNP, University of Illinois, Chicago, IL

Nancy Sanders, MBA

Associate Dean, Support Services

MBA, Cardinal Stritch University, Milwaukee, WI

Heather Klepitsch, MLIS

Supervisor, Medical Library & College Learning Resource Center

MLIS, University of Wisconsin, Madison, WI

SUPPORT STAFF

Dawn Arns | *Administrative Secretary*

Teresa Daugherty | *Executive Secretary*

Deborah Denny | *Bursar*

Elizabeth Harp, PhD, MA | *Institutional Effectiveness/Assessment Specialist*

Alina Llanas, BA | *Recruiter*

Beth Marlewski | *Administrative Secretary*

Jean Odom | *Student Affairs Specialist – Graduate Program*

Lea Rappa | *Student Affairs Specialist – Undergraduate Program*

Maria Santos | *Administrative Secretary for Regulatory Compliance*

Susan Staab, GradCert BS, ETL | *Educational Technology Coordinator*

Serrita Woods, BA | *Financial Aid Coordinator*

FACULTY

Teresa Allen, MSN, RN

Instructor
MSN, Saint Anthony College of Nursing,
Rockford, IL

Christine Anderson, MSN, APRN, CNS-BC

Adjunct Instructor
MSN, Northern Illinois University, DeKalb, IL

Alissa Bartel, MSN, FNP-BC

Assistant Professor
MSN, Saint Anthony College of Nursing,
Rockford, IL

Ellen Bonner, PhD, APRN, CCRN, RN

Assistant Professor
PhD, University of Texas, Tyler, TX

Darla Bradle, MS, APRN

Adjunct Instructor
MS, Northern Illinois University, DeKalb, IL

Michelle Brady, DNP, FNP-BC

Associate Professor
DNP, University of Illinois, Chicago, IL

Gail Brick, DNP, FNP-BC

Assistant Professor
DNP, University of Illinois College of Nursing,
Rockford, IL

Maximilian Button, DNP, APRN, FNP-BC

Instructor
DNP, Saint Anthony College of Nursing,
Rockford, IL

Kathryn Carlovsky, MSN, APRN, ACNP

Instructor
MSN, University of Illinois, Chicago,IL

Lynette Castronovo, DNP, APRN, GNP-BC

Assistant Professor
DNP, Saint Anthony College of Nursing, Rockford, IL

Lori Compton, DNP, BSEd, RN, AGCNS-BC

Instructor
DNP, Saint Anthony College of Nursing, Rockford, IL

Kathryn Cook, DHSc

Adjunct Assistant Professor
DHSc, A.T. Still University, Kirksville, MO

Kimberly Cooper, MSN, RN

Instructor
MSN, Olivet Nazarene University, Bourbonnais, IL

Matthew Dalstrom, PhD, MPH

Professor
PhD, University of Wisconsin, Milwaukee, WI

Nicole Daugherty, MSN, RN, CMSRN

Instructor
MSN, Saint Anthony College of Nursing, Rockford, IL

Andrea Doughty, PhD

Adjunct Associate Professor
PhD, Michigan State University, East Lansing, MI

Miaake Driscoll, MSN, RN, CPN

Assistant Professor
MSN, Olivet Nazarene University, Bourbonnais, IL

Judi Forner, DNP, APRN-CCNS, FNP-BC

Adjunct Instructor
DNP, Saint Anthony College of Nursing, Rockford, IL

Lois Haidle-Lundgren, MS, RN

Adjunct Assistant Professor
MS, Northern Illinois University, DeKalb, IL

Elizabeth Harp, PhD

Adjunct Instructor
PhD, University of Nebraska, Omaha, NE

Meghan Hess, MSN, APRN

Adjunct Instructor
MSN, University of Illinois, Chicago, IL

Minami Kakuta, MSN, RN, CNL

Instructor
MSN, University of Texas Health Science Center,
San Antonio, TX

Erica Laethem, BeL

Adjunct Assistant Professor
BeL, Pontifical Athenaeum Regina Apostolorum,
Rome, Italy

Christine Lepianka, PhD, MS, RN

Assistant Professor
PhD, Duquesne University School of Nursing,
Pittsburgh, PA

Linda Matheson, PhD, RN

Adjunct Associate Professor
PhD, Marquette University, Milwaukee, WI

Richard McLaughlin, DNP, APRN, AG-ACNP

Assistant Professor
DNP, Saint Anthony College of Nursing, Rockford, IL

Cynthia McGrath, DNP, APRN, FNP-BC

Associate Professor
DNP, University of Illinois, Chicago, IL

Grant McNall, MSN, RN

Assistant Professor
MSN, Benedictine University, Lisle, IL

Brandie Messer, DNP, RN

DNP Program Coordinator Assistant Professor
DNP, Saint Anthony College of Nursing, Rockford, IL

Dawn Mosher, DNP, RN, CHSE

Assistant Professor
DNP, Saint Anthony College of Nursing, Rockford, IL

Susan Newberg, DNP, MBA-HCM, RN

Assistant Professor
DNP, Saint Anthony College of Nursing, Rockford, IL

Fiona Okoroti, DNP, APRN, AGPCNP-BC

Adjunct Instructor
DNP, Saint Anthony College of Nursing, Rockford, IL

Twyla Ottowitz, MSN, RN

Adjunct Instructor
MSN, Saint Anthony College of Nursing, Rockford, IL

Gina Panozzo, DNP, RN-BC, CNE

Adjunct Assistant Professor
DNP, Rush University, Chicago, IL

Rebecca Parizek, DNP, RN, CNL

Assistant Professor
DNP, Saint Anthony College of Nursing, Rockford, IL

Heidi Penney, MSN, RN, CNE

Assistant Professor
MSN, Jacksonville University, Jacksonville, FL

Melissa Pettigrew, MSN, CCRN

Adjunct Instructor
MSN, Olivet Nazarene University, Bourbonnais, IL

John Roska, MD, CMD

Adjunct Assistant Professor
MD, Medical College of Wisconsin, Milwaukee, WI

Jessica Schneiderman, MSN, APRN, ACNS-BC, CCRN-K, CPPS

Adjunct Instructor
MSN, University of Illinois, Chicago, IL

Andrea Shewalter, MSN, APRN, FNP-BC, CNOR

Instructor
MSN, Saint Anthony College of Nursing, Rockford, IL

Dauphne Sims, PhD, APRN, RN, CNS

Assistant Professor
PhD, University of Wisconsin, Milwaukee, WI

Phyllis Thomson, PhD, RN, CNE

Assistant Professor
PhD, Loyola University, Chicago, IL

Fr. Kenneth Wasilewski, STL

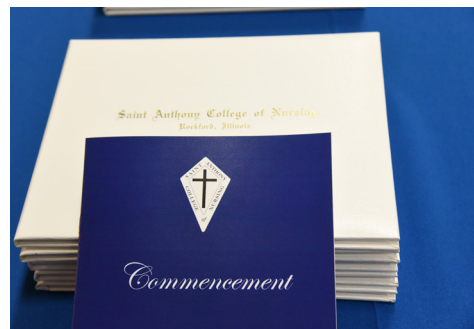
Adjunct Instructor
STL, Alphonsian Academy, Rome, Italy

Mary Westerman, MSN, RN

Assistant Professor
MSN, University of Illinois, Chicago, IL

Erin Wojewodzki, MSN, RN

Assistant Professor
MSN, Saint Anthony College of Nursing, Rockford, IL



CONTACTS

ADMISSIONS

(815) 282-7900

Apply online at sacn.edu/apply

Transfer guides from several area community colleges are available at sacn.edu/transfer

ALUMNI SERVICES

Brandie Messer, DNP, RN, PCOE

brandie.l.messer@osfhealthcare.org

(815) 282-7900, ext. 27621

DEVELOPMENT AND DONATIONS

Ryan Duvall, Director of Philanthropy

ryan.r.duvall@osfhealthcare.org

(815) 395-5514



SAINT ANTHONY
COLLEGE OF NURSING