



SAINT ANTHONY
COLLEGE OF NURSING

2019-2020

ANNUAL REPORT



MISSION

In the Spirit of Christ and example of Saint Francis of Assisi, the mission of OSF College of Health Sciences is to offer health science education programs in an environment that encourages and supports open inquiry and advances in scholarship, while preparing exceptional and compassionate caregivers and health care professionals to practice in diverse and ever changing health care environments.

VISION

Embracing our Catholic heritage and teachings, the OSF College of Health Sciences will be a leader in health science education and the academic institution of choice.

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 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 science discipline in service to others utilizing evidence-based practices.

MESSAGE FROM THE PRESIDENT



Saint Anthony College of Nursing continues to be a growing and dynamic entity focused on preparing graduates to meet evolving health care needs.

One of the greatest joys I have is the opportunity to reflect upon the successes that have happened in the academic year. Like many of you, each day seems to have more to do than time to do it, each week my “to do” list gets longer, and each monthly meeting agenda seems more challenging than the month before. But at the end of the year, I look back and find one positive success after another. The 2019-2020 academic year will be cemented in my mind for years to come, but the greatest memory is how we triumphed.

Within the pages of this report, you will see the wonderful stories of our challenges, accomplishments and successes. As usual, we have staff who journey ahead doing their best work to keep student and operational support humming, whether it was in the office or working from home. We had faculty who maintained quality in their teaching, whether it occurred between August and March 15 or following the massive and urgent change on March 17 to exclusively technology-enhanced teaching and clinical experiences. We had students who embraced the full academic year and just kept learning – whether it was in the traditional class and clinical locations or from their home.

Along the journey, our successes included launching new programs, such as the ADN/RN to MSN Nurse Educator, ADN/RN to MSN Clinical Nurse Leader, and Acute Care Adult Gerontology Nurse Practitioner. The undergraduate program completed a full year review and revision of its pre-licensure BSN curriculum so it remains strong, contemporary and results in outstanding NCLEX-RN pass rates. The graduate programs have been fully reviewed and revised to ensure they lead to our excellent outcomes with strong and effective advanced practice nurses – and exceptional certification exam pass rates. As you read a bit further in the report, you will see that our fall 2019 and spring 2020 enrollments remained steady, and we were able to celebrate the graduation of 89 students. While teaching and service remain high priorities, you will be pleased to see the volume of scholarship of the faculty. I think that you will agree, Saint Anthony College of Nursing faculty are terrific.

I hope that you enjoy this Annual Report. I look forward to having another amazing academic year!

Regards,

Sandie Soldwisch, PhD, APRN, ANP-BC
President, OSF Colleges of Health Sciences

MESSAGE FROM THE DEAN OF THE GRADUATE PROGRAM



The Saint Anthony College of Nursing graduate program has had another wonderful year! We continue to be blessed by having excellent students attend for their graduate education. Faculty continue to mentor graduate students into tomorrow's leaders, educators and practitioners. We also continue to experience 100% pass rates in Saint Anthony College of Nursing nurse practitioner programs, which is a testament to both the quality of our students and faculty.

This year, we are thrilled to share that our first adult gerontology acute care nurse practitioner student, Keely Zunker, DNP, AG-ACNP, graduated, passed her certification examination and obtained employment at OSF HealthCare Saint Anthony Medical Center. Keely provides excellent care to OSF patients in her new role, and we congratulate her on this accomplishment.

This year, we also congratulate a faculty member, Richard McLaughlin, DNP, AG-ACNP, FAANP, for his completion of the DNP degree. He joins other Saint Anthony College of Nursing faculty who have completed doctoral education. Completion of Richard's doctoral degree further strengthens the acute care nurse practitioner program, of which he is the lead faculty.

We have also been blessed to add new faculty members to our team this year. Gail Brick, DNP, FNP-BC, has many years of experience as a family nurse practitioner and will provide excellent instruction to our students. Additionally, Gina Panozzo, DNP, RN, has also joined the college as an adjunct faculty member and is actively teaching in both the RN-BSN and DNP courses.

Student and faculty scholarship has been a strength this year. Faculty-led student projects have been presented most recently at the National Rural Health Conference, and regionally at the UIC – Rockford Research Day. One of the graduating DNP students, Angela Siebold, DNP, FNP-BC, was recognized with the Sister Mary Linus Nowak Research Award for her poster, titled *Implementation of Interactive Educational Program on Bullying in Fourth Grade Students*.

This has been another wonderful and productive year for the graduate department. We would welcome your visit to our campus so that you can hear more about and also see the many good things that are happening here!

Respectfully,

A handwritten signature in cursive script that reads "Shannon K. Lizer".

Shannon K. Lizer, PhD, FNP-BC, FAANP
Dean, Graduate Program & 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. Needless to say, the academic year ended in a tumultuous manner. Students and faculty left for spring break in early March, and the world changed very suddenly. The decision was made to extend spring break 2020 by a week to give faculty the opportunity to move all courses to a fully online format. This included clinical and labs. While I do not think a nursing program can provide all clinical online, we were able to use technology and various software programs extensively to facilitate learning.

One of the advantages of delivering clinical via simulation is that you can make your theory content and clinical experiences line up. In the "real world" of clinical, it would be great to be lecturing about heart failure in class and care for a heart failure patient in the hospital. This is obviously not feasible. With our use of simulation, we were able to directly correlate theory and clinical.

Nurses always have to be flexible during their day, and moving to a fully online environment certainly tested this skill. Our move to online was certainly not perfect, but faculty stepped up to provide the quality education that Saint Anthony College of Nursing is known for throughout the region.

In February 2020, we received our annual NCLEX report from the State of Illinois. I am pleased to announce that we maintained a 96% pass rate for another year. This was well above the state and national pass rates of 88%.

The Undergraduate Curriculum and Quality Improvement Committee completed a two-year project of examining all of the undergraduate courses for curriculum drift. This examines how the course has "drifted" away from the stated course objectives and course description. These curriculum changes will be implemented gradually over the next four semesters. The overall number of credits in the curriculum remains at 64, with 60 of the credits in nursing and four in ethics/religion.

The end of the academic year ushered in some retirements or changes in status. Helena Stanaitis retired after many years of service, not only to the college, but to the profession of nursing. Mary Jo Frichtl is moving to adjunct as she eases into retirement. Jessica Schneiderman will move from a full-time position to adjunct. Peggy Wagner is moving to full-time grandmother and total retirement from teaching. We thank these wonderful faculty for their years of service to the college.

Thank you for your continued interest and support in Saint Anthony College of Nursing.

Blessings,

A handwritten signature in cursive script that reads "Beth Carson".

Beth Carson, EdD, RN, CN
Dean Undergraduate Affairs

2018-2020 STRATEGIC PLAN

Five strategic planning teams have been making great progress toward accomplishing SACN's strategic goals.

- Mission & Catholic Identity**
 - Align with *Principles of Good Practice for Student Affairs at Catholic Colleges and Universities*.
 - Strategically align faculty, staff and College Board education with *Ex Corde Ecclesiae* expectations.
 - Cultivate partnerships with Catholic higher education and health care communities.
- Academic Quality**
 - Establish a student-centered support program for academic tutoring, writing skills, personal counseling, career counseling.
 - Establish a Faculty Development Center for Advances in Teaching which addresses traditional teaching competence, online teaching competence, competence with advanced educational technology and faculty research and scholarship.
 - Capitalize on opportunities for shared scholarship within the OSF HealthCare and the community.
- Engagement & Development**
 - Enrich and deepen the relationship between Saint Anthony College of Nursing and the Rockford community.
 - Ensure a public local/regional presence of the college.
- Financial Sustainability & Growth**
 - Focus on "Friend Raising" for fundraising.
 - Cultivate an environment of fiscal responsibility by providing orientation and education to fiscal accountability and enriching philanthropic activities and outcomes.
 - Examine the feasibility of establishing a Center for Continuing Education.
- Resources & Planning**
 - Focus on the growth of the college through increased enrollments, increased diversity of academic programming, and strategic investment in the people, programs and places that support academic programming.
 - Attain regional recognition as the provider of choice for nursing education.

CHOOSE TO BE A BLESSING



In August 2015, we selected "Choose to be a Blessing" as our theme. It is one that can never be exhausted. There are so many people in our communities with whom we can share our own blessings, and thus be a blessing to them, so we have continued this theme for several more years.

Community health partnerships:

- Walk to End Alzheimer's
- Rock River Valley Blood Drive
- RVC Golden Futures 5K Run/Walk
- Children's Book Collection & Pill Container Collection – Crusader Clinic
- Adopt-An-Angel – Christmas Gift Donations
- Rock River Valley Blood Drive

GLOBAL NURSING INITIATIVE



The COVID-19 pandemic has encouraged our Global Initiative, not delayed it.

Minami Kakuta MSN, CNL, is still meeting virtually every month with Japanese nurses across Japan. This year they have used *the Clinical Nurse Leader* textbook to study for the CNL exam. Participants include nurse managers, CNOs, CNS, PhD students and professors. Minami leads the group on a monthly basis with the goal of nurses learning from each other and promoting academic-practice collaboration.

Recently they shared some issues related to COVID-19 and discussed how other hospitals were dealing with some common issues. They also discussed how each nursing school changed its curriculum to provide education under COVID-19. It is great that OSF HealthCare and Japanese nurses can share some tips with each other as we experience together the effects of the pandemic on health care and education.

Global Initiative experiences another year of success and growth in 2019-20

Also this year, Minami was honored by being invited to speak at a quality improvement workshop at a Japanese publisher in Tokyo. More than 70 participants had signed up for the seminar that was to take place in March, but was postponed till June, and then eventually canceled due to the pandemic.

The annual visit of the Japanese faculty, which has occurred every year since 2012, also had to be canceled. Hopefully, these visits can be resumed in the near future.

SIGMA THETA TAU RECOGNIZED FOR INTERNATIONAL OUTREACH

Sigma Theta Tau International, the honor society of nursing, recognized the Saint Anthony College of Nursing chapter for its efforts to further the field of nursing in Japan through partnerships with several Japanese nursing schools.

WHEN COVID-19 CAME

Administrators, faculty and students share how their lives changed for the pandemic

Administrative Response

The COVID-19 pandemic created unprecedented challenges for Saint Anthony College of Nursing and virtually every other academic institution across the country, but with quick thinking, ingenuity, teamwork and perseverance, the College has met those challenges head on.

“Of course it was a health emergency, but it also created an education emergency,” said President Dr. Sandie Soldwisch of the global pandemic that struck in mid-March. “We needed to be able to keep our students safe and their faculty and staff safe, while still delivering a high-quality program.”

Among the biggest challenges were switching completely to online learning when schools were ordered to close and converting on-site clinical classes to virtual simulations when health care facilities began barring students for safety concerns.

The College had just gone on spring break when the global pandemic became a national emergency. Dr. Soldwisch and her leadership team spent many hours reviewing the various guidelines being issued to schools and universities, as well as monitoring the status of continuing clinical education at hospitals and agencies, making sure faculty had the support they needed and communicating all the changes to the students so they could plan for at-home learning.

“There were 100 balls in the air and we needed to make sure they went up and came down in a pretty synchronous manner,” Dr. Soldwisch said. “And this all was done within a week.”

The College extended spring break by one week for the students while faculty and staff buckled down to create virtual learning for classes, clinicals and labs.

“The biggest challenge for pre-licensure nursing students was clinical,” said Dr. Beth Carson, dean of Undergraduate Affairs. “But we have a very strong simulation program already, so we were able to adapt that to move virtually so that students were still able to complete their clinical experiences.”

She added, “What made me most proud is that overall, the students were very successful. Learning completely online was not what they wanted, but most realized the faculty

was working very hard to give them the best experience they possibly could under the circumstances.”

Nancy Sanders, associate dean of Support Services, also gave kudos to OSF HealthCare Saint Anthony Medical Center for allowing students back in as soon as possible.

“As things started to improve near the end of May, we had a handful of students who wanted to get their CNA certification, and the hospital allowed those students to come in with a faculty member who volunteered her time to make sure the students got their clinical hours over and above what they were doing in class so they could sit for the CNA exam,” Sanders said.

In the graduate program, where direct patient care hours are mandatory for boards and certification, faculty concentrated on being flexible and supportive.

“Our graduate students were frontline caregivers in this pandemic, so they were under incredible stress,” said Dr. Shannon Lizer, dean of Graduate Affairs and Research. “We granted a lot of grace periods with assignments and we made a flexible incomplete policy, so rather than stop their graduate study, they could check out for a little bit and come back later to finish up the course work.”

A survey at the end of the spring semester showed that most students felt very supported during the required switch to online learning, Dr. Lizer said.

One student wrote: “The transition was rough at first ... but my professor made changes to the syllabus that helped tremendously. As there are so many changes going on at home, work and school, I thank Saint Anthony College of Nursing for being so supportive.”

The College had an additional challenge to face when a tornado hit the campus a week before the start of the fall semester.

“We had to relocate for one week into a very tight space, but again the resilience showed,” Dr. Soldwisch said. “We continue the esprit de corps attitude, which I think is what’s getting us through all of this.”

And while many aspects of the pandemic remain uncertain, Dr. Soldwisch is confident that the College is prepared. “We know what worked and what didn’t, and we’ve taken time to analyze those things and make changes where we could,” she said. “So I think we are ready for whatever comes ahead.”

Faculty response

Spring break 2020 was anything but restful for Saint Anthony College of Nursing faculty, but they rose to the challenge created by an unprecedented global pandemic.

“It was very interesting,” said Shelley Brady, DNP, FNP-BC, an associate professor in the graduate program, about the need to make classes virtual after Gov. JB Pritzker ordered all schools to close in mid-March due to the COVID-19 crisis.

The most difficult course for Brady to move online was a health assessment lab, which requires hands-on practice. “Due to social distancing, they couldn’t seek anybody to practice on who was outside of their household, so we had to get creative,” Brady said. “Thankfully, there were a lot of older children or relatives within their households that they could use as partners.”

Brady also had to be creative in using different apps and platforms, such as FaceTime, for one-on-one instruction of the head-to-toe assessment technique. Some students live in rural areas with spotty internet access or have older computers, which made online learning more challenging.

“Doing video and some of the more complex assignments was tricky for some students, but we were able to adapt. Some used their phone to do their videos in pieces and with others, I would review them in real time via their phone. Sometimes I had class at 9 at night because that was the only time they could do it,” Brady said.

“In the graduate program, our students are nurses who worked on the frontline during the pandemic, so they were pretty stressed. As a College, we tried to be very accommodating to them, not wanting to add to their stress,” she said.

Heidi Penney, MSN, RN, CNE, an assistant professor in the undergraduate program, also focused on being flexible with her students. “We put forth the same level of difficulty of our content, but we kind of relaxed our approach so the students could learn a bit more at their own pace as we took into consideration their level of anxiety and stress over the situation,” she said.

Penney spent many hours on the phone and on Skype, FaceTime and Zoom meetings helping students stay focused and positive. “There were obviously some growing pains, but by the end of the semester most of the feedback I received from students was that it was hard and different, but they learned so much,” she said.

It was telling, she said, that her students all passed their ATI fundamentals exam with flying colors despite having to finish the semester completely online.

While students did well with virtual simulated patient care lessons, Penney knew they wanted to do hands-on patient care, so she volunteered a week of her own time after the semester ended to take 19 students to clinicals in the hospital when OSF HealthCare Saint Anthony Medical Center said it was safe to return.

“Four of us gave up our own time over a period of six days to take those students so they could get their required hours to sit for their CNA certification,” Penney said. “I think over half of them passed their CNA test and eight or 10 now have jobs at the hospital as CNAs.”

Penney said she was most grateful to the College leadership team for committing to finishing the semester and keeping the quality of education where it always has been. “I was very impressed with the College. I think sometimes you don’t realize how good you are until there’s a time of adversity,” she said.

Teresa Allen, MS, RN, who teaches graduate students and is also a DNP student in the graduate program, said students learned the importance of flexibility and adaptability through the experience.

“I kind of knew from the student perspective that being online from 8 in the morning until 3 or 5 in the afternoon was not a realistic expectation. So I only lectured for an hour, and I would offer weekend lecture time and weekend review time opportunities,” she said.

And while there is still some uncertainty of the future regarding the pandemic, Allen said, “I think we’re more prepared now for whatever happens. We have a better idea of what works and what doesn’t, and what can best benefit the students.”

Student response

Students at Saint Anthony College of Nursing were understandably anxious when the College was forced to pivot to remote learning during spring break 2020 because of the COVID-19 global pandemic, but it didn't stop their dedication to learning or their goal to become high-quality nurses.

"Overall, I think the College handled it very well. My teachers did a good job with communication and test reviews and being available to answer questions. It was all new to everybody, but I did personally feel supported by the faculty and the administration," said Molly Speers, an undergrad who will graduate in December.

Switching to online simulated clinicals instead of face to face was disappointing and challenging, but Speers said, "I feel like my clinical instructor gave us the greatest experience that she could have with online simulation. She helped us get the most out of it, and I still learned a lot in that semester."

Once students were allowed back in the hospital, Speers was able to complete a shortened four-week internship at Swedish American Hospital over the summer, which gave her personal insight into the impact the pandemic is having on health care.

"One thing I learned from last semester was how to be resilient," she said. "How to bounce back and get the job done and just keep on going. That will be an important skill to have as a nurse."

Graduate student Nathan Riggins, who expects to finish his degree in June 2023, said he initially chose to attend Saint Anthony College of Nursing because of its hybrid program, so going completely online was naturally concerning.

"I do think the College did a good job adapting to it, though," said Riggins, who's married with kids and works full-time as a registered nurse first assistant in surgery at Mercyhealth Hospital. "Everyone has been extremely flexible, which has been very helpful."

While he would have preferred to be able to meet in person, Riggins said his professors were good about responding promptly to phone calls and emails. He recalled a phone call in late April from his research professor, Dr. Shannon Lizer, dean of Graduate Affairs and Research, who sincerely asked him how he was doing.

"I said I had gotten tapped to do a different logistical process at work because of issues with PPE and other things, and I was just struggling emotionally to feel like I have the energy to focus on school while I'm trying to make sure that my family is OK and that my co-workers are OK," Riggins said. "And she very politely said to me: There's no shame in taking an incomplete, figuring stuff out and finishing this thing sometime this summer."

While he didn't ultimately need to take an incomplete, Riggins appreciated the compassion and the willingness of faculty to help students in whatever capacity they could.

"As nurses, I think we sometimes feel like we're expected to carry this burden both for patients, as well as our loved ones, and that can get hard," he said. "I think the College has done as good a job as they can in trying to alleviate some of that anxiety by understanding the pressure we're under."

Fellow graduate student Anna Downs, who's working on her FNP degree while raising a family and also working full-time as a registered nurse at the OSF HealthCare Illinois Neurological Institute, said she felt supported by classmates, instructors and the administration.

"Honestly, I feel like all of the staff has been extremely supportive of all the students and has made it known that they are quite aware that we may be homeschooling our own kids and working, so we have a lot to juggle," Downs said. "They've told us multiple times: We'll get it done. We'll get you through this. We'll figure it out. That's been from Day 1, and it hasn't changed."

Downs said instructors also have been consistently good about communicating and making sure the students have whatever they need to succeed in the class.

"It was a learning curve for all of us, but I think the College has done a great job," Downs said.

STUDENTS BOLSTERED BY EMERGENCY GRANTS

On April 17, 2020 Saint Anthony College of Nursing assured students, a process was being put into place to facilitate decisions related to the Emergency Financial Aid Grants (named Emergency Student Relief Funding for COVID-19). This funding was available to assist students with expenses related to COVID-19 campus disruption. An Emergency Financial Aid Grants task force was convened to determine eligibility criteria for awarding these funds. The task force solicited input through informal surveys of students requesting information about the impact of the COVID-19 on them and their student role. Students reported items such as:

- need to purchase new technology
- need to rent or purchase electronic educational resources or other learning packages
- disruption of study due to a need to provide childcare and eldercare (related to closure of these facilities)
- unreliable internet access which necessitated travel to a more reliable source or purchase of better internet providers
- loss of income which strained the ability to cover the costs of housing, utilities, and food

The task force reviewed the survey data, a peer college survey, and shared information from other benchmark colleges. Based on this review, the task force determined the need for this financial relief crossed the full spectrum of enrolled students. Therefore, the criteria for eligibility for this fund would be:

- Enrollment at Saint Anthony College of Nursing during the Spring 2020 semester
- Eligibility for participation in Title IV funding

Final award amounts would be based on the number of eligible students. The total available student portion of funds would be divided by the total number of eligible students.

On June 9, 2020, Saint Anthony College of Nursing received, via the Department of Education Grant's Management System, the institutional minimum student allocation for the Emergency Financial Aid Grants to Students. As of September 8, 2020, a total of \$122,756.13 has been awarded in the form of Emergency Financial Aid Grants to 261 eligible students.

STUDENT SPOTLIGHT

Elizabeth Andekian



As she works toward her DNP at Saint Anthony College of Nursing, Elizabeth Andekian has found a way to use her passion for nursing to foster a farmer wellness program in southwest Wisconsin.

“Nursing is my passion. I love caring for patients, and I just really love the human connection and the mix of helping people heal and achieve their optimal wellness so they can have a good quality of life. That’s really important to me,” Elizabeth said.

A Wisconsin native, Elizabeth worked for five years on a medical surgical unit at the VA Clinic in Milwaukee after receiving her BSN in 2009 and later her MSN (adult health clinical nurse specialist) in 2013.

After applying her nursing skills for several years at a GI center, a hemophilia treatment center and an orthopedic trauma center, plus giving birth to twin sons and two daughters, Elizabeth realized her true passion was to have direct patient care and decided to become a nurse practitioner.

“That’s what brought me to Saint Anthony,” she said. “I researched a lot of programs in the area, and Saint Anthony’s really stood out. I’ve had the absolute best experience. All of the faculty have just been so phenomenal and so approachable and so dedicated to ensuring that we become the best providers we can be.”

Through nursing, Elizabeth has developed a desire to care for rural and agricultural populations.

“My doctoral project is on farmer wellness and suicide prevention,” she said. “We treated a lot of agricultural injuries when I was working in an orthopedic trauma clinic, so that’s where my interest in agricultural populations and farmers came into play.”

For her doctoral project, Elizabeth has interviewed about 20 farmers or family members of farmers so far. Her community partner is the Southwestern Wisconsin Community Action Program, which offers programs to assist residents in five Wisconsin counties.

“I’m working with their farmer suicide prevention director to build a website that addresses some of the contributors to farmer suicide. It’s a huge problem here in the United States and globally, even more so now with the economic downturn with COVID-19,” Elizabeth said.

The website will provide information on nutrition, stress reduction, exercise and injury prevention, as well as resources that address suicide ideation, depression and anxiety.

“Some of the farmers I’ve interviewed have also been interested in doing an interview talking about how they care for themselves and how they provide self-care,” Elizabeth said.

“I think working on this project has given me a better appreciation for all the work that goes into bringing food to the consumer, and it has made me realize now more than ever how essential and important farmers are and what big jobs they have,” she said.

Elizabeth believes her doctoral research project will help her have a better understanding of farmers and agricultural populations as patients when she achieves her goal of working as a nurse practitioner at an internal medicine clinic in a rural health setting.

SISTER MARY LINUS NOVAK RESEARCH AWARD

Angela Siebold



Angela Siebold, BSN, RN, won this year’s prestigious Sister Mary Linus Novak Research Award for a research poster she presented virtually at the UIC Health Sciences Campus Rockford Research Day.

“It was a very nice surprise to be recognized for all the hard work that I put into this project, especially when everything to celebrate us had to be canceled because of COVID-19,” said Angela, who received her DNP from the College in May. “It was nice to know that other individuals appreciated the research that I did.”

Established in 2014, the Sister Mary Linus Novak 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 score technical aspects of the poster, its content, scientific merit and student presentation.

Because of the pandemic this year, posters were uploaded on a Google page for all to view with an option for viewers to type in their questions and presenters to answer, Angela said.

Her research project looked at the effectiveness of an interactive bullying education program in fourth-grade students, utilizing a program that teaches students four strategies to help advocate for themselves and peers when they encounter bullying situations at school.

“The goal of this program and my research was to increase knowledge of what bullying is and to decrease rates of bullying seen in fourth-grade students,” Angela said.

She had decided about halfway through the DNP program to pursue a career in pediatrics because that is the patient population about which she is most passionate.

“I also have three young children, currently 4, 6 and 8, and since they started school, bullying has been a concern of mine, because I have seen it lead to many detrimental effects such as depression, school performance issues, physical ailments and even suicide in very young children,” Angela said. The program she selected educates students on how to act rather than focusing on parents, teachers or other adults who often are not present when the bullying occurs.

The research included pre-testing, post-testing and six-month follow-up testing assessing knowledge of the taught strategies and self-perceived rates of bullying, victimization and fighting, as well as the students’ confidence in intervening in bullying situations.

Major findings of the project included significant reduction in student-reported bullying and victimization and a significant increase in knowledge of bullying and the taught strategies, she said. Those levels had declined after six months, however, indicating a need for ongoing education.

“Although the majority of bullying occurs when adults are not present -- often at school, on school buses or playgrounds outside of school -- primary care providers must consistently assess for bullying and associated effects,” Angela said. “I will be working in pediatric primary care and this project is extremely relevant to my career.”

A native of Cherry Valley, Angela is currently working as an OR nurse on the cardiothoracic team at Saint Anthony Medical Center where she has excelled over the past 10 years, but she has accepted a nurse practitioner position at Crusader Community Health in pediatric primary care and hopes to start there in November.

“I want to be able to apply holistic care to my patients and their families while utilizing research and evidence-based practices to ensure the best outcomes and healthy lifestyles for these individuals,” Angela said. “In the future I would love to teach and precept future nurse practitioner students.”

FACULTY SPOTLIGHT

Mary Jo Frichtl



Mary Jo Frichtl, MSN, RN, CNE, has seen many changes at Saint Anthony College of Nursing during the past two decades she has spent teaching nursing students.

"We started with an undergraduate program and then we added a graduate program and now we have a doctoral program in all different tracks. We've grown as a college exponentially. It's been wonderful to watch," said Mary Jo, who worked as a nurse for more than a decade before joining the College's faculty and is now moving toward retirement.

A native of Danville, Mary Jo knew she wanted to be a nurse from the time she was a little girl. "I've always had a heart for caring for others," she said.

After earning her BSN from Northern Illinois University in 1986, she worked with post-surgical and neurology patients at Carle Foundation Hospital in Urbana before moving to Rockford and taking a job in the Neonatal Intensive Care Unit at Rockford Memorial Hospital. She later worked on the Mother-baby Unit, Pediatrics and Labor-Delivery.

While she enjoyed the 10 years she worked as a nurse, Mary Jo felt a calling to teach and went back to NIU for her MSN before joining the faculty at Saint Anthony.

Among classes she has taught over the years are cultural/spiritual nursing and health assessment.

"I really loved the cultural, spiritual classes that I taught for about 10 years. It was a great way to bring a Christ-centered approach to patient care with the students and to help them understand from a spiritual perspective what people are experiencing and how chronic or acute illness affects them and their family," she said.

The central course she has always taught is the mother-baby class, which she loves. "I feel like all the clinical experiences I've had have come full circle, so I can share those with students," she said.

One thing Mary Jo enjoys about teaching is "working with students and seeing their confidence and experience and knowledge base grow. I get so much energy from them."

She also treasures being able to share her faith with students. "One of my favorite lines I tell them is that they should see Christ in you and you should see Christ in them. So when you care for someone, regardless of how broken they are and even perhaps decisions they've made that have had negative consequences, they're to be treated with dignity and respect, and I think that's so central to being a great nurse," she said.

Mary Jo continues to keep in touch with students she's taught over the years and especially has enjoyed taking current students to clinical sites where they work with nurses who were her students five, 10 or 15 years ago.

"It's just such a warm feeling because I've developed good rapport with them as students and that continues to flow over after they graduate," she said.

Even as she moves toward retirement, Mary Jo is continuing her own growth by working on her Doctorate in Higher Education and Student Affairs at NIU.

After she retires, she and her husband, Dennis, plan to spend time biking, camping, traveling and visiting their two grown children.

ALUMNI SPOTLIGHT

Dr. Maximilian Button



Dr. Maximilian Button, DNP, APRN, FNP-BC, has earned three degrees at Saint Anthony College of Nursing and has now returned as a faculty member to share his knowledge and help shape future nurses.

"I really enjoyed Saint Anthony as a student. It felt like family, and the instructors were very personable," said Dr. Button, who earned his BSN in 2010, his MSN in 2014 and his DNP in 2019.

A family nurse practitioner who specializes in outpatient orthopedics and occupational medicine, Dr. Button has a clinical practice at a walk-in orthopedic urgent care clinic called Injury Express at Ortho Illinois. He has worked at Ortho Illinois since 2008, starting as a registered orthopedic technician, followed by four years as a registered nurse and six as a nurse practitioner.

Dr. Button chose to go back to Saint Anthony for his DNP out of a desire to continue to grow and challenge himself by obtaining additional clinical training and clinical research, along with a more in-depth knowledge of healthcare systems.

Coming from a medical family — his mother is a retired emergency room physician and his brother is a cardiologist — his interest in nursing grew from working as an ER technician in 2002.

"Working in that very high-paced environment where life and death are very close ... I think I just got inspired and decided to pursue a career in nursing," he said. His passion for orthopedics came from working with surgeons as an ER technician.

"I was sent for orthopedic technician training at Ortho Illinois, working with surgeons for what I believe was a three-month course and going through some clinical rotations," he said. "I found out for myself I really enjoyed that aspect of nursing and medicine."

Joining the faculty at Saint Anthony College of Nursing is a natural progression for Dr. Button, who has been guest lecturing regularly for several years. Initially, he will be teaching Community Health Nursing for undergraduate students, as well as continuing to do lectures in orthopedics for DNP and MSN students.

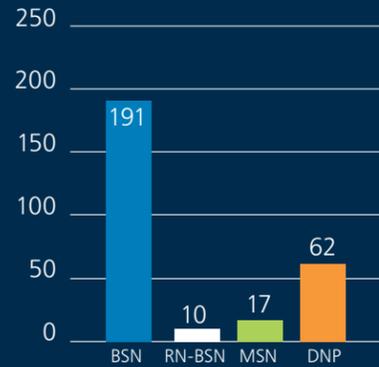
"I'm turning a new page in my career and I'm excited about it," he said. "I've found while being a guest lecturer and teaching the students that I've really enjoyed it. I've also taught some of the medical residents who would rotate through our clinic."

With the experience of someone who has earned multiple advance degrees while continuing to work full-time, Dr. Button's advice to students is to never lose sight of the ultimate goal. "Remain patient. Always be thankful for every day on this earth that we have and how lucky we are. Not everybody's lucky enough to go to school to get a bachelor's degree or master's or a doctorate degree," he said. "So I think it's a great accomplishment for everyone who's enrolled in the program."

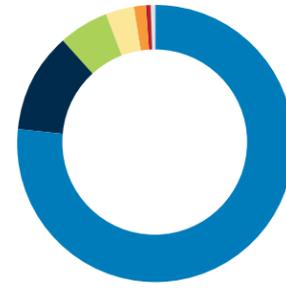
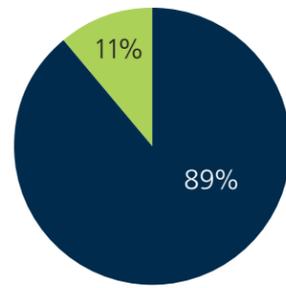
In addition to working as a nurse practitioner and teaching, Dr. Button also is a certified Illinois Department of Transportation medical examiner and a Region 1 chair for the Illinois Society for Advance Practice Nursing.

OUR STUDENTS

SACN Enrollment, Fall 2019
Total Enrollment: 280 Students



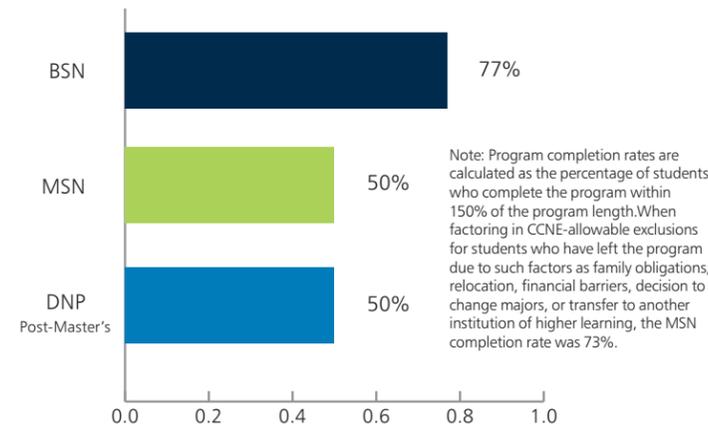
Overall Demographics



- Female
- Male
- White
- Hispanic
- Black or African American
- Asian
- 2 or more races/ethnicities
- American Indian/Alaskan Native
- Native Hawaiian/Other Pacific Islander

SACN AT A GLANCE

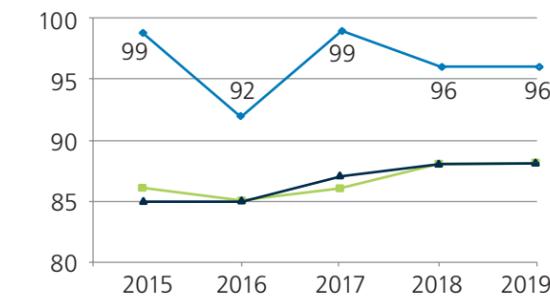
2019 Program Completion Rates



Pass Rates (1st attempt)

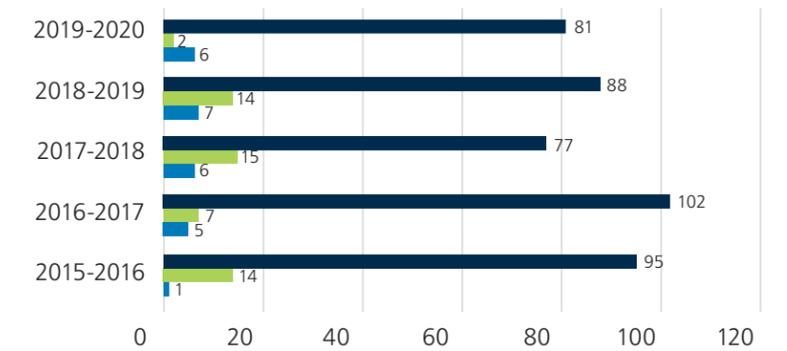
96% of BSN graduates pass their NCLEX-RN exam on the first attempt.

NCLEX-RN Pass Rates: SACN, IL, USA



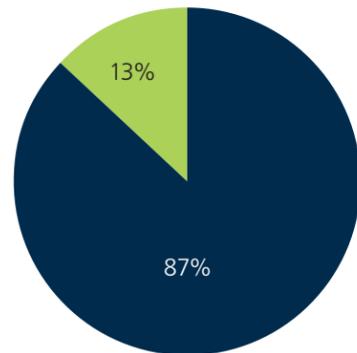
Graduation – Class Size by Degree

SACN Graduates: BSN, MSN, DNP

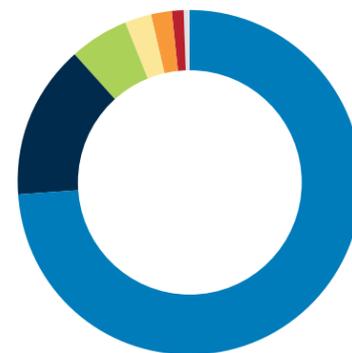


Undergraduate Demographics

Female, Male

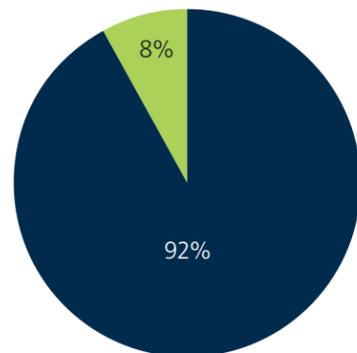


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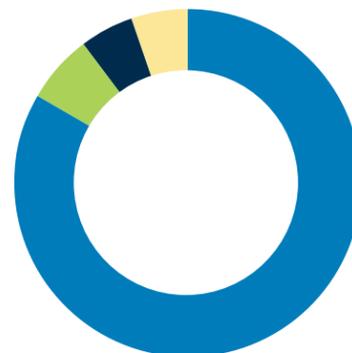


Graduate Demographics

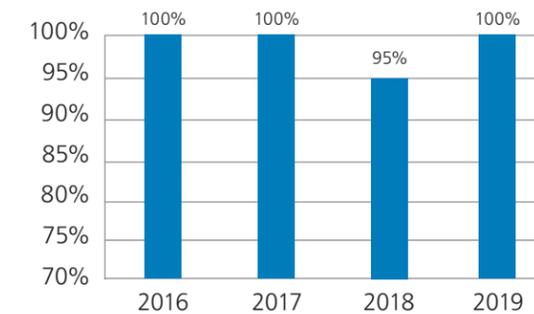
Female, Male



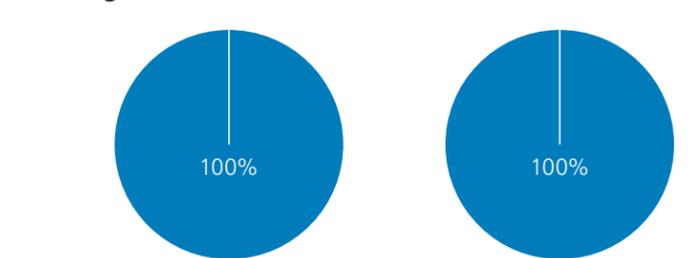
- White
- Black or African American
- Hispanic
- Asian



MSN Graduates' Certification Pass Rates



Job Placement Within One Year (2018-2019 Graduates)



Job placement rates are primarily based on alumni surveys. For 2018-2019 alumni, reporting on 89% of undergraduates and 100% of graduates.

SCHOLARSHIPS

62 scholarship recipients
\$201,802.20

Saint Anthony College of Nursing is proud to offer student scholarship opportunities through an online application system. The following institutional scholarships are made possible through the generosity of alumni, college faculty, staff and community members.

Nursing Legacy Endowment

The Saint Anthony College of Nursing Legacy Endowment Scholarship campaign was launched in 2002 and was designed to provide scholarships for future nurses and nurses that are continuing their education.

Doris and Albert Von Mörpurgo Scholarship

Doris (Stromquist) Von Mörpurgo was a 1944 alumna of the school of nursing and she led an extraordinary life. She served in the Army Nurse Corps during World War II and the Korean War and then went on to earn her bachelor's and master's degrees in nursing. Doris passed away in 2011 and bequeathed a generous gift to Saint Anthony College of Nursing that supports student scholarships.

Ina Cholke and Olga Dean Bullard Charitable Trust Scholarship

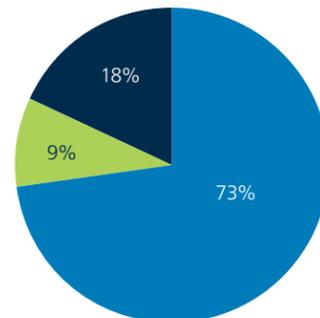
An endowment fund established by a charitable trust that provides scholarship opportunities to nurses who wish to advance their education.

FINANCIALS

Total Revenue <i>(including Federal Support)</i>	\$5,780,537
Expenses	
Salaries & Benefits	\$3,807,511
Direct Expenses <i>(e.g. maintenance, marketing, equipment)</i>	\$480,752
Indirect Expenses <i>(e.g., rent and utilities)</i>	\$958,164
Total Net Income	\$554,110

FY 20 Expenses

- Salaries & Benefits
- Indirect Expenses
- Direct Expenses



THROUGH THE YEAR

White Coat Ceremony



RESEARCH ACCOMPLISHMENTS

Posters

McLaughlin, R. Lizer, S., Kinney, K., Mosher, D. and Doughty, A. (2019, November). *Central line placement: Educating practitioners, fellows and residents*. Poster session presented at Saint Anthony College of Nursing Research Symposium.

Mosher, D. & Bartel, A. (2019, August). *Graduate nursing student's final OSCE: An opportunity for interprofessional education with undergraduate nursing students*. Poster session presented at the Nuts & Bolts for Nurse Educators, NEXT GEN LEARNING: From Critical Thinking to Clinical Judgment to NLCEX® and Beyond, Minneapolis, Minnesota.

Mosher, D. and Compton, L. (2019, November). *Using OSCEs to measure undergraduate program clinical outcomes*. Poster session presented at the AACN Baccalaureate Education Conference, Orlando, Florida.

Mosher, D. (2019, November). *A two year IPE curriculum using application and outcomes measurement*. Poster session presented at the AACN Baccalaureate Education Conference, Orlando, Florida.

Strauch, D., Lizer, S., and Doughty, A. (2019, November). *Successful strategies in preventing farmer suicide*. Poster session presented at Saint Anthony College of Nursing Research Symposium.

Articles

Dalstrom, M. (2020). Medicaid, motherhood and the challenges of having a healthy pregnancy amidst changing social networks. *Women and Birth*, 33(3), e302-e308. <https://doi.org/10.1016/j.wombi.2019.06.010>

Dalstrom, M., Chung, R. & Castronovo, L. (2019). Impacting health through cross-border pharmaceutical purchases. *Medical Anthropology*, <https://doi.org/10.1080/01459740.2019.1642888>

Dalstrom, M., Parizek, B. and Doughty, A. (2020). Nurse Practitioners and adolescents: Productive discussions about high risk behaviors. *Journal for Nurse Practitioners*, 16(2), 143-145. <https://doi.org/10.1016/j.nurpra.2019.11.021>

Klein, C., Weinzimmer, L., Cooling, M., Lizer, S., Pierce, L., Dalstrom, M. (2019). Exploring burnout and job stressors among advanced practice providers. *Nursing Outlook*, 68(2), 145-154. <https://doi.org/10.1016/j.outlook.2019.09.005>

Klein CJ, Dalstrom M, Lizer S, Cooling M, Pierce L, Weinzimmer LG. (2019). Advanced practice provider perspectives on organizational strategies for work stress reduction. *West Journal of Nursing Research*. 42(9), 708-717. <https://doi.org/10.1177/0193945919896606>

Kruse, G., Baylor, S., Thomson, P. Wagner, P. & Doughty, A. (2019). Development of a writing rubric: a failed research study yielding positive results. *Nursing Education Perspectives*, Advance online publication. <https://doi.org/10.1097/01.NEP.0000000000000547>

Lutfiyya, M.N., Chang, L.F., McGrath, C., Dana, C. & Lipsky, M.S. (2019). The state of the science of interprofessional collaborative practice: A scoping review of the patient health-related outcomes based literature published between 2010 and 2018. *PLOS ONE* 14(6), Article e0218578. <https://doi.org/10.1371/journal.pone.0218578>

Wall, K., Schneiderman, J. & Duke, E. (2019). Breaking the fast: A nutritional intervention to enhance surgical outcome. *Journal of PeriAnesthesia Nursing*, 24(3), 654-657. <https://doi.org/10.1016/j.jopan.2018.09.012>

Presentations

Lepianka, C. (2019, November). *Characteristics and health care needs of women trafficked for sex in the U.S.: An integrative literature review*. Paper presented at Saint Anthony College of Nursing Research Symposium.

Schneiderman, J. (2019, November). *Breaking the fast: A nutritional intervention to enhance surgical outcomes*. Paper presented at Saint Anthony College of Nursing Research Symposium.

Frichtl, M. J. (2019, November). *The effects of test anxiety on academic achievement: Implications for nursing education*. Paper presented at Saint Anthony College of Nursing Research Symposium.

McLaughlin, R. (2019, November). *Central line placement: Educating practitioners, fellows, and residents*. Paper presented at Saint Anthony College of Nursing Research Symposium.

Awards

Matthew Dalstrom, Rockford Chamber of Commerce: 40 Leaders Under 40 Honoree Reception recognizes Matthew Dalstrom, PhD, MPH, November 7, 2019.

SAINT ANTHONY COLLEGE OF NURSING BOARD

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Dawn Arns

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(815) 282-7900, ext. 27605

Development and donations

Ryan Duvall, Director of Philanthropy

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