

# THE PULSE

MAGAZINE

SPRING 2016

## FROM CRIME SCENE TO COURTROOM

FORENSIC NURSING BRIDGES BETWEEN  
HEALTH CARE AND LAW ENFORCEMENT

OAKLAND  
UNIVERSITY™

School of Nursing

Rochester, Michigan



### INSIDE THIS ISSUE

Domestic violence impacts society,  
not just victims

Offering essential CEUs  
for forensic nurses

Speaking out for others

# WELCOME FROM THE DEAN



Last fall, we welcomed our first cohort of students into the forensic nursing program. We have nurses who just graduated with their BSN moving into this advanced practice nursing track and nurses who have been working with domestic violence and sexual assault victims and are looking for the science behind forensic nursing.

We are excited to share more about the new forensic nursing track in the School of Nursing and have therefore dedicated this issue of *The Pulse* to this program and how it has impacted the students, nurses, school and community.

In celebration of National Nurses' Week, we'd like to honor all of the hardworking, caring and skilled nurses across the country and around the world. Here at Oakland University, we salute some of the best nurses in the state of Michigan at our annual Nightingale Awards for Nursing Excellence dinner. You will read about some of those amazing professionals here.

I hope you enjoy learning more about the School of Nursing, our forensic nursing track, and our students and community partners.

Gary Moore

A handwritten signature in black ink that reads "Gary Moore". The signature is written in a cursive, flowing style.

Interim Dean



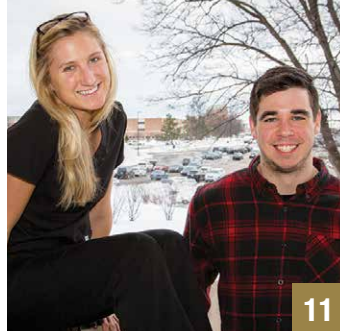




4



7



11



12

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## IN THIS ISSUE

**3 Jonas Scholar applications being accepted**

**4 Domestic violence impacts society, not just victims**

**8 First on the scene**

SON offers Michigan's first forensic nursing degree program

**10 Offering essential CEUs for forensic nurses**

Continuing education options for forensic nurses  
looking for professional development

**11 Redefine training helps change campus culture**

Program educates students on bystander intervention techniques  
to help prevent domestic violence and sexual assault

**12 Oakland University's inaugural forensic nursing class  
embarks on life-changing journey**

First class is unlocking OU's forensic frontiers

**14 SON continuing education programs on the campus of Focus: HOPE**

Focus of programming is to benefit community members in and around Detroit

**16 HAVEN and Turning Point**

Striving to end domestic violence and sexual assault

**18 Speaking out for others**

Survivor of sexual assault shares her experience

**20 Win-win**

Alum's \$200,000 CGA to fund School of Nursing scholarships

**21 News Briefs**



14



16



19

# Consider a gift that gives back



*Director of  
Development  
Colette O'Connor*

**T**he United States needs nurses. An estimated 125,000 nursing positions are open nationwide. That number is projected to rise to 1 million in the next decade. OU's School of Nursing is taking steps to address this need, and you can help. In partnership with local health care organizations, we actively recruit faculty and students for our programs.

Applications and admissions have risen by 40 percent, but much more can be done to ease the current and future nursing shortage. The development of scholarships and distinctive campus, online and satellite programs will serve as an important catalyst for future growth. This will also provide important incentives in attracting, retaining and graduating students into the ranks of professional nursing.

Please consider a gift to the School of Nursing. For more information about gift opportunities to the School of Nursing, please contact Colette O'Connor at (248) 364-8723 or [oonnor@oakland.edu](mailto:oonnor@oakland.edu).



# JONAS CENTER AWARDS GRANT

Oakland University School of Nursing (SON) received its third grant from the Jonas Center for Nursing and Veterans Healthcare and matched the grant with \$10,000 of its own funds.

This award will fund the scholarship of one doctoral nursing student in 2016. More importantly, these monies will help the SON develop new faculty professionals, combating a national faculty shortage, as well as prepare the next generation of nurses.

The Jonas Foundation scholarship allows one deserving applicant to earn a Doctor of Nursing Practice (DNP) degree at Oakland University with \$20,000 of tuition support. This Jonas Scholar will join the prestigious group of 750 Jonas nurse leader scholars at 140 schools across all 50 states plus Washington D.C. The goal of the Jonas Foundation is to increase the

number of advanced practice nurses with doctoral degrees, who can fill varied roles as primary care providers, nursing school faculty and healthcare leaders.

Interim Dean Gary Moore knows firsthand these issues. "As more and more individuals access health care, universities in the U.S. are losing excellent educators to better paying jobs in the private sector, as well as projected retirement. There is a high demand for excellent nurses, nurse leaders and nurse educators, and hiring quality instructors is critical. Thanks to organizations like the Jonas Center for Nursing, the SON will be able to educate more nurses to become nurse faculty, leaders and administrators."

The Oakland University School of Nursing Jonas Scholars will begin their graduate careers in the fall and will be supported through 2018 as they focus on critical health priorities such as patient safety, policy reform and integrative health. ■

For more information about the Jonas Scholarship, please contact Kathleen Spencer at [kwspace@oakland.edu](mailto:kwspace@oakland.edu).



Leslie Kearfott is a Jonas Scholar who is completing her DNP degree.



## CRIME SCENE TO COURTROOM FORENSIC NURSING AT OAKLAND UNIVERSITY

The MSN in forensic nursing program is 39 credit hours and includes a minimum of 420 clinical hours. The plan of study allows students to complete the program in 28 months.

The graduate certificate in forensic nursing is 18 credit hours. The plan of study allows students to complete the certificate in 16 months.

The forensic nursing program will prepare graduates to practice globally as a forensic nurse examiner with the ability to subspecialize in a specific area of forensic nursing, if desired. Graduates may practice in a variety of forensic nursing areas such as sexual assault, interpersonal violence, child/elder maltreatment, death investigation, and emergency preparedness and disaster management.

For more information, please contact Kelly Berishaj at [berishaj@oakland.edu](mailto:berishaj@oakland.edu) or (248) 370-4253.

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# DOMESTIC VIOLENCE IMPACTS SOCIETY, NOT JUST VICTIMS

Ruth Glenn, executive director of the National Coalition Against Domestic Violence (NCADV), recalls a recent uncomfortable situation when she was dining in a Washington, D.C., hotel restaurant.

When the news program on the television above the bar played the now infamous video of Ray Rice knocking out his girlfriend with a punch in a hotel elevator, Glenn said she heard a group of well-dressed men nearby laugh after one commented, "Idiot, he should've waited until they were in the room."

Glenn was mortified.

"I couldn't let it slide," she said. "I introduced myself and asked, 'What if that was your sister?'"

The episode reminded her of the work that still needs to be done.

- According to the NCADV, every nine seconds in the U.S., a woman is assaulted or beaten, and on average, nearly 20 people per minute are physically abused by an intimate partner. That's more than 10 million women and men per year.

- One in three women and one in four men have been victims of some form of physical violence by an intimate partner within their lifetime. Women between the ages of 18 and 24 are most at risk for being abused by an intimate partner.

- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.

It's not hard to comprehend the impact of domestic violence on the victim, but there's a cost to society, too. According to an Allstate Foundation study, more than

\$5.8 billion is spent each year on health-related costs resulting from domestic violence, while individuals lose nearly 8 million days of paid work each year because of domestic violence issues.

It spills out of the home and workplace into the community, with one-third of all police time spent responding to domestic disturbance calls and 57 percent of cities citing domestic violence against women and children as the top cause of homelessness.

"Some are trapped by the social networks and closed environment of a campus, while others don't know that their experience is abusive because they haven't been educated about what's right and wrong," he says. "There's also a stigma associated with reporting, and victim blaming makes it difficult to come forward."

Wyckhuys said the key to reducing sexual assault and domestic violence is to use nationally recognized best practices endorsed by the Centers for Disease Control for intervention and prevention.

All resident and peer advisers, Nightwatch staff and student-athletes receive consent training, where they are taught that "no means no." Soon, training will be mandatory for all incoming freshmen student-athletes as well as School of Nursing undergraduate students.

Wyckhuys also works with OU's Violence and Abuse Resource Consortium to create and promote campus-wide violence prevention programs and resources and provides training as requested by Greek organizations and professors.



Ruth Glenn (left), Kole Wyckhuys (right).

**"This is a public health issue. It affects individual lives, communities, workplaces and the healthcare system, but it also has an impact on a student's productivity in school. That affects the student's life later on." — Kole Wyckhuys**

College campuses are not exempt from sexual assault, either, which is often caused by intimate partner violence where the victim knows the attacker. According to the Association of American Universities, 11.7 percent of student respondents across 27 universities reported experiencing nonconsensual sexual contact by physical force, threats of physical force, or incapacitation since they enrolled at their university.

Kole Wyckhuys is the prevention education program director at HAVEN, an Oakland County nonprofit that provides shelter and support for domestic violence and sexual assault victims. He said that college students who are sexual assault victims face a number of obstacles.

"This is a public health issue," he says. "It affects individual lives, communities, workplaces and the healthcare system, but it also has an impact on a student's productivity in school. That affects the student's life later on."

Through a partnership between Oakland University School of Nursing and HAVEN, Wyckhuys helps to provide a number of education and prevention programs for students and faculty. A key initiative, redefine, is a six-week leadership training program that addresses the root causes of gender-based violence and assault, identifies signs of abuse, outlines resources and how to access them, and teaches bystander intervention.

He also conducts a condensed two-day, 12-hour version of redefine for the Crisis Volunteer Corps of campus faculty, staff and the athletic department.

"My goal is to stop something before it begins," Wyckhuys says.

"As a society, we have got to have the hard conversations about why this abuse is continuing to happen," adds Glenn. "Why are women still the targets of violent behavior?"

"Until we figure out how to engage men and boys in this conversation, we won't get further. I want men to say, 'I stand up. I will talk to other men about it.' We need to challenge ourselves as individuals to do what's uncomfortable to create change." ■



# CAMP RN AT OAKLAND UNIVERSITY

**July 18 – 29, 2016**

Get a dose of what the nursing profession has to offer. This experiential camp is open to incoming 7th, 8th and 9th grade students. Participants engage in coursework and hands-on activities. Register soon. Space is limited to the first 25 students.

For information, contact Dr. Kristina Aaron at (248) 364-8755 or [campnou@gmail.com](mailto:campnou@gmail.com).

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# NIGHTINGALE NURSES HIGHLIGHTS

For the last 28 years, the School of Nursing has been honoring some of Michigan's finest nurses at the annual Nightingale Awards for Nursing Excellence.

The awards were created to promote nursing's critical role in health care and the array of ways that nurses care for America's citizens.

Each of nine winning recipients receives a check for \$1,000, a bronze statue of Florence Nightingale and a pin. The runners-up each receive a plaque and a pin. Nominees were named by their peers, supervisors, friends or patients for their superior service and contributions in eight areas of expertise.

All of the nurses nominated showed exceptional benevolence and fortitude, so the Nightingale selection committee had a difficult task in selecting one winner and one runner-up per category. Below are just three examples of the caliber of winners being honored at this year's event.

## LISA MUMA – STAFF NURSE PRACTICE

Lisa is a nurse navigator in pediatric oncology at Beaumont Health – Royal Oak. While most people would look at a job working with children with life-threatening illnesses and their families as something that would be too painful to do, Lisa has embraced this job for more than 30 years. She consistently finds way to make the hospital stays of young people safer, happier, and she works toward increased positive outcomes.

Whether it was Lisa leaving her own Thanksgiving dinner that she prepared for her family for a child receiving in-home hospice care or her impeccable follow-up care, she is credited with the unit's nearly 100 percent patient satisfaction rate. She was recruited by a physician who headed the unit in 1983 after he was hospitalized and experienced Lisa's care firsthand. Once a nursing position opened up, he immediately asked Lisa to join their team. She is as enthusiastic about her job now as she was 30 years ago.

## DAWN CARSON – PEOPLE'S CHOICE

Amtrak made a scheduled stop in Detroit on its route from Tempe, Arizona, to Wells, Maine. At that stop, a man aboard that train collapsed from complications related to cardiac arrest. Rather than spending time together in Maine, the man's family, including his daughter Jennifer Cash, travelled to Detroit to spend more than two weeks with him at Henry Ford Hospital.

While all of the Henry Ford nurses provided excellent care for her father, Jennifer noted that Dawn Carson, RN, stood out above the rest. Her professionalism, compassion, sympathy and empathy were appreciated. The family was most grateful for her guidance as they tried to navigate through confusing and conflicting reports. Jennifer noted that Dawn was not patronizing, but explained the processes in clear, understandable terms.

Mostly, Dawn comforted the family and their hurting hearts when it came time to make some painful decisions at the end of the man's life. She became a part of their family in the MICU. Throughout the tragedy of losing someone they loved, Dawn was able to provide the family what they needed. Her nurturing and compassionate spirit led the way as she treated the grieving family as if they were her own. She left them feeling relieved and thankful.

## COLLEEN SCHULTE – NURSING IN THE COMMUNITY

Colleen is the lead lactation mentor in the Mother Nurture Lactation College (MNLCL) at St John Hospital and Medical Center. Colleen began her work with Mother Nurture Project in 2010 and collaborated to develop the MNLCL, which opened in 2013. She recognized the need for educated, qualified certified lactation consultants who are diverse and represent the population they serve.

Continued on page 19



# FIRST ON THE SCENE

## SON offers Michigan's first forensic nursing degree program

When one hears the term “forensic nursing,” television shows like *CSI: Crime Scene Investigation* may come to mind. Away from the silver screen, however, nurses with a degree in forensic nursing may sometimes work with law enforcement, but their first responsibility remains taking care of patients.

“The definition of forensic nursing is nursing practice when health care and the legal system intersect,” says Kelly Berishaj, a special instructor and Oakland University’s School of Nursing (SON) Forensic Nursing program coordinator.

“We provide care and services for patients who are victims, suspects or perpetrators of violence or crime. As nurses, we know the human body the best, and as forensic nurses, we use our specialized education to collect evidence from the body and document our exam findings which may be later used in a court of law.”

Only a handful of schools across the country offer academic programs in forensic nursing, and Oakland’s SON is the first such program in Michigan. In the SON’s program, which began in September 2015, nurses can earn a Master of Science in Nursing-Forensic Nursing over the course of 28 months. A graduate certificate option is also available.

The foundation courses mirror that of other MSN degrees. However, the 18 specialty credits exclusive to the forensic nursing program are what makes this education unique. These credits include education in the foundations of forensic nursing science, death investigation, sexual and interpersonal violence, child and elder maltreatment, and emergency preparedness and disaster management.

With a minimum of 420 required clinical hours, the program concludes with an immersion experience where graduate students have the opportunity to work one-on-one with a forensic nurse,

advanced practice nurse, physician or other forensic specialist in the subspecialty in which the student wants to focus his or her future practice.

Forensic nursing is a specialty that’s in demand – according to a SON survey, 60 percent of those who were in a position of hiring stated they would be more likely to hire a nurse with a degree in forensic nursing.

“The clinical emphasis is important because we want our students to help advance the specialty of forensic nursing. We encourage them to continue on for their Doctorate of Nursing Practice (DNP),” Berishaj says. “All 420 of those clinical hours can be applied to their clinical doctorate.”

Armed with advanced skills, graduates with a Master of Science in Nursing-Forensic Nursing degree have many career options upon completion of the program. Some may choose to remain in the job they have, especially if they work in an area with forensic implications such as a hospital Emergency Department where the additional education will be a particular asset. The degree also prepares nurses for jobs in public health, law firms or prisons, or in areas with high forensic implications – geriatrics, women’s health, pediatrics, etc. The master’s degree also prepares graduates to serve as educators or in a leadership position such as an administrator or manager.

“With this degree, you could be a change agent that is incorporating all this knowledge into practice and bettering the care of patients,” Berishaj says.

Regardless, she adds, forensic nursing is a specialty that’s in demand – according to a SON survey, 60 percent of those who were in a position of hiring stated they would be more likely to hire a nurse with a degree in forensic nursing.

“Forensic nursing education is applicable to a variety of settings,” Berishaj says. “While not every nurse is a forensic nurse, almost every nurse will encounter patients with forensic implications.” ■

By Amy Lynn Smith





Back row: Stephanie Vallie, Kimberly Holka, Margaret Glembocki  
Front row: Kelly Berishaj



# OFFERING ESSENTIAL CEUs FOR FORENSIC NURSES

Kelly Berishaj is a certified forensic nurse and sexual assault examiner for the adult/adolescent population who, like other nurses, must have 25 hours of continuing education units (CEUs) every two years to maintain her nursing license.



Furthermore, because Berishaj is certified in forensic nursing, she requires additional CEUs to maintain the specialty certifications.

To obtain forensic nursing education and the accompanying CEUs, Berishaj has travelled all over the country – from Arizona to Florida and a few places in between – because forensic nursing education isn't readily available yet for this small but growing specialty.

She's working with the Oakland University School of Nursing (SON) to change that.

Berishaj is the program coordinator and special instructor for the school's budding forensic nursing program. She also works as a forensic nurse examiner at both Turning Point, a Macomb County organization that provides services to

sexual assault and domestic violence victims, and in the sexual assault nurse examiner program at Sparrow Hospital in Lansing.

"Formal forensic nursing education – particularly from an academic institution – is difficult to obtain because the specialty is still so new. There are not many forensic nurses who hold graduate degrees and are thus able to teach at the university level. We

are extremely fortunate to have four faculty members in the school of nursing at OU who have received forensic nursing education and training. We're continuing to work to leverage that experience for nurses interested in this growing specialty," Berishaj says.

In addition to offering an MSN in forensic nursing and a graduate certificate program, the SON currently provides several continuing education courses and is in the process of developing others.

The centerpiece course, Sexual Assault Nurse Examiner-Adult/Adolescent (SANE-A) training, is a 40-hour CEU course that is held twice a year in April and November in partnership with Turning Point's forensic nurse examiner program. The five-day course provides the required

didactic content needed to enter into clinical practice and become certified as a sexual assault nurse examiner for adults and adolescents. The school offers similar training for pediatrics, as well.

In November 2015, visiting guest speaker Virginia Lynch, known nationwide as the founder of forensic nursing as a scientific discipline, presented at Oakland University on the impact of forensic nursing in the healthcare community. Nurses who attended received CEUs without having to leave their home campus.

In addition, the school offered a two-day photodocumentation course led by a professional photographer who taught forensic nurses the specifics on digital cameras to document wounds, injury or trauma. Participants learned about shutter speeds, camera aperture, ISO, and other hardware specifics in addition to lighting, close ups and shooting angles.

SON leaders plan to expand the CEU program next year by collaborating with Sigma Theta Tau International - Theta Psi Chapter, the nursing honor society, to host a multiday forensic nursing conference offering several continuing education credit opportunities. There are also plans to offer CEU courses in documentation, legal testimony and legal nurse consulting.

"Forensic nursing is on the rise. We're fortunate to be ahead of the trend and since we are, we need to be leaders in educating future forensic nurses," Berishaj says. "That's our goal for the next few years." ■



Left: Stephanie Thomas, President, and Zach Rabideau, Vice President for Grizzlies Against Violence.

Right: Oakland students receive their certificates of completion after the six-week course.

## REDEFINE TRAINING HELPS CHANGE CAMPUS CULTURE

Students don't necessarily arrive on campus armed with the tools and knowledge they need to create and maintain healthy relationships and intervene safely on behalf of others if they are in an unsafe situation.

To help students develop these skills, a group of Oakland University students formed Grizzlies Against Violence, an organization dedicated to creating and supporting a culture change that will end gender-based, sexual and interpersonal violence. The group sponsors and promotes awareness events and educational programs, including the redefine leadership-training program.

redefine is led by Kole Wyckhuys, the prevention education program director at HAVEN, an Oakland County nonprofit that provides shelter and support for domestic violence and sexual assault victims. The program involves six weeks of bystander intervention training with the goal to motivate student leaders to play a central role in ending violence and sexual assault on campus.

"We need to change the campus culture by getting men and women working together to create awareness for this problem," says Stephanie Thomas, a junior health science major and president of Grizzlies Against Violence.

Thomas, who has been trained through redefine and helps organize the program offered twice a semester, said the training helps participants better understand the problems unique to college campuses and learn how to intervene to prevent them. Each week covers a specific topic:

- Week 1: Gender-based violence
- Week 2: Bystander intervention and partner violence
- Week 3: Culture of consent
- Week 4: Social environment
- Week 5: Media literacy
- Week 6: Creating change

After each week's instructions, participants break into smaller groups to discuss assigned reading, or to review typical scenarios and discuss the best ways to intervene.

"The program teaches us how to deal with obstacles to intervention so that they become small hills, not huge mountains," Thomas says.

Getting men to participate can be a challenge, Thomas says. "No male wants to be linked to a program about sexual assault, but once they get the facts and see the raw truth, they know that they don't want to be associated with that culture of violence. It really opens their eyes to the problems."

"We're working to promote a culture that doesn't support any kind of violence, harassment or bullying," says Kelly Berishaj, a special instructor in the School of Nursing and the academic adviser to Grizzlies Against Violence who helped bring the redefine training to OU's campus.

Thomas says that professors support that goal by making the training a course requirement or by offering extra credit for students who complete the program.

"We all need to be reprogrammed so we can change the culture. It's reassuring to see the campus-wide support for making this happen," says Thomas. ■





Pictured (left to right) - Anderia Jackson, Karrie Brown, Brynn Rosbury, Liana Giovanatto, Julie Carroll, Jaclyn Iacona, Kelly Berishaj, Mary Lantz, Angela Miserlian, Stephanie Johnson, Brenda Bannon-Wade, Elizabeth Milan and Cheryl Klinkner.

## OAKLAND UNIVERSITY'S INAUGURAL FORENSIC NURSING CLASS EMBARKS ON LIFE-CHANGING JOURNEY

**First class is unlocking OU's forensic frontiers**

Stephanie Johnson (BSN '14) remembers the moment she discovered her future. At freshman orientation she overheard a fellow student mention that she'd like to be a forensic nurse. Curious, Johnson researched the specialty and found that it involved treating patients who are victims of violence and trauma while collecting evidence that might be needed to prosecute a crime. She also discovered the field combines two of her passions: comforting vulnerable populations and protecting the truth.



As Johnson prepared to graduate, she heard rumblings of Oakland University adding a forensic nursing master's program and a certificate program, making it the first in Michigan to have such a graduate program and only one of a handful in the nation.

"I couldn't believe it was in my own backyard," says Johnson, a registered nurse at Beaumont Hospital-Troy, where she works on an orthopedic unit. "I knew I wanted to get my master's degree eventually, and this addition to OU made it an easy decision for me to enroll now rather than later."

Johnson is one of 12 graduate students in OU's first cohort of forensic nursing. To earn her degree, she will complete 39 credit hours with a minimum of 420 clinical hours. She will finish the program in 28 months in December 2017.

Joining her is classmate Karrie Brown, who has spent the past 22 years working as an emergency room nurse, currently as the trauma program manager for St. John Hospital and Medical Center in Detroit.

"This is pretty ground-breaking, to be a part of the first group and for it to be the first university in Michigan with it," says Brown. Indeed, Brown already performs many forensic tasks, like taking DNA samples from rape survivors, but she wanted the theory and education to back up her practice.

"Having a degree gives me credibility and it tells people that I know what I'm doing," says Brown, who received her BSN from University of Detroit-Mercy in 2012 and her nursing diploma from a Canadian school in 1994.

Brown is one of three master's students who already work in forensic nursing, which helps add to classroom discussions, says Kim Holka, an SON instructor with extensive training in advanced public health – one of the foundations of forensic nursing.

"They all have experiences or encounters that they like to share with the entire group, so they learn from each other and they build each other up," Holka says.

One such contribution came from Brenda Wade, who currently treats patients at Turning Point in Mt. Clemens, Michigan, a center that helps victims of domestic abuse or sexual assault.

"Some guy who had badly beaten a woman said he wasn't there," Wade says. "I found a piece of glass in his hair, which was a brush cut, three days after the incident that matched the broken window in her apartment, putting him at the scene. What we do helps people know that they are believed, and that's life changing."

Wade enrolled in the master's program because, as she says, "there is so much more that I don't know."

Classmate Cheryl Klinkner says she feels the same way. Her studies have already impacted her job as a trauma program manager, where she helped to open the Level III trauma center in February at Spectrum Health's Blodgett Campus in Grand Rapids, Michigan.

"We are adding forensic evidence collection information to our trauma cart, and I feel like it's made me a better sexual assault examiner," Klinkner said.

Dr. Kelly Berishaj, SON's forensic nursing program coordinator, is already reviewing applications for the second cohort looking for more people like Klinkner, Wade, Brown and Johnson. She expects the interest in the program to grow this year as word spreads about OU's unique program.

"No one is going to choose this degree unless they are extremely passionate and committed to caring for vulnerable patients. That means we attract a unique group of students who are so innovative and inspiring that we are learning just as much as them, because they are so passionate about the cause," she says.

Angela Miserlian (BSN '13) has become more passionate about looking for signs of abuse or neglect in the elderly population – the majority of her patients – where she works as a registered nurse on the cardiac progressive unit at Beaumont Hospital's Royal Oak campus.

"The classes have made me a better nurse," she says. "I've learned about so many resources to turn to if I notice neglect or abuse in a patient from an extended care facility."

Furthermore, fellow nurses, who know about her forensic courses and her penchant for CSI-type television shows, invite her in to their patients' rooms to be a second pair of eyes when they suspect abuse.

"I found my niche," Miserlian says. ■



Angela Miserlian and Brenda Wade (right).

# CONTINUING EDUCATION LOCATION OPENS IN DETROIT

Recently, Oakland University students, faculty and staff celebrated a new beginning for the School of Nursing continuing education programs with an open house at their new location, the Focus: HOPE campus in Detroit, Michigan.

The open house provided an opportunity for the School of Nursing to celebrate its partnership with Focus: HOPE and share the tremendous potential the collaboration has to expand access to nursing education to Detroit-area residents. The open house celebration featured guided and self-guided tours of the newly renovated classrooms and lab space.

Those attending the event included Oakland University President George W. Hynd; Focus: HOPE CEO William F. Jones, Jr.; Interim Dean of the School of Nursing Gary Moore; Pontiac Mayor Deirdre Waterman; city officials; and many representatives from local community organizations.

Teresa Rodges, executive director of the School of Nursing continuing education program, thanked leaders and staff for their support as well as the Focus: HOPE staff, whose hard work made the open house possible. With this year's launch of the Licensed Practical Nursing (LPN) and Certified Nursing Assistant (CNA) programs, Oakland University hopes to enroll nearly 200 students in the upcoming year. The LPN and CNA programs offered at Focus: HOPE will help address the growing nursing shortage facing Michigan and the U.S. ■

**For more information about these programs, call (313) 494-4653.**







Oakland University President George Hynd and Focus: HOPE President William Jones shared their excitement about the collaboration between the SON and Focus: HOPE at the open house last fall.



# HAVEN AND TURNING POINT STRIVE TO END DOMESTIC AND SEXUAL VIOLENCE

Crisis hotlines. The posters and placards are in nail salons, in the bathrooms of restaurants and bars, at health care provider offices and in schools and universities.

The tear-off phone numbers might not be any larger than two postage stamps, but the call can make a huge difference by connecting anyone to HAVEN or Turning Point, Oakland and Macomb County nonprofit programs that educate and assist those affected by domestic violence and sexual assault.

And while it might seem odd that crisis hotline information turns up when you close the bathroom stall at a sporting event, for those that need help this information can be life saving.

## HELP IN A CRISIS

Crisis and support hotlines are available 24/7 to meet the needs of clients. HAVEN and Turning Point provide services to Oakland and Macomb county residents. Both organizations offer immediate and step-by-step instructions to help those who are physically hurt. Anyone may call these hotlines, including victims, family, friends or other concerned individuals. Last year, HAVEN fielded more than 6,200 calls to its hotline. Turning Point reported more than 11,000 calls in 2014 (2015 data for Turning Point was not available at the time of publication).

Founded in 1975 and originally based in Royal Oak, HAVEN's mission is to eliminate sexual assault and domestic violence and empower survivors through advocacy and social change in and around Oakland County. Last year, the group opened a new complex, The Family Justice Center, on six acres at Telegraph Road and Vanguard in Pontiac. The center includes a 55-bed emergency shelter and houses a counseling center and forensic exam site. HAVEN also continues to operate its Royal Oak facility.

For the last 35 years, Turning Point, based in Mount Clemens, has provided shelter and support to more than 26,000 individuals fleeing domestic violence. Its mission is to provide programs and resources that enable victims/survivors of domestic violence and sexual assault to regain control of their lives.

Similar to HAVEN, Turning Point's services include individual counseling and support groups, developing a safety plan to reduce risk of harm to an individual and children, and a 52-bed emergency shelter for Macomb County.

Both programs provide a safe harbor to approximately 400 adults and children annually. HAVEN and Turning Point also offer a legal advocacy program to assist with obtaining personal protection orders, inform victims of their rights, and will often accompany a survivor to court for support.

## ALL TOO COMMON

Who are the victims of sexual assault and domestic abuse? The short answer is "anyone," says Renae Diegel, Turning Point's regional forensic nursing program administrator of clinical forensic nursing services.

"Anyone," according to statistics from the Rape, Abuse and Incest National Network (RAINN), includes one in six women and one in 33 men who are the victims of sexual assault, and one in four women and one in seven men who are the victims of partner abuse.

Kole Wyckhuys, Prevention Education Specialist at HAVEN, takes these statistics seriously. Notions that the victim is responsible, or that this happens only

among certain sectors of society, are misconceptions.

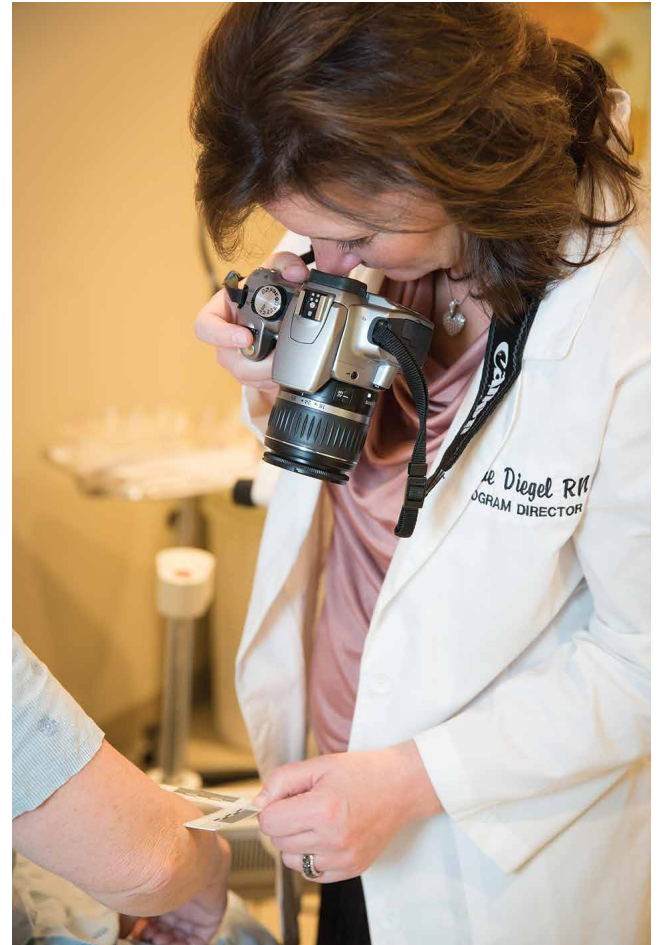
"It cuts across all socioeconomic levels. There is a lot of victim blaming, but the only person at blame is the one who perpetrates violence," he says, "The most important thing to know about sexual assault survivors is how to help them. What I mean by that is if someone tells you they were assaulted, it is really important to say, 'I believe you and it's not your fault.' Give them the courage to step forward."

## SEEK IMMEDIATE HELP

One of the most critical services that HAVEN and Turning Point offer is provided by forensic nurse examiners, part of what is nationally known as Sexual Assault Nurse Examiner (SANE) programs. When an individual contacts the crisis line, a forensic nurse and/or patient advocate will arrange to meet victims at the clinic, hospital or wherever is deemed best for the situation.



HAVEN educator Kole Wyckhuys



Top: Renae Diegel, Turning Point's regional forensic nursing program administrator of clinical forensic nursing services.

Right: Diegel gathers photographic documentation of a patient injury.

Lower left: Gail Lippert, Turning Point forensic nurse examiner program director.



Diane Zalecki Bertalan, program director of HAVEN's Safe Therapeutic Assault Response Team (START), explained the primary job of the forensic nurse. "As medical forensic nurses, our job is to collect evidence for the investigation," she says. "We have advocates who work with clients so they understand what their rights are, and if the case goes to prosecution, we serve as expert witnesses."

While referrals often come from law enforcement officers, their presence is not essential when the forensic nurse is involved. "Police officers can be out investigating the crime and know that injuries will be documented and evidence will be collected and secured properly," says Diegel.

### GATHERING EVIDENCE

Forensic nurses assist any victim of sexual assault – male or female – who reports the crime within 120 hours of its occurrence. Nurses provide evidence collection from both victims and suspects.

"If there has been a sexual assault, and law enforcement has someone in custody, we will examine the suspect, as he or she is a second crime scene. We will look for evidence on their body," says Diegel.

Both centers have 10 to 12 forensic nurses on call who provide first response care to victims of sexual assault. Forensic nurses from both programs are called upon for approximately 400 cases annually, and will respond to any type of abuse, including children or elder abuse, and complete all the injury documentation.

### VALUABLE SERVICE

The services that the centers provide are free, but must be made by appointment through the crisis hotlines. Oakland University's School of Nursing's (SON) new forensic nursing track partners with both programs, offering opportunities for student nurses to train with their staff and clients.

"We are at the tip of the iceberg of what forensic nursing can do," says Diegel. "It is incredible that OU has the only forensic nursing master's program in Michigan. There really is no other one like it in the country."

Consent training and prevention programs provided at OU go beyond nursing students to include student-athletes, residential advisers and the broader student body. HAVEN and Turning Point also have community outreach that extends into elementary, middle and high schools to teach children about domestic abuse and teen dating violence.

Funded through a combination of grants, donations and state and county funding, HAVEN and Turning Point operate multi-million dollar budgets, utilizing a network of volunteers who log more than 15,000 hours annually for both programs. ■

### CRISIS HOTLINES

**Oakland County HAVEN**  
Toll-free (877) 922-1274

**Macomb County Turning Point**  
(586) 463-6990



(Photo: Shutterstock)

## SPEAKING OUT FOR OTHERS

As a midnight shift respiratory therapist, Dawn Sobczak has seen her share of trauma, but she's also witnessed enough of her own.

The memories of this trauma returned when she was 35 and making dinner with her husband and children. Sobczak received a phone call – a cousin claimed to have been molested by Sobczak's father.

The salad bowl fell to the floor, a primal scream followed, and within six weeks, she was in a psychiatric facility for suicidal ideation and major depression.

"It was like Pandora's box had been opened," says Sobczak, who says she was likely abused from ages 7 to 18.

Forensic nursing was not a standard more than 40 years ago when Dawn was sexually abused, nor would she have likely accessed the services through programs such as Turning Point or HAVEN as she had no memory of the assaults until the phone call.

After inpatient and outpatient therapy, she eventually sought help from Turning Point's counseling service for post-traumatic stress disorder and major depression.

"I was having flashbacks and horrible nightmares because I had disassociated all this as a child," she says, noting that major depression took a toll on her own family, including a divorce and the loss of her job. "Honestly, I had never heard of Turning Point and did not know anything like it existed."

Sobczak credits the Macomb County domestic violence and sexual assault service agency for providing free counseling to her and helping her regain control of her life. She's also witnessed the growth of forensic nursing practice in the ER and ICU.

"They are there with the patient – and I do not mean only for the physical or anatomical nursing duties. They are there for that woman or man that has just been damaged to the core," says Sobczak, now 56, who works for the St. John Health System.

In addition to one-on-one counseling, it was the support groups and yoga classes at Turning Point that helped Sobczak to express her long-suppressed feelings. She began painting and bringing her artwork to therapy sessions to aid in piecing together her thoughts and memories.

Turning Point helped arrange a venue for her first art exhibit, an opportunity to tell her story in hopes that it will help other survivors of sexual and domestic abuse.

She's now a member of Turning Point's Survivor Speaker's Bureau and works to raise awareness of domestic abuse and sexual violence in the community.

"I believe it is a lifelong journey," she says. "I was able to shed the shame, and I tell other survivors that we are innocent, we are strong, and we can find freedom and peace."

When survivors seek help, Sobczak's advice to healthcare professionals is to believe people when they say they have been assaulted and show compassion. "I know it's hard, but don't be judgmental. You don't know what they are going through."

While she continues to see a rise in public awareness, there is still much to do. "I think what the public gets wrong is that somehow it's the victim's fault, and not understanding that it is such a deep wound. It literally takes years to find your freedom from that prison," she says. "It changes you forever. I don't think people realize that."

"I'm now on the other side, and actually putting together something beneficial with Turning Point and the community," she said. "Without Turning Point, I know I wouldn't be here." ■



# FOUNDER OF FORENSIC NURSING AS A SCIENTIFIC DISCIPLINE SPEAKS AT OU

Every two minutes, someone in the United States is sexually assaulted. Most offenses are committed by someone known to the victim. The specialty of forensic nursing is changing how incidents of sexual and interpersonal violence are viewed in society and managed in healthcare.

As founder of forensic nursing as a scientific discipline, Virginia Lynch, MSN, RN, FCNS, FAAN, FAAFS, helped to create the specialty known as forensic nursing and has paved the way for forensic nursing practice across the globe. Oakland University School of Nursing, with sponsorship by Sigma Theta Tau International – Theta Psi Chapter, brought to the Oakland University campus a talk entitled *An Evening with Virginia Lynch: Forensic Nursing's Impact on Healthcare*.

Lynch spoke of her time as a nurse when she worked with patients who were victims of violence and how she discovered that the perpetrators were rarely charged or convicted of their crimes. This was mostly due to lack of evidence. This missing evidence, although collected, was being inadvertently thrown out after physical examinations of victims rather than going to law enforcement agencies.

This prompted Lynch to pursue a change in practice, which ultimately led to a new nursing specialty. Forensic nursing helps bridge the gap between the health care and legal systems to achieve better health and legal outcomes for victims of violence. Lynch also shared her experiences that have shaped the history of forensic nursing, as well as her views on forensic nursing's impact on today's evolving healthcare system.

Kelly Berishaj, coordinator of the forensic nursing program at Oakland University School of Nursing, was thrilled to bring Lynch to campus. "Virginia Lynch is a hero and mentor to many," Berishaj says. "Having her present to share her wisdom and knowledge with nurses and other professionals who work with victims of violence is a once in a lifetime opportunity." ■



## NIGHTINGALE NURSES Continued from page 7

Her primary goal for the MNLC is to engage more community members in breastfeeding support using the 10 steps to successful breastfeeding promoted by the Baby Friendly Hospital Initiative sponsored by the World Health Organization and UNICEF.

Colleen was also integral in creating an outpatient breastfeeding clinic, the first of its kind in Michigan. She helped author and implement the multimillion dollar Mother Nurture Project grant. She was also a key member of the Baby-Friendly Task Force that successfully navigated

St. John Hospital and Medical Center to baby-friendly designation, the first hospital in Detroit and the second in the state to achieve that designation.

Additionally, her efforts included developing a curriculum in partnership with Henry Ford Community College, creating tools for evaluation, implementation and administering mentorship to inexperienced women so that they can be successful. The program has spread to two other sites in the health system and is being used by the state of Michigan WIC. ■





## WIN-WIN

### Alum's \$200,000 CGA to fund SON scholarships

It pained alumnus Dale O'Hara to see his friend Carol Ann Weber, a single parent, struggle to complete nursing school while juggling other responsibilities in her life. When she died before she could get her nursing degree, O'Hara vowed that when he could, he would establish a scholarship in her memory to lessen the struggle for others in similar situations.

He followed through.

In 2007, O'Hara established the Carol Ann Weber Scholarship Endowment for a student in the School of Nursing (SON) that will generate a \$1,000 award for tuition to a deserving nursing student every year.

Touched by the difference it has made for recipients he meets when the scholarships are presented each year, O'Hara has taken his generosity and affection for OU to the next level. The business analyst for a Detroit-area manufacturer made a gift of \$200,000 toward a charitable gift annuity (CGA) to support a scholarship endowment.

"I don't have any children, so I thought I would help other people's children attend my alma mater," he says.

With a CGA, the donor makes a financial gift to the University through a transfer of assets such as cash or stocks and then draws a retirement income from those funds. The donor also receives a charitable tax deduction, which makes this option especially appealing. Specifics that include the rate of return on fund investments and start date for payments to the donor are locked in when the donor and the University sign the contract.

"This means donors can plan for their future knowing exactly how much their fixed payments will be for the rest of their lives," says Colette O'Connor, major gift officer for School of Nursing.

"It's a win-win-win," O'Hara said. "I can plan for my retirement knowing exactly how much I will receive from the annuity and when. The school benefits from investing the funds, and students will get help paying their tuition."

Upon his death, OU will begin awarding the Dale R. O'Hara Nursing Scholarship from the remaining CGA funds.

O'Hara won't be collecting annuity payments any time soon, though. He plans to work a few more years before retiring.

"When I do, I'm going out then in a blaze of glory," he confesses. "The day I retire, I'm getting a limousine and a tuxedo."

His CGA will be waiting for him along with his limo driver. ■

*By Sandra Beckwith*



## NEWS BRIEFS



### CAMPUS FLU CHALLENGE

The Oakland University School of Nursing (SON) worked with Nancy Jansen, NP, and the Graham Health Center (GHC) to participate in the Michigan Department of Health and Human Services (MDHHS) college and university flu vaccination challenge.

Together, SON and GHC provided 14 “fluappaloosa” clinics at various sites on campus where they administered free vaccinations to more than 300 students.

The free vaccinations were provided for by a generous grant from Student Affairs and Alana’s Foundation, a nonprofit foundation established as a result of a family’s loss of their 5-year-old daughter, Alana, to influenza in 2003.

Jansen worked with two SON faculty members, Stephanie Vallie and Kathleen Spencer, to coordinate and supervise the students at these events. The flu vaccination clinics allowed nursing students who have been validated in IM injections to provide flu vaccinations. The nursing students were able to administer injections and nasal mist variations.

Vallie was impressed with Jansen’s tenacity and staff support. “Nancy Jansen has been instrumental to the success of these clinics. Without her diligent efforts and those of her staff, these clinics would not have been possible,” says Vallie.

At the time of press, Oakland was in second place in the MDHHS flu vaccination challenge for medium-sized schools. The challenge involves getting students to report that they received the vaccination by answering a four-question survey. ■

**For more information, visit [michigan.gov](http://michigan.gov) and search “campus flu challenge.”**

### CONGRATULATIONS TO THE NURSE ANESTHESIA PROGRAM

In March 2016, *U.S. News & World Report* released its rankings announcing that the Oakland University – Beaumont nurse anesthesia program was once again ranked in the top 20 master’s/doctorate programs in nurse anesthesia in the nation. Over the last five years, the first-time certification exam pass rate was 92 percent, and 100 percent of graduates gained employment within three months of completing the program.

Graduates of this program are employed in all practice models, ranging from rural and independent practice to team models in major academic medical centers across the country. ■



### FORGOTTEN HARVEST

School of Nursing’s nurse anesthesia students spent a part of their spring break at Forgotten Harvest in Oak Park, Michigan, as a part of their wellness initiative. For their project, students wanted to help the community and were subsequently able to prepare enough food to feed more than 9,000 people. The students reported that they enjoyed their experience and are making plans to return to Forgotten Harvest again in the future. ■



### LATEST PRESENTATIONS AND PUBLICATION

Goudy-Egger, L. and Dunn, K. “Wound care: Turning the page in clinical practice” Accepted as poster presentation at the Symposium on Advanced Wound Care held in Atlanta, Georgia, in April 2016.

Scardillo, J., Dunn, K. and Piscotty, R. “Exploring the relationships between resilience and ostomy adjustment in the adult with a permanent stoma.” *Journal of Wound, Ostomy and Continence Nursing*. (2016).

Dunn, K. and Riley-Doucet, C. “Applying high-impact practices and complexity theory to design new simulation models to improve care for complex patients.” Poster presentation at MNRS 40th Annual Research Conference in Milwaukee, Wisconsin. (March 2016). ■

# THE PULSE

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visit [oakland.edu/nursing](http://oakland.edu/nursing), email [nrsinfo@oakland.edu](mailto:nrsinfo@oakland.edu) or call (248) 370-4253.

