



ODU STUDENT NURSES LEAD STOP THE BLEED TRAINING

BY BRANDON SPARRER, SENIOR BSN STUDENT AND STB COORDINATOR

Do you know what to do if you encounter someone with life-threatening bleeding? Accidents can happen at home, on the road, even in the workplace, and it is important to know how to act and have the supplies needed to save a life. Stop the Bleed (STB) is a national awareness campaign focused on educating the public about the signs of life-threatening bleeding and how to manage it outside of the healthcare setting. Nursing students at ODU have taken strides to teach the skills necessary to aid in saving lives by offering STB training throughout the community.

The initiative started as one senior student's Nursing Honors project. Three years later the program was expanded when faculty members Janice Hawkins and Lynn Wiles received a \$2500 grant from the National Student Nurses' Association to develop student leaders who would serve as trainers for STB. Senior BSN students Brandon Sparrer and Heather Killion stepped up as the leads for this project, organizing training sessions and assembling STB kits.

Grant funds were used to buy supplies for STB kits that were provided to training session participants. The STB kits, which cost less than \$15 each when made in bulk, include a combat application tourniquet, hemostatic gauze, scissors, gloves, a sharpie, and a how-to picture guide outlining how to use the tools in the instance that life-threatening bleeding occurs. "We had been training people but, knew that the follow-through to purchase kits didn't occur," says STB faculty coordinator, Lynn Wiles. "Providing the kits to participants allows them to be ready to make a difference."

STB leaders Sparrer and Killion developed their leadership skills by first coordinating a practice training session with a certified paramedic who teaches STB. They assembled the teams needed to teach courses throughout Hampton Roads and coordinated STB training sessions with site and faculty trainers, compiled training rosters, created certificates for training participants and, tracked courses on the STB organization website. They learned the value of teamwork, collaboration, and delegation.

The STB student and faculty teams provided the training to faculty and students at Old Dominion University as well as at local schools and community groups. Nearly 300 people have completed STB training led by ODU student nurses. Most recently, STB training sessions were offered to nursing students and faculty at the Virginia Nursing Students' Association annual conference. According to Sparrer, "At this event alone, 96 nursing students and faculty from 12 schools across the state received this life-saving education."

Overall, the STB program has made a considerable impact on-and-off campus. Grant funds allowed student STB trainers to distribute over 200 kits between September 2019 and February 2020. Says Sparrer, "Although we hope to never need them, it is reassuring to know that we are prepared and have the tools that we will need if disaster strikes."



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FROM PRACTITIONERS TO POLICYMAKERS

BY MARY WESTBROOK

Two School of Nursing graduates talk about the factors that drove them into politics — and how their experiences as nurse practitioners help shape their decisions as policymakers.

Virginia state senator Jen Kiggans, NP, didn't grow up dreaming of holding a political office.

Raised in Florida, Kiggans served as a helicopter pilot in the U.S. Navy for a decade before earning a BSN from Old Dominion in 2011 and then an MSN/Geriatric Nurse Practitioner (NP) at Vanderbilt University. Two years ago, the mother of four realized that, increasingly, her thoughts, ideas and values weren't the views she saw reflected in headlines, legislation or, for that matter, general discourse. At the time, a record number of Democratic women had started to jump into politics, galvanized in part by the 2016 presidential election. Kiggans, a lifelong conservative and mother of four began to think: Why not me?

"I felt like my priorities and what was important to me didn't align with people who were representing me on the state and national level," explained Kiggans. "I got tired of being angry at the nightly news on my television and decided to get off the couch and do the job myself... I was simply a frustrated, average citizen with a military and healthcare background who wanted to contribute, to bring about a positive change, and to make a difference."

After a hard-fought campaign that saw Kiggans raising hundreds of thousands of dollars (and knocking on thousands of doors) to make her case to Norfolk and Virginia Beach residents in the state's seventh district, Kiggans won her seat in the Virginia Senate in 2019. She was one of only two state senators elected that year who had not previously served in the House of Delegates — and while she may have been a political newcomer, she quickly realized that many of the skills she'd refined in the Navy and as a NP had new and important applications in the state legislature.

"The military was a fabulous place to learn to work with people

from all backgrounds," said Kiggans, who still works as a geriatric nurse practitioner at Eastern Virginia Medical School and in private practice. "We came to work, did our jobs, and accomplished our mission without ever thinking of differences in backgrounds, religion, race, political parties, etc. I learned to work as a team for a common goal. Being a NP was also great preparation because health care is about serving all people and listening to them. As nurses, we work together with our patients and their families to solve problems. Between the military and nursing, I feel I was well prepared to enter the political arena."

Delegate Dawn Adams, DNP, agrees that nursing skills are invaluable tools for a lawmaker. Like Kiggans, Adams is a graduate of ODU's School of Nursing — she earned her DNP

in 2013— and she's also translated that experience to the Virginia General Assembly, winning her seat to represent the state's 68th district in the metro Richmond area in 2017. Adams, who worked in intensive care units and home health before becoming a NP, said she first got the urge to run for office after directing Virginia's Office of Integrated Health.

"State government officials provide legislators with so much important information; yet sometimes it's difficult for specialists to translate information in a way that truly resonates with the receiver of information," said Adams, the first surgical trauma NP at VCU Medical Center and a former adjunct instructor in ODU's School of Nursing. "I saw this disconnect create confusion and felt I might be able to help. As nurses, it's very common for us to meet patients, families, and support systems where they are, tailoring the information to their needs. This is a special skill many nurses hone — and I think it is a vital skill for policymakers."

...continued



Left: Senator Jen Kiggans, NP. Right: Delegate Dawn Adams, DNP

REMEMBERING CARL HELVIE, RN, DrPH

Professor Emeritus, Carl O. Helvie, passed away on December 3, 2019 following a short illness and, surrounded by nurses who he had the privilege to teach during his 30-year career as a member of the School of Nursing faculty at ODU.

Carl received a B.S. in Nursing from New York University, a master's in public health and wellness from Johns Hopkins, a second master's in public health nursing focusing on wellness from the University of California and, a doctorate in public health and wellness from Johns Hopkins University. He also undertook post-doctoral study in the Divinity School at Duke University.

While at ODU, Carl served in administrative positions including Chair of the Nursing Program, Coordinator of the Undergraduate Nursing Program, and Graduate Program Director. He is remembered for two key accomplishments in his academic career: 1) Serving as Director of the grant-funded ODU Nursing Center that provided primary health care for local homeless and low-income populations in Virginia Beach; and, 2) Development and implementation of the Helvie Energy Theory of Nursing and Health, which focuses on cross-cultural ways of assessing, planning, implementing and evaluating the health of individuals, families, and communities.

Carl loved to travel and, he liked shopping, acquiring and talking about antiques. After retirement, he shifted his focus to his favorite topic, holistic health and, hosted the *Holistic Health Show* on BBS Radio in which he interviewed leaders in alternative, integrative medicine and health who use a holistic approach for chronic illnesses and wellness. He also published two books, *Healthy Holistic Aging: A Blueprint for Success* and *You Can Beat Lung Cancer: Using Alternative/Integrative Interventions*. The latter was an Amazon best seller and led to more than 100 radio and television interviews.



Carl Helvie

IN MEMORIAM

Earlier this year, the School of Nursing reached out to Adams and Kiggans to find out more about their lives as state lawmakers, including the lessons they've learned — and shared — so far in Richmond, and the lessons they think aspiring health care/policymakers can learn from their experiences.

DELEGATE DAWN ADAMS, DNP

School of Nursing: As a health care provider, what skills or perspective do you bring to your elected office that other lawmakers might not have?

Dawn Adams: A broad base of knowledge and experience with a lens that I think is much broader and perhaps even more integrated than many other health professions. I think it is important to have an ability to look at the holistic nature and interconnectedness of policy. Using the social determinants of health as a conceptual framework always in the back of mind, I can see outcomes, possibilities and unintended consequences more easily because of the practice I have had thinking this way as a nurse, nurse practitioner, program designer, administrator, educator and public speaker.

SN: Why did you attend ODU? Has your time there affected your role as policymaker?

DA: I obtained a post-master's certificate at VCU then researched doctoral programs for nearly 10 years. I thought ODU had the strongest one — and an extremely enthusiastic and encouraging program director, Dr. Carolyn Rutledge. I still seek Dr. Rutledge out when I have questions or need connections to resources within the nursing community. I have maintained relationships with many colleagues from ODU. I imagine these relationships will last a lifetime.

SN: What's most challenging about your role as an elected official?

DA: It's all challenging and exciting and nothing like anything I have read. At the same time, some of the coursework I developed and taught at ODU has helped me to guide advocates for how to effectively meet with their legislators. I am pleasantly surprised to have been able to teach good skills prior to becoming a legislator.

SN: Has being a lawmaker changed the way you look at aspects of nursing?

DA: Only in that I believe more than ever that nurses must bring their voices to the policy arena.

SN: What issues are you most passionate about right now?

DA: Finding creative and practical ways to reduce the cost of care. I also really believe that we must look holistically at infrastructure issues and address challenges



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Del. Dawn Adams, DNP

from a multidimensional perspective. Though it has been challenging to get other legislators to understand how important this is, I will keep fighting for system wide change that will improve our health, happiness and economic outlook specific to healthcare.

SN: Do you have any advice to offer current students, people looking at your career path and seeing something there that resonates?

DA: Explore ideas while you're in school. Find things you care about and are passionate about and immerse yourself in it. Listen to your inner voice, prepare and then leap, even if afraid, do it anyway. The best advice I got when I initially ran for office was, “Fail on your own terms.” It still resonates with me, because failing is the worst, but if the worst happens and you have no regrets about it, how bad can it be?

SENATOR JEN KIGGANS, NP

School of Nursing: What made you want to become a nurse practitioner?

Jen Kiggans: My grandparents. One grandfather had Alzheimer's Disease and lived in a nursing facility that was so sad. I remember visiting him as a teenager. He always thought my mom was his wife, and he didn't remember my dad, his son. I felt so helpless and wished there was something I could do to help. My other grandparents lived near New York City and led wonderful, vibrant lives until the very end. They traveled the world and had the best quality of life. Seeing both ends of the aging spectrum showed me how important it is to preserve quality of life for as long as possible and the variety of ways people age.

SN: What most surprised you initially about your work as a nurse practitioner?

JK: The autonomy. I started out working in long-term care at a skilled nursing facility and did some part-time work in primary care at a retirement community. I learned what I didn't know very quickly and also where to find help. To this day the most challenging parts of the job are keeping up with the evidence-based research and best practices for my geriatric patients. I learn every day, and I love it.

SN: How did your experience at ODU prepare you for your career as a nurse practitioner and your role today?

JK: The two-year accelerated BSN program at ODU was intense. I was a mom to four kids when I went to nursing school. My husband was deployed for most of that time, so it was a challenging two years, with little sleep! I became an expert at multi-tasking, working hard, and keeping my eyes on a goal. I knew from day one going into ODU that I wanted to work in geriatrics. I wanted to be a geriatric NP and was able to go straight from ODU into my MSN program at Vanderbilt. The research and study skills I honed at ODU have served me well in providing comprehensive patient care but and in speaking to health care issues on the political stage.

SN: What was your greatest lesson from the experience of campaigning?

JK: I ran a “return to normalcy” campaign. I knocked on over 11,000 doors myself of houses in my district and met and listened to thousands of people. There were many people just like me, frustrated with the status quo, and just wanting someone to go to Richmond to do the right thing and make good decisions. I learned how important it was to meet people where they live and work, to shake their hand, to look them in the eye, and to listen to what was important to them. I think as nurses, this comes naturally so I enjoyed that part of the campaign. Running for office is hard work, but so was flight school and nursing school. Thankfully, I love to work hard which made the challenge super fun and rewarding.

SN: What has been most eye-opening about your first few months as a state senator?

JK: The political games that are played in the General Assembly — and beyond. I firmly believe that elected officials are sent to represent the people of their district and we were sent there to do the right thing for the Commonwealth of Virginia. I have little tolerance for partisan games and try to remind people that most issues, for example healthcare, education, the environment, are not partisan issues and we should all work together to provide solutions to make improvements where we can.

SN: You've had many different roles over your entire career. What advice might you give to younger people charting their course or trying to find meaningful work themselves?

JK: Find something you love and that makes you feel happy to get out of bed every day — and do it as long as you can. Find some way to do rewarding work or some way to help others... Be brave! I've had to be braver than I ever thought I could be over the past year.

Sen. Jen Kiggans, NP

Stepping up to a debate stage in a ballroom full of hundreds of people and in front of cameras answering questions about your political opinions takes courage. Taking those risks makes life so fulfilling and helps you to be a better, more well-rounded person.



“Being a nurse practitioner was great preparation because health care is about serving all people and listening to them. As nurses, we work together with our patients and their families to solve problems. Between the military and nursing, I feel I was well prepared to enter the political arena.”

CHAIR'S MESSAGE

As we begin production on this issue of ODU Nursing, the world is in the midst of a public health crisis. We are in our 4th week of teleworking and like other higher education institutions across the U.S., Old Dominion University has shifted all courses to online delivery.

Although the nursing faculty at ODU are experienced in online teaching, we still had a few hurdles to overcome as we transitioned on-campus courses to online. We continue to brainstorm as to how we can help students meet direct-care clinical requirements when practicum experiences have been temporarily suspended. Gratefully, all of our senior BSN students and, most MSN and DNP graduate students in the last semester of their programs, will graduate on time. I salute their tenacity to complete program requirements and congratulate them for achieving their goal of a nursing degree despite the personal and professional upheaval of the past few weeks.

To our alumni who are on the front-lines of patient care, including our many active-duty or reserve military-affiliated graduates (now called up to active duty), please know that the entire faculty commends your dedication to nursing and the expertise you bring to patient care as a graduate of ODU School of Nursing.

Karen A. Karlowicz, EdD, RN
Chair



HAWKINS SELECTED AS SIGMA UN LIAISON

Janice E. Hawkins, PhD, RN, has been selected to join the Sigma Theta Tau, International (STTI) team of distinguished United Nations (UN) liaisons. She is one of four UN liaisons and two youth representatives that represent STTI to the United Nations Department of Public Information (DPI) and the non-governmental organization community.

The role of UN liaison supports STTI's engagement at the highest levels of global collaboration, educates world leaders about the nursing honor society, and promotes the value of nursing leadership by attending and/or participating in various UN events, programs, and activities. Additionally, the position requires gathering information to inform and advise STTI's global initiatives department, with the goal of fulfilling the organization's mission and vision.

Janice is a Clinical Associate Professor in the School of Nursing. She currently serves as the Chief Academic Advisor for the undergraduate nursing program, Director of Community and Global Initiatives, teaches courses on global health and, participates in the UN Foundation Program, Shot@Life. Her passion for global health issues and a robust background of commitment, service and, expertise distinguished her among other candidates in the competitive search to fill the UN liaison role.

We congratulate Janice on this prestigious appointment and, know that her energy and innovative thinking will complement the team of Sigma UN liaisons and representatives.



Janice Hawkins

Do you have a story to share?

Our summer 2020 issue of ODU Nursing will feature stories on the experiences of students, faculty and alumni during the coronavirus outbreak. We welcome stories of your experiences caring for COVID-19 positive patients, being a COVID-19 patient, managing workplace issues, dealing with stay-at-home orders, volunteering in your community, participating in military support of this public health crisis or any other relevant topic.

Please limit your comments to 150 words or less, and email to oduson@odu.edu. The deadline for submission is June 15, 2020. Thank you for your time to share your story with our School of Nursing alumni and friends.