

NOTES

CENTRAL VIRGINIA NURSING STAFF DEVELOPMENT ORGANIZATION

This feature ...

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- Teaching Strategies
- *Nursing Professional Development Certification Review Course*
- *Message from the President Elect*

Coming Up In 2008!

Programs/Meetings:

June 16

Technology in Teaching

Speaker: Sue McGinnis

VCU SON

5:30 p.m. Networking

6:00 p.m. Program

September 15

Adult Learners

Speaker: Vicki Murphy

Bon Secours SON

5:30 p.m. Networking

6:00 p.m. Program

November 10

Patient Simulation

Speaker: Sandra Voll

VCU SON

5:30 p.m. Networking

6:00 p.m. Program

President's Message

It has been a very exciting year for CVNSDO members. We have had some great programs and talented guest speakers. The 2nd Annual Pathways to Knowledge was enjoyed by all. Donna Wright kept everyone engaged and entertained. She shared teaching strategies for keeping staff engaged while sending the *right* message.

Ms. Mitzi Grey also shared some great teaching strategies at the Nursing Professional Development Certification Preparation Course held in January. Mitzi reviewed teaching fundamentals for new educators and for educators preparing for certification.

In February, Major Elena Scarbrough of the U.S. Army shared a military perspective to nursing and staff development. Her presentation was evidence of her enthusiasm and dedication to nursing.

How do you intersperse your educational offerings with your passion? What strategies do you utilize? Share your favorite teaching strategies with other CVNSDO members. Send your submissions to cvnsdo@yahoo.com. We will publish your favorite teaching strategies in upcoming CVNSDO newsletters.

Share the learning,

Kathy

Kathy Colbert, BS, RN, CCRN
President, CVNSDO



Pet Therapy: Oreo and Me

Catherine Wilson, RN, MEd, BC
Nurse Clinician Psychiatry,
VCU Health System



Oreo was whelped on September 7, 2004 at Rosewood Kennel. I wanted a black and white standard poodle and he wanted a home. When I called the kennel and asked if she had any standard poodle pups the owner said, "I only have 2 one black and white and one brown and white". I knew before I saw him he was the one.

Training started almost immediately. When we got in the car to go home my special needs grandson kept patting him on the head excitedly. It was great! Oreo had never been on a leash and never been in a car. It was a challenge.

House breaking him brought us to Canine to Five Doggie Day Care. Once he spent time there he had the feel of being in a kennel with the schedule of when to go out and what not to do inside.

Oreo and I were trained at Richmond Dog Obedience Club for Canine Good Citizens and Beyond and the Delta Society Pet Partner Training for his role as a Therapy Dog.

Oreo and I have been a Pet Therapy Team in the Dogs on Call Program of The Center for Human-Animal Interaction here at VCUHS for 2 years. The work we do with patients and staff is usually not dramatic but very important.

He will work with me one day a week generally on Wednesdays so he can visit the Electro-Convulsive Therapy (ECT) patients before and after treatment.

On North 3 he will visit with the elderly or medically ill, expecting nothing from them and offering unconditional love to them. On North 4, he visits general adult psychiatric patients and offers a non-threatening bit of normalcy from the hospital life. While petting Oreo, patients talk about pets they have and miss while in the hospital or pets they have lost and miss. Some sit and run their hands up and down his soft fur while others tell him their troubles as they see them. When Oreo is given the command to "visit", his focus is on that person until either the patient or I release him. For the staff, no introduction or command is necessary.

There have been a few humorous and some dramatic moments all taken in stride by staff, Oreo and me. For example one of the elderly patients who had been a farmer all his life saw the black and white animal and kept asking staff to "bring that cow over here". It did not make a difference it was a dog. The patient and Oreo both enjoyed the visit.

It is an honor for us to participate in this program and work with patients providing pet therapy.

Pathways to Knowledge 2008

SPEAKER HIGHLIGHT



Donna Wright

CVNSDO hosted Ms. Donna Wright, Staff Development Specialist-Consultant for *Pathways to Knowledge 2008*. Donna Wright has published and lectured on topics such as creative teaching strategies, self-directed learning, competency assessment and validation, creative approaches to mandatory training, implementing shared governance and creating healthy work environments. She keeps everyone engaged and entertained.

Donna shared strategies for keeping people and teams energized. She shared teaching strategies for keeping staff engaged while sending the *right* message. She enlightened us about the dangers of spoon-feeding staff to meet regulatory standards, and how to respond to staff that use “killer phrases”. You know those phrases that suck all the energy from the room — like passive-aggressive remarks, eye rolling and heavy sighs. Donna shared creative ways to respond to killer phrases and meet regulatory goals without resorting to these dysfunctional techniques.

Donna also reminded us that we need to take the time and resources to celebrate our “Moments of Excellence”—recognizing the contributions that each person makes every day. She gave everyone who attended real-life answers to real-life issues that educators face every day.

We are excitingly anticipating *Pathways to Knowledge 2009*.
Hope to see you there!

Kathy Colbert, BS, RN, CCRN
President, CVNSDO

Teaching Strategies

Although introductions are an important tool for a presenter or instructor, often students do not enjoy introducing themselves or engage in the process. Replace the *old* familiar method of participant introductions with one of these icebreakers.



Choose an object that relates to the topic content and is light enough to be tossed around the room. An object that makes a noise when tossed is even better. The presenter starts the introductions and tosses the object to one of the participants who will then introduce themselves and then toss the object to another participant of their choosing.



Provide an index card to each participant. Explain that instead of introducing themselves, participants will be introducing each other. The index card may be used for interviewing. Participants pair off in groups of two or three. Give specific directions and time limit (5-6 minutes) for interviewing. Directions for interviewing will depend on purpose and topic of meeting/presentation. In addition to name, role and workplace, directions may include—something personal they would like to share (hobbies or interests, children, pets, etc.), how many years in their role or profession, where they see themselves in 1 year or 5 years, why they are there or what they want to learn from the presentation, etc.

At the end of the time limit, participants introduce each other. In small groups, all participants are introduced to the group. In large groups where this may be time-prohibitive, ask participants to move about the room introducing each other. Presenter would walk around the room joining groups while introductions are being made.

Kathy Colbert, BS, RN, CCRN
President, CVNSDO

Nursing Professional Development Certification Review Course

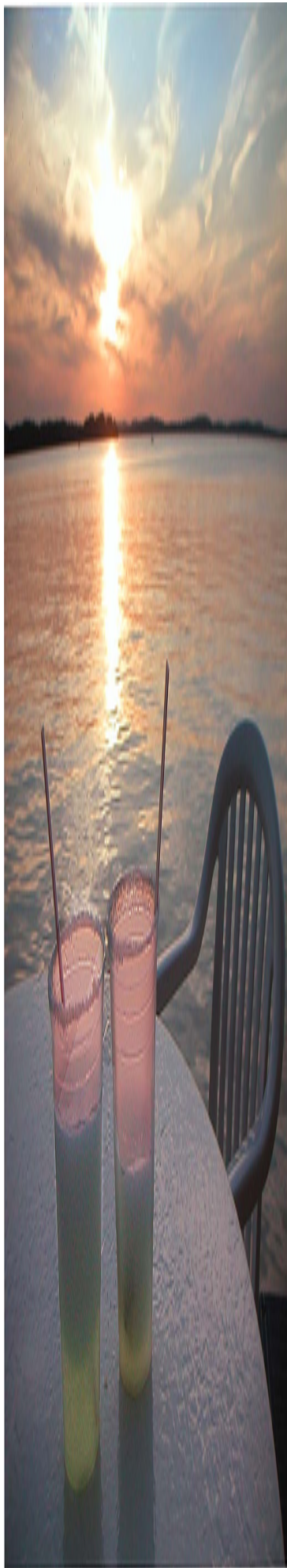
The *Nursing Professional Development Certification Preparation Course* held in January was enjoyed by all that attended. The course was held in conjunction with the VCU Health System and featured Ms. Mitzi Grey. Ms. Grey is a staff development specialist and President of Grey and Company Inc, a healthcare education and consulting firm in North Carolina.

The course was designed to prepare nurses to sit for the American Nurses Credentialing Center (ANCC) generalist certification examination in nursing professional development. Ms. Grey provided fun and creative teaching strategies that made the course enjoyable for all. Participants also shared favorite games and ice breakers, expanding their repertoire of teaching strategies.

Ms. Grey was informative and engaging. In addition to preparing educators for the certification examination, new educators were provided core knowledge which they found helpful to assist them in adapting to their new role. One new educator commented, "I'm feeling revitalized as an educator. I know I'm not prepared yet to sit for exam, but I will be!"

Kathy Colbert, BS, RN, CCRN
President, CVNSDO





Message from the President Elect

Soon you will receive an email inviting you to complete a survey. This online survey will help CVNSDO better serve our members. Please take a few minutes to let us know what you like about the organization and what we can do in the future to meet your needs. We will use this information to develop a strategic plan for the chapter. We need your input!

All members of CVNSDO are invited to attend a retreat that is scheduled for August 1st from 12:00 noon to 4:00 pm. During this meeting we will review the results of the member survey, assess where we have been and brainstorm where we should go in the future. Finally we will develop a strategic plan. Lunch will be served. Please plan to join us as we determine the future course of CVNSDO. Details of the meeting will be available soon. Contact me at csteinbach@mcvhvcu.edu if you want to participate.

I am looking forward to working with you!

Cindy

Cindy Steinbach
President Elect, CVNSDO

