



Society for the Advancement of  
Modeling and Role-Modeling

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**SAMRM WRITING RETREAT  
MAY 20 & 21, 2005**

For years, members of SAMRM have voiced the opinion that there is never enough time at the biennial conferences to really network with one another, discuss conceptual ideas, identify and flesh out areas they would like to work on, collaborate with one another on projects, and just get started on writing for publication. Here's our chance to do all of those things! The first SAMRM networking and writing retreat will be held Friday and Saturday (May 20 & 21, 2005) in Austin Texas. Prior to the retreat, starting at 1 PM, Thursday, May 19, there will be an executive committee meeting (all members welcome) at the home of Helen Erickson in Cedar Park Texas. Thursday evening (May 19) all retreat participants are invited to meet at 6 PM for a "no host" dinner at a local restaurant. The retreat will begin each of the next two days (Friday & Saturday) at 9 AM and continue until the work of the day is completed. This is an informal retreat with no prearranged structure and no CE credit offered. You will find more specific information and a registration form later in this newsletter that you can forward to Betty Jensen, treasurer, so she can know who will be attending. There is a suggested motel for lodging and some alternative hotels listed with the registration. All gatherings of participants will be held at either Helen or Micky Erickson's home but the gathering place for those needing transportation or directions will be in the lobby of the suggested hotel (Holiday Inn Express: located at 1605 E. Whitestone Blvd, Cedar Park, Texas). There is no cost or registration fee for this retreat, however, participants are asked to send \$10.00 with their registration to offset the cost of lunches to be provided on Friday and Saturday.

Come prepared to talk, plan and write about MRM. Bring your books, notes, ideas, questions, and laptop.

## **JUDITH HERTZ WINS NATIONAL AWARD FOR GERONTOLOGICAL NURSING RESEARCH**

Judith Hertz, SAMRM member, secretary, and past president, is the winner of the 2004 Judith V. Braun Award given by the National Gerontological Nursing Association in recognition of advancing the practice of gerontological nursing through research. The award was presented at the Association's national convention and gala in Las Vegas on October 16. Judith Hertz is an assistant professor in the Northern Illinois University School of Nursing who continues to study whether the ability of senior citizens to feel in charge of their own lives improves their well-being. Judi's project, "Perceived Autonomy, Social Support, Psychosocial Developmental Strengths, and Health in Older Adults" is being funded by a two-year, \$100,000 grant from the John A. Hartford Foundation. The study involves around 160 older adults living independently in apartments in the Chicago suburbs and in rural parts of northern Illinois. Hertz said, "All of these people are relatively healthy and living independently. Some people want to be as independent as possible while other people would like to be independent in some areas but are more willing to depend on others." She asked them about their values, needs and goals, seeking to learn if their autonomy, their network of support and their personal strengths contribute to their health. The answer, it turns out, is "no". "Indeed", Hertz said, "that external social support, and those internal personal strengths that people develop through their lifetime, are significantly related to the

perception of doing what's best for yourself. But in this population, for some reason, how they rate their health is not related statistically to any of those factors." That discovery still interests her and will lead her to more investigation. "At first I was a little distraught over those findings. As a nurse, I'm very concerned about health processes, and to think nothing was related to it was just disheartening," she said. "But one of the reasons for doing this study is to better understand what health means to the older population who's relatively healthy but dealing every day with chronic health problems." Her work from the last two years becomes "a preliminary and foundational piece to the next study I will do, which will be to test methods to support the autonomy and the health processes of that population."

While a 2002-2004 John A Hartford Foundation Building Academic Geriatric Nursing Capacity Post-Doctoral Scholar, Hertz (with NIU School of nursing colleague Donna Munroe) also won a \$200,000 grant from the Retirement Research Foundation of Chicago to help undergraduate nursing students learn more about caring for the aging population. Hertz and Monroe are working on a two-year project to develop six interactive case study learning modules involving geriatric patients and a computer-based library of resources. (Information taken from a news release from the NIU Office of Public Affairs. Contact Judi at [jhertz@niu.edu](mailto:jhertz@niu.edu)).

**PRESIDENT'S MESSAGE**  
*Gayle Acton, President, SAMRM*

I am pleased to address all my friends and colleagues at the backside of winter (I know, I know, my colleagues in the north would beg to differ on that backside of winter statement) with the promise of spring just around the corner. I say this because spring is a time of renewal and rebirth. Somehow it feels that the world could use renewal and rejuvenation right about now. There has been, and continues to be, so much turmoil, destruction, and upheaval in our world. The tsunami, world conflicts, hunger, and other traumas too numerous to mention, remind us how connected we all are and how world events affect each and every one of us around the globe. We are all connected. The events of the last few months gives pause to remember that even the most basic of needs are at risk in persons affected by conflict and/or disaster. When I think about modeling their world, I cannot even imagine what it must be. Nonetheless, as we all do our part, however big or small, just like springtime rejuvenation, we are building and rebuilding connections to heal and promote health and well-being, even in the most difficult of circumstances.

Peace and Love,  
Gayle

**NEXT NEWSLETTER**

The next newsletter will be mailed in June 2005. Deadline for submitting articles and news items is **MAY 31, 2005**. Please send all articles, essays, news items, notice of articles and books you have read relating to MRM, stories, student papers, notice of honors or awards, questions to ponder, etc to Susan Bowman at <gsbowman@oregontrail.net>

***SAMRM EXECUTIVE COMMITTEE (2004 - 2006)***

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## **SAMRM WRITING RETREAT MAY 20 & 21**

Advance registration for the SAMRM networking and writing retreat is greatly appreciated so that planning can occur that is appropriate for the number of people attending.

- ? There is no cost for the retreat but participants are asked to send \$10.00 with the registration (checks made out to "SAMRM" with a notation for "writing retreat") to cover the cost of lunch on Friday and Saturday.
- ? If you would like to share a room, contact Betty Jensen ([drbjensen@earthlink.net](mailto:drbjensen@earthlink.net) ; 512-280-2510) and she will provide information about others who are looking for roommates. You will need to contact prospective roommates and make your own room reservations.
- ? Make your reservations early! This is the same weekend as UTA graduation.

The recommendation for hotel accommodations is:

- ? Holiday Inn Express, located at 1605 E. Whitestone Blvd, Cedar Park, Texas 78613 (800-641-8167, local # 512-259-8200). Ask to speak with Amanda Wagner- she is front office manager. She is offering us a rate of \$69.00 + tax per non-smoking room for two double beds for one or two people per room (usual rate is \$109.00-119.00). All the rooms have microwaves and refrigerators. They offer a nice deluxe continental breakfast with the addition of fruit, yogurt, and hard-boiled eggs. The dining room is large and pleasant. They have a nice outdoor pool with a small hot tub. The accommodations were built in the last two years. Please tell her you are with the nursing group if you call to make reservations so you can get the better deal.

Two alternative hotels:

- ? Best Western Cedar Inn, located at 425 E. Whitestone Blvd, Cedar Park, Texas 78613. Phone: 512-259-7300. They have a continental breakfast, microwaves and refrigerators in the room, and a small outdoor pool. The rooms are clean and nice and this hotel is also built in the last couple of years. The rate they quoted is \$79.00 a night for Thursday and \$89.00 a night for the weekend nights.
- ? Extended Stay America located at 13858 N. US Hwy 183 is available for \$59.00 a night Thursday and \$69.00 a night Friday and Saturday if you call them at 512-258-3365. They offer a complete kitchen in each room but they DO NOT offer breakfast and DO NOT have a pool.

Free shuttle service is NOT provided from any of the three hotels, as they are all a good distance from the airport. The one way rate for the airport shuttle is \$25.00 for the first person and \$8.00 dollars for each additional person. If people arranged to go at the same time it could save money. Participants may want to check with Betty to see if there are others arriving about the same time.

# WRITING RETREAT PROGRAM

Thursday, May 19, 2005 -

- ? 1PM - Executive Committee meeting at home of Helen Erickson
- ? 6 PM - All participants meet in the lobby of the Holiday Inn Express (or let Betty know if you are staying in one of the other 2 hotels and you will be provided with transportation if needed). Group dinner (no host) at a local restaurant.

Friday, May 20, 2005

- ? 9 AM - All participants meet in the lobby of the Holiday Inn Express (or let Betty know if you are staying in one of the other 2 hotels and you will be provided with transportation if needed). A day for conceptualizing and forming work groups.

Saturday, May 21, 2005

- ? 9 AM - Continue work groups and follow plans decided on Friday.

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## **REGISTRATION FOR NETWORKING AND WRITING RETREAT MAY 20 & 21**

**Complete the form below and mail with a check for \$10.00 (made out to "SAMRM" with notation for "writing retreat") to:**

**Betty Jensen, treasurer, SAMRM  
10620 Thoroughbred Drive  
Austin, TX 78748**

Name: \_\_\_\_\_ email: \_\_\_\_\_

Arriving (date, time, flight - or "driving"): \_\_\_\_\_

Staying at: \_\_\_\_\_

Roommate: \_\_\_\_\_

## **LAMAR NURSING STUDENTS EARN TOP HONORS ON NATIONAL EXAM**

Lamar University has received a commendation from the Board of Nurse Examiners, honoring the university and its bachelor's-degree nursing students for their high pass rate on the national licensing exam.

"This is the third year in a row that the board has given our BSN program this commendation," said Eileen Deges Curl, chair of Lamar's Department of Nursing. "It speaks to the high quality of the program that we have at Lamar."

The board honored Lamar after its students received a 92.5 percent pass rate on the National Council Licensure Examination for Registered Nurses, formerly know as the state boards, Curl said. "I am very proud of the faculty and the students for their success and the hard work."

"Outstanding instruction in the classroom and the clinical environment have played critical roles in student success regarding the exam," she said. Access to a state-of-the-art computer assisted instruction software in the Edna Horn Gay Learning Center has also helped students excel.

"We test the students throughout the nursing program to monitor their learning," Curl said. "When students complete the nursing program, we administer an exit exam they must to pass in order to graduate."

The above is a news release (2/11/05) from Lamar University in Beaumont Texas (part of the Texas State University System). Eileen Curl is the chair of the Department of Nursing at Lamar University and an active member of SAMRM. Contact Eileen at [curled@hal.lamar.edu](mailto:curled@hal.lamar.edu).

## REFERENCES RELATED TO MODELING AND ROLE-MODELING

It is time to update the reference list on the MRM web page. PLEASE help update that list by sending references to Judi Hertz at [jhertz@niu.edu](mailto:jhertz@niu.edu). The last update was done one year ago and the list is woefully incomplete. These are the ONLY references posted that were published in the 21<sup>st</sup> century:

- ? Erickson, M.E. (2002). Modeling and role-modeling. In A. M. Tomey & M. R. Alligood, *Nursing theorists and their work* (5<sup>th</sup> ed.; pp. 443-464). St. Louis: Mosby.
- ? Erickson, M. E. (2002). Modeling and role-modeling theory in nursing practice. In M. R. Alligood & A. M. Tomey, *Nursing theory: Utilization & application* (2<sup>nd</sup> ed.; pp. 339-366). St. Louis: Mosby.
- ? Anschutz, C.A. (2000). *Perceived enactment of autonomy and life satisfaction: An elderly perspective*. Master's thesis. Fort Hays State University, Hays, KS.
- ? Baas, L., Bradshaw, L., Kolcaba, K., Niemer, L. M., & Robinson, D. (2001). Midrange nursing theories and related non-nursing theories. In D. Robinson & C. P. Kish, *Core concepts in advanced practice nursing* (pp. 417-443). St. Louis: Mosby.
- ? Barnfather, J. S. & Ronis, D. L. (2000). Test of a model of psychosocial resources, stress, and health among undereducated adults. *Research in Nursing and Health*, 23, 55-66.
- ? Beery, T. A., Baas, L. S., Fowler, C., & Allen, G. (2002). Spirituality in persons with heart failure. *Journal of Holistic Nursing*, 20(1), 5-30.
- ? Erickson, H. (2002). Facilitating generativity and ego integrity: Applying Ericksonian methods to the aging population. In B. Geary & J Zeig, (Eds.), *The handbook of Ericksonian psychotherapy*. Phoenix AZ: The Milton H. Erickson Foundation Press.
- ? Hertz, J. E., & Anschutz, C. (2002). Relationships among perceived enactment of autonomy, self-care, and holistic health in community-dwelling older adults. *Journal of Holistic Nursing*, 20, 166-186.
- ? Mayhew, P. A., Acton, G. J., Yauk, S., & Hopkins, B. A. (2001). Communication from individuals with advanced dementia: Can it provide clues to their sense of self-awareness and well-being? *Geriatric Nursing*, 22, 106-110.
- ? Perese, E. (2002). Integrating psychiatric nursing into a baccalaureate nursing curriculum. *Journal of the American Association of Psychiatric Nurses*, 8 (5), 152-158.
- ? Timmerman, G. M., & Acton, G. J. (2001). The relationship between basic need satisfaction and emotional eating. *Issues in Mental Health Nursing*, 22 (7), 691-701.

There have been more articles, chapters and books published in the last 5 years relating to the theory of Modeling and Role-Modeling. Please help. To get you started, there are 3 recent articles annotated on the next page.

## **ANNOTATED ARTICLES**

- ? Woodward, W. (2003). Preparing a new workforce. *Nursing Administration Quarterly*, 27 (3), 215-222.

Although published in *Nursing Administration Quarterly*, this is an excellent article for educators, clinicians, and administrators alike. The article addresses the importance and value of theory-based nursing practice and specifically nursing practice based on the theory of Modeling and Role-Modeling. The author begins by debunking 5 myths about nursing theory such as "nursing theory is for nursing educators to teach, not real nurses to use." The article succinctly defines all of the major components of Modeling and Role-Modeling and explains the specifics of teaching theory-based nursing practice in the department of nursing at Humboldt State University (Arcata, CA) where MRM has been the core theory for the curriculum for over 10 years. The article concludes with excellent discussions of "the benefits and challenges of using nursing theory-based curriculum" and "the challenges of using theory-based nursing in practice."

- ? Baldwin, C. M. (2004). The impact of self-care practices on treatment of interstitial cystitis. *Urological Nursing*, 24 (2), 107-110, 113.

An interesting and thoughtful article discussing nursing intervention for the client with interstitial cystitis (IC) specifically but for any client with any chronic disease in general. The focus of the article is on self-care and begins with definitions of self-care from both Orem and MRM theories. There is a good overview of IC as well as a comparison between cystitis and IC. The article focuses on the 5 subconcepts of self-care identified by Helen Erickson as hope, control, satisfaction with daily living, support, and good physical health. The importance of homeostasis among these 5 subconcepts and the importance of psychological interventions with clients experiencing chronic diseases are emphasized.

- ? Baldwin, C. M. (2004). Interstitial cystitis and self-care: Bearing the burden. *Urological Nursing*, 24 (2), 111-113.

This is a second article by the same author in the same journal as above relating a case study of an individual with interstitial cystitis and the use of self-care interventions. Most nurses who practice with a MRM theory base can give examples of utilizing the theory with clients and also give examples of utilizing the theory in personal situations such as interventions with family members and friends. This author relates a courageous use of theory based practice by employing the MRM theory to assess her own situation when she became depressed and desperate after years of unsuccessful medical intervention for IC. She describes the interventions she implemented to reach the goals of gaining resources, coping with her circumstances and adapting to her environment. You will have to read the article to learn the specific interventions she employed and the outcomes.

## ***STAY IN TOUCH!!***

*Have you checked the MRM website lately??* <http://www.mrmnursingtheory.org>

*Do you subscribe to the MRM listserv?*

(Do you receive listserv messages at two addresses?)

### **To subscribe or unsubscribe:**

Send an email to <[listserv@lists.ufl.edu](mailto:listserv@lists.ufl.edu)>.

Leave the subject line BLANK.

In the body of the message, write: "subscribe (or "unsubscribe") mrm-L"

Type your name.

## ***IS YOUR MEMBERSHIP CURRENT?***

Look at the address label on this newsletter. If there is a date written above your name on the address label, that date indicates the year through which your dues are paid. If there is no date written, this is a complimentary copy of the newsletter. If you need to pay your dues, please use the membership renewal below. You can print a New Member Application from the website.

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### **SAMRM Membership Renewal**

Name: \_\_\_\_\_  
(Last, First, Middle/Maiden)

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Fax: \_\_\_\_\_ Email Address: \_\_\_\_\_

Profession \_\_\_\_\_ Highest Degree: \_\_\_\_\_

Employing Agency/Affiliation \_\_\_\_\_

Field of Employment/Position Area(s) of Specialization

Dues: (Check dues enclosed)

General membership: \_\_\_\_\_ \$25.00/year \_\_\_\_\_ \$50.00/2 years

Student membership: \_\_\_\_\_ \$15.00/year \_\_\_\_\_ \$30.00/2 years

Make checks payable to "SAMRM" and mail to: Betty Jensen, Treasurer, SAMRM,  
10620 Thoroughbred Drive, Austin, TX 78748