



NEWSLETTER

Society for the Advancement of Modeling and Role-Modeling

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December 2008

Spring Retreat Planned for April 18, 2009

The spring SAMRM Retreat will be held **April 17 - 19, 2009**. In contrast to the biennial MRM conferences, the retreat offers an informal setting for participants to discuss issues related to MRM theory. The theme for the 2009 retreat is *Nurturing Self*.

The retreat will be held at the The Lodge at Simpsonwood, A Conference and Retreat Center located north of Atlanta, Georgia <www.simpsonwood.org>. The following description is taken from information on the website: Simpsonwood offers recreation for mind and body. Over three miles of quiet nature paths wind gently throughout the conference center grounds. Beautiful trails follow the Chattahoochee River. Woodland trails meander serenely and are home to many forms of local flora and fauna. Or take advantage of our labyrinth, outdoor swimming pool, tennis courts, volleyball and basketball courts, athletic field, and the facilities of the Robert D. Fowler Family YMCA nearby. Overnight space is limited at the center so early reservations are encouraged. A registration form is included in this newsletter (pg 9).

The full program will be printed in the February newsletter. The tentative schedule includes the meeting of the Executive Committee (open to all SAMRM members) on Friday afternoon (April 17), a program focused on *Nurturing Self* all day Saturday (April 18), and breakfast with a wrap-up and future planning session on Sunday morning (April 19).

If you have a topic you would like to have discussed at the retreat or if you would like to share any activities related to the theme of *Nurturing Self*, please contact Ellen Schultz (Ellen.Schultz@metrostate.edu) or Susan Bowman (susanbowman@otcwb.com).

PRESIDENT'S COLUMN

By Linda Baas, President, SAMRM

Happy New Year! This is my first column as President of SAMRM. I have several objectives for this piece that seem a bit disconnected, so please hang in there as I weave these thoughts into a warm and cozy winter scarf. First, I will cover some of the highlights of the 2008 Conference. Second, I will talk about upcoming events for the members. Third, I will challenge you to join me in a New Year's resolution.

It has been almost eight months since the SAMRM Conference was held in Chicago. We had a stimulating conference with many thought provoking presentations, informative posters, and great conversations with those who share a common view of nursing and health care. About 60 people attended the conference at the Indian Lakes Resort in Bloomington, Il , This resort, designed in the style of Frank Lloyd Wright, was the perfect setting for our conference. We were able to get to know others as we ate, attended presentation, or sat around the wonderful open lobby and socialized and talked theory.

Topics presented at the meeting were quite diverse as always and included education, research, and clinical applications. Dr. Daniel Pesut, past president of STTI, started the program with a discussion that focused on developing wisdom and drew many parallels with MRM theory and practice. There were general sessions that focused on education. Students from Bemidji State University presented their experiences with using MRM in clinical experiences. Again we heard the growing pains as one learns to trust their nursing assessment and plans of care when mastering theory based care. The joy that they shared as they saw positive outcomes and learned the real meaning of holistic care warmed the hearts of those in attendance. It also made us recall our early experiences using MRM in our practice. Another education-focused plenary session was presented by Gina Hale and Eileen Deges Curl. They shared the "Nightingale

Experience" started at Lamar University. This program is an overnight experience for high school students to learn about nursing. They Model and Role Model the student experience and provide a great recruiting effort to bring more MRM nurses into the profession. Susan Wold and Ellen Schultz presented another education focused general session on the retention of nurse faculty during this time of critical shortage. A humorous review of the literature left all of the educators in the audience nodding and smiling and murmuring "yeah, that is exactly what I am going through". We were challenged to remodel the academic setting to value our senior faculty (like me) and consider workload adjustments and creative teaching strategies. This presentation also emphasized the wisdom that comes from theory based approaches.

Three practice-based plenary sessions gave another view of MRM applications. Carolyn Kinney and Christine Holland spoke of entrepreneurship and holistic practice. They provided an overview of how to set up a holistic care center. They spoke of the planning and implementation phases that allowed them to fulfill a dream while providing much needed care to members of the community. Lynn Smith and I spoke of the dichotomy of evidence based practice and theory based practice. We explored two models for weaving the two together. One way was a holistic approach and the second was a wholistic one. The final plenary presentation at the meeting was Grand Rounds, again provided by Dr. Helen Erickson. Several people presented cases and Helen provided insights into the needs, developmental strengths, and resources of the person. She guided us in looking at the person through a theoretical lens and thinking of creative strategies for interventions.

We had eight additional presentations in
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PRESIDENT'S COLUMN (continued)

concurrent sessions and at the evening wine and cheese session we had a number of posters presented. A list of these will appear in the newsletter as they were not published in the program brochure.

At our first dinner meeting we had a real treat. Dr. Bridget Lusk, Chair of the Department of Nursing at Northern Illinois University and noted nurse historian was our guest. Dr. Lusk conducted an interview of Dr. Helen Erikson to provide a historical look at MRM at this 20th Anniversary of the founding of the Society for the Advancement of Modeling and Role Modeling. Helen ended with thoughts of what the future holds for MRM. On the second night we had another treat. Evelyn Tomlin came and spoke of her experiences with MRM. It was delightful to see and hear her tell of her professional experiences over the past two decades. This was followed by a fun filled auction. Susan Bowman, auctioneer extraordinaire, raised (or should we say milked) over \$1100 from the attendees who bid on a variety of items. So, now you need to begin to save auction items for the 2010 meeting in San Antonio. Look for old books, nurse dolls, pins, prints, and souvenirs from nursing events. For those who need to downsize, this is the time to put those items aside and help us raise even more money next year to support MRM related research and projects. All 60 attendees agreed that this was a great meeting.

So that is a bit about the past meeting. Now it is time to move forward. We have several events on the schedule. First is the Retreat scheduled for April 17-19, 2009 at Simpsonwood near Atlanta, Georgia. The theme for the retreat is "*Nurturing Self*". I would like to welcome all members to this very casual and relaxed opportunity to network. The retreat provides members the chance to discuss aspects of MRM theory as it applies to their practice, research, or teaching. This setting is relaxing and refreshing and can put us in the right frame

of mind to explore new ways to look at theory. It can also help motivate attendees to write that first article perhaps with the mentoring of another attendee. Our next major event will be April 7-10, 2010 when we have our biennial conference in San Antonio, Texas. The theme for that meeting is "*Facilitating Spiritual Wellbeing: The Essence of Holistic Nursing and Health*". Look for more information about that event later in the newsletter. A call for abstracts for presentation will be announced in the next newsletter. So get ready to send in your idea for a presentation.

Now to the third goal in this column. Those of us who are members of SAMRM realize that MRM is a theory known to a small number of nurses. But when people learn about MRM they invariably say it speaks to them. MRM describes what they do in nursing terms. It is true that there are several books on the theory now and there is research published. The website provides listings of many of these publications. We also can find chapters in many of the nursing theory books. But why is MRM not widely known? The answer is that we have not published or presented as widely as we could.

At the conference I began my term as president by challenging members to write about MRM. We who base our practice or research on MRM are very good at talking about it to our fellow members of SAMRM, however, we don't share our paradigm for practice as widely as we could to other audiences. For instance, we could look for specialty nursing organizations and present a case study at their local, regional, or national meeting. For those who teach, we could present case studies of application at nursing education meetings. We could also encourage our students to publish their case studies applying MRM. These publications could go on the SAMRM website. Just submit the case study for the website to me at Linda.baas@uc.edu or a case study for

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PRESIDENT'S COLUMN (continued)

the newsletter to Ellen Schultz at Ellen.Schultz@metrostate.edu. We all have great ideas that should be shared. Join me in making a commitment to publish something about MRM in 2009. If you are nervous

about doing it, contact me. If you are willing to help mentor another person meet their publishing goal, again send me an email. I hope to set up a mechanism to help guide a novice writer.

And by the way, again: Happy New Year!

POSTER PRESENTATIONS at the 2008 biennial SAMRM conference:
(not listed previously in the conference brochure)

- A COMPARISON OF QUALITY OF LIFE IN ADULT PATIENTS WITH HEART FAILURE IN TWO MEDICAL SETTINGS. *Janet Bischof, RN, PhD, CCRN, CAN (Wheeling, WV)*
- NEW GRADUATE NURSES: A VULNERABLE POPULATION. *Judy Jo Duvall, RN, MSN, CCRN, Doctoral Student, University of Central Florida (Cocoa, FL)*
- REGISTERED NURSES, YOUR STORIES: TEACHING MODELING/ROLE MODELING NURSING THEORY. *Elizabeth A. "Betsy" Fisk (Ft. Pierce, FL)*
- PATIENT CONTROL THEORY: A THEORETICAL FRAMEWORK DERIVED FROM MODELING AND ROLE-MODELING THEORY. *Leigh A. Goldstein, MSN, RN, ONC (Round Rock, TX)*
- LOOKING AT HOPE WITHIN THE FRAMEWORK OF THE MRM SELF-CARE MODEL. *Debra Van Kuiken, RN, BSN & Linda Baas, RN, PhD (Cincinnati, OH)*

STUDENT'S COLUMN:
EXCERPTS FROM A STUDENT PAPER

*The following are excerpts from a self-reflection paper written by **Lori Flesland**, an RN-BSN student at Metropolitan State University, St. Paul, MN. This paper was written at the end of Theoretical Foundations for Nursing Practice, a course that focuses primarily on Modeling and Role-Modeling theory. The paper demonstrates integration of a number of MRM concepts.*

“The reason I do what I do and my intention for helping, is very much the same today as when I was twenty years old, but my reasons have grown and become richer. My primary goal was to marry and become a mother, but since I could not achieve that goal alone, I looked to something that would also help me to be a better wife and mother. The man of my dreams was nowhere to be found and I knew that childrearing was not to be done alone or by the faint of heart. I focused on nursing school. I would know all the first aid basics, pediatric care, how to give birth and nutrition. I would study and become a nurse until my prince showed up. So in 1976, there I was a young woman that wanted to be married and a mother, but in the meantime, I was all for an education that would leave me rewarded, fascinated and allowed to serve.

Today nursing is not just a good job for a woman. It is still high paying and rewarding. It offered flexibility and security for the family I eventually had. It gave me the resources to get out of a bad marriage, when my prince wasn't charming. Being a nurse helped me be a better mother and vice versa. I feel privileged to serve people every day. Being a nurse has always held my attention and kept me fascinated and challenged over the years. Now that my children are adults, I am still becoming a nurse, while I wait for grandchildren and other good things in life.

It is hard for me to care for someone that is dying. In my youth a doctor had to ask me to step out in the hall because I was arguing to send a 34 yr old dying patient to ICU to “save him”. The young doctor told me to stop fighting it and said that my patient needed me to help him die. I used to tell the charge nurse not to assign me to patients that were dying, and I would say, ‘I don't do death! Give me someone I can fight for.’ After 30 years of nursing, I now know how to care for a dying patient and their family. But

it came too hard, with me kicking and resisting all the way.

It started slowly with learning the difference between sympathy and empathy. Sympathy was my actually feeling what they were feeling but empathy was my understanding my clients situation and feelings without actually having to have those feelings myself. It was much less painful, when I wasn't experiencing the grief first hand. I could still recognize feelings and be compassionate but I did not have to feel everything.

Then I learned that when facing death, nursing care becomes very basic, tender and nurturing. Clients need their very basic needs met. Being comfortable and having loved ones near was the main focus. Things like washing someone's face, turning them and rubbing their back became vital. It was important to include family where they wished, but to also let them know everything that was being done and why. I would tell the client's loved ones that they are important medicine and their presence is important. I would share that dying is just as messy as coming into the world. I would tell them about what changes they would see: rapid irregular breathing, clammy skin, and gurgling respirations, and try to prepare them.

One cold winter day, I cared for Mary, who was only 68 years old with end stage lung disease. She was dying. I prayed under my breath, help me do this God. Only three beds of the 6 bed unit were open, so we were staffed with 2 nurses. Immediately on starting my day, I was assigned to Mary because the charge nurse shared “you have such a calming manner”. The first hour went by and her children came to her bedside. Her skin was pale, waxy, and moist. She had the biggest most fearful eyes but they seemed to look right through me. It struck me that the family was terrified and as her breathing became worse Mary wanted to sit bolt upright but she lacked the strength. She also wanted to

be held. So with a morphine syringe in one hand and her IV port in the other, I put my arms around Mary and held her upright. I comforted
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EXCERPTS FROM STUDENT PAPER

(continued)

her and rocked her slightly, like a mother would do. Her children stood in the corner of the room watching. I asked them if one of them would like to hold their mother and they all declined and looked terrified. I told them it was ok. Soon my 10 mg of morphine was gone and her hands clutched the back of my scrubs as I felt her perspiration soak the front of my uniform. She would not let go of me, so I could get more morphine. With tears rolling down my face, I

yelled out to the desk for someone to “keep the morphine coming”. Eventually she let go of her grip and rested on the bed and her family came closer as she died. I had never been in such an intimate and privileged situation with any other patient. Holding someone didn’t take special training but it was special. I felt privileged to be the one to do that for her. I had a purpose, to do what the grieving family did not know how to do or couldn’t.

I still feel like I suffer a bit when I care for a dying patient. I have the experience and know-how and heart for the job. It is a privilege to be there. It is as special a time as birth.”

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2008 SAMRM Research/Project Award Call for Proposals

SAMRM will grant an award up to \$1000 annually, for projects or research contributing to the testing, development, or implementation of MRM theory or concepts. Applications are available on the SAMRM web page (www.mrmnursingtheory.org) and are due to the committee by March 1, 2009. Susan Bowman (susanbowman@otcwb.com) will accept the applications electronically.

TENURE TRACK POSITIONS AVAILABLE *(Humboldt State University's nursing curriculum is based on MRM)*

Humboldt State University (Arcata, CA) Department of Nursing seeks to fill two tenure track positions in Pediatric Nursing (Job #7432) and Medical-Surgical or Adult Health Nursing (Job #7431) starting August 2009. Humboldt State University is located in coastal northern California in the heart of the redwood forest, 273 miles north of San Francisco. A Master's degree in Nursing from an accredited college or university, with evidence of progress towards a doctorate from an accredited college or university is required at time of appointment; completion of doctorate required prior to sixth probationary year. Experience in didactic and clinical teaching and current clinical experience in these nursing areas preferred. Evidence of professional scholarly and community activities required. All candidates must be eligible for California RN licensure and for California Board of Registered Nursing approval as instructor in the specialty area. First consideration will be given to applications received no later than January 21, 2009. For the full vacancy announcement and application instructions, see <http://www.humboldt.edu/~aps/employment/tenure.html>. HSU is an EO/Title IX/ADA employer.

Next Newsletter

The next newsletter will be mailed in February, 2009 with the retreat program and registration information. Please submit any articles or announcements that you wish to have included in that newsletter to Susan Bowman by January 20: Phone: 541-421-3930 or fax: 541-421-3000 or email: susanbowman@otcwb.com.

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>.

Leave the subject line BLANK.

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

Type your name.

Have you changed work sites? Been promoted? Received an award? Recently published? Recently Retired? Please share news about yourself or other SAMRM members.

Contact Susan Bowman: <susanbowman@otcwb.com>

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 complementary 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.

SAMRM Membership Renewal

Name: _____
(Last, First, Middle/Maiden)

Address: _____

City _____ State _____ Zip Code _____ Country _____

Phone: Home _____ Business _____

Fax: _____ Email Address: _____

Profession _____ Highest Degree: _____

Employing Agency/Affiliation _____

Field of Employment/Position _____ Area(s) of Specialization _____

Dues: (Check dues enclosed)

General membership: _____ \$50.00/2 years

Student membership: _____ \$30.00/2 years

Make checks payable to "SAMRM" and mail to:

Bobbi Hopkins, SAMRM Treasurer, at 11723 E FM 580, Kempner, TX 76539

SAMRM Spring Retreat, April 17-19, 2009
REGISTRATION
(Please Print)

NAME: _____
STREET ADDRESS: _____
CITY: _____ STATE: _____ ZIP: _____
PHONE: (H) _____ (W) _____
(CELL) _____
EMAIL: _____

Please mark the retreat package you are requesting and indicate the total amount you are remitting in the space provided.

Overnight packages include dinner on the day of arrival, breakfast, lunch and 2 breaks on the next day. Guest rooms feature 2 double or queen beds.

Meals are served buffet style at the following times:

Breakfast: 7:00AM-9:00AM; Lunch: 11:30AM-1:30PM; Dinner: 5:00pm-7:00PM
Saturday lunch seating times are assigned

(Prices include all taxes + \$25.00 Conference registration fee)

____ Full retreat package: Arrival on Friday; departure on Sunday.
 ____ \$345.00 Single
 ____ \$490.00 Double. Indicate roommate: _____

____ One night package: (Please indicate which night)
 ____ Arrival on Friday; Departure on Saturday.
 ____ Arrival on Saturday; Departure on Sunday
 ____ \$185.00 Single
 ____ \$270.00 Double. Indicate roommate: _____

____ Daytime (Saturday only) attendee (no overnight accommodations). Includes lunch and 2 refreshment breaks and use of all Simpsonwood facilities.
 ____ \$75.00

TOTAL AMOUNT ENCLOSED: _____

(Please make checks payable to: "SAMRM")

Mail completed form and registration fees to:

Susan Bowman, 47523 Ritter Road, Ritter, OR 97856

(Questions? Contact Susan Bowman at: susanbowman@otcwb.com)

Simpsonwood is located approximately 1 hour's drive from the Atlanta airport. You will be contacted via email closer to the time of the conference regarding transportation from the airport to Simpsonwood.