Message From Dr. Ratchneewan Ross

Welcome to Fall 2015!
As the saying goes, “Actions speak louder than words,” and “A picture’s worth a thousand words.” With action, pictures and words combined, our international newsletter is a perfect blend to showcase our accomplishments this past spring and summer. Have a wonderful and productive fall semester and I hope you enjoy the newsletter.

My warmest regards,
Ratchneewan Ross, Ph.D., RN, Associate Professor
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Heidi Weisel Travels to Africa

Heidi Weisel returned to Kenya as part of Bonyo’s Kenya Mission, a not-for-profit volunteer organization. The mission has provided medical treatment for tens of thousands of patients in this underserved area where residents suffer from chronic malaria, TB, HIV/AIDS, malnutrition, parasitic illness, and other tropical diseases and where over 70% of the population lack medical care.

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Study Abroad Goes to Geneva!

Carol Sedlak, Ph.D., RN, CNS, CNE, FAAN and Tracey Motter, assistant dean of undergraduate programs traveled with ten nursing students to Geneva, Switzerland in May. It was two weeks filled with new people and eye-opening experiences the students won’t soon forget.

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Heidi Weisel, administrative clerk for the College of Nursing, traveled to Masara, Kenya, in the Nyanza District in Africa from June 4-23. This was Heidi's third trip to Kenya as part of Bonyo's Kenya Mission, a not-for-profit volunteer organization. The mission has provided medical treatment for tens of thousands of patients in this underserved area where residents suffer from chronic malaria, TB, HIV/AIDS, malnutrition, parasitic illness, and other tropical diseases while over 70% of the population lack medical care.

This year, Heidi secured a donation of 5,000 Softcups™, for distribution to women and schoolgirls in Masara. A Softcup is a reusable cup used to manage a woman's menstrual flow. Because of the remoteness and poverty in the area, few feminine hygiene products are available. The first distribution of the product went to twenty women at the hotel where Heidi stayed. Because these women were employed, some could afford to buy feminine hygiene products, but most women cannot. After Heidi's presentation, which included a short video produced by SoftCup, the women were very excited. It was apparent this product was going to improve their lives.

The remainder of the distribution went to schoolgirls, their teachers, female workers and female patients at the Mama Pilista Bonyo Memorial Health Center. In the Masara area, girls often stop attending school when they reach puberty because of a lack of menstrual care products. In fact, one survey of nearly 800 girls showed 72% were using mattress stuffing, sweaters, socks, dried grass or corn husks for their menstrual care. Only 16% used pads, often purchased by teachers. Unfortunately, reaching puberty has traditionally put an end to a young woman’s education, thereby continuing a long history of poverty for women in this region. Since the average monthly income in the area is equivalent to only $100 U.S. dollars, there are few affordable options.

As Heidi arrived at the clinic each morning, she gathered a group of five to ten women and gave the Softcup
presentation. This was followed by a Q&A session with a translator, when needed. Afterward, as women left to spread the news to their friends about the product, more women began lining up at the clinic. Several women told Heidi they were actually looking forward to their next monthly cycle!

One moment that was especially memorable for Heidi happened on her last day at the clinic. As she was getting ready to leave, a small group of Grade 8 girls approached her and asked if she could explain how to use the Softcup to them again. As she collected her materials for a demonstration, she turned around to find nearly 30 schoolgirls had gathered and were waiting to see the presentation. The girls left the final presentation excited and eager to return to school.

“Talking about this uncomfortable topic and supplying a solution to this problem will help these girls be more self-confident and better educated,” Heidi said. “The supplies that I left behind, the people I trained to distribute them, and the word-of-mouth about the product are going to make a huge impact on the future of the women in the area.”

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**Student Spotlight:**

**Ghada Shahrour**

**Education:** I finished my bachelor’s degree in nursing in 2006 from Jordan University of Science and Technology located on the outskirts of Irbid, at Ar Ramtha in northern Jordan where I also live. I attended Kent State University in 2008 to pursue my master’s degree in Psychiatric Nursing, Child and Adolescent CNS. After my graduation from the master’s program, I started my Ph.D. in Nursing at KSU in 2011.

**Research area:** My research area is in Child and Adolescent Psychiatric Nursing. My dissertation topic is about investigating empathy in adolescents with ADHD.

**Recent Position:** I worked as a graduate assistant (GA) from 2008-2015 and gained valuable experience in research. I held a position of clinical nurse instructor at my home country from 2006 to 2008. I taught clinicals in the areas of psychiatric nursing, community health, and med/surg.

**Why did you choose KSU?**

KSU was one of the universities I applied to for my master’s degree. I chose KSU because it has the field I wanted to study (Psychiatric CNS). I chose KSU over other universities because the staff and professors were supportive, responded back in a timely manner, and showed interest in their prospective students.

**What have you liked best about the College of Nursing?**

The best thing I experienced at the College of Nursing is that I felt I gained a second family. The professors and staff are very supportive, kind, and encouraging. They recognize your efforts, enthusiasm, and determination and become your cheerleaders. This is in addition to offering students the best education, research experience, and opportunity for success in their nursing career.
Study Abroad Goes to Geneva!

In the spring of 2015, Carol Sedlak, Ph.D., RN, CNS, ONC, CNE, FAAN, and former director of the MSN Nurse Educator Program at KSU, and Tracey Motter, MSN, RNC, and assistant dean for undergraduate programs at KSU, traveled to Geneva, Switzerland, along with 10 nursing students as part of the College of Nursing’s two-week course, “Global Health Immersion.” Students, including 10 KSU public health students, learned about health care from a global perspective. While there, they attended the World Health Assembly (WHA), the highest decision-making body of the World Health Organization (WHO). The keynote was given by Margaret Chan Fung Fu-chun, OBE MD, DSc, MScPH, FFPHM, JP, director-general of the World Health Organization.

Students met several global health leaders, including Khaga Raj Adhikari, Nepal’s minister for health and population; Vera Nkem Ogbechie of the Nigeria Federal Ministry of Health; Mary H. Kanu, chief nurse, Sierra Leone; and Judith Shamian, Ph.D., RN, LLD (hon), DSc (hon), FAAN, past president of the Canadian Nurses Association and now president of the International Council of Nurses.

“I have grown intellectually in ways that I would have never been able to had I not attended the trip,” said Kent State student Oriana Suglia.

Interested in studying abroad? Contact us:

Tracey Motter, MSN, RNC
Assistant Dean of Undergraduate Programs
tmotter2@kent.edu

For more information, visit us online: http://bit.ly/1IQRPKn

From left: Natalie Vanderzee, Oriana Suglia, STTI CEO Patricia Thompson, Erica Eckard, Megan Arno, Jenna Caporosso.
Dr. Kawther Hamash attended the KSU Spring Commencement Ceremony on May 8, 2015.

Dr. Homood Alharbi defended his dissertation and graduated on June 26, 2015.

Sureeporn Suwanaosod passed her candidacy examination on June 15, 2015.

Raya Albataineh graduated in August with her master’s in nursing administration.

“My graduation day was one of the best days of my life! It was a mixture of emotions, excitement and joy. Looking forward to doing it again for my Ph.D.!”

### Congratulations on Your Accomplishments!

### Interesting Benefits and Opportunities for International Students

#### Conversation Groups
Purpose: Establish friendships and improve language skills
More details: [www.kent.edu/globaleducation/conversation-groups](http://www.kent.edu/globaleducation/conversation-groups)
Contact: ksuconver@gmail.com

#### Classroom Visit Program
Purpose: Exchanging Cultures
More details: [http://www.kent.edu/globaleducation/classroom-visit-program](http://www.kent.edu/globaleducation/classroom-visit-program)
Sign up at: [http://www.kent.edu/classroom-visit-program](http://www.kent.edu/classroom-visit-program)
Contact: isss@kent.edu

#### Funding Request for International Student Organizations
Purpose: Initiating activities, events, programs, and other services to meet the goals of the International Student Activity
More details and sign up at: [https://www.kent.edu/globaleducation/funding-request-international-student-organizations](https://www.kent.edu/globaleducation/funding-request-international-student-organizations)

#### Global Ambassador Program
Purpose: Current Kent State Students help new international students to adjust to life at Kent State.
More details: [https://www.kent.edu/globaleducation/global-ambassador-program](https://www.kent.edu/globaleducation/global-ambassador-program)
Contact: Angela Schwarzer at xschwarz_stu@kent.edu

#### International Friendship Family Program
Purpose: Pairing international students with Kent State faculty and staff members, along with their families, for the purpose of exchanging cultures in a unique and fulfilling way
More details: [https://www.kent.edu/globaleducation/FriendshipFamily](https://www.kent.edu/globaleducation/FriendshipFamily)
Sign up at: [https://docs.google.com/forms/d/1cPOrCJqcYYqT18j8BkKbraJxrRXiigzDhNG6qTFTHY/viewform?c=0&w=1](https://docs.google.com/forms/d/1cPOrCJqcYYqT18j8BkKbraJxrRXiigzDhNG6qTFTHY/viewform?c=0&w=1)
Contact: KentFriendshipFamily@gmail.com

#### International Student Organizations | Kent State
More details: [https://www.kent.edu/globaleducation/international-student-organizations-kent-state](https://www.kent.edu/globaleducation/international-student-organizations-kent-state)
Upcoming International Activities/Events

Monthly Cultural Cafes: spotlight different countries’ food and customs (at OGE)

International Cook-Off in November (by OGE)
World Poetry Reading (by OGE)
Global trips (by OGE)
Pizza Party - College of Nursing International students

In Memoriam

Abdulkareem Ghazi, who graduated with a Master’s degree in Nursing Administration from KSU in 2009, passed away on Wednesday, September 2nd, 2015.

His compassion to nursing and caring attitude made him decide to pursue his graduate degree at KSU. Throughout his course of study, he set an example of the hardworking student. In addition, Abdulkareem successfully took every opportunity to be a better nurse and demonstrated a great deal of courage by volunteering as a Red Cross aid worker.

Summer Activities

Cecilia Arruda and Micheline Koerich, Ph.D. students from the Federal University of Santa Catarina, Brazil spent their time at KSU in the Spring semester as visiting scholars.

On August 20, 2015, Ph.D. student Amal Al-Alawi and her husband Dawood, welcomed daughter Widad to their family. Her name is Arabic, which relates to love, compassion, understanding, humanity, and brotherly.

Writing for Publication: You Can Do It!

Pimpanitta Saenyyakul, Sureeporn Suvannaosod, and Chutharat Akkarawongvisit participated in the June 10th Writing for Publication Workshop conducted by Dr. Marilyn Oermann from Duke University. The workshop was co-sponsored by Sigma Theta Tau International and the College of Nursing’s Center for Research and Development.
On April 15-19, 2015, eight nursing students and two nursing professors from Kent State traveled to Haiti as part of a mission to provide Haitians in need with care and medication. 

People for Haiti, a non-profit organization, carries out 4-5 mission trips each year. They are dedicated to providing long-term medical and material support for the people who are still struggling to recover from the 2010 Haitian earthquake.

The mission trip in April included seven undergraduate nursing students and one student from our master of science in nursing (MSN) nurse educator program. Interested nursing students from all Kent State campuses applied to be part of this trip and a small group was selected.

In just three days, the team saw 1,005 patients! On their first day, they saw 461 patients at La Belle Frecher village. The next day, they saw 303 patients, including a very sick infant, at Terre Noire Village in the mountains. On their third day, they saw 241 patients at the Cabaret Baptist Children’s Home.

Mary Lou Ferranto, Ph.D., director of the BSN program at Kent State University at Salem and Connie Tezie, Ph.D., former director of Kent State’s nurse practitioner program and current nursing faculty member, engaged the students in a teaching session with nursing students from Haiti to review general assessment skills. They were accompanied by People for Haiti’s Christine Robson Hashim, CRNA, ARNP, MSNA and president of clinic operations, Tammi Denbo, Esq., EMT, and president of administration, as well as Dr. Lonnie Klein, the organization’s medical director.

“I was anxious stepping off the plane, but was ready to embark on a trip that would change my life forever. The kids flocked to us and offered to help us unpack. The Haitian people gave us such a warm welcome, I felt right at home,” said Karla Santiago, who graduated with her bachelor of science in nursing (BSN) degree in May.

“It’s amazing how small gestures can make such a big difference in someone’s life,” Karla added. “Kids come up to you and tell you they love you. There is so much pain and suffering, but the Haitian people are so full of life. They showed me how truly privileged we are and to appreciate all that I have in my life.”

The team traveled and worked with interpreters over the next three days, becoming a close family. Clinics were very busy, hot, and exhausting, but
students also had fun. They treated children who were developmentally disabled, babies in respiratory distress, and adults who waited for hours in the hot sun to see a nurse practitioner.

On the third day of the mission, Connie and Mary Lou held a teaching session with students from a Haitian nursing school reviewing the assessment skills of the nurses there and teaching them techniques for treating adults and pediatric patients.

Mathew Duck, from Wellsville, graduated from Kent State Salem with his BSN in May. He hopes to work in critical care, while also continuing his education, eventually becoming a nurse practitioner.

“This experience definitely changed my way of nursing,” he said. “It helped me improve my critical thinking skills because there wasn’t any technology in Haiti. The only tools we had were the knowledge and judgment we learned along the way. My level of compassion has increased, along with my patience.

“I would definitely do another medical mission trip like this. I fell in love with Haiti and want to go back as many times as I can,” Duck adds. “All of us left Haiti changed in a way that is hard to put into words.”

Students’ thoughts after the Haiti mission...

“No act of kindness, no matter how small is ever wasted. Through working with People for Haiti, I learned to never underestimate the difference you can make in the lives of others.” - Sheila Daniels

“Nursing is something that I have always wanted to do and had a passion for. This trip taught me what nursing is really about!” - Karla Santiago

“So much can be learned about a culture, simply by viewing it through the eyes of the children living it.” - Monica Mills

“The people who are crazy enough to think they can change the world, are the ones who do.” - Amanda Spitzer

“The people helped open my heart and give me a whole new perspective on life.” - Rachel Woniewicz
Kent State University partnered with the University of Ulster to provide *Comparative Healthcare: Nursing in Northern Ireland*, a class that included a two-week intensive study abroad in Northern Ireland which incorporated seminars at the University of Ulster, Magee Campus and select clinical settings. Students examined the cultural, political, and economic forces influencing health care and nursing needs; the status of nursing education, licensure and practice; and health disparities in Northern Ireland. They also compared and contrasted nursing education, practice and regulation between Northern Ireland/United Kingdom and the United States.

During the course of the class, students expanded their understanding and gained fresh perspectives on healthcare. This experience allowed them to become integrated with the local culture and in the professional setting as they participated in the academic and clinical areas of nursing practice in Northern Ireland. Educational experiences included: clinical care participation and field observations, University of Ulster seminars and class participation, journaling with critical and reflective thinking, international student presentations in Northern Ireland, and portfolio page development.

The classes and experiences were developed in collaboration with Seana Duggan, academic lead for practice learning under the leadership of Professor Owen Barr, head of school of nursing, University of Ulster. The knowledge and expertise of professors, faculty, speakers, and clinicians in Northern Ireland provided the students with excellent educational experiences in both academic and clinical areas.

While abroad, students' feedback on their educational experiences were very positive: “We had another day of lectures at [University of Ulster] today. We had sessions on research at Ulster, learning disabilities, and person centered care. I was most excited for our session on Person Centered Care, since that is something that we learn about and practice at home, but not to the extent that they do here.” Another student shared clinical experiences gained while at Altnagelvin Hospital.

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*Hello (or Dia dhuit!) from Northern Ireland!*

Malahide Castle,
Republic of Ireland
in Northern Ireland: “Today was a
good example of what I thought this
experience was going to be like. I am
very glad that I was placed on Ward
42, an acute care of the elderly unit,
for the last day with a nurse named
Sophie, who allowed me to help as
much as possible while also learning
about the role of the nurse. I was
able to see what the everyday routine
of a regular staff nurse is in Northern
Ireland. We began by getting a report
on the six patients that the nurse was
in charge of for that day.”

The study abroad course enriched
students professionally and culturally
as they were also given an opportunity
to tour different parts of Northern
Ireland. The students spent a
weekend in the beautiful and exciting
city of Dublin in the Republic of
Ireland. They also enjoyed outings
to the Guinness Factory, Bushmills
Distillery and Trinity College. The
students visited several castles,
including Malahide Castle and
Dunluce Castle. Throughout their
trip, they experienced the beautiful
green Irish countryside, including
visits to Newgrange, Ireland’s best-
known prehistoric monument,
Giant’s Causeway and the Carrick-
a-Rede Rope Bridge on the North
Antrim Coast.