



# COLLEGE OF NURSING



*Dear Dean,*

Will we be able to have celebrations next fall, such as pizza parties?

*Dear Students,*

The Lord created community for His glory. The ability to gather and celebrate together is something we have all missed. Hosting events to honor students is important for the College of Nursing. As the restrictions begin to lift, and the County transitions to the less restrictive COVID-19 tiers, the College of Nursing will coordinate student events and celebrations.

*And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near. Hebrews 10:25 NLT*

*Dr. Karen Bradley*

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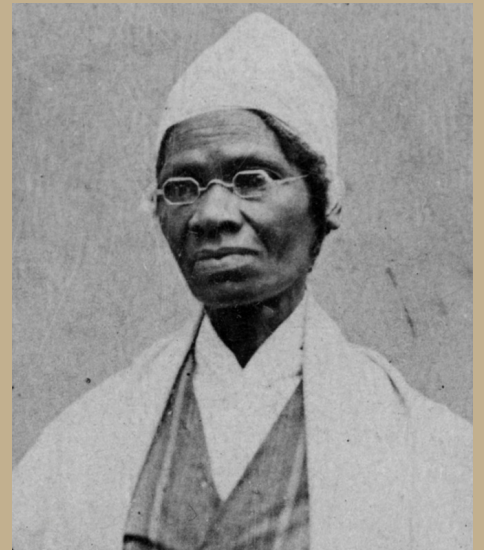
Can you find him in the newsletter?

# EMPOWERING BLACK FEMALE NURSES THROUGHOUT HISTORY

As February comes to a close, we continue to celebrate Black History Month and reflect on the incredible Black female nurses in history who have shaped our world and the nursing community today. They have paved the way for nurses today through their hard work, determination, and service, breaking through racial barriers in the nursing profession.

## Sojourner Truth (1797-1883)

Born Isabella Baumfree, Sojourner Truth is famous for being an advocate, abolitionist, and speaker for women's rights. Becoming the first Black Woman to win a court case, where she fought for the freedom of her son, she was a trailblazer for women to come. She fought for equal rights for women and African Americans and is well known for her speech called "Ain't I a Woman?" in 1851. While her career as a nurse is lesser known, she used her resources to improve quality of care and cleanliness through the National Freedman's Relief Association. She also used her way with words to become a voice for many as she urged Congress to provide finance training programs for nurses.



## Harriet Tubman (1822-1913)

While she is well known for liberating many slaves during the American Civil War in the Underground Railroad, Harriet Tubman was also an incredible nurse. Serving the North as a nurse and a spy during the Civil War, she successfully led an armed group who freed over 700 slaves. She worked as a nurse in Port Royal in South Carolina, where she healed soldiers with dysentery and smallpox through using natural and herbal remedies and any resources she had available. Even after the war ended, she continued to care for people and even opened a home for the elderly.

## Mary Eliza Mahoney (1845-1926)

Though small in stature, she made up for it in her strength of character and powerful voice. When she graduated from a training program in New England, she became the first Black registered nurse, a pioneer for nurses to come. She fought against racial prejudice and wouldn't allow its restrictions to stop her from pursuing her dreams. Because of the many discriminatory practices she faced in the medical profession, she founded the National Association of Colored Graduate Nurses with Adah Thoms. After her passing, she has since been inducted into the American Nurses Hall of Fame along with the National Women's Hall of Fame. The Mary Mahoney Award was created to recognize her achievements and to this day is still thought of as one of the highest honors a nurse can receive.



## Mabel Keaton Staupers (1890-1989)

Mabel Keaton Staupers was very successful as she attended nursing school in Washington, DC, graduated with honors, and worked as a private nurse. In the midst of fighting for racial equality, Mabel Keaton Staupers continued to care for her patients regardless of the segregated nursing programs. She found that African Americans were excluded from many major organizations, however she persisted. Through her hard work she was able to desegregate the US Army Nurse Corps and the American Nurses Association. She was also known for her work combatting the outbreak of tuberculosis within the African American community where she established the Booker T. Washington Sanatorium.

## Betty Smith Williams (1929-present)

Betty Smith Williams found that at a young age, activism and collectivism could create monumental change. She was both a leader and trailblazer as she co-founded the National Black Nurses Association in 1971. This organization is still in place today and works towards improving healthcare for African-Americans across America. She earned her doctorate and Dr. Williams became a lifetime educator with more than 50 years of experience in teaching and research under her belt. She was hired as a teacher in higher education in California, becoming the first African American nurse to do so.



# STAFF FIT TEST ALL NURSING STUDENTS WITH N-95 MASKS

In order to allow students to work in hospitals to get their clinical hours, the College of Nursing staff and faculty conducted fit tests for all nursing students this month. Over the course of only a few weeks, every nursing student was custom-fitted with an N-95 mask through an extensive process to ensure no small particles penetrate through the mask barrier. According to Adjunct Faculty member Andrea Abrams, MSN, RN, CCRN.

“First and foremost the process starts with the facility selecting an N-95 from a manufacturer. Each N-95 comes in different sizes, we have some that are supposed to be one-size-fits-most. You select your size and begin doing a fit test. The fit test includes a sensitivity sprays as well as a sweet spray, both of which are used in combination with ensuring that the N-95 is your correct size.”

Starting with the regular size, depending on the results of the testing, a smaller or larger mask will be selected as necessary. Furthermore Abrams explains that, “The importance behind having the correct N-95 is ensuring that you have the proper seal. The seal is about keeping out



larger particles, so you are not contaminating yourself when you enter a room where you potentially could come in contact with someone with COVID. It’s not just COVID that we use N-95 for, it’s also for tuberculosis as well, so you have to ensure you have a good seal otherwise you risk contaminating yourself.”

Vina Ocampo, MSN, RN, PHN Director of Clinical Affiliations, Health Records Analyst, & Assistant Professor further expanded on this process explaining how they go through a series of tests.

“Once they have the mask on we like to make sure that they press their fingers against the outlining of the mask to make sure that it’s nice and fitted to their face and make sure that the straps are where they’re supposed to be on the top of the head,” said Ocampo. Then they must blow out to see if they feel air in their eyes or below their mask. If they do, either they must change to a different mask or they haven’t properly pressed on the mask to fit the form of their face.

The person being fitted then puts on a hood over their head and Saccharine, a sugary sweet substance, is sprayed into the hood to see if



the person can taste or smell anything. They go through different exercises from touching their toes to counting their ABCs to see if the mask stays in place with different movements. If they can taste something sweet, this signals that the mask is not properly fitting, if they can't, they move on to further exercises till they ensure the mask is a proper fit.

For some who may be unaware why these N-95 masks were so necessary to be custom-fitted to all nursing students immediately,

Ocampo offers some clarity. She further explained the distinction between N-95 masks and common masks worn by the general population by explaining how N-95 masks create a barrier against airborne particles while regular masks only protect against "practical contact isolation and droplets so if you cough or sneeze or any secretions are excretions like sweat tears bodily fluids," says Ocampo, "COVID-19 is only transmitted by droplets like if someone coughs or sneezes on you. However, it becomes airborne when someone is suctioning or doing CPR, intubation, extubation on a patient."

Ocampo further explored the importance of these fit tests in regards to nursing students acquiring their hours at hospitals during COVID-19. Many students were struggling to fulfil hours such as getting experience in Med-Surg, in the ER, and in the ICU, however because of the dangers of COVID-19 and some patients being COVID positive, many hospitals were rejecting any help from nursing students.

"I think the biggest challenge was that many hospitals were closed because of COVID-19

but now that we have N-95 masks fitted to our students now there are more opportunities and the facilities are a lot more open to having our students for clinical rotations because they can help with COVID patients and get their hours,"

said Ocampo.

To get all the students fit tested within the span of a few weeks took a group effort though.

"It took a lot of us, not just myself to coordinate and make sure we trained the faculty from CBU health center we had a nurse from CBU health center come over and

train myself and the faculty so that we can help in mass fitting all of our students because we have a little over 600 students and had to have them all fitted in a matter of two to three weeks right before they start clinicals. It's been a wonderful thing in that aspect to see that we can help and then the students also get their hours," explained Ocampo.



# Preparing for Excellence





