



CLARION UNIVERSITY OF PENNSYLVANIA

# The Pulse

Volume 2, Issue 1  
Fall 2019

COLLEGE OF HEALTH SCIENCES AND HUMAN SERVICES

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## CLARION ALUMNA TRAVELS TO GUATEMALA

The former speech pathology and audiology student, Abby Barnes, was given the opportunity to travel to Guatemala with The Starkey Hearing Foundation this past summer. The Starkey Hearing Foundation is a program that aims to make hearing more accessible to people all over the world. In the United States, Starkey offers the HearNow Program, which provides hearing help to low income Americans. Abby was a member of Delta Zeta sorority while attending Clarion University. Delta Zeta's national philanthropic project is the Starkey Hearing Foundation. Abby was able to go on this trip through her alumnae connections, and raised the amount needed to win the trip to Guatemala City, Guatemala where she worked with local hospitals to fit hearing aids. Abby is currently working on her doctorate in Audiology; therefore, she felt the trip was extremely rewarding for her career. While in Guatemala, her and her team fit approximately 800 patients with hearing aids. The patients Abby saw



were of all ages and came from all around the country to wait in line from 7:30am to 7:00pm for a hearing aid. She expresses the gratitude she felt being on the trip and never realized how much this experience would change her life, she was only hoping to change the lives of others. Abby is grateful that she was able to obtain her undergraduate

degree from Clarion University and says that, "I truly discovered my passion for hearing and gained all of the skills, both in life and education, that I needed to pursue it."

# CLUBS ON CAMPUS

## Main Campus Clubs:

- National Student Speech Language Hearing Association: Every Other Tuesday at 7:00pm, STC 120
- Club Smile: Tuesdays at 7:00pm
- Medical Imaging Sciences Club: Every Other Monday at 5:00pm, Level A Carlson Library
- Sign Language Club: Every Other Wednesday at 6:30pm, Keeling 116
- Rehabilitation Sciences Club: Tuesdays at 6:00pm, SPED 113
- Nursing Club: Every Other Tuesday at 6:30pm
- Criminal Justice Society: Thursdays at 5:00pm
- Psi Chi (Honorary Psychology Organization): Every Other Monday at 7:00pm, Harvey Conference room
- Nutrition and Fitness Club: Tuesdays at 4:00pm in Gemmell Lounge
- Psychology Club: Mondays at 6:30pm Harvey Conference Room

## Venango Clubs:

- Medical Imaging Club: Thursdays at 3:20pm, Frame 208
- Nursing Club: First Monday of the Month at 12:30pm, Montgomery Hall 4th Floor Lounge
- Respiratory Care Club: Tuesdays at 2:00pm, Montgomery Hall Conference Room

## OFF THE BEATEN PATH CAREERS: PSYCHIATRIC NURSING

This career combines psychology and nursing and involves working with people who have mental health needs. The conditions a psychiatric nurse would work with are depression, anxiety, schizophrenia and more. A psychiatric nurse can assist in daily living activities such as self-care activities, create care plans, practice crisis management, have therapeutic interventions that involve counseling and more. If a psychiatric nurse becomes a psychiatric nurse practitioner (Advanced Practice Registered Nurse) the practitioner will be able to assess, treat and diagnose mental health conditions, and will also be able to administer medications. A psychiatric nurse and psychiatric nurse practitioner can work in a variety of settings such as hospitals, outpatient mental health practices, schools, psychiatric hospitals and prisons. To become a mental health/psychiatric nurse practitioner, one must obtain a Bachelor of Science degree in nursing (BSN) or one must be a Registered nurse, then obtain a master's degree in psychiatric mental health nursing along with a Doctorate of Nursing specializing in mental health.

## CERTIFICATIONS TO BENEFIT YOUR CAREER

### Head Injury and Concussion Management Certification; 12 credits

This certification is used to give an overview of the physical, psychological, and neurological effects a traumatic brain injury can have on a person's family, employment, education, and social life. This certificate can help assess early intervention and promote post-concussion wellness and recovery, and works well with the studies of rehabilitative sciences, nutrition, fitness, and sport sciences, education, and speech pathology.

Four Courses for completion of this certification are:

REHB 434: Post-Concussive Social and Emotional Wellness and Recovery

NFSS 465: Controversies and Implication of Concussions (MTBI) in Sport

SPED 476: Teaching Students with Traumatic Brain Injury

CSD 411: Cognitive Communication Disorders in Traumatic Brain Injury

### Opioid Treatment Specialist Certification; 12 credits

This certification is used to prepare students with knowledge about opioid abuse, prevention, treatment, and recovery. This certification is done online and would work well with rehabilitative sciences and nursing but can be completed by any major.

Four Courses for completion of this certification are:

REHB 421 Advocacy and Public Policy in Addictions and Recovery

REHB 410 Prevention, Education, and Treatment of Substance abuse

REHB 406 Opioid Abuse

NURS 475 Comprehensive Treatment of Chemical Dependency



## OFF THE BEATEN PATH CAREER: FLIGHT NURSING

A flight nurse is a Registered Nurse who works with a team of other medical providers and physicians to help people who are in emergency situations that require flight transportation. A flight nurse can work in the military and can also work municipally. In a personal interview with a flight nurse, she was interested in this specific profession because there is never any downtime and the adrenaline rush never ends. She also was interested because being a flight nurse means that you are one of the first responders. A flight nurse can have the opportunity to help someone in a critical situation and because of that care, that person has a chance to live. To become a flight nurse, you must be a licensed registered nurse and have 2-3 years of experience in critical care along with certificates in Advanced Cardiac Life Support and Pediatric Advanced Life Support.

## FEAUTURED FACULTY : DR. JEANNE SLATTERY

In September, Dr. Jeanne Slattery, a professor of the psychology department, gave a small presentation on “A Year in the Life of a College Professor” at the trustees meeting. The goal of her presentation was to show what the faculty really do in the psychology department as well as representing what all professors do at Clarion University. For Dr. Slattery, her demonstration of a year in the life of a professor involves “service, teaching and research”. All three of these areas overlap and relate to one another to make up her life as a professor.

Dr. Slattery serves as an advisor to many psychology students and she also serves as the head advisor of Psi Chi, the National Honors Society of Psychology for psychology students. Dr. Slattery also serves in multiple organizations outside of the classroom including being chair of the Pennsylvania Psychological Foundation, which awarded 50 scholarships this past year, the secretary of the Pennsylvania Psychological Association, and many more. Dr. Slattery is also very involved in research. She is the co-author of a recent article titled “Project Syllabus: An Exploratory Study of Learner-Centered Syllabi” and has also been doing research on psychology and spirituality.

Dr. Slattery also has a passion for writing outside of the classroom. She is a co-author of multiple blogs including a teaching blog for other professors titled *Hand in Hand* and *Ethics in Action*, which discusses ethical dilemmas in psychology on a quarterly basis. She also wrote books titled *Trauma, Meaning and Spirituality* and *Empathic Counseling* with a former student of hers.

Dr. Slattery emphasizes that her main goal in her profession is to make a difference within the department, university and of course, the lives of her students. She makes sure the students are well prepared for their careers and lives after they graduate. Many professors can agree that their students are their main focus. Much of what happens within their jobs only happens in class and the only people who really get to see the majority of the professor’s work are the students. Little do some people know that professors do so much more than just teach classes. Behind the scenes, professors advise, research, mentor and develop their skills to best help the students. Dr. Slattery is a prime example of a professor that works hard day in and day out to help her students.

Service, teaching and research not only are Dr. Slattery’s main parts of her job, but they are also a part of her goal of influencing the students to do the same. She has inspired her students to be able to serve others in various groups on campus and teach others about psychology. The students are successful in their internships and clubs because of the knowledge that Dr. Slattery gives them to perform well. Students in Dr. Slattery’s senior seminar class are all managing research projects and are succeeding because of her professional guidance. Clearly, Dr. Slattery’s service, teaching and research philosophy has rubbed off on her students and the influence she has on her students prepares them well for their careers. Dr. Slattery can rest assured that she is clearly making a difference. Thank you, Dr. Slattery!



# FEATURED RESEARCH : DR. JIN QU, PARENT-CHILD ATTACHMENT

If you didn't know, infants can pick up on social cues given off by their mother and father. These social cues can develop into different behaviors and social interactions. Dr. Jin Qu has been researching this topic for many years. It all started with the Still-face theory. This theory is based on how an infant recovers from stress brought on by the parent's inability to react to them. When a mother stops reacting towards a child's cues of smiling, laughing, and pointing, the infant starts to recognize the absence of emotion and becomes stressed. It looks for anything and everything to get the mother's attention back and begins to cry.

This theory can be applied to different situations in life, such as orphans. Without the attention of a primary caregiver, how do they deal with stress? Without these vital interactions from a primary caregiver, a child may lack comfort, security, self-concept, and trust. This usually leads to bad behaviors and issues creating relationships with peers, teachers, and romantic partners. Therefore, children that develop a secure relationship with a caregiver, usually develops trust within other relationships.

However, what happens when a child forms an insecure relationship with their caregiver? This can be addressed through the Strange Situation procedure. This procedure involves a mother leaving her child, and introducing a stranger to play with them. This is used to associate how a child deals with stress when a stranger is present, verse when the mother is reintroduced. In the case of insecure children, reintroducing the mother did not resolve the stress, even though they wanted her back. In addition, the more insecure children are more likely to play with the stranger than secure children in the absence of the mother. These theories can help predict the behaviors of a child depending on how their parents interact with them as infants and toddlers.

Postpartum depression has become a huge topic of research over the past decade. About 16-23% of mothers develop severe cases and 11-15% develop mild cases. However, about 4-25% of fathers have also developed postpartum depression as well. These symptoms often lead to decreased interaction and positive affection towards infants and therefore leads to insecure relationships.

Dr. Jin Qu is looking into the relationship between parental depression and anxiety and infant social development. She plans to test both 4-7-month infants and 12-15-month toddlers. She will test them in the Still-face, Strange situation, and Lock-box tasks to assess for behavior coding. Ultimately, she would like to answer the question whether an infant's temperament can regulate the relationship between parent-child attachments.

## Featured Scholarship: Dorothy May Story Smith Scholarship

This scholarship was established by David C. Smith, Class of 1964, in memory of his mother Dorothy May Story Smith to provide an annual scholarship to a Clarion University nursing student. Eligible candidates must be a full-time undergraduate student, have a 1000 SAT score, and demonstrate financial need per the FAFSA application which must be on file by the application deadline. To apply, go to the "Apply for Scholarships" section of MyClarion.

# RELAY FOR LIFE 2019: BIG PINK EVENT

Relay for Life is a fundraiser for the American Cancer Society. Across the United States, there are around 5,000 communities that hold Relay for Life events. Relay for Life at Clarion University is led by a committee of students who are passionate about beating cancer and helping patients and survivors get the care they need. Relay for Life raises money for cancer patients and their loved ones to provide free lodging by hospitals, free cancer helpline that is available 24/7, free transportation to treatment, information and services to help people deal with cancer diagnoses and more.

After an interview with Christina Cotton and Julia Holden, both volleyball players and Relay for Life committee members, it was found that Relay for Life at Clarion University last year alone raised almost \$50,000. Each member of the committee has a passion for helping those with cancer and Relay for Life allows students to get involved. Relay for Life this year will be held April 10<sup>th</sup>.

To prepare and promote students to join the Relay, the committee puts on an event called Big Pink, which was held this October. Big Pink is a breast cancer awareness event that the committee and team captains in to get the rest of the campus involved. Cotton and Holden Encourage other's students to grab a team and join relay to support all those who battle with cancer and all the loved ones that support them!

## LEARN SIGN LANGUAGE



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Want to be featured in the next edition? Contact Alivia Shuttleworth at [a.e.shuttleworth@eagle.clarion.edu](mailto:a.e.shuttleworth@eagle.clarion.edu)