



SAN FRANCISCO
STATE UNIVERSITY



SAN FRANCISCO STATE UNIVERSITY SCHOOL OF NURSING

Dear Alumni and Friends,

No doubt 2020 has been a year of many challenges, especially that of the COVID-19 pandemic. COVID-19 has changed our world, has restructured family rhythms and has challenged us as professional nurses. For many of us, masks have become part of our clothing, tapping elbows is a form of affection, and wearing PPE has become a professional expectation. I am in awe of nurses around the world who have risen to professional challenges while also facing their own family trials, illness and loss. These changes have been longer than we wanted, but nurses show up shift after shift to provide your patients with the best possible care with the application of your knowledge and experience.

At the SF State School of Nursing, our faculty and staff have shown ingenuity, stamina and adaptation. Despite fewer clinical placements, we have managed to graduate our students both in Spring and Summer. We will graduate approximately 70 students from our programs this Fall. We have improved our online classes and worked together to learn the 'art of the possible' with remote instruction. Remote teaching will continue through the Spring 2021 semester. We continue to utilize high-quality virtual clinical simulation programs in tandem with clinical placements as we have discovered many teaching/learning benefits from this combination. Importantly, we are upholding the high standard of education that our School of Nursing demands.

While we managed to make it through the fall semester, we continue to face unprecedented financial challenges in nursing. One of our biggest tasks is implementing safe, quality changes to our in-person lab curricula. This primarily involves updating our skills and simulation labs with new technology, a cost for which the CSU cannot provide. Some of these items are:

1. Two IV arms
2. AED Chest for cardio training
3. Two MASIMO MightySat Pulse oximeters
4. All-in-One touch screen
5. Affinity IV birthing bed
6. Hill-Rom beds
7. Laerdal Preventive Maintenance Service

Unfortunately, we also find ourselves facing unprecedented budget cuts due to this pandemic. Our financial situation is so dire that we have experienced staff layoffs to cut costs. The staggering financial predictions have come true and will not improve in the foreseeable future.

As a graduate of this program, you know the importance of a strong nursing education. Please help us continue to provide educational excellence to the next generation of nurses by making a gift to support the School of Nursing. Your generous gift will make an immediate impact on our curriculum in 2020-21 academic year and beyond.

[MAKE A GIFT](#)

We are deeply proud of your commitment to the nursing profession. We are honored to call you part of our SF State School of Nursing family. With your help, we will continue to provide an excellent education for the next generation of nurses. We hope to stay connected with you and work harder to build up a strong alumni community. We wish you and your loved ones health, happiness and joy during the upcoming holidays and beyond.

Warm Regards,



Mary Ann van Dam, R.N., Ph.D., PNP
Director & Professor
School of Nursing

Nursing School in the Age of COVID

It might not come as a surprise to hear that attending nursing school during a pandemic can be weird. It was weird to go from spending hours with my classmates learning new skills in clinicals and on campus to only seeing them in the gallery view of Zoom calls. It is a little weird to spend just as much time with virtual patients through computer simulations as with real patients.

However, I feel incredibly lucky that we have been able to resume clinicals this semester, and that the administration is committed to getting us the practice and training we need to be successful nurses when we graduate. The pandemic has caused untold tragedy and disruption, and I do not want to compare the annoyances of online school to the pain many have suffered. However, the pandemic has put a spotlight on the power of the nursing profession in ways that are very inspiring.

It has been amazing to see how nurses around the country are stepping up to the challenge of fighting a completely unknown disease and advocating for patient safety, as well as their right to have safe working conditions and PPE. I have seen this at my clinical sites, and I am always impressed at the bravery and compassion of nurses who go into covid patients' rooms with just an N95 and flimsy face shield to protect them and their families. And with all that, the nurses at our clinical sites have been generous enough to take the time to teach us students.

It is hard to express how grateful I am. In a few short months after graduating, I hope that I can be as compassionate, caring, and protective as the nurses I have seen during the covid pandemic.

Written by Jenna Hooper, BSN, Level 3



Mega Skills Lab

The School of Nursing held the “Mega Skills Lab” during the week of November 16-20th for undergraduate nursing students who are currently participating in live streamed Skills Lab classes via Zoom. Students learned about nursing interventions remotely during the semester and then came to the campus during Mega Skills Lab week to work with faculty who provided demonstrations, coached, and evaluated their performance.



During the week of activities, we had 151 nursing students who checked off on a total of 494 skills. Additionally, 24 Advanced Practice Registered Nurses attended the skills lab to perform Physical Examinations on their peers.

The Nursing school worked with upper administration to ensure that we were following SF Department of Public Health rules and regulations and provide a safe environment that included adequate ventilation, physical distancing, PPE, disinfection procedures, 2-hour max instructional session, and a 1-hour rest between sessions. Students and faculty enjoyed being back on campus and working together during this busy and productive week!

We are planning another Mega Skills Lab for April and August since we are working remotely until then. We need volunteers to help with check off skills (IV insertion, NG insertion, Suctioning, and wound care). If you are interested, please contact Dr. Kathleen Shea, kshea@sfsu.edu

Health Disparity Reduction Project

SF State School of Nursing is committed to reduce health disparities in our local communities and provide future nurses with an educational and experiential foundation in clinical prevention and population health.

Please consider a donation to help us purchase medical supplies needed to provide clinical preventive services in our local communities.



[LEARN ABOUT THIS PROJECT](#)

Join today!

Become a member of the School of Nursing Alumni Association today.

As a graduate of the SF State School of Nursing, you are our most important asset and our greatest strength. The Alumni Association provides opportunities for you to stay connected with other nursing alumni, current and former nursing faculty, and offers ways to engage and support current nursing students.

Why Join?

- Get connected! Network with other SF State nurses.
- Keep in touch! Stay updated about School of Nursing news, research, and events.
- Stay engaged! Participate in community volunteer opportunities
- Give back! Become a mentor to new nurses and graduating students.

Be part of this growing alumni association.



[Click Here to Join](#)

Past Event

Fall 2020 School of Nursing Pinning Ceremony

On December 18, 2020, 20 BSN, 21 ELM-A, and 20 ADN-BSN students, participated in virtual pinning ceremony.

Congratulations to class of Fall 2020!

Watch the video [here](#).

Upcoming Event

Alumni Panelist Event: The New Normal in Nursing

Thursday, January 14, 2021, 9 a.m.

Panelists:

Samanta Sassi, RN, BSN, MSN

ELM-A, December 2019, Masters focus in Public Health Nursing. RN volunteer with SFFPH Shelter Health and Urgent Care performing Covid screenings and clinic triage (March-May 2020). Currently Staff Nurse I on a complex GI, Liver / Kidney transplant unit at Sutter Health (California Pacific Medical Center, Van Ness Campus).

Caralisa Lacson, MSN, MPH, RN, PHN, CPH, FNP-BC

ELM, May 2018, FNP certificate program, August 2019. Pediatric nurse in the Med/Surg unit at UCSF Benioff Children's Hospital, and per diem as a nurse practitioner at a private practice Urgent Care clinic. She also holds a master's degree in public health from Touro University California and recently returned to SFSU in 2020 as a clinical instructor for level 1 nursing students.

Eddyson Lugangwa, RN, BSN, MSN

ELMSN, May 2018, concentration in Adult acute and critical care. RN on medical-surgical floor at UCSF-Parnassus campus (working with Covid-19 patients) and on Medical-surgical/Total Joint Replacement floor at Kaiser Hospital. He also volunteers with AIDS walk san Francisco and currently partnering with some health providers in Uganda to expand healthcare access by organizing volunteer medical trips from other countries to go provide health services to people in rural areas.

Moderated by Dr. Karen Johnson-Brennan

Looking to give back?

Want to make an impact on the future of nursing?

Become a mentor to one of our nursing students! We are looking for alumni to be matched with current nursing students and provide mentorship.

Give guidance on school, NCLEX, new grad programs, work-life balance and more! Your mentorship can make a lasting impact on our future nurses. Alumni from all years are welcome to participate.

If interested, please contact Yuli Diestel, ydiestel@sfsu.edu.

Sharing is Caring!

Tell us what's new

Share what you are up to now, where are you working, what you are specializing in, recent promotions or life events, and what you love most about being a nurse. Your updates will be shared with others via the “What our alumni are up to now” tab on the School of Nursing web site. Please [click here](#) and share away!

Stay in touch

Do we have your best contact information including email? Please [click here](#) to let us know how best to stay in touch with you.

Give a shout-out!

Do you want to celebrate or give a shout out to a fellow alumna/alumnus? [Click here](#) and tell us in a couple of sentences what you want to celebrate or recognize this person for, and we'll include it on the Shout-outs section of the School of Nursing web site!