

# The Cheryl Spencer Department of Nursing

## *Newsletter Issue no. 4, March, 2014*



**Newsletter Issue no. 4**

**Editor in Chief:**

Prof. Tamar Shochat

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*The Cheryl Spencer Department of Nursing  
Faculty of Social Welfare and Health Sciences*

*The University of Haifa, Haifa, Israel*



**Message from Dr. Efrat Dagan,  
Chair of the Department of Nursing**

Dear Associates,

This year the newsletter focuses on exciting development in our clinical unit, with the launching of a new simulation center, combining human interpersonal and computerized virtual-reality simulations. This innovative center is the first of its kind in university departments of nursing in Israel, and its main purpose is to bridge academic theoretical studies and hospital-based clinical practice.

“... The simulation was a very unique and special experience for me...” said one of our third year undergraduate students following her first day in the human interpersonal simulations project. This observation demonstrates the overall positive responses from our students, reflecting the meaningful encounter that this type of learning affords.

After completing my first year as head of our nursing department, I am proud to present our faculty’s major achievements. We have recently submitted our doctoral program, the first PhD Nursing program in Israel, to the university authorities. Hopefully by the time of our next annual newsletter we will announce the opening of this program and will be in the midst of enrollment. The Cheryl Spencer Institute for Nursing Research is bustling with activities, as can be seen in our *Recent and Upcoming Events*. Finally, our international undergraduate semester program has completed its second year, and this summer we are

launching the first two-week intensive graduate study abroad program. We invite students worldwide to participate in our unique international nursing programs in Israel. For more information please see our brochure attached to this Newsletter.

We are looking forward to yet another fruitful and creative year of activities and developments.

Warmest regards,

Efrat Dagan PhD

Head, *The Cheryl Spencer Department of Nursing*

Faculty of Social Welfare and Health Sciences

University of Haifa

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<http://hw.haifa.ac.il/index.php/nursingacastaff/581-efrat-dagan-cv>

### **The Cheryl Spencer Institute of Nursing Research**

#### **Upcoming Events:**

- **Opioids – analgesia and addiction: two sides of one coin?** Prof. Dorit Pud will chair a symposium which will be held in March, 2014. The growth of long term opioid therapy for chronic pain patients demands an ongoing evaluation of the associated benefits and risks including addiction. The aim of this symposium is to bring together researchers and clinicians who expert and study pain and addiction. The symposium will be unique in its multidisciplinary approach and aimed to enable the development of new treatment guidelines, original research directions that will lead to the development of novel therapeutic approaches.
- **From standardization to resilience: How does the day-to-day life in healthcare organizations shape safety in handovers?** The upcoming conference, organized by Professors Anat Drach-Zahavy and Anit Somech will focus on a nursing handover through a resilience theory lens. Its main aim is to elucidate how the day-to-day life in healthcare organizations shapes safety, and to suggest organizational strategies for enhancing resilience in handovers. Presentations will explore the working strategies health providers develop and employ in their day-to-day routine in an attempt to identify "alarming red lights" which enable them to maintain patient safety, in spite of the load and interruptions characterizing their workplace. These strategies can then raise discussion among attendees concerning how to facilitate organizational resilience and promote safety during handovers. The conference will consist of an introduction lecture on resilience and safety by a keynote visiting speaker, Dr. Emily Patterson, followed by three sessions concentrating on specific safety issues during handovers.

#### **Recent event:**

- **Emotional Encounters: Experiences of Therapeutic Encounters and their Impact on Nurses:** On January, 2014, Dr. Hadass Goldblatt chaired a one-day conference for academic faculty, nurses and graduate students, with Professor Anat Drach-Zahavy and Professor Michal Granot, serving as the steering committee. Nurses encounter patients who often suffer serious illnesses and trauma. Such encounters occur under conditions that are frequently taxing and time constrained. The conference addressed the array of repercussions of these encounters for nurses' professional and personal life domains. Personal, interpersonal, and organizational coping strategies for nurses were presented, and suggestions for further research and implications for clinical practice were discussed.

## ***SimNurse – Nursing Simulation Center in the Cheryl Spencer Department of Nursing: Computational and Theater based Human Simulations.***

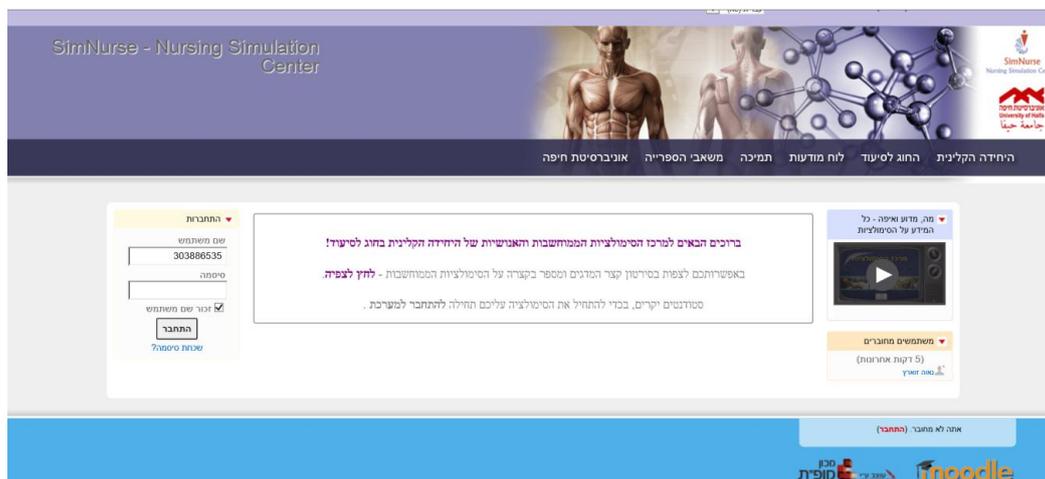
Simulations, a well-known methodology in nursing education, have been used for the past 30 years to promote both students' self-confidence, self-efficacy in specific tasks, and clinical competence. It is an alternative learning means; but for it to be effective in promoting the development of students' clinical judgment and communicational skills, it must challenge the students with clinical care situations that are increasingly complex and multidimensional. In the Cheryl Spencer Department of Nursing, we design and use computerized simulations and interactive theater and drama simulations.

### **Computational simulations**

Computational simulations are designed to: (1) integrate clinical experience with theoretical knowledge, (2) practice clinical reasoning, and (3) apply clinical decision-making and training in preparation for clinical practice.

All computerized simulations reflect real-world clinical situations or environments. Moreover, this powerful computerized tool, which is embedded in e-learning platforms (via Moodle<sup>1</sup>), provides students with a safe arena for learning and training. It enables them work with each other, teachers and clinical instructors (see Fig. 1).

Fig. 1: Screenshot from SimNurse website (<http://simnurse.haifa.ac.il/>) via Moodle platform



### **Types of simulations:**

- Scenarios of patients in various clinical conditions – Presenting Scenarios (see fig.2). The students assess and analyze the clinical situation, connect the information provided by the scenarios to the relevant bodies of knowledge

<sup>1</sup> Moodle is a learning management system which used at University of Haifa by educators to create online courses - <https://moodle.org/>

(induction), demonstrate decision-making and perform nursing interventions (non manual skills) like patient education, data collection, etc.

- Problem Based Learning (PBL) –Presenting patients with specific medical conditions and diagnoses. The simulation extends to various aspects of the patient problems by focusing on the background of anatomy, physiology, pathology, pharmacology and nursing interventions. The students assess their level of knowledge, and identify areas where they have gaps.
- Caring interventions – Presenting and integrating new procedures and medical equipment with nursing interventions. The students examine the standards of care, describe the procedures and use of the medical equipment, compare their performance to the standards of care, and associate clinical principles with relevant theoretical knowledge with respect to the clinical procedures and use of the medical equipment.

Fig.2: Screenshot from patient scenario about differential diagnosis using Articulate Storyline software



#### **Types of technology:**

- Articulate Storyline<sup>2</sup> is a software used for building an interactive e-learning courses
- NetLogo<sup>3</sup> uses agent-based models of biochemical processes in the human body to enable the exploration and construction of learning materials involving complex body systems.
- OpenSimulator<sup>4</sup> is an open-source server platform for hosting virtual environments that enables the simulation of virtual worlds.
- Geogebra<sup>5</sup> is an interactive medical calculus application.
- MindMeister<sup>6</sup> is an online mind mapping software that allows users to visualize their thinking.

<sup>2</sup> <http://www.articulate.com/products/storyline-overview.php>

<sup>3</sup> <http://ccl.northwestern.edu/netlogo>

<sup>4</sup> [http://opensimulator.org/wiki/Main\\_Page](http://opensimulator.org/wiki/Main_Page).

<sup>5</sup> <http://www.geogebra.org/cms/en/>

<sup>6</sup> <http://www.mindmeister.com/>

Pedagogically, these simulations produce and develop learning activities, emphasizing greater learner control, engagement, learner-generated content and peer supported communities. Combining these benefits increase learning gains.

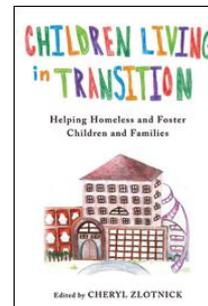
### Interactive Theater based training

Theater based training consists of theater and drama tools that are designed to *integrate* the student's clinical experience using theater as a "*duplicated reality*". As students practice, they expand their repertoire of responses and behaviors, thereby developing and promoting task specific self-efficacy, which in turn, encourages and prepares students for "real-world" clinical practice.

These "face to face" simulations are integrated with advanced role-play techniques, which are typical in nurse-patient encounters. The students commonly are interacting with real actors that are playing a patient / caregiver/ staff member. The goal is to increase students' ability to address conflicts and to practice active listening. The students have to demonstrate responses to various situations and dilemmas. Additional, the students observe their friends' solutions. The dilemmas include: patient's anger, emotional regulation, emotional labor, reflection, identifying boundaries, active listening, cultural diversity, and more. The challenge is to react well while maintaining emotional regulation and demonstrating appropriate behavior. Students can practice individually, as a peer or as part of a group, reflecting and testing different undesirable behaviors.

### Books published by our Faculty:

- **Children Living in Transition: Helping Homeless and Foster Care Children and Families. Cheryl Zlotnick, (Ed), Columbia University Press, 2013.** Many families and individuals around the world are in transition: they are immigrants, living in homeless shelters, temporarily residing with others as they struggle to find a more stable living situation, or children temporarily placed in the foster care system. This book describes the work of the Center for the Vulnerable Child in California, and our work with families in these transitional situations. Ironically, about three years ago, I chose to become "an individual in transition" and immigrated to Israel, where even with all the benefits and advantages that I had, it has not always been easy.



- **Good Enough Nurse. Sara Shachaf, Resling Publishing, 2013.** The book "Good Enough Nurse" tells the story of nursing in Israel in the years 1960 - 1995. The dilemmas and the conflicts in those years are discussed, as well as the continuous efforts to solve them. The book emphasizes the disparity between the ethos of caring and the reality of managing mundane tasks. The last pages describe my insights about nursing in current years.



### *News from our International Programs*

The International Program at the Cheryl Spencer Department of Nursing is continuing to expand collaborations for students and faculty.

- Master's Program – The first inaugural two-week intensive summer semester of four nursing courses, conducted in English for international graduate students, will be held in June 15-27. The theme of the summer semester is - the Role of the Nurse: One-to-One, In the Community, Around the Globe, and Teaching Future Nursing Professions. All courses will give examples here in Israel and abroad.
- Bachelor's Program – This year 20 students from Norway, The Czech Republic and Germany have taken theoretical and clinical courses (i.e., community health, surgery, pediatrics and psychiatry).
- Faculty collaborations – Active collaboration have extended to universities in Thailand, England, Norway and several states in the U.S.
- International Organizations – The Cheryl Spencer Department of Nursing is among the first in Israel to have its own chapter of the International Nursing Honor Society, called Sigma Theta Tau. Officers are:

President- Oleg Zaslavsky

Vice President- Anna Zisberg

Secretary-Maayan Agmon

Counselor-Dalit Wilhelm

Treasurer-Cheryl Zlotnick

Special Advisor to the Chapter - Efrat Dagan

## **About Us**

### **Senior Faculty**

#### **Daphna Birenbaum-Carmeli, PhD**

Associate Professor

[daphna@research.haifa.ac.il](mailto:daphna@research.haifa.ac.il)

<http://hw.haifa.ac.il/index.php/staff-nursing/342-dcarmeli-cv>

#### **Research Interests**

- Women's health
- Health policies
- Reproductive technologies
- Health inequality
- Health and politics in Israel

#### **Moshe Bronshtein, MD**

Associate Professor

[moshe.bronshtein@gmail.com](mailto:moshe.bronshtein@gmail.com)

#### **Research Interests**

- Prenatal diagnosis with transvaginal ultrasound
- Fetal anomalies during the first trimester
- Cardiac defects in fetal development

#### **Anat Drach-Zahavy, PhD**

Associate Professor

[anatz@research.haifa.ac.il](mailto:anatz@research.haifa.ac.il)

[http://hw.haifa.ac.il/images/stories/files/nursing/internet\\_cv\\_Anat.pdf](http://hw.haifa.ac.il/images/stories/files/nursing/internet_cv_Anat.pdf)

#### **Research Interests**

- Leadership in healthcare settings
- Workplace safety
- Nurses health
- Teamwork in healthcare

#### **Michal Granot, RN, PhD**

Associate Professor

[granot@research.haifa.ac.il](mailto:granot@research.haifa.ac.il)

<http://hw.haifa.ac.il/index.php/staff-nursing/471-michal-granot>

#### **Research Interests**

- Psychophysical pain assessment
- Mechanisms of pain modulation processing
- Pain disorders in women
- Transition from acute to chronic pain

#### **Dorit Pud, RN, PhD**

Associate Professor

[doritpud@research.haifa.ac.il](mailto:doritpud@research.haifa.ac.il)

<http://hw.haifa.ac.il/index.php/staff-nursing/280-dorit-pud>

**Research Interests**

- Psychophysical assessment of pain
- Factors predicting pain perception
- Cancer pain
- Neuropathic pain
- Opioids

**Tamar Shochat, DSc**

Associate Professor

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- Sleep, health and development across the life span
- Shift work and other Circadian Rhythm Sleep Disorders
- Cognitive Behavioral Therapy for Insomnia (CBT-I)

**Ada Spitzer, RN, PhD**

Associate Professor

[aspitzer@univ.haifa.ac.il](mailto:aspitzer@univ.haifa.ac.il)**Research Interests**

- Health care systems
- Professionalism in nursing
- Reforms in nursing education systems

**Cheryl Zlotnick, RN, DrPH**

Associate Professor

[czlotnick@univ.haifa.ac.il](mailto:czlotnick@univ.haifa.ac.il)<http://hw.haifa.ac.il/index.php/staff-nursing/nursingacastaff/804-cheryl-zlotnick-cv>**Research Interests**

- Health service trends in primary and preventive care
- Ethnic disparities in service utilization and health status
- Families in Transition: homeless, foster care and immigrant youth

**Efrat Dagan, RN, PhD**

Senior Lecturer

[edagan@univ.haifa.ac.il](mailto:edagan@univ.haifa.ac.il)<http://hw.haifa.ac.il/index.php/aca-staff-nur-eng/nursing-academic-staff/581-efrat-dagan-cv>**Research Interests**

- Hereditary breast-ovarian cancer
- Cancer genetics
- Oncology
- Genetic susceptibility to late onset diseases
- Genetic counseling

**Hadass Goldblatt, PhD**

Senior Lecturer

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**Research Interests**

- Patient-provider relationships in healthcare and social services
- Professionals' experience of the encounter with family violence, trauma and other sensitive topics
- Violence against healthcare staff
- Domestic violence (for example, violence in intimate relationships, adolescents exposed to interparental violence)

**Efrat Shadmi, RN, PhD**

Senior Lecturer

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<http://hw.haifa.ac.il/index.php/staff-nursing/474-efrat-shadmi>

**Research Interests**

- Health services research
- Quality of care and outcomes
- Equity in health and health care
- Chronic illness and multi-morbidity
- Risk adjustment and predictive modeling
- Integration of care across care settings

**Anna Zisberg, RN PhD**

Senior Lecturer

[azisberg@univ.haifa.ac.il](mailto:azisberg@univ.haifa.ac.il)

<http://hw.haifa.ac.il/index.php/staff-nursing/413-anna-zisberg-cv>

**Research Interests**

- Geriatric syndromes, Frailty
- Caring for frail older adults in hospital and long-term settings
- Life Routine and its influence on physical and mental function of older adults
- Instrument development and testing
- Emotional Intelligence and its application to HR in Nursing

**Maayan Agmon, PT, PhD**

Lecturer

[magmon@univ.haifa.ac.il](mailto:magmon@univ.haifa.ac.il)

**Research Interests**

- The association between cognitive function and motor performance
- Aspects of motor learning through use of new technologies such as virtual reality games

**Orit Castel Cohen, MD**

Lecturer

[ocohenkas@univ.haifa.ac.il](mailto:ocohenkas@univ.haifa.ac.il)

<http://hw.haifa.ac.il/index.php/nursingacastaff/1046-orit-castel>

**Research Interests**

- Education in the health professions

- Graduate (residency programs) and post graduate education (Continuing Medical Education programs)
- Physicians' development as clinicians (professional development) and teachers (faculty development)
- Patient –doctor communication and adherence to chronic medical treatment

**Sara Shachaf, RN, PhD**

Lecturer

[sshachaf@univ.haifa.ac.il](mailto:sshachaf@univ.haifa.ac.il)**Research Interests**

- Philosophy of Nursing
- Nursing Education
- Discourse of Nursing Professionalization

**Galia Shemy, RN, MPH, PhD**

Lecturer Emeritus

[galiasy@research.haifa.ac.il](mailto:galiasy@research.haifa.ac.il)**Research Interests**

- Life Review in elderly people
- Health promotion in community
- Epidemiology
- Settings promoting health

**Oleg Zaslavsky, RN, PhD**

Lecturer

[oleg.zaslavsky@fulbrightmail.org](mailto:oleg.zaslavsky@fulbrightmail.org)<http://hw.haifa.ac.il/index.php/nursingacastaff/1045-oleg-zaslavsky>**Research Interests**

- Geriatric syndromes / frailty
- Positive aging
- Longitudinal Modeling
- Latent Class Growth Modeling

***Clinical Unit*****Dalit Wilhelm, RN, MA** in Curriculum design and Mentoring - Head of Unit[dwilhelm@univ.haifa.ac.il](mailto:dwilhelm@univ.haifa.ac.il)**Carol Ravid, RN MA** in Nursing - Coordinator[cravid@univ.haifa.ac.il](mailto:cravid@univ.haifa.ac.il)**Nava Zuretz, RN, MA** in Nursing – Coordinator[nzuretz@univ.haifa.ac.il](mailto:nzuretz@univ.haifa.ac.il)**Mali Ben Adiva RN, MA** in Health Systems Administration– Coordinator[mbenadi1@univ.haifa.ac.il](mailto:mbenadi1@univ.haifa.ac.il)Contact us at: [NEWSLETTER-NURSING@campus.haifa.ac.il](mailto:NEWSLETTER-NURSING@campus.haifa.ac.il)University of Haifa Website: [http://www.haifa.ac.il/index\\_eng.html](http://www.haifa.ac.il/index_eng.html)Department of Nursing Website: <http://hw.haifa.ac.il/index.php/facultydeps/nursing>

International Graduate Programs at the University of Haifa, Israel



# Summer Program for Nurses

Two-Week Graduate Summer Program in Haifa, Israel  
Cheryl Spencer Department of Nursing

Nurses are at the center of the rapidly changing landscape of health care. Having a dominant presence in hospitals, clinics, and community settings, nurses are at the forefront of health care world-wide. *Through their experience, knowledge, perspective, and unique position as health care providers, nurses are able to optimally promote health and wellness on a local and global scale.*

The University of Haifa, one of Israel's leading research institutions, is committed to academic excellence and preparing students for professional careers in Israel and abroad. *The Cheryl Spencer Department of Nursing offers a challenging nursing program which trains students to become among the best in the field.* Dedicated to creating an international learning environment, the Cheryl Spencer Department of Nursing is pleased to invite international students to Israel for a two-week intensive nursing summer semester at the University of Haifa.

## The Academic Program

The nursing summer semester consists of the following four courses:

- Worldwide Health Issues, Health Systems and the Role of the Health Professional
- Health Promotion and Community Nursing Interventions
- Providing Support to the Nurse: Advanced Issues in Nurse-Patient Relationships
- Mentoring in Nursing Education (partially online)

Each course is worth two academic credits and is taught in English. Students participating in the summer semester may choose to enroll in as many of the available courses as they desire. *The program includes a day trip to Jerusalem.*

## Admission Requirements

Candidates must have completed an undergraduate degree in nursing from an accredited institution with a GPA of 3.0 (80%) or the equivalent.

## Additional Information

*The summer semester will take place from June 15-27, 2014.*

Tuition for the program varies depending on how many courses each participant chooses to enroll in.

The tuition breakdown is as follows:

- 1 Course: 1280 US dollars
- 2 Courses: 1850 US dollars
- 3-4 Courses: 2300 US dollars

Housing is available for students participating in the program in the University of Haifa campus dormitories. Single dorm rooms are available for 20 US dollars per day and shared dorm rooms are available for 15 US dollars per day. *For more information about the program and to apply, please contact the University of Haifa International School at [infograd@univ.haifa.ac.il](mailto:infograd@univ.haifa.ac.il).*

For more information about the Cheryl Spencer Department of Nursing at the University of Haifa please visit their website at: <http://hw.haifa.ac.il/index.php/en/nursing-students/nursing-int-program>

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