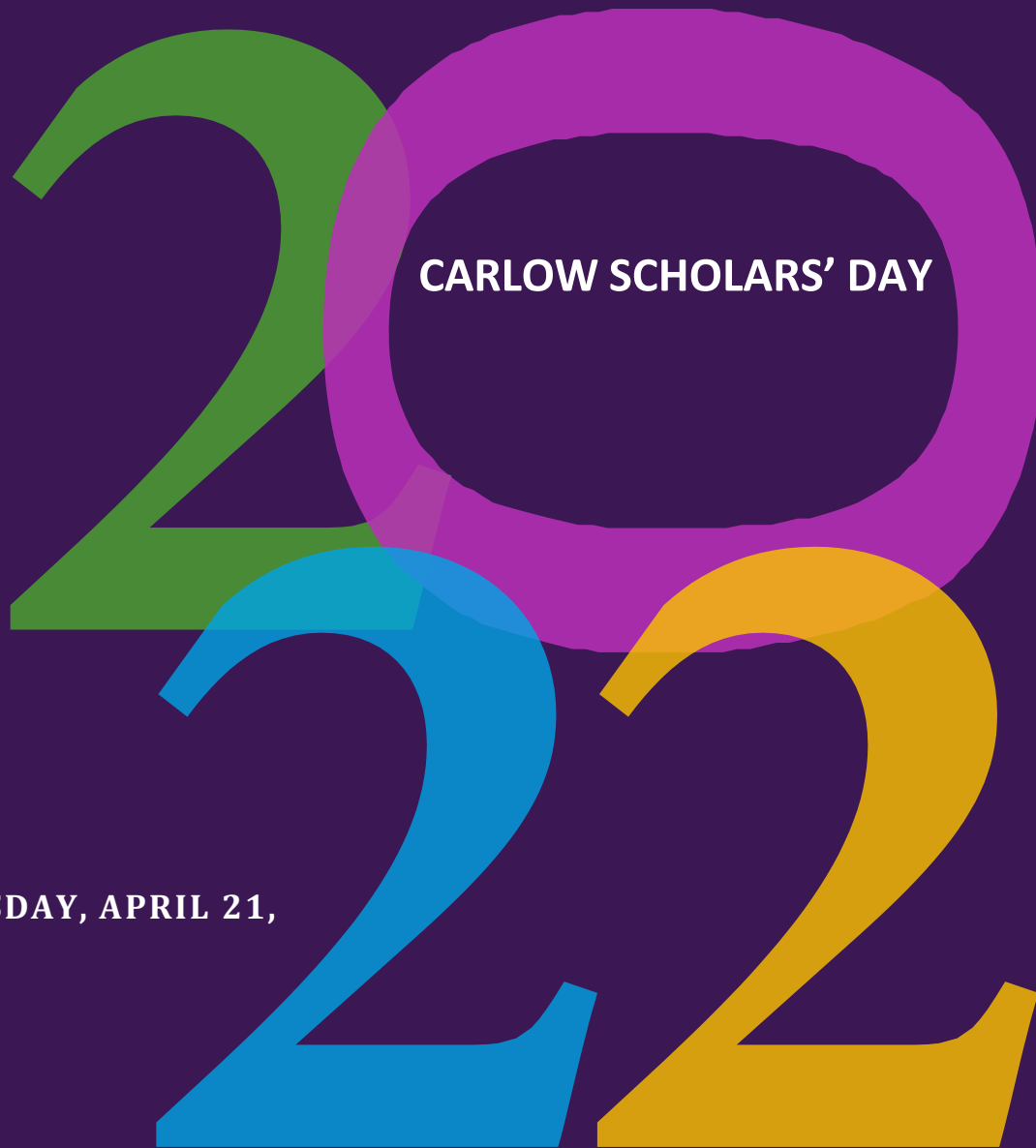


**CARLOW**  
UNIVERSITY



THURSDAY, APRIL 21,  
2022

—PROGRAM BOOK—

## Welcome from Carlow University's President, Kathy W. Humphrey, PhD

Welcome to the 17<sup>th</sup> Scholars' Day at Carlow University. It is a pleasure to be a part of today's event, and I congratulate all the students, both undergraduate and graduate, who have worked diligently with their faculty advisors on their sessions and presentations.

Scholars' Day demonstrates Carlow's commitment to research and innovation, and the scholarly efforts you'll see today are a source of pride to our community. One of our values as an institution is Discovery, through which we open our hearts and minds to the totality of human experience, and our scholars demonstrate how research at Carlow is animated by this value.

We are also proud to be part of a Catholic Intellectual Tradition which holds that truth is not static and unchanging but the source of ongoing discovery and enlightenment. Our students will show us today that knowledge is created, not uncovered, and the result of curiosity, rigor, and an open mind.

I encourage all in attendance to interact with our scholars, to ask questions, and to take part in their discoveries.



*Kathy W. Humphrey, PhD*

President of Carlow University

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# Carlow Scholars' Day Committee

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**Enrique Mu, PhD, MBA, BS**

Professor

Master of Business Administration

**Jessica Huber, PhD, MSN, RN, CCRN, CPN**

Assistant Professor

Nursing

**Caroline Silver**

Senior Instructional Designer

Center for Digital Learning & Innovation

**Angelica Bondy**

Executive Assistant to the President

**Kacey Byrne-Houser**

Administrative Assistant

College of Health and Wellness

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# PROGRAMS REPRESENTED

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## COLLEGE OF ARTS AND SCIENCES

DEAN: Matthew Gordley, PhD

### Master of Business Administration

Program Director: Howard Stern

Faculty Sponsors: Enrique Mu

### Master of Fine Art in Creative Writing

Program Director: Tess Barry

Faculty Sponsors: Louis Boyle

### Master of Education

Program Director: Rae Ann Hirsh, Amy Bowman-McElhone

Faculty Sponsors: Patricia L. McMahon

### Master of Arts in Psychology

Program Director: Joseph Roberts

Faculty Sponsor: Katie Swope

## Master of Social Work

Program Director: Sheila Roth

Faculty Sponsors: Carrie Stott, Erin Tunney

## COLLEGE OF HEALTH AND WELLNESS

DEAN: Lynn George, PhD, RN, CNE

## Master of Science in Nursing

Program Director: Deborah Mitchum

Faculty Sponsors: Deborah Mitchum, Ruth Foreman

## Doctor of Nursing Practice

Program Director: Renee Ingel

Faculty Sponsors: Renee Ingel, Diana Kozlina-Peretic, Marcee Radakovich, Ann Spence, Kathleen Tennant

## UNDERGRADUATE

Faculty Sponsors: Frank Ammer, Joann Bagay, Alexis Greene, Sandi DiMola, Maria Flavin, Katey Grindle, Batsheva Guy, Jessica Huber, Sigrid King, Ericka Mochan, Susan O'Rourke, Mary Fran Reidell, Ann Rashid, David Gallaher

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# CARLOW SCHOLARS' DAY SCHEDULE

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THE CRITICAL POINT AWARDS-3:00PM-4:00PM

STUDY ABROAD TRIP TO JAMAICA (2022)-3:00PM-4:00PM

UNDERGRADUATE PRESENTATIONS-3:00PM-4:00PM

UNDERGRADUATE POETRY PANEL-4:00PM-5:00PM

UNDERGRADUATE POSTER SESSIONS-4:00PM-5:00PM

GRADUATE POSTER SESSIONS – 4:00PM-5:00PM

DINNER-5:00PM-5:50PM

CARLOW SCHOLAR'S DAY INAUGURATION-6:00PM-6:45PM

GRADUATE PRESENTATIONS & READINGS – 7:00PM-8:30PM

# Brief Schedule

*\*Session Chair*

Schedule	Room	Title	Presenters	Program
3:00pm-4:00pm	AJP 107	The Critical Point Awards	Ann Rashid* Grace Rhodes Hannah Rich-Martinez Meghan Vence Keturah Musuraca Leeann Janovec Sydney Edwards Clara Wilson Gabby Adams Taylor Cosalter Keegan Flanagan Caitlin McDonough Sarah Mass Brooke Pistella Mandy Ruffing Ashley Anderson Jalon Jones Sarah Smilowitz Sierra Le Donne	Undergraduate
3:00pm-4:00pm	AJP 115	Study Abroad Trip to Jamaica (2022)	Susan O'Rourke* Sapana Bhattarai Melinda Dean Jordan Deems Natalya Miller Myriah Neal-McKenzie Sara Orndoff Kavya Rajaram Kylee Ryan Brittany Stone-Jenkins	Undergraduate
3:00pm-4:00pm	AJP 116	Undergraduate Presentations: Nursing I	Katey Grindle* Joann Bagay Alexis Greene Zachary Dickson Chandra Kharel Jacque Shorthouse Amanda Van Bremen Emily Brown MacKenzie Perry	Undergraduate



3:00pm-4:00pm	AJP 117	Undergraduate Presentations: Miscellaneous	Sandy DiMola* Batsheva Guy David Gallaher Amanda Annarelli Carly LaZar Anna Durosko	Undergraduate
3:00pm-4:00pm	AJP 119	Undergraduate Presentations: Nursing II	Katey Grindle* Mary Fran Reidell Cali Kiessling Kaylee Goblesky	Undergraduate
4:00pm-5:00pm	AJP 107	Poetry Panel	Sigrid King* Ashley Anderson Alycia Butler Sydney Edwards Jalon Jones Emi Leong Maddie Longmore Keturah Musuraca Malcolm Randall Ed Sim	Undergraduate
4:00pm-5:00pm	AJP	Undergraduate Poster Session: Nursing III	Maria Flavin* Jessica Huber Mary Fran Reidell Sydney Achtzehn Shaquala Austin-McMiller Meaghan Walt Ashley Chojnicki Haley Contrella Zachary Cynkar Emily Deighan & Clare Donajkowski Brianna Seaman	Undergraduate
4:00pm-5:00pm	AJP	Undergraduate Poster Session: Miscellaneous	Ericka Mochan* Beth Surlow Frank Ammer Yousef Tamimi Justin Molitoris Anamarie Martinez-Turak	Undergraduate

4:00pm-5:00pm	AJP	Undergraduate Poster Session: Nursing IV	Maria Flavin* Kavya Rajaram Maria Iacoboni Elaina Serrao Brittany Stone-Jenkins	Undergraduate
4:00pm-5:00pm	AJP	Undergraduate Poster Session: Miscellaneous	Batsheva Guy* Anne Rashid Julia Paynter Evan Antes Joseph Rush Cameron Blackwood-Short	Undergraduate
4:00pm-5:00pm	AJP	Graduate Poster Session	Katie Swope* Jessica Garafalo Zachary Hendricks Jasey Husar Gabrielle Kluger Olivia Maloney Cheyenne Matthews Morgan Mattie Nohemi Meraz Rodriguez Jasmine Metzgar Erin Russell Caitlyn Trombley Brittany Weyant Linda Yount	Master of Psychology
4:00pm-5:00pm	AJP	Graduate Poster Session	Debbie Mitchum* Maria Flavin Ruth Foreman Renee Ingel Alyssa Muchoney Teri Nicholson Rachel Pataky Catherine Bakey Bethany Frame Sarah Tappe Justina Angeline Elizabeth Teeter Alexandra Sheldon Lydia Presper Derik Hansen Kevin Jackson Cameron Zapadka	Master of Science in Nursing

Allison Koleny  
Elizabeth Satkovich  
Rebecca Will  
Megan Wunderlich

4:00pm-5:00pm	AJP	Graduate Poster Session	Patricia L. McMahon* Alisha Anderson Erica Gmuer Kristen Morris Gabrielle Olson	Master of Education
4:00pm-5:00pm	AJP	Graduate Poster Session	Kate Tennant* Stephanie Jacobs Samuel Clinger Brooke Mastarone Kayleigh Martincic	Doctor of Nursing Practice
4:00pm-5:00pm	AJP	Graduate Poster Session	Louis Boyle* Tess Barry Donna Dzurilla	Master of Fine Arts in Creative Writing
5:00pm-5:50pm	AJP Atrium	Light Dinner		
6:00pm-6:45pm	AJP 107	Welcome, Inauguration & Awards	Kathy W. Humphrey Sibdas Ghosh Justin Pearl Joseph Roberts Jessica Huber* Enrique Mu* Kacey Byrne-Houser Angelica Bondy Caroline Silver	

7:00pm-8:30pm	AJP 115	Graduate Presentations	Carrie Stott* Enrique Mu* Marcee Radakovich Samantha Antal Lamica Davenport Jessica McNicholas Tiffany Johnson	Master of Social Work, Master of Business Administration, Doctor of Nursing Practice
7:00pm-8:30pm	AJP 116	Graduate Presentations	Debbie Mitchum* Renee Ingel Diana Kozlina-Peretic Cherie Aguilar Robert Mushinsky Pabitra Sharma Leslie Richards Andrea Carroll Morgan Fisher Savanna Gongloff Corie Scanlon	Master of Science in Nursing and Doctor of Nursing Practice
7:00pm-8:30pm	AJP 117	Graduate Presentations	Kate Tennant* Ann Spence Renee Ingel Chase Imbriaco Lena Nazarei Cariann Johnson-Huber Tiffany Johnson Nicole Wild	Doctor of Nursing Practice

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# THE CRITICAL POINT AWARDS

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Session Chair and Faculty Sponsor: Anne Rashid, PhD, MA, BA

Presenters: Meghan Vence, Keturah Musuraca, Leeann Janovec, Sydney Edwards, Clara Wilson, Gabby Adams, Taylor Cosalter, Keegan Flanagan, Grace Rhodes, Caitlin McDonough, Sarah Mass, Brooke Pistella, Mandy Ruffing, Ashley Anderson, Jalon Jones, Sarah Smilowitz, Sierra Le Donne, Hannah Rich-Martinez

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## STUDY ABROAD PANEL

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Session Chair: Susan O'Rourke, EdD, MEd, BS

### Study Abroad Trip to Jamaica, 2022

Presenters: Sapana Bhattarai, Melinda Dean, Jordan Deems, Natalya Miller, Myriah Neal-McKenzie, Sara Orndoff, Kavya Rajaram, Kylee Ryan, Brittany Stone-Jenkins

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# UNDERGRADUATE PRESENTATIONS: NURSING I

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Session Chair: Katey Grindle, MSN  
Faculty Sponsors: Joann Bagay, MSN, RN, CPN  
Alexis Greene, MSN, RN

## The Nursing Shortage & Implementation of Patient Ratios

Presenters: Zachary Dickson, Chandra Kharel, Jacque Shorthouse

## Hand Hygiene in the Hospital Setting

Presenters: Amanda Van Bremen, Emily Brown

## All Things Bedside Shift Report

Presenter: Mackenzie Perry

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# UNDERGRADUATE PRESENTATIONS: MISCELLANEOUS

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Session Chair and Faculty Sponsor: Sandi DiMola, JD

Faculty Sponsors: Batsheva Guy, PhD

David Gallaher, PhD, BS

## The Fourth Trimester

Presenter: Amanda Annarelli

## The harmful effects of “unrealistic” body standards in advertisements

Presenter: Carly LaZar

## Characterization of secondary structures in C9orf72 hexanucleotide repeat expansions

Presenter: Anna Durosko

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# UNDERGRADUATE PRESENTATIONS: NURSING II

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Session Chair and Faculty Sponsor: Katey Grindle, MSN  
Faculty Sponsor: Mary Fran Reidell, MSN, RN, BSN

Nursing Education and Postpartum Depression

Presenter: Cali Kiessling

Carlow in Uganda

Presenter: Kaylee Goblesky



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# UNDERGRADUATE POETRY PANEL

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Session Chair and Faculty Sponsor: Sigrid King, PhD, MA, BS

International Poetry Forum Archival Research Project

Presenters: Ashley Anderson, Alycia Butler, Sydney Edwards, Jalon Jones, Emi Leong, Maddie Longmore, Keturah Musuraca, Malcolm Randall, Ed Simo

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# UNDERGRADUATE POSTER SESSION: NURSING III

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Session Chair and Faculty Sponsor: Maria Flavin, DNP, MSN, BSN, LPN

Faculty Sponsors: Jessica Huber, PhD, MSN, RN, CCRN, CPN

Mary Fran Reidell, MSN, RN, BSN

## Stigma and Barriers Surrounding Men's Health

Presenter: Sydney Achtzehn

## Hypertension

Presenter: Shaquala Austin-McMiller

## Toxic Shock Syndrome

Presenter: Meaghan Walt

## Community Health Teaching Project

Presenters: Zachary Cynkar, Clare Donajkowski, Emily Deighan, Haley Contrella, Ashley Chojnicki

## Catheter-Associated Urinary Tract Infections (CAUTI)

Presenter: Brianna Seaman

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# UNDERGRADUATE POSTER SESSION: CHEMISTRY & BIOLOGY

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Session Chair and Faculty Sponsor: Ericka Mochan, PhD, BS  
Faculty Sponsors: Beth Surlow, PhD, BS  
Frank Ammer, PhD, MS, BS, AS

Model of Viral Infections Treated with an Antiviral Drug Shows Time-Dependent Immune Response

Presenter: Anamarie Martinez-Turak

$\beta$ -cell Function and Mass are Maintained by Normal  $\alpha$ -cell Function

Presenter: Justin Molitoris

Song Structure of Three Cerulean Warbler Populations in Western Maryland

Presenter: Yousef Tamimi

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# UNDERGRADUATE POSTER SESSION: NURSING IV

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Session Chair and Faculty Sponsor: Maria Flavin, DNP, MSN, BSN, LPN

## Zika Virus

Presenter: Kavya Rajaram

## Hypertension

Presenter: Maria Iacoboni

## Diabetes Mellitus Type 2

Presenter: Elaina Serrao

## Patient Education: Sickle Cell Anemia

Presenter: Brittany Stone-Jenkins

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# UNDERGRADUATE POSTER SESSION: PSYCHOLOGY & ENGLISH

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Session Chair and Faculty Sponsor: Batsheva Guy, PhD  
Faculty Sponsor: Ann Rashid, PhD, MA, BA

How the Covid-19 pandemic affected college students' mental health

Presenter: Julia Paynter

Mood Association with News Media

Presenter: Evan Antes

Has Covid-19 pandemic effected comfort levels of college-age people in social settings?

Presenter: Joseph Rush

The Science of Writing

Presenter: Cameron Blackwood-Short

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# GRADUATE POSTER SESSION: MASTER OF ARTS IN PSYCHOLOGY

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Session Chair and Faculty Sponsor: Katie Swope, PhD, MA, BA

Social Orientations on the Death Penalty

Presenter: Jessica Garafalo

The Effects of Parental Attachment on College Student's Substance Use Behaviors

Presenter: Zachary Hendricks

The Impact of Cannabis Use and Feelings of Uncertainty Among Adults

Presenter: Jasey Husar

College Student Burnout

Presenter: Gabrielle Kluger

Personality influences on coping mechanisms in college students

Presenter: Olivia Maloney

Disciplinary Disparities Within the School System

Presenter: Cheyenne Matthews

Examining burn-out in students working from home or remotely

Presenter: Morgan Mattie

How does growing up in a low-income community impact a college student's resiliency?

Presenter: Nohemi Meraz Rodriguez

Image-Consciousness: Social media's influence on dispositional envy in college students

Presenter: Jasmine Metzgar

Examining the relationship between attachment patterns and academic performance amongst college students

Presenter: Erin Russell

Burnout among Psychiatric Healthcare Workers Due to Covid-19

Presenter: Caitlyn Trombley

Active Shooter Drills: Are They Actually Helpful?

Presenter: Brittany Weyant

The Covid-19 Crisis: The Connection Between Social Isolation and Suicidal Ideation

Presenter: Linda Yount

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# GRADUATE POSTER SESSION: FAMILY NURSE PRACTITIONER & MASTER OF SCIENCE IN NURSING

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Session Chair and Faculty Sponsor: Debbie Mitchum, DNP, MSN, BSN  
Faculty Sponsors: Ruth Foreman, DNP, MSN, BSN  
Renee Ingel, PhD, MSN, BSN

Deep Breathing and Acupressure Education for Managing Anxiety- A Qualitative Study

Presenters: Alyssa Muchoney, Rachael Pataky, Teri Nicholson

Baroque and blood pressure

Presenter: Catherine Bakey

Smoking Cessation Visual Aid Related to Willingness to Quit

Presenter: Bethany Frame, Sarah Tappe, Kathryn Henderson

Research for Understanding the Importance of Diet Education for Cardiac Rehabilitation Patients

Presenters: Elizabeth Teeter, Alexandra Sheldon, Justina Angeline

Student Confidence in LGBTQ Patient Care Education

Presenter: Lydia Presper

Establishing relationships between severity of anxiety and stressful events in primary care patients ages 18-35

Presenters: Kevin Jackson, Derik Hansen, Cameron Zapadka



## Education and Cervical Cancer Screening Compliance

Presenters: Rebecca Will, Elizabeth Satkovich, Allison Koleny

In the pediatric population, does utilizing distraction techniques such as the Buzzy Bee device during needle-related events lower pain scales compared to no intervention?

Presenters: Megan Wunderlich, Maria Flavin

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# GRADUATE POSTER SESSION: MASTER IN EDUCATION

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Session Chair and Faculty Sponsor: Patricia McMahon, PhD

How to Stop a Runner

Presenter: Alisha Anderson

How Does a Novice Special Education Teacher Begin to Understand the Creation and Implementation of an IEP?

Presenter: Erica Gmuer

Trauma-Informed Teaching: Does balancing the needs of the many with the needs of a few have to be a Kobayashi Maru exercise?

Presenter: Kristen Morris

The Perception of Safety and Its Connection to Behavior

Presenter: Gabrielle Olson

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# GRADUATE POSTER SESSION: DOCTOR OF NURSING PRACTICE

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Session Chair and Faculty Sponsor: Kate Tennant, PhD, MSN, BSN

Faculty Sponsors: Marcee Radakovich, DNP, MS, RN

Stephanie Jacobs, DNP, FNP, CNM

Combating Occupational Nursing Stress with Mindfulness-Based Stress Reduction: An Evidence-Based Quality Improvement Project

Presenter: Samuel Clinger

Breast Self-Exams in Pittsburgh Area Nurses

Presenters: Brooke Mastarone, Kayleigh Martincic

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# GRADUATE POSTER SESSION: MASTER OF FINE ARTS IN CREATIVE WRITING

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Session Chair: Louis Boyle, PhD  
Faculty Sponsor: Tess Barry, MFA, MA, BA

Women Writing Steel: Fiction, Memoir, Nonfiction, and Poetry

Presenter: Donna Dzurilla

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# CARLOW SCHOLAR'S DAY INAUGURATION & AWARDS

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President Kathy W. Humphrey, PhD  
Provost Sibdas Ghosh, PhD  
Session Chairs: Enrique Mu, PhD, MBA, BS  
Jessica Huber, PhD, MSN, BSN  
Committee: Caroline Silver, Angelica Bondy,  
Kacey Byrne-Houser

Welcome from Carlow Leadership

Atkins Center Awards

Carlow Scholar's Day Awards

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# GRADUATE PRESENTATIONS: MASTER OF SOCIAL WORK, MASTER OF BUSINESS ADMINISTRATION, DOCTOR OF NURSING PRACTICE

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MSW Session Chair and Faculty Sponsor: Carrie Stott, PhD, MSW, BS

MBA Session Chair and Faculty Sponsor: Enrique Mu, PhD, MBA, BS

Faculty Sponsor: Marcee Radakovich, DNP, MS, RN

## The Ethics of Housing for Mentally Ill Patients

Presenter: Samantha Antal

## On the Issue of Defunding the Police: Why Funds Should Be Reallocated Into Crisis Intervention

Presenter: Lamica Davenport

## An exploration of student course satisfaction and its determinants in the context of virtual learning

Presenter: Jessica McNicholas

## An Innovative Educational Strategy to Influence Cultural Competence Utilizing Clinical Simulation with Diverse Standardized Patients

Presenter: Tiffany Johnson

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# GRADUATE PRESENTATIONS: FAMILY NURSE PRACTITIONER, DOCTOR OF NURSING PRACTICE, MASTER OF SCIENCE IN NURSING

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Session Chair and Faculty Sponsor: Ruth Foreman, DNP, MSN, BSN

Faculty Sponsors: Debbie Mitchum, DNP, MSN, BSN

Renee Ingel, PhD, MSN, BSN

Diana Kozlina-Peretic, DNP, MSN, BSN, LPN

Is there an association with intake of the Mediterranean diet and perceived levels of burnout in nursing graduate students?

Presenters: Robert Mushinsky, Pabitra Sharma, Cherie Aguilar

Effectiveness of STOPP Criteria at Identifying Potentially Inappropriate Medications

Presenter: Leslie Richards

Assessing Mental Health Literacy in Undergraduate College Students

Presenters: Andrea Carroll, Savanna Gongloff, Morgan Fisher

Identifying the Attitudes/Beliefs, Self-efficacy, Barriers, and Practice Behaviors of Nurse Practitioners Providing Smoking Cessation Counseling to Patients

Presenter: Corie Scanlon

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# GRADUATE PRESENTATIONS: DOCTOR OF NURSING PRACTICE

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Session Chair and Faculty Sponsor: Kate Tennant, BSN, MSN, PhD

Faculty Sponsors: Ann Spence, BSN, MSN, DNP

Renee Ingel, BSN, MSN, PhD

Implementation of Nurse Driven Transplant Readiness Education in Waitlisted Transplant Candidates

Presenter: Chase Imbriaco

Does Use of a Relaxation Room with Aromatherapy and Music Therapy Versus Current Practices Decrease Stress and Burnout in Homecare Frontline Managers Over 12 Weeks

Presenter: Lena Nazarei

Targeted Video-On-Demand EMR Training for OR Nurses

Presenter: Cariann Johnson-Huber

The Impact of Peer Feedback Using Video Recording Device in Simulation on Clinical Competence and Knowledge: A Pilot Study

Presenter: Nicole Wild



## ABSTRACTS

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# UNDERGRADUATE POSTERS AND PRESENTATIONS

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### The Nursing Shortage & Implementation of Patient Ratios

Zachary Dickson, Chandra Kharel, Jacque Shorthouse  
Faculty Sponsor: Joann Bagay

This research follows the staffing shortage that is present in the nursing profession. Through our work we have analyzed recruitment and implementation strategies that may improve staffing on a unit-based scale within hospitals, we then look further analyzing how nurse to patient ratios may be improved. It has been shown that the risk for adverse events increases significantly with each additional patient added to a nurse's shift assignment. Using a collaborative approach to recruitment, and then maintenance of staffing, hospital administrators have the potential to reduce the occurrence of sentinel events within the hospital setting - improving patient outcomes & the quality of care they receive.

### Hand Hygiene in a Hospital Setting

Amanda Van Bremen, Emily Brown  
Faculty Sponsor: Katey Grindle, MSN

Emily and Amanda have performed research on statistics related to hand hygiene in the hospital setting at their assigned hospital for practicum. Poor hand hygiene compliance was observed among the staff, and we found research to support the lack of hand hygiene. Emily and Amanda worked to create ways to educate the healthcare professionals on the importance of thorough hand hygiene. For our project, we are going to try to implement their findings in the hospital so that there can be an increase in hand hygiene compliance.

### All Things Bedside Shift Report

Mackenzie Perry  
Faculty Sponsor: Alexis Greene, MSN, RN

Nurse to patient handoff performed at the bedside helps nurses discover their identity, allows nurses and patients to become more involved in their care, helps patients experience the paradox of confidentiality, and create more control for the patients in their plan of care. Many nurses agree that bedside shift report helps establish therapeutic relationships, maintain professionalism, promote safety, and increase family involvement. As bedside shift report is implemented, patient satisfaction rates increase drastically. The Joint Commission reports that sentinel events caused by breakdowns in communication between providers account for 744 patients harmed annually in the US. This data may only represent a small proportion due to underreporting. This project focuses on why bedside shift report is absolutely necessary in all healthcare settings in order to promote patient safety, especially in times like today!

## The Fourth Trimester

Amanda Annarelli  
Faculty Sponsor: Sandi DiMola, JD

With my research, I have dug into the after care of mothers after giving birth. I have compared different countries to the United States and found that we have a lot of work to do. I want to spread knowledge and give to the community that I belong to, to give resources to new moms or moms with infants to help within the fourth trimester.

## The harmful effects of “unrealistic” body standards in advertisements

Carly LaZar  
Faculty Sponsor: Batsheva Guy, PhD

The purpose of this research is to bring awareness to how harmful unrealistic advertisements are to a women’s self-image. Advertisements portray women with unrealistic bodies, and this makes women who see these advertisements feel bad about themselves and the way they look. My hypothesis is that the more women look at these perfect bodies in advertisements, the more likely they are to feel bad about their own bodies. My reason for performing this study is to make people who do advertisements be more inclusive of all different body types.

## Characterization of secondary structures in C9orf72 hexanucleotide repeat expansions

Anna Durosko  
Faculty Sponsor: David Gallaher, PhD, BS

GGGGCC (G4C2)<sub>x</sub> hexanucleotide repeat expansions in the first intron of the C9orf72 gene are the leading cause of amyotrophic lateral sclerosis (ALS) and frontotemporal dementia (FTD) and have been proven to form stable G-quadruplexes. These secondary structures provide specificity as targets for PNA oligomers. However, very little research has been done on how increasing the number of repeats affects these structures. This study sought to explore the structural and dynamic changes of secondary structures as the number of repeats is increased using molecular dynamics simulations in VMD and the calculation of RMSD and RMSF values. In addition, it attempted to bind PNA oligomers to G-quadruplexes formed by (G4C2)<sub>4</sub>. Altogether, the study was a preliminary analysis of the structural diversity and potential function of secondary structures in C9orf72 hexanucleotide repeat expansions.

## Nursing Education and Postpartum Depression

Cali Kiessling  
Faculty Sponsor: Mary Fran Reidell, MSN, RN, BSN

Postpartum depression affects 1 in 7 women within one year of given birth. Typically, in nursing care, we are reactive, in that we advise clients and partners of the signs and symptoms to monitor for and report. Based upon research, it may be beneficial to be proactive, in that primary prevention methods may lessen the rates of postpartum depression before it begins. This research project takes a look at the effect of nursing education regarding counseling resources given to new mothers prior to discharge on the rates of clients developing postpartum depression within a year of given birth.

## Carlow in Uganda

Kaylee Goblesky

Faculty Sponsor: Katey Grindle, MSN

Carlow's work in Uganda began in 2013; in December 2021, I was fortunate enough to travel there with four faculty members and a photographer to become involved in something incredible. The main goals of this trip were to conduct site visits for study abroad and GAP programs, as well as reconnect with communities that Carlow has been working with since the initial trip. Activities that took place included distribution of glasses, identifying sites to drill wells, and checking on those that have already been drilled, planning a maternal health conference for July 2022, working on establishing a health clinic, visiting Noah's ark School for Disabled Children, continuing construction on the SMILE school, and visiting the Bright Kids Uganda school located on an island in Lake Victoria. The accomplishments of this trip should serve as an example to other students that they, too, can make an impact.

## Stigma and Barriers Surrounding Men's Health

Sydney Achtzehn

Faculty Sponsor: Jessica Huber, PhD, MSN, RN, CCRN, CPN

There are a variety of different statistics surrounding men's health that show how men tend to avoid getting proper mental health help when they need it. There are certain barriers that surround the male gender when it comes to preventative health care. Within my research I will delve into the socialization of men, their fears, lack of education, lack of services, and other barriers that are preventing men from achieving proper care. There are also prominent causes of morbidity and mortality in men, along with certain populations at risk for different diseases and injuries. Through this project, I will not only build upon my own knowledge of men's health, but hope to build upon the knowledge of those who come across my poster presentation. I hope to spread awareness of the growing issue surrounding men and their increasing need for proper care.

## Hypertension

Shaquala Austin-McMiller

Faculty Sponsor: Maria Flavin, DNP, MSN, BSN, LPN

My work demonstrates how a nurse would educate and counsel a patient. The main goal of the nurse is to help the patient make health lifestyle changes to improve blood pressure. There are specific goals both short term and long term that the patient has within the set care plan. This presentation is also artistic and creative because we had to decorate our own poster board. I sketched the anatomy of the human heart to reflect my topic of hypertension.

## Toxic Shock Syndrome

Meaghan Walt

Faculty Sponsor: Maria Flavin, DNP, MSN, BSN, LPN

In class, we choose a topic and wrote an informative essay on the topic. The topic I choose is toxic shock syndrome. I choose this topic because it is a very serious topic that not a lot of people know the severity of. Toxic shock syndrome is most commonly associated with tampon use but can also be acquired through surgical wounds and the use of barrier contraceptives. I wanted to learn more about the topic and in addition, inform others as well. I built knowledge through this research which includes my poster in the abstract portion as well. In my poster, I present a patient with toxic shock syndrome. I state the patient's problems, goals, the content, and strategies used in teaching the patient, and the methods of evaluations used.

## Community Health Teaching Project

Zachary Cynkar, Clare Donajkowski, Emily Deighan, Haley Contrella, Ashley Chojnicki

Faculty Sponsor: Mary Fran Reidell, MSN, RN, BSN

Student nurses performed a health teaching presentation for at risk middle school students with history of trauma. The student nurses evaluated the needs of the population and determined that education regarding emergency preparedness and coping mechanisms was needed. After creating an education plan, the student nurses returned to the middle school to present the information to the students.

## Catheter-Associated Urinary Tract Infections (CAUTI)

Brianna Seaman

Faculty Sponsor: Jessica Huber, PhD, MSN, RN, CCRN, CPN

Patients in the hospital with a foley catheter are at an increased risk of a catheter associated urinary tract infection. Review of hospital records indicates a need for more prevention measures on managing CAUTIs. The goal is to determine if attending an annual health skills fair and assessing patients for earlier removal of foley catheters will decrease the number of catheters associated urinary tract infections within hospitalized patients.

## Model of Viral Infections Treated with an Antiviral Drug Shows Time-Dependent Immune Response

Anamarie Martinez-Turak

Faculty Sponsor: Ericka Mochan, PhD, BS

Respiratory viral infections can quickly become a pandemic. Optimizing a treatment plan for infected patients will allow for more people to recover from these viral infections and potentially improve outcomes for patients with highly

pathogenic strains of virus. An antiviral drug model is used to treat the virus. Parameter sweeps are performed in XPP using heat maps to show how varying the strengths and timing of the treatment can lead to several different outcomes, while also varying the duration of time that the drug is administered. The first day after infection is crucial in determining the outcome. The strength of the antiviral drug can vary substantially and still produce positive effects given that the drug is administered in the correct time frame. Administering an antiviral drug after infection of the virus but within the critical time frame has shown outcomes that allow the respiratory system to recover and eliminate the virus.

## $\beta$ -cell Function and Mass are Maintained by Normal $\alpha$ -cell Function

Justin Molitoris

Faculty Sponsor: Beth Surlow, PhD, BS

Glucagon increases blood glucose within the body while insulin acts to decrease glucose levels. Here we show that functional  $\alpha$ -cells expressing glucagon are necessary to maintain  $\beta$ -cell mass and function. Acute loss of glucagon causes  $\beta$ -cell dysfunction and loss of  $\beta$ -cell mass. Our analysis shows that both  $\alpha$  and  $\beta$ -cells experience ER stress following the acute loss of glucagon. RNA-seq via islets isolated from mice after acute loss of glucagon has shown increasing expression of mRNA involved in the unfolded protein response. Ultrastructure analysis of islets showed enlarged mitochondria, with broken cristae, and reduced number of mature  $\beta$ -granules.  $\beta$ -cell ER stress eventually leads to loss of  $\beta$ -cells via apoptosis, loss of  $\beta$ -granules, and glucose intolerance. Our findings indicate a role for glucagon in the maintenance of  $\beta$ -cell mass and function in adult mice.

## Strong Structure of Three Cerulean Warbler Populations in Western Maryland

Yousef Tamimi

Faculty Sponsor: Frank Ammer, PhD, MS, BS, AS

Birdsong is a type of acoustic communication that functions primarily in male-male aggressive encounters and mate attraction. The Cerulean Warbler (*Setophaga cerula*) is a neotropical songbird that has declined at a rapid rate due in large part to habitat loss in both their wintering and breeding grounds. The goal of this study was to describe and analyze the overall song structure of three Cerulean Warbler populations in western Maryland. A total of 85 male Cerulean Warblers were recorded in 2013 and 2014. In total, 6325 audio files were analyzed generating nine unique song types comprised of 63 variants. The song types were structured with opening syllables, middle syllables, and an ending buzz except for song type 8 which lacked middle syllables. Song types 4 and 5 shared the same opening syllables while all other song types varied in opening syllables. Several variants within song types lacked middle syllables and/or the buzz but always contained opening syllables. Across the nine song types, the average number of syllables was 9.6. Opening syllables had an average of 4.4 and middle syllables had an average of 4.1. The song duration ranged from 1.906 seconds to 1.058 seconds with an average of 1.518 seconds. The high frequency ranged from 8061.3 Hz to 6480.6 Hz with an average of 6940.04 Hz. The low frequency ranged from 3635.5 Hz to 2766.1 Hz with an average of 3139.1 Hz. Data obtained from this study provides an increased understanding of the song structure of the Cerulean Warbler.

## Zika Virus

Kavya Rajaram

Faculty Sponsor: Maria Flavin, DNP, MSN, BSN, LPN

My presentation is about the effects of Zika Virus, the treatment of it, how it is transmitted, and most importantly, patient education. The reason that my focus is largely on patient education and understanding of this virus is because if the patient understands the risks and how to lower the chances of re-infection, then they can play a part in decreasing the spread of the virus. In my presentation, I speak largely about the ways that we, as healthcare workers, can convey the teaching to the patients. I also talk about different ways that we can evaluate that our students, or our patients, have an adequate understanding of the material. It is important to help the patient know that they are our partner in their healthcare. We are not here to tell them what to do and expect them to follow our commands. I believe that the most effective way to promote health and prevent illness starts with the patient's knowledge and learning of their condition(s).

## Hypertension

Maria Iacoboni

Faculty Sponsor: Maria Flavin, DNP, MSN, BSN, LPN

My poster is about a patient named George Smith who is recently diagnosis with hypertension. In my poster I include teaching on how to help his blood pressure and what ways I will be teaching him as if I was the nurse. I also did an evaluation on if he met these goals or not.

## Diabetes Mellitus Type 2

Elaina Serrao

Faculty Sponsor: Maria Flavin, DNP, MSN, BSN, LPN

In summary, the creative scholarly work that I wish to present at the Carlow Scholars' Day is my poster presentation on "Diabetes Mellitus Type 2." My work embodies the "Teaching and Learning" and "Discovery" scholarship dimensions. Through the use of various goals, teaching strategies, and methods of evaluation, my presentation is designed to build knowledge and educate patients on how to properly manage this disease.

## Patient Education: Sickle Cell Anemia

Brittany Stone-Jenkins

Faculty Sponsor: Maria Flavin, DNP, MSN, BSN, LPN

My presentation emphasizes the necessity of patient education for those with Sickle Cell Anemia in order to accomplish their goals.

## How the Covid-19 pandemic affected college students' mental health

Julia Paynter

Faculty Sponsor: Batsheva Guy, PhD

Research has shown that the Covid-19 pandemic has affected mental health among various populations, namely college

students. The purpose of this study is to further research into mental health implications from the pandemic such as depression and anxiety. I will be sending an anonymous survey to Carlow students that are 18-24 years old.

## Mood Association with News Media

Evan Antes

Faculty Sponsor: Batsheva Guy, PhD

With the era of COVID 19 many people were forced to isolate for extreme amounts of time causing them to find social interactions online, and with social media sight, television service and via mail consumers can get access to the News whenever they want. But how does this effect the consumer? There is not enough research surrounding this topic, in this study the use of a qualitative survey will be employed over a group of 3 students to gain more insight over how the consumption of news media affects a person's mood.

## Has Covid-19 pandemic effect comfort levels of college-age people in large social settings?

Joseph Rush

Faculty Sponsor: Batsheva Guy, PhD

I have yet to complete the experiment, but preliminary findings suggest a there may be a strong correlation between class level (especially current sophomores and juniors) and discomfort in large social settings with the majority of those who those who face discomfort pointing to fear of contracting Covid and the isolation that was caused by the global shutdown because of Covid as being primary factors.

## The Science of Writing

Cameron Blackwood-Short

Faculty Sponsor: Anne Rashid, PhD, MA, BA

This presentation embodies the 'artistic creativity' and 'integration' dimensions of scholarship by demonstrating how skills obtained in the study of craft in creative writing can translate to higher proficiencies in scientific writing and communication. I will present brief excerpts from my Outlaw Poetry Final Portfolio and the grant proposal that I composed for my biology senior experience— Cortical Activation during 3-Dimensional Mental Rotation Tasks in Transgender Adolescents with Gender Dysphoria—to demonstrate how the knowledge of formatting and style that I obtained from my creative writing coursework aided in the development of the structure and content of my grant proposal. This will demonstrate the utility of studying different styles of writing and communication outside of the sciences, and how this develops scientific writers who are able to properly communicate with both a wide variety of colleagues outside of their specialty and to the general public.

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# MASTER OF ARTS IN PSYCHOLOGY

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## Social Orientations on the Death Penalty

Jessica Garafalo

Faculty Sponsor: Katie Swope, PhD, MA, BA

Moral disengagement can explain why good people do bad things. The death penalty has been gradually losing support throughout the years; according to recent data, 54% of Americans favor the death penalty for a convicted murderer (Jones, 2021). This research will investigate how moral disengagement relates to support for the death penalty. The study sample comprised undergraduate students enrolled at a small private university in Pennsylvania. An online survey containing questions regarding death penalty support, moral disengagement, and empathy levels was utilized. Implications of this research are that the way we choose jurors may change by allowing attorneys and trial consultants to ask more questions to understand jurors' perspectives further and if they have morally disengaged thinking. Through this research, we can further understand why good people support inhumanities.

## The Effects of Parental Attachment on College Students' Substance Use Behaviors

Zachary Hendricks

Faculty Sponsor: Katie Swope, PhD, MA, BA

The purpose of this research is to investigate the relationship between parental attachment and college student's substance use. Attachment research indicates that parental attachment contributes to the development of mood regulation, behavioral control, and adjustment (Lyons-Ruth, 1996, Mikulincer et al., 2003; Hiester et al., 2009). The current research seeks to build on these findings by specifically focusing on substance use behaviors in college students. Parental attachment will be measured using a brief version of the Parental Bonding Instrument (Klimidis et al., 1992). Alcohol use will be measured through the Alcohol Use Disorders Identification Test (Saunders et al., 1993), while Cannabis use will be measured by the revised version of the Cannabis Use Disorders Identification Test (Adamson et al., 2010). College students will be sampled through a non-probability convenience method that utilizes student emails, in-person flyers, social media, and online research platforms to distribute the study.



## The Impact of Cannabis Use and Feelings of Uncertainty Among Adults

Jasey Husar

Faculty Sponsor: Katie Swope, PhD, MA, BA

Cannabis has been used throughout history and has been shown to have several benefits, including managing stress and pain control (Turna et al., 2019). This research targets participants over 18 years of age selected via social media platforms from various states, since cannabis legalization varies in the U.S. The purpose of this research is to determine if individuals who have an intolerance of uncertainty use cannabis as a treatment method, and it also examines adults' openness to medical cannabis as a treatment alternative to pharmaceuticals. The Intolerance of Uncertainty Scale (Freeston et al., 1994) will be used to achieve this. The research findings will help understand how cannabis use impacts feelings of uncertainty, as well as informing adults of this potential treatment method.

## College Student Burnout

Gabrielle Kluger

Faculty Sponsor: Katie Swope, PhD, MA, BA

Burnout is defined by three dimensions: exhaustion, cynicism, and inefficacy. The Maslach Burnout Inventory (MBI) measures burnout by encompassing three scales: emotional exhaustion, depersonalization, and personal accomplishment. This study aims to verify whether Covid-19 impacted factors such as student-athletes, academic majors, and gender towards college student burnout. An online survey will be given out to Carlow University students (18-30years); participation will include answering survey questions addressing students; current level of burnout and specific demographic characteristics that may have contributed to that burnout. This study will show the need of more support services/programs on college campuses to help prevent college student burnout.

## Personality influences on coping mechanisms in college students

Olivia Maloney

Faculty Sponsor: Katie Swope, PhD, MA, BA

With the variety of ways individuals respond to stressful circumstances, there are many different factors that can influence how someone might respond. Although there is no one link between a coping mechanism and another factor, there are factors that play large roles. The aim of this study is to examine how personality influences coping mechanisms among college students. Afshar et al. (2015) found that certain traits in the Big Five were linked to passive coping styles. For the simplicity of the study, a shortened and altered version of a Big-Five scale will be used, called the Ten Item Personality Type Indicator (TIPI), with neuroticism replaced with emotional stability. The sample will be collected from undergraduate students at Carlow University. The overall purpose of the study is to look for any changes in coping mechanisms based on personality traits.

## Disciplinary Disparities Within the School System

Cheyenne Matthews

Faculty Sponsor: Katie Swope, PhD, MA, BA

This study will focus on the disparities within the school system regarding disciplinary policies and procedures. This project will include intensive research on how suspensions, expulsions, arrests, and dress code violations differ between rural and urban schools. A survey will be administered to a sample population of college students on their experience of such policies inflicted by faculty and staff of their high schools. They will be selected by using the convenience sampling method of non-probability sampling. The researcher will email undergraduate and graduate Carlow students and post flyers in the surrounding area with a QR code for participants to scan which will take them directly to the survey. The findings of this research will explore the disproportionate treatment of students from different racial and cultural backgrounds.

## Examining burnout in students working from home or remotely

Morgan Mattie

Faculty Sponsor: Katie Swope, PhD, MA, BA

This research study will explore how employment modalities effect burn out on college students aged 18-24. An electronic survey will be administered to a sample via email and social media. This survey will include the Copenhagen Burnout Inventory to examine the relationship between burnout and college students. It will also include questions regarding demographics, class standing, and job modality. This research hopes to find a correlation between burn out and employment modality, and if possible, when, and how to intervene to reduce the risk of burn out. This study also hopes to expand on previous research by looking at the age groups the participants are in, and whether them working fully remote, fully face to face, or fully hybrid has effects on burn out.

## How does growing up in a low-income community impact a college student's resiliency?

Nohemi Meraz Rodriguez

Faculty Sponsor: Katie Swope, PhD, MA, BA

This exploratory study will examine various demographics as well as, student's current class standing. Investigating how socioeconomic status impacts a college student's resiliency. Data will be gathered via an electronic survey which will be distributed to college students. By adding to previous research, it is hypothesized that the levels of resiliency in all low-income students are lower than students from higher socioeconomic status. Specifically, first-generation students and students of color will have less resiliency in college than students from low-income communities. The goal is to attain a more thorough understanding of the differences in resiliency between students in low-income communities, first-generation students in low-income communities, and students of color in low-income communities.

## Image-Consciousness: Social media's influence on dispositional envy in college students

Jasmine Metzgar

Faculty Sponsor: Katie Swope, PhD, MA, BA

This explanatory research study aims to answer the following research question: How does exposure to image-conscious posts on social media influence dispositional envy in college students? As social media usage increases, especially during the COVID-19 pandemic, it is especially important to explore social media and its relationship to psychological health. Recent research has explored social media's relationship to anxiety and depression, but their findings have emphasized a need to explore social media's influence on other neurotic symptoms such as envy (Kohler, Turner, & Webster, 2021). The objective of this research is to assess undergraduate students for dispositional envy, whether malicious or benign, as it relates to the participants social media use. Professors of Carlow University's Compass courses will be asked to pass along an electronic survey to their students and encourage them to complete it. Potentially, the results of this study may help to advance psychology's understanding of media influence.

## Examining the relationship between attachment patterns and academic performance amongst college students

Erin Russell

Faculty Sponsor: Katie Swope, PhD, MA, BA

Research has shown the continuous effects of poor-attachment relationships on socioemotional development, behaviors, and personality; proving that attachment relationships are beneficial to examine and understand. Previous research has focused on the influence of parental attachment and likeliness to seek academic assistance among freshman college students and has found that participants with insecure attachment predicted more of a reluctance to seek help from their teachers (Holt, 2014). The current study hopes to expand upon this research by examining attachment patterns across four relationship contexts (i.e., mother, father, partner, and best friend), and by offering the survey to college students of all class standings. In the present study, a distribution of an electronic survey will be offered to college students via email. The electronic survey will include Fraley's (2011) Experiences in Close Relationships-Relationship Structures Questionnaire (ESR-RS), and a question about the student's current grade point average. This study seeks to identify the relationship between the strength of one's attachment and their academic performance.

## Burnout among Psychiatric Healthcare Workers due to COVID-19

Caitlyn Trombley

Faculty Sponsor: Katie Swope, PhD, MA, BA

The current study will examine how COVID-19 has had an impact on psychiatric healthcare workers' burnout levels by giving out a survey via convenience sampling. The survey will include demographic questions followed by the Maslach Burnout Inventory – Human Service Survey (Maslach & Jackson, 2018). The purpose of this study is to discover the ways COVID-19 is affecting psychiatric healthcare workers' mental health caused by high burnout levels. This research will hopefully identify ways to improve psychiatric healthcare workers' mental health and decrease burnout moving forward so that patients can receive the best care possible. Future research should explore and expand on other variables that have a relationship with healthcare burnout as well as monitoring this research over a long period of time.

Maslach, C., & Jackson, E, S. (2018). Maslach Burnout Inventory-Human Services Survey (MBI-HSS).

<https://www.mindgarden.com/mbi-human-services-survey/174-mbihss-individual-report.html#horizontalTab1>

## Active Shooter Drills: Are They Actually Helpful?

Brittany Weyant

Faculty Sponsor: Katie Swope, PhD, MA, BA

School shootings are a tragedy that the United States experiences too often. Due to this, schools began practicing active shooter drills. The purpose of the present study is to see if these drills impact student's anxiety about a possible mass shooting. The study sample will be from a small private university in southwestern PA that includes all undergraduate and graduate students. The Anxiety Symptom Questionnaire (ASQ) will be used to measure the level of anxiety each respondent exhibits. The survey will include questions related to prior experience or exposure to active shooter drills. Demographics of the sample will be collected as well. This questionnaire will be emailed to all college students via their college email account. The results from this study could help determine how to use active shooter drills more effectively moving forward.

*Keywords:* active shooter drills, school shootings, fear, students

## The COVID-19 Crisis: The Connection Between Social Isolation and Suicidal Ideation

Linda Yount

Faculty Sponsor: Katie Swope, PhD, MA, BA

The COVID-19 pandemic has caused unprecedented effects on people's daily lives, with communication and connections still being somewhat regulated two years later. The purpose of this research is to look into how deeply students at Carlow University have been impacted by social isolation and what other repercussions the isolation might have had. One recent study by Killgore and colleagues (2020) found that 34% of isolated and lonely people experienced suicidal ideation compared to 4.5% of people who weren't lonely. Isolation affects how one perceives their life, particularly their sense of connection, support, and purpose in society, with these changes at times leading to suicidal ideation. The data will be collected through electronic surveys inquiring about students' experiences with social isolation and the impact on suicidal ideation. Results may be able to aid in the improvement of suicide prevention in light of the coronavirus pandemic and its possible lingering effects.

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# FAMILY NURSE PRACTITIONER, MASTER OF SCIENCE IN NURSING

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## Deep Breathing and Acupressure Education Managing Anxiety-A Qualitative Study

Alyssa Muchoney, Rachael Pataky, Teri Nicholson

Faculty Sponsor: Ruth Foreman, DNP, MSN, BSN

The purpose of this study is to determine if there is a preference regarding non-pharmacological interventions for anxiety. Anxiety is one of the most commonly diagnosed mental health disorders in the U.S. Usually when someone is diagnosed with anxiety, it is first seen within the primary care setting. There are currently multiple pharmacologic interventions to aid in the management of anxiety, however, we feel that many non-pharmacological methods may not be utilized to their full potentials in managing anxiety. We believe deep breathing and acupressure are two non-pharmacological interventions that can be used to alleviate anxiety in addition to pharmacological interventions. Our aim is to determine whether or not there is a preference between these two interventions and if they aided in their management of the patients' anxiety. Ultimately, providers will be able to expand their knowledge of non-pharmacological interventions to manage anxiety in the primary care setting.

## Baroque and blood pressure

Catherine Bakey

Faculty Sponsor: Debbie Mitchum, DNP, MSN, BSN

Given the quandary of whether or not to treat in-office high blood pressure readings, when patients insist their readings are normal out of the office (white coat hypertension), I have researched multiple studies concerning the effects of baroque classical music on blood pressure and thus devised a study to play baroque classical music during the visit and recheck blood pressures at the end of the visit to see if it lowers the pressure to acceptable limits, therefor alleviating unnecessary hypertensive medications and the side effects that can go along with that therapy if the patient is truly experiencing white coat hypertension therapy. (Through my research I have also discovered many more uses for playing baroque classical music in the clinical office setting to alleviate anxiety.)

## Smoking Cessation Visual Aid Related to Willingness to Quit

Bethany Frame, Sarah Tappe, Kathryn Henderson  
Faculty Sponsor: Debbie Mitchum, DNP, MSN, BSN

We are researching if the use of a smoking cessation visual aid (in the form of a video) has any effect on a current smokers willingness to quit. We are currently still securing our last few participants, but our hope is that this project yields favorable results to implement on a larger scale or enable further studies to be conducted.

## Research for Understanding the Importance of Diet Education for Cardiac Rehabilitation Patients

Elizabeth Teeter, Alexandra Sheldon, Justina Angeline  
Faculty Sponsor: Debbie Mitchum, DNP, MSN, BSN

Our project focuses on the importance of diet education for cardiac rehabilitation patients. Research on The Framingham heart study, DASH/Mediterranean/Vegetarian diets, portion sizes, and modifiable risk factors will help cardiac rehabilitation patients be more knowledgeable in reducing the risk of future cardiovascular events.

## Student Confidence in LGBTQ Patient Care Education

Lydia Presper  
Faculty Sponsor: Ruth Foreman, DNP, MSN, BSN

The LGBTQ population suffers from a variety of disparities which restricts their access to healthcare. Previously collected research shows that this unique population would benefit from increased provider education concerning culturally competent and inclusive care; however, it remains unclear if academic programs have made changes to education to combat such disparities. A 22-question survey was emailed to Carlow University Family Nurse Practitioner and Women's Health students who already completed the course, Primary Care I, NU746, to assess their confidence in caring for LGBTQ patients at this point in their education. Data collected demonstrates a wide range of confidence to care for the LGBTQ population in NP students nearing graduation, with most students stating they would benefit from additional LGBTQ-specific educational content. The result of this project demonstrates the need for the academic community to alter future provider education to properly prepare NP students who may help to close health disparities experienced by the LGBTQ population.

## Establishing relationships between severity of anxiety and stressful life events in primary care patients aged 18-35

Kevin Jackson, Derik Hansen, Cameron Zapadka  
Faculty Sponsor: Debbie Mitchum, DNP, MSN, BSN

Our research was designed to establish relationships between stressful life events and the severity of anxiety in primary care patients ages 18-35 years old. Anxiety is becoming increasingly prevalent in the primary care setting. There are currently tools available to assess the severity of anxiety in these patients to help dictate disease management. In addition to one of these tools, we have implemented an additional screening tool which assesses for various stressful life events that patients have experienced over the past year to help establish relationships between these events and the severity of anxiety in patients. We intend to establish relationships to help better understand the underlying causes of anxiety in this age group, thus allowing for providers to better guide management.

## Education and Cervical Cancer Screening Compliance

Rebecca Will, Elizabeth Satkovich, Allison Koleny  
Faculty Sponsor: Debbie Mitchum, DNP, MSN, BSN

Looked to increase the likelihood of young women to receive their first cervical cancer screening at the recommended 21 years of age through providing education about the process of and importance of such screening. Found that by providing education to college aged women their likelihood of having a screening exam done increased as well as their knowledge about the diseases it tests for.

## In the pediatric population, does utilizing distraction techniques such as the Buzzy Bee device during needle related events lower pain scales when compared to no intervention?

Megan Wunderlich, Maria Flavin  
Faculty Sponsor: Debbie Mitchum, DNP, MSN, BSN

Acute pain is one of the most common experiences a child will have as a result of needle related procedures, and is associated with fear, stress, and anxiety. Children undergoing needle-related procedures such as vaccinations, venipuncture, and insertion of intravenous devices, experience moderate to severe pain. Recent studies demonstrate that non-pharmacological pain management devices distract children from procedural pain. The purpose of the scholarly project proposal is to compare the effectiveness of the Buzzy device versus no intervention in the relief of needle related pain. In the pediatric population, utilizing distraction techniques during immunization administration lowers pain scale scores when compared to no intervention.

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# MASTER OF EDUCATION

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## How to Stop a Runner

Alisha Anderson

Faculty Sponsor: Patricia McMahon, PhD

As an interpretive researcher, I have written a narrative inquiry to study my question: How can I, a high school science teacher, help my students become stronger learners by successfully navigating their emotions as well as the curriculum? My journey begins in chapter one when I meet my first runner. This runner sends me searching for answers for over ten years. I enter graduate school and learn about pedagogy in chapter two. In chapter three, I learn that the brain is not a computer. I find the importance of relationships in chapter four. In chapter five, I reflect on my training and my possessing something called GRIT. Although I do not stop my runner, I did start looking at the man in the mirror in chapter six so that I can make the world (of education) a better place. I create a pedagogy centered on science while questioning science.

## How Does a Novice Special Education Teacher Begin to Understand the Creation and Implementation of an IEP?

Erica Gmuer

Faculty Sponsor: Patricia McMahon, PhD

As an interpretive researcher, I have written a narrative inquiry to study my question: How does a novice special education teacher begin to understand the creation and implementation of an IEP? Going into the field of special education as a novice teacher is quite terrifying. In my first chapter, I describe one of my troubling moments of developing modifications instantaneously. Chapter two is all about how the IEP comes into play and all the basic information. Next, chapters three through five is where the writing process of the IEP develops. Then the last chapter is where I connect my inquiry process to my pedagogy. Throughout the study, I have found myself wondering how I am going to be able to put this knowledge into practice. I realized that I will always be questioning my readiness for attaching an IEP. But eventually, I will be able to do it!

## Trauma Informed Teaching: Does balancing the needs of the many with the needs of a few have to be a Kobayashi Maru exercise?

Kristen Morris

Faculty Sponsor: Patricia McMahon, PhD

In this narrative inquiry study, I explore the question of how do I balance the needs of students who have experienced trauma with the needs of the rest of the class? I present first the current discourse surrounding the definitions of trauma before diving into a variety of educational contexts separated by how much they are able to provide individualized support for students. Ultimately, I explored the role of an educator within the sphere of trauma-informed practices and



discussed the potential for educators to embrace the tenants of universal design in order to provide supportive and safe educational atmospheres and pedagogies. Over the course of this study I discovered a wide range of psychologists and researchers in pursuit of trauma research and innovation including Dr. Peter Levine and Dr. Nadine Harris.

## The Perception of Safety and Its Connection to Behavior

Gabrielle Olson

Faculty Sponsor: Patricia McMahon, PhD

I study the question what am I coming to understand about what it means for children to be safe at school and how does their feeling safe or unsafe impact their behavior? I researched factors that affect the feeling of safety and how that can determine the behavior of an individual.

First, I describe a moment in my teaching career that made me worry about the health and safety of students. Next, I focus on safety in school and the importance of student-teacher relationships. Then, I cover the misconceptions of child behavior and the functioning of the brain. I then came across the definition of identity and take the time focus on the importance of it. Lastly, I concentrate on the how empowering students is a direct link to the feeling of safety.

In studying the inquiry, I have come to understand how children internalize their experiences and how it affects behaviors.

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# DOCTOR OF NURSING PRACTICE

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## Combating Occupational Nursing Stress with Mindfulness-Based Stress Reduction: An Evidence-Based Quality Improvement Project

Samuel Clinger

Faculty Sponsor: Kate Tennant, PhD, MSN, BSN

**Background:** The stress of the nursing role has continued to grow, which has led to higher rates of nursing turnover and increased organizational costs (Babanataj et al., 2016). The aim of the quality improvement project is to determine the relationship between a unit-based mindfulness-based stress reduction program and occupational nursing stress.

**Methods:** A pre-post study design examined differences between the Perceived Stress Scale (PSS-14), Mindful Attention Awareness Scale (MAAS), and Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) after the completion of a six-week, unit-based mindfulness program. Participants independently practiced ten minutes of mindfulness-based stress reduction at the start, middle, and end of the nursing shift over a six-week period. The ten-minute recordings included an overview and demonstration of the technique.

**Results:** The results demonstrated improvements on the PSS-14 and MAAS after completion of the program; however, Wilcoxon Rank Sum Tests demonstrated no statistical significance between the differences.

## Breast-Self Exams in Pittsburgh Area Nurses

Brooke Mastarone, Kayleigh Martincic

Faculty Sponsor: Stephanie Jacobs, DNP, FNP, CNM

Our research investigates the rate of breast self-exams of nurse's in the Pittsburgh area specifically looking into if a family or personal history of breast cancer. We collected data using a survey and convenience sampling by posting the survey on a Pittsburgh Nurses Facebook page. We had 47 responses in total. 27.66% did have a positive family and/or personal history of breast cancer defined as self, sister, mother grandmother and 70.21% had a negative history. 51.06% confirmed that they performed monthly Breast-Self Exams and 48.94% denied doing breast-self exams. 26.19% answered that their family history of breast cancer influenced them to perform BSE, 16.67% answered no their family history of breast cancer did not influence them to perform BSE and 57.14% answered N/A because they did not have a family history of breast cancer.

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# MASTER OF FINE ARTS IN CREATIVE WRITING

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## Women Writing Steel: Fiction, Memoir, Nonfiction, and Poetry

Donna Dzurilla

Faculty Sponsors: Louis Boyle, PhD

Tess Barry, MFA, MA, BA

Economic centers of northern Appalachia (Johnstown, Pittsburgh, Steubenville, Weirton, Wheeling, and Youngstown) define the Rust Belt because of their historical association with the steel industry. Steelworkers and mills populate the work of regional male authors and poets such as Bell, Bruno, and Gibb that constitutes a subterranean canon of literature, however, works written by women are overlooked. Women steelworkers and writers such as Harriet Simpson Arnow, Jan Beatty, Margaret Byington, Steffi Domike, Eliese Colette Goldbach, Rebecca Harding-Davis, and Eleanor Wymard explore the mills and the lives of steelworkers in their writing. Works by women evolved from the narrator or speaker functioning as an observer rather than a participant, the portrayal of emotions and physical descriptions in the works changed, workplace communications, like newsletters and pamphlets, validated the experiences of women steelworkers and the depiction of steelworkers changed to include women working in the mills.

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# MASTER OF SOCIAL WORK, MASTER OF BUSINESS ADMINISTRATION, DOCTOR OF NURSING PRACTICE

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## The Ethics of Housing for Mentally Ill Patients

Samantha Antal

Faculty Sponsor: Carrie Stott, PhD, MSW, BS

Adults tend to want to be independent and care for themselves. Adult mental health patients should not be treated any differently than others in that regard. 21 percent of adults in the United States experienced mental illness in 2020 which amounts to 52.9 million people or 1 in 5 adults (National Alliance on Mental Illness, 2021). Social workers aim to stay true to the profession's values and advocate for the client if they want to take on independent living or assisted living. Social work professionals need to keep in mind our client's level of daily care they receive, the resources they will have at their new location, who the caregivers are going to be, and what the family members and loved ones think about this and how they will be involved in the transition. This paper will explore the ethical considerations necessary to assist adults with mental illness in making care decisions about their residential and caregiving needs.

## On The Issue of Defunding the Police: Why Funds Should Be Reallocated Into Crisis Intervention

Lamica Davenport

Faculty Sponsor: Carrie Stott, PhD, MSW, BS

In supporting the overall wellbeing of an individual and change to racial inequalities, it must be considered how interactions and the paternalistic views of law enforcement are not beneficial to the black community. All communities would benefit from trained crisis intervention officers being the first responders specifically in cases that could pertain to mental illness. The black community has a known stigma towards mental illness and mental health. In place of seeking professional help, most black individuals self-medicate or suppress emotions. In escalated situations that require law enforcement intervention, an officer not trained in crisis intervention may associate this behavior as a threat. This could be why police killings are one of the leading causes of death for black men. Utilizing crisis intervention officers as first responders is a more ethical approach and should receive funding as it is fully supported by the NASW Code of Ethics principle of social welfare.

## An Innovative Educational Strategy to Influence Cultural Competence Utilizing Clinical Simulation with Diverse Standardized Patients

Tiffany Johnson

Faculty Sponsor: Marcee Radakovich, DNP,MS, RN

**Background**-Cultural competence is essential for healthcare professionals to deliver quality care to patients and can assist with preventing medical errors and healthcare disparities in diverse patients. Clinical simulation utilizing diverse standardized patients has improved cultural competence in nursing students.

**Problem**-A lack of educational interventions related to cultural competence exists at a small liberal arts university. This project aims to improve senior nursing students' level of cultural competence through clinical simulation.

**Methods.** This quantitative study included pre-intervention and post-intervention surveys administered to senior undergraduate nursing students. The instrument used was the Inventory for Assessing Cultural Competence Among Healthcare Professionals-Student Version (IAPCC-SV).

**Intervention.** There were two clinical simulations utilizing diverse standardized patients over twelve weeks in senior nursing students' community health nursing course. Forty-three students participated as a convenience sample of senior nursing students.

## An exploration of student course satisfaction and its determinants in the context of virtual learning

Jessica McNicholas

Faculty Sponsor: Enrique Mu, PhD, MBA, BS

The present study proposes a systematic literature review on students perceived learning outcomes and overall satisfaction within the context of virtual education. The literature has been searched to explore the following questions:

1. What is Student satisfaction?
2. What is the role of student satisfaction in undergraduate and graduate education?
3. Determinants of students perceived satisfaction.
4. The role of student satisfaction in virtual education.
5. Ways in which to measure student satisfaction.
6. Shortcomings with student satisfaction in virtual education and ways it can be improved.

My findings from this literature review have provided enough information to carry out hypothesis testing of multiple constructs in the near future. The conclusion of the future studies may provide information and further research initiatives to higher education institutions. The studies will provide insight into student retention rates by examining student satisfaction and its determinants.

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# FAMILY NURSE PRACTITIONER, DOCTOR OF NURSING PRACTICE, MASTER OF SCIENCE IN NURSING

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Is there an association with intake of the Mediterranean diet and perceived levels of burnout in nursing graduate students?

Robert Mushinsky, Pabitra Sharma, Cherie Aguilar

Faculty Sponsor: Ruth Foreman, DNP, MSN, BSN

Our group hopes to discover additional knowledge on the relationship between diet and emotional well-being, particularly how intake of the Mediterranean diet may or may not be linked to subjective feelings of burnout in nursing graduate students. The unique educational stressors experienced by nursing graduate students, coupled with working as registered nurses during a pandemic and time of international strife, make this topic timely and purposeful. Our group hopes to contribute to the body of knowledge involving dietary intake and emotional well-being.

## Effectiveness of STOPP Criteria at Identifying Potentially Inappropriate Medications

Leslie Richards

Faculty Sponsor: Diana Kozlina-Peretic, DNP, MSN, BSN, LPN

Polypharmacy and the potential for inappropriate medication (PIM) use are significant public health challenges that impact patient outcomes. Polypharmacy is the result of multiple medications used for treatment of chronic diseases, and prescribing practices that leads to potential inappropriate medication use. Disease treatment guidelines do not include prescriptive provisions for patients with multiple conditions. The purpose of this quantitative, descriptive, retrospective study was to evaluate the effect of implementing the STOPP criteria to identify potentially inappropriate medications and patient outcomes (60-day hospital readmission, emergency room, and unplanned primary care provider visits) in geriatric patients with cardiovascular disease. Lewin's Change Theory is the framework for this project. A primary care practice was used to collect data from medical records of 50 patients. Study results revealed the number of PIM was predictive ( $p=0.01$ ) of hospital readmission. There was no statistically significant relationship between PIM use and emergency room and unplanned office visits.

## Assessing Mental Health Literacy in Undergraduate College Students

Andrea Carroll, Savanna Gongloff, Morgan Fisher

Faculty Sponsor: Debbie Mitchum, DNP, MSN, BSN

Mental illness is prevalent within the college-age and undergraduate population, and mental health literacy has a strong impact on whether college students engage in seeking health care for such conditions. Mental health literacy includes knowledge about mental health disorders that is associated with recognition, management, and prevention. Through a mixed-methods study, the knowledge of mental health signs and symptoms was assessed in undergraduate college students (n=26) at Carlow University. Participants were asked to take a 13-question survey, listen to a 10-minute presentation, and complete the same survey as a post-test. Results show that evidenced-based education regarding mental health recognition, stigmas, and health-seeking behaviors improved overall mental health literacy scores in undergraduate college students at Carlow University. Findings suggest that it is beneficial for college students to receive education regarding mental health disorders and have resource availability to improve mental health outcomes through their willingness to seek proper treatment.

## Identifying the Attitudes/Beliefs, Self-efficacy, Barriers, and Practice Behaviors of Nurse Practitioners Providing Smoking Cessation Counseling to Patients

Corie Scanlon

Faculty Sponsor: Renee Ingel, PhD, MSN, BSN

A descriptive survey study was conducted to measure the attitudes/beliefs, barriers, self-efficacy, and practice behaviors of NPs regarding providing SCC. The study elicited 146 responses. The vast majority of NPs report that smoking cessation is a valuable part of their job. Participants report possessing the skills to help patients stop smoking, and most respondents report high compliance with assessing tobacco use status and advising to quit. The top barriers were lack of patient interest, patient non-compliance, and other health problems requiring attention during patient encounters. Future efforts should focus on training and developing education programs to incorporate into academic and professional settings.

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# DOCTOR OF NURSING PRACTICE

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## Implementation of Nurse Driven Transplant Readiness Education in Waitlisted Transplant Candidates

Chase Imbriaco

Faculty Sponsor: Ann Spence, DNP

The aim of the quality improvement project is to determine the efficacy of a standardized nurse driven transplant readiness education in waitlisted transplant candidates. Each candidate will be asked to view a pre-recorded educational power point providing education on care and management pre- and post-transplant. The waitlisted transplant patients will participate in a pre and post survey measuring self-efficacy via the PROMIS self-efficacy scale to determine if there is an increase knowledge and self-management post-transplant.

## Does Use of a Relaxation Room with Aromatherapy and Music Therapy Versus Current Practices Decrease Stress and Burnout in Homecare Frontline Managers Over 12 Weeks

Lena Nazarei

Faculty Sponsor: Ann Spence, DNP

Frontline nurse managers hold a huge responsibility for the day-to-day operations in all areas of healthcare. This high stress position is challenged further by a high rate of turnover. This scholarly project sought to understand if use of a relaxation room with music therapy and aromatherapy would decrease the stress and burnout levels of nurse managers in the homecare setting. The quantitative study ran twelve weeks in two large branches of a local homecare agency. The data was collected and reviewed at the end of 2021. The data was small due to a low percentage of participation but did find a statistically significant decrease in one area of burnout when using the room once or more. While further studies like this are important to understand why nurse managers leave their positions, it is equally important to understand why nurses do not utilize stress-decreasing interventions when they are available.



## Targeted Video-On-Demand EMR Training for OR Nurses

Cariann Johnson-Huber

Faculty Sponsor: Kate Tennant, PhD, MSN, BSN

Today's healthcare organizations face financial and educational challenges of sustaining Electronic Medical Record (EMR) advancements and regulatory reporting mandates in the operating room (OR) setting to support reporting compliance and patient safety. At a healthcare system in Pennsylvania, new hire informatics training and changes to the EMR are not effectively presented to the OR nurses, leading to data integrity gaps, resulting in a labor-intensive and costly auditing and correction process. An innovative, step-by-step, EMR on-demand documentation training video module was created using Camtasia and then published in a private and secure YouTube channel for the OR nurses at one hospital. Quantitative methods (z-score and two independent t-tests) revealed a statistically significant difference between the pre- and post-intervention compliance/documentation ratios ( $p < .0001$ ). Compliance accuracy rose from 16% pre-intervention to 80% post-intervention. The availability of on-demand, clinically relevant EMR training modules at the point of care (via computer or mobile device) may be an effective method to provide essential EMR training, thereby ensuring patient safety and reporting compliance.

## The Impact of Peer Feedback Using Video Recording Device in Simulation on Clinical Competence and Knowledge: A Pilot Study

Nicole Wild

Faculty Sponsor: Renee Ingel, PhD, MSN, BSN

The aim of the quality improvement project is to determine the efficacy of a standardized nurse driven transplant readiness education in waitlisted transplant candidates. Each candidate will be asked to view a prerecorded educational power point providing education on care and management pre- and post-transplant. The waitlisted transplant patients will participate in a pre and post survey measuring self-efficacy via the PROMIS self-efficacy scale to determine if there is an increase knowledge and self-management post-transplant.

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