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Community Health Concepts

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Topic items include: A Unique Approach, What is a Clinical Nurse Specialist (CNS)?; Why Is A Turtle Featured in the Logo? Kathlynn's Professional Experience.

A unique approach-

Kathlynn has a distinctive ability to target programs to individual groups, health care professionals, teachers, and organizations/communities. Her programs are designed to translate lifestyle issues, health promotion concepts, and behavior change practice into useful and effective action. By providing concrete and effective tools to maximize client-provider interactions, to improve health concepts in schools, and address personal health needs, staggering health issues can be effectively reduced. Kathlynn connects with her audience in any setting because her background as faculty & presenter and her passion for health promotion produces a quality speaker on a range of topics, making her a wise choice for meeting your needs. Kathlynn's clinical nurse specialist practice enhances her ability to visualize and shift between the details and the larger picture. Additionally, her expertise in community health, health promotion and research guarantees a consultant who will facilitate health promotion approaches for your organization/community.

What is a Clinical Nurse Specialist (CNS)?

A CNS is an advanced practice nurse. Other advanced practice nurses you may be familiar with include Nurse Practitioners, Certified Nurse Midwives, and Nurse Anesthetists. A clinical nurse specialist has a Master's degree in nursing and this practice has been recognized since 1965. The National Association of Clinical Nurses Specialists* defines CNS practice, skills, and knowledge as encompassing individual care, professionals (usually nurses), and organizations and systems. The CNS uses this practice base in a telescopic manner- focusing in on individual needs, out on the larger organization or community and then re-focuses on the professional to increase understanding of the health care issue. By recognizing the interconnectedness of each of these areas, a more comprehensive approach can be used. As an educator, Kathlynn has

worked with nurses, physicians, and k-12 educators to translate ideas, concepts and programs on health to a practical and useable reality.

*Statement on Clinical Nurse Specialist Practice and Education, (2004), published by National Association of Clinical Nurse Specialists, 2090 Linglestown Road, Suite 107, Harrisburg, PA 17110, www.nacns.org

Why Is A Turtle Featured in the Logo?

Stories of Turtle have been told to teach wisdom and creation. These stories come from Native American, Asian, African and European Cultures. The focus of the stories & length of life for many turtle species cause this symbol to be associated with health and longevity. Turtle became Kathlynn's totem through a series of events that started with hearing the story "Grandmother Turtle" by Dayton Edmonds.

Kathlynn's Professional Experience:

Teaching:

- Currently faculty at Oregon Health Sciences University, School of Nursing, Portland, Oregon
- 16 years experience teaching online and in synchronous environments for public and private universities and community colleges
- Invited guest speaker in the classroom to discuss a variety of health, health behavior, and community topics

Presentations:

- The American Public Health Association; Northwest Education Institute at Oregon Health Sciences University School of Nursing; United States Department of Agriculture, The Center for Nutrition Policy and Promotion; National Association of Clinical Nurse Specialists National Conference; Oregon Nurses Association Annual Convention
- Xi'an Children's Hospital, Xi'an, Peoples Republic of China; Da Ming Palace Hospital, Xi'an, Peoples Republic of China; Gender and Culture Conference, Oregon State University; Legacy Hospital Systems Science Fair; Catholic Women's Retreat, Lajes Field, Azores, Portugal; National Nurses Day Luncheon, Lajes Field, Azores, Portugal; Eastern Washington Area Agency on Aging, Spokane, WA

Consultations:

- US Air Force 65th Medical Group to develop and direct a weight management program; Lajes Fun and Fitness Day; US FORAZ (United States Forces Azores) fitness testing; National Peacekeeper Challenge Lajes Team; Cecil Jones and Associates, Inc, Birmingham, AL; Polk County Reduce Adolescent Pregnancy Project Coalition, Dallas, OR;
- Committee service: Planning committee for Northwest Education Institute at Oregon Health Sciences University School of Nursing; Regional Northwest Clinical Nurse Specialist Conference Planning Committee; Clinical Nurse Specialist Task Force, Oregon Board of Nursing; State of Oregon Health Resource Commission; Polk County Commission on Children and Families

Nursing and Health Promotion:

- 25 years experience in the field of nursing. Professional experience includes nursing in community/ public health, home health, emergency room, and medical/surgical floor.
- 20 years of specialized health promotion work in areas such as Group Health Northwest, the American Red Cross and the US Air Force.

International Experiences:

- Co-led a university student group in a month long visit to Mexico including San Diego, Cuernavaca, Alcapulco, Mexico City and other sites for study of holistic medical practices, a university based SON, and the culture of Mexico.
- Oregon Nurse Delegate with U. S. Nurses touring China (Bejing, Xian) with Ambassador to Ambassador Program focusing on several schools of Nursing, Federation of Women offices, and different hospitals.
- Arranged a tour of the School of Nursing and hospital at Terceira, Azores for U. S. nurses stationed at Lajes Base, Terceira, Azores, Portugal.

Research:

- Diverse projects focusing on lead hazards for children, physical activity, nutrition, community health issues and health behavior choices for different populations.

Publications:

- Professional Journals- Journal of Environmental Health, Clinical Nurse Specialist; Gerontological Nutritionists
- Local Newspapers and Newsletters- The Legacy Network Newspaper; The Oregon Nurse; The Itemizer Observer; Crossroads; Grapevine