

GRADUATE NURSING PROGRAM NEWS

FALL 2025



MOSS SCHOOL
OF NURSING

COLORADO MESA UNIVERSITY



Colorado Mesa University

Health Sciences Building
1100 North Avenue
Grand Junction, CO 81501-3122



8 am–5 pm, Monday–Friday



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coloradomesa.edu/health-sciences

ABOUT OUR PROGRAM ...

Colorado Mesa University (CMU) is ranked by Edu Med as one of the most affordable online graduate nursing programs with the best student to faculty ratio in the country. This past year we had close to 160 applications. Our graduate NPs in both AGNP and FNP have a 100% pass rate for certification for the past seven years. All our students submit for publication and presentations at peer reviewed national conferences. The program is rigorous, and despite our growth, pride ourselves on maintaining one-to-one faculty input. Applications are submitted centrally through Nursing CAS affording CMU more visibility.

Congratulations to our students for making your program a success!

WHAT IS UP WITH THE CURRENT FACULTY?

Dr. Kathleen Hall, along with **Dr. Karen Urban**, had an abstract accepted for presentation at the Public Health in the Rockies conference in September. She also had an article accepted for publication in *The Clinical Advisor*. Two research articles and one research abstract are currently in submission for publication and/or presentation this fall. She continues to hold wellness clinics at the Grand Junction Housing Authority's senior housing where she focuses her practice on health

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UPCOMING EVENTS

OSCES & GPS for students in clinical courses 610, 615, & 620 Finals week will be held, on Dec. 9 & 10, 2025. Mark your calendars!

WHAT TO EXPECT:

Virtual via Zoom: Objective Structured Clinical Exams (OSCEs) will be conducted for students in clinical practicums.

Inservice content will be integrated throughout both days. We have great guest speakers with additional content.

Spring Faculty Meetings

You are all welcome to attend all or part of a meeting!

Time: 3-4:30 pm (MST)

Tuesdays: 9/16, 10/14, 11/11 and 12/2/2025

Meetings are held in person in one of the DHS conference rooms and there is an option to join via Zoom. RSVP to Mr. Steven Cruse if you wish to attend in person or want to receive a Zoom invite.

Email:

scruse@coloradomesa.edu

ADVISING

Please contact your assigned advisor should you vary from your Course Progression Sheet.

- Dr. Urban will advise all MSN FNP students.
- Dr. Hall will continue to advise all AGNP and NE students.
- Dr. Marshall will advise DNP students.

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*Continued from cover, What is Up
with Current Faculty?*

promotion and therapeutic physical activity for adults with chronic conditions.

Dr. Karen Urban along with the abstract presentation mentioned above, plans to attend the 2025ACG/VGS MASGA Regional Postgraduate Course in Williamsburg and looks forward to sharing GI updates that are important for primary care.

Dr. Ona Ridgway DNP, PMHNP, FNP serves on the Colorado Nurses Association Board as the Region 6 Director, where she continues to advocate for nursing excellence and leadership. She will be attending a meeting in Milwaukee on the 12th and 13th of August for the American Academy of Nurse Practitioners to learn how to write PMHNP board exam questions. Dr. Ridgway is one of the nine Primary Mental Health Nurse Practitioners from across the country invited to attend.

Dr. Lane Eyre completed his first semester teaching NURS 526 Advanced Pharmacology for Nursing in the spring of 2025. Aside from teaching this course, he is the pharmacy director at Family Health West and spends a lot of time chasing his five kids around with their various activities. Lane is excited to be back teaching again this year!

Dr. Debra Bailey is entering 46 years as an RN and has been blessed to have a career full of many opportunities. Dr. Bailey brings a wealth of specialty nursing experiences and has been a nursing consultant: for Diabetes, rural nursing, and forensic and legal nursing, and CDPHE long term care facilities. She has been an Educator, Tenured Associate Professor, and was a part of bringing Graduate and Doctoral Nursing education to CMU. She truly loves precepting NP

students and has precepted graduate and doctoral NP students from CMU and a few other NP programs in Colorado and neighboring states. Dr. Bailey practiced as an FNP at Primary Care Partners for 20 years, GJVA for 5 years., and currently works as an NP at Hopewest hospice.

Retirement allows her to continue part time work and spend time with her grandchildren, Olivia and Bode. She also travels with her husband of 43 years. Lastly, Dr. Bailey is a director on the CMU alumni association and enjoy activities interfacing with CMU students. She was honored as a distinguished alumna in 2021 and looks forward to the 100-year celebration of CMU this year. Dr. Bailey will be teaching Nursing Theory this fall, and we welcome her back!

Dr. Mary Jo Stanley Professor in Health Sciences, has been selected as Colorado Mesa University's Assistant Vice President for Accreditation and Academic Success. Dr. Stanley started her new position on July 1 and we wish her great success!

CLINICAL PLACEMENT COORDINATOR NEWS - MR. STEVEN CRUSE

Mr. Cruse continues to be our clinical placement coordinator. Please reach out to him a year before your clinical course begins to ensure a contract is in place.

Steven is working with CMU graduate medical programs to expand clinical rotations within the Intermountain Health system. A successfully executed affiliation agreement opens many clinical sites within Colorado and Montana. Intermountain Health has a new process for rotation requests and compliance. Contact Steven (scruse@coloradomesa.edu) for more information about that process. The growth of CMU graduate medical programs is exciting, and our graduates become valuable members of their communities.



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STUDENTS ON THE MOVE:

Maya Lindgren MSN FNP student had a poster presentation at the Keystone Nurse Practitioner Conference July 2025: Her poster was titled *Perioperative guidance for glucagon-like peptide 1 receptor agonist medications*.

Rachel Evans, who is graduated with her MSN AGNP degree in spring 2025 presented at the 2025 Keystone Nurse Practitioner Conference. The title of her presentation was *Strategies to Improve Vaccination Uptake Among Uninsured Adults*. Congratulations Rachel!


Kelly Harmelink MSN FNP student also had a poster presentation at the Keystone Nurse Practitioner Conference July 2025 titled *Rationale for & Funding Mechanisms to Support Shared Medical Appointments for Chronic Disease Management*.


Margot Walters: MSN FNP student also had a poster presentation at the Keystone Nurse Practitioner Conference July 2025 titled *The Accuracy and Efficiency of Current Adult Weight Estimators Used in Critical Care Settings on Therapeutic Medication Dosing: A Systematic Literature Review*.


Roger VanVoorhees: MSN NE student presented a poster titled *Moving Adverse Childhood Experiences from Research into the Clinical Setting* at the Nurse Educators Conference of the Rockies on June 20th.


Congratulations to all! We are proud of your achievements.


NP Student Survival + Success Guide


 **Put in the time** – No shortcuts here! You're building a brain full of clinical gold.


 **Ask your preceptor questions** – Seriously, don't be shy. Curiosity = growth.


 **Review clinical guidelines often** – UpToDate and CDC are your new BFFs.


 **Practice different patient communication techniques** – Every patient is different. Channel your inner therapeutic ninja.


 **Take care of yourself** – Sleep, hydrate, eat real food. No one heals from burnout.


 **Know your meds** – Side effects, interactions, dosing... be the drug detective.


 **Stay organized** – Calendar, checklist, planner, whatever works. Chaos is not cute in clinic.

 **Own what you don't know** – It's okay to say, "Let me look that up." Integrity > guessing.

 **Keep a "clinical pearls" notebook** – Your future self will thank you.

 **Reflect after each shift** – What went well? What could you do differently next time? Growth mode: ON.

 **Breathe. Seriously.** – Deep breaths before a tough case or skill. You got this.

 **Remember your "why"** – In moments of stress, bring it back to your purpose.

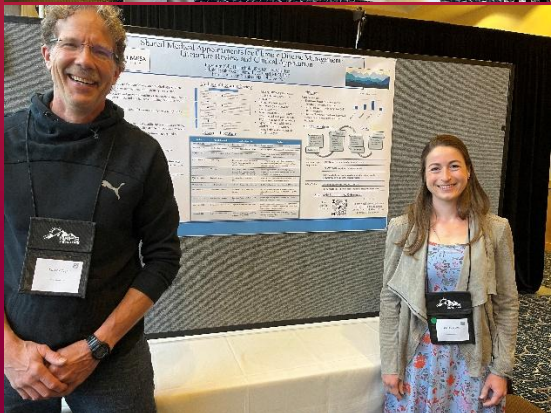
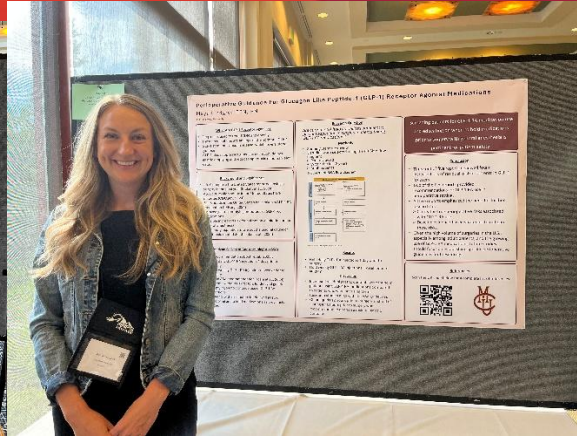


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HAVE A GREAT FALL SEMESTER!

Mr. Cruse and Drs. Bailey, Eyre, Hall, Marshall, Ridgway, and Urban

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Learn more about the Graduate Health Sciences program at coloradomesa.edu/health-sciences/graduate