NCUR 2021 Proceedings

A Matter of Morality: Improving the End-of-Life Experience for Patients Receiving Hospice and Palliative Care in Acute Inpatient Settings

Nursing & Public Health - Time: Wed 12:00pm-1:00pm - Session Number: 6082
Jessica O'Toole and Dr. Lyndsey Gates, School of Nursing, Norwich University, 158 Harmon Drive, Northfield, Vermont 05663
Jessica O'Toole

Abstract: *Purpose:* To review and analyze current literature regarding end-of-life care in the form of inpatient hospice. The primary objective is to identify best practices that improve quality of experience for patients, families and staff. *Methods:* A thorough internet search was conducted utilizing esteemed search engines such as the Cumulated Index to Nursing and Allied Health Literature (CINAHL). The inclusion criteria for selected articles involved those relating to inpatient acute care settings, those published in the last 5-10 years, and those who were subjected to peer review. *Results:* This research supported the use of advance care planning, effective communication, and collaborative care teams for the delivery of optimal end-of-life care. Inpatient hospital admissions, and subsequently inpatient deaths, are increasing each year. Finally further end-of-life education is needed for clinicians in acute inpatient settings. *Conclusions:* End-of-life care is enhanced by advance care planning, effective communication, collaborative care teams, and the implementation of well functioning inpatient hospice units as acute care deaths continue to rise. Hospice and palliative care education should be integrated into doctors, nurses, and other clinicians' core curricula in addition to being an ongoing essential component of professional development and educational requirements.

Collectivization of Trauma in Transnational Film

English & Literature - Time: Tue 5:00pm-6:00pm - Session Number: 825
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Johannes Shephard

Using the lens of post colonial theory and semiotics this research aims to examine how trauma can be an individual artifact or a collective icon. This research uses the films *Les Miserables* by Ladj Ly and *The Insult* by Ziad Doueiri as templates to explore the phenomenon of the collectivization of trauma. This is done by applying Barthesian ideas of the independent nature of language in order to examine the instance of trauama as an independent entities unrelated to the individual traumatized or the individual who causes the trauma. These two films serve as examples of how this loss of ownership is essential to the further development of the idea to the mythological icon that traumatic events often become. In both films there is an instance of secterian conflict this conflict is then either conflated with the status quo of the socio-political environment in which the trauma occurs or remains an artifact of the traumatized. In this research I aim to explore how different social and political systems in the film worlds of each film impact the nature of the traumatic event. I anticipate that my research will find that despite social and political differences the fundamental action in the transcendences of trauma from individual to collectivized will be the ability of the individuals to act with agency in regards to their trauma and reconcile with the event as agents in their own existence. This research will draw from Roland Barthes work on semiology and mythology as well as post colonial ideas of generational trauma as put forth by Frantz Fanon. This research essentially aims to examine how and where trauma is collectivized and uses these two films as the case study for this process.

Going To War: Anglo-American Approaches To Violence and Trauma

English & Literature - Time: Tue 5:00pm-6:00pm - Session Number: 825
Johannes Shephard, Sophia Mizouni, Norwich University 158 Harmon Drive, Northfield, VT 05663 USA
Johannes Shephard

In 20th century American literature there is a clear physical and emotional distancing from state sanctioned violence and this is most clearly expressed through the phrase: "to go to war". This cultural

view is rooted in the idea that to conduct warfare there is a necessity to leave home and actively engage in a conflict in a foreign land. In comparison, the European general perspective of war is much more personal and exists in the same space in which civil life inhabits. In French for example, one does not go to war but one has war. This idea is explored in two novels written in the 1960's that depict the end of World War II. Paris is Burning by French writer Dominique La Pierre focuses on the experience of french citizens in occupied France while The Longest Day by American author Cornelius Ryan narrates the Normandy landings of 1944 and is more focused on the experiences of soldiers.These novels are explored alongside the critical writings of Jean Paul Sartre, Roland Barthes, and Jacques Derrida whose texts on linguistic and cultural constructs of languages bring to light the contrast in perspective on warfare in both novels.This research also examines the cinematographic adaptations of these novels in order to expose the iconography of each book and further reflect on the linguistic and symbolic importance of the worldview that is expressed in this idea of going to war. This research concludes by showing how a war at home informs societal norms around violence and how expeditionary warfare creates a different set of norms. I anticipate that the fundamental difference between these norms is rooted in a lived experience of violence and war as opposed to a second hand experience only understood through the lives of the soldiers who engaged in this expeditionary warfare.

Impact of Telehealth on Rural and Homebound Adults with Chronic Disease

Nursing & Public Health - Time: Wed 12:00pm-1:00pm - Session Number: 6081
Carina Berg-Author Lyndsey Gates-Faculty Mentor School of Nursing Norwich University 158 Harmon Drive Northfield, VT 05663
Carina Berg

Purpose: An integrative review was performed to discover whether telehealth interventions, through increased access to care, effectively reduce hospitalizations among adults living with chronic diseases in homebound or rural situations in the United States. **Background:** As the Covid-19 pandemic has caused massive shutdowns and community-wide quarantines, the spotlight in healthcare has been on the increasing incorporation of telehealth into chronic disease management. With telehealth used more widely for remote monitoring, tracking, and videoconferencing, there is a need to identify how

telehealth impacts the health of rural and homebound adults and whether these interventions effectively prevent unplanned healthcare visits. **Methods:** Research from PubMed and Google Scholar was analyzed from January 2016 to September 2020 using several inclusion and exclusion criteria. Thirteen articles consisting of qualitative interviewing, systematic reviews, and randomized clinical trials, were identified for inclusion. **Results:** Five key results were identified from these articles: barriers to usability, telemonitoring effectiveness with homebound adults, the impact of telehealth on rural communities, telehealth effectiveness in reducing unplanned healthcare visits among chronic conditions, and lack of information available regarding telehealth deliverables and shortcomings in reducing hospitalizations. **Conclusions:** Barriers to telehealth use need to be addressed and early signs and symptoms of acute exacerbations of chronic diseases need to be identified for telehealth monitoring. More research is needed to determine which key interventions most effectively reduce unplanned health care among rural and homebound adults using diverse ethnic and cultural populations.

Keywords: telehealth, [telemonitoring OR remote monitoring], homebound [adults OR patients], rural [communities OR health], chronic [conditions OR disease], hospitalizations

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Nutritional Health of Internally Displaced Women and Children in Burkina Faso

Health & Human Development - Time: Tue 3:30pm-4:30pm - Session Number: 5147
Tara Kulkarni Department of Civil and Environmental Engineering Kaitlin Thomas MODERN LANGUAGES Casey Bartrem Kpatcha Massina School of Liberal Arts Norwich University 158 Harmon Dr, Northfield, VT 05663 1138B
Kpatcha Massina

The Sahel region of Africa is affected by countless levels of security, nutrition, climate degradation. Interregional migration streams in French West Africa are primarily economic migrants seeking employment. Using a purposive mixed method involving interviews and international reports from the

World Bank and the World Food Program was used for this research, including interviews with people affiliated with refugee camps. The remaining migrants are victims of natural disasters, violence, and conflict. This research focused specifically on the current research gap on the migration of people from Mali to Burkina Faso and looked specifically at the nutrition of women in refugee camps in Burkina Faso to find possible links to radicalization. We also looked into some of the early insights into how the COVID-19 pandemic impacting the refugee food crisis. We found that half of women and children embodying the refugee population do not meet their daily calorie required for a healthy lifestyle, resulting in chronic illnesses and underweight children, keeping them in a vicious cycle. Food provided in refugee camps is often different than the traditional diet of people living in the Sahel. The rise of extremist groups in Sub-Saharan Africa influences the growing unemployed youth population in refugee camps to join as a means of survival. Possible solutions to this crisis were also assessed, including the food ATMs, Ready-to-use Therapeutic Foods, and policy changes implemented in countries such as Uganda. A possible solution includes all of these alternatives, which focuses on prime research. Finally, innovative future research could focus on alternative solutions to make refugees self-sufficient.

Reducing Stress in College Students Through Acute Mindfulness and Breathing Practices

Exercise Science & Nutrition - Time: Tue 3:30pm-4:30pm - Session Number: 5045
Dr. Amy Welch and AnnaLeigh Runion, Department of Health and Human Performance, Norwich University, 158 Harmon Drive, Northfield, VT 05663
AnnaLeigh Runion

Diaphragmatic breathing and mindfulness practices have peaked researchers' interest as acute methods to help reduce stress levels. Current research points to heart rate variability (HRV) as a measurement of the body's reactivity to and recovery from stress. There is evidence to show that HRV indicates autonomic nervous system function and can be a predictor of physical and mental wellness, where increased HRV signifies increased parasympathetic activity. While research shows that both diaphragmatic breathing and mindfulness can help reduce stress, this study seeks to address the usefulness of short interventions on stress levels and assess which of the two interventions is the most

effective. It is anticipated that there will be 40 participants between the ages of 18-30 who are students at Norwich University in order to provide a population sample with homogenous lifestyles. Wearing a 3-lead ECG, each participant will undergo three conditions, a control condition and the two 6-minute experimental interventions that will be randomized. HRV data will be calculated using ECG data from the last 5 minutes. It is hypothesized that both acute interventions will increase participants' HRV compared to the control, potentially indicating that sympathetic nervous system activity can be reduced, thus activating a relaxation response, with a short mindfulness or breathing intervention. Effect size calculations will be used to compare HRV data of the interventions to determine which of the two is most effective. Pilot testing has been completed, and data collection will begin at the start of the Spring 2021 semester, and preliminary results will be presented at the conference. The results of this study can provide information about easily accessible and replicable methods for college-aged students who deal with stress regularly.

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The United Daughters of the Confederacy and Their False History

History - Time: Wed 1:30pm-2:30pm - Session Number: 1026
Mattison Fagan, Kelli Sutton-Bosley, Department of History, Norwich University, 158 Harmon Drive, Northfield, VT 05663
Mattison Fagan

The painful discourse caused by the American Civil War allowed one of the most influential groups in southern history to rise to popularity: The United Daughters of the Confederacy. While their contributions to memorials and monuments are visually noticeable, their work with children and their standing within the southern educational system was the organization's backbone. Their members' social standings brought prominence to the UDC and allowed them to become creditable to men of power in the south. The blatant manipulation and omission of education materials provided to southern students demonstrate their agenda in the twentieth century. The UDC not only had its grasp around what children were learning within the classroom but their children's chapter, the Children of the Confederacy, influenced them as well. The UDC's work with children is a primary reason a false sense of pride

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