

STUDY TIP OF THE MONTH

Nursing school exams are like **NO OTHER TESTS** you have ever taken. Utilize your resources, such as:

- Textbook websites
- ATI practice tests
- Chapter objectives
- Faculty
- Classmates

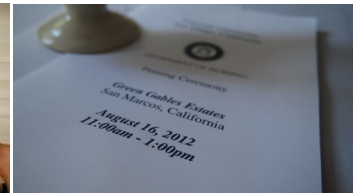
NUSNA Newsletter

ISSUE # 6

SEPTEMBER 2012

Cohort 24 Nursing Students Follow Historic Footsteps

The Department of Nursing at National University, Rancho Bernardo recognized the achievements of its graduates during a pinning ceremony held at Green Gables on August 16, 2012. The Pinning Ceremony is a symbolic welcoming of newly graduated nurses into the nursing profession. They were presented with nursing pins by faculty of NU with the support of family and friends. What an accomplishment! CONGRATULATIONS COHORT 24!!!



INSIDE THIS ISSUE:

Meet New Faculty	2
Uptown Faith Toiletry Drive	3
Being an NUNSA member: Cheryl Areson	3
2012 CNSA Convention	3
Cohort Updates	4
Ongoing Volunteer Opportunities	5/6

Success at the CNSA South Membership Meeting!

The Membership South Meeting took place on Saturday, August 18, 2012 at West Coast University located in North Hollywood City. This was a great opportunity for members to meet the CNSA Board Members, CNSA Advisors, and other students from schools from all over Southern California. Information was provided regarding ways to improve your chapter, scholarships, the California Action Coalition and the goals of future health practice, and so much more!



Professor Maureen Evans



Professor Evans attended Murray State University in Kentucky to receive her BSN. She continued her education at the University of Texas at Austin to receive her MSN Clinical Nurse Specialist, High Risk Perinatal Nursing with a minor in teaching. She later attended the University of Maryland at Baltimore for a post graduate degree in Pediatric Nurse Practitioner, Acute Care. She enjoys all aspects of Pediatric nursing from NICU, general Pediatrics, PICU, and Ped hematology/oncology/gastroenterology. Additionally, she has practiced in several states such as Colorado, Alabama, and Virginia, and even in Europe. Her experience includes staff RN, unit manager, educator, and advanced practice roles involving inpatient and outpatient care to children and their families. At NU, she is the Clinical Assistant Professor for Pediatrics.

Why did you choose to teach at NU? I have always enjoyed teaching at all levels: patients, families, students, new grad RN's and colleagues, I chose NU for many reasons such as: a colleague's recommendation as a good program that was growing to meet a need for more RN's in San Diego, the idea of meeting the need of people interested in a career change to nursing and the condensed 8 week per course schedule requiring a different level of commitment from the students.

What are some ways to cope with the challenges of nursing as a career? Everyone needs to have a balanced life that includes adaptation as changes and challenges occur. If your focus is only on your job or your patients, then other important aspects of life are neglected such as family, fun, personal growth, spiritual health, and friendships. Finding a good fit has been the key to my success

with the many facets of nursing. I do my best under the conditions that I work and recognize when situations require a change.

What influenced your decision to become a RN? The nurturing, helping aspects of nursing plus the science that is constantly expanding influenced my decision. This profession required me to be a team player balanced with independent decision making.

Why is nursing such a rewarding career? Nursing is rewarding in terms of receiving more from the patients and families than I am able to provide them. I always learn something every day. I am never bored because each day hold a surprise.

"A true disciple shows his appreciation by reaching further than his teacher."

-Aristotle



Dr. Lori Michelangelo EdD(c)

Professor Michelangelo has an extensive list of certifications and experience in various specialties such as Education, Civilian Flight Nursing Helicopter, Occupational Health, Pediatrics, Post Anesthesia Care, Trauma nursing, Public Health, and Mobile Intensive Care. She is completing her EdD study which is a meta-analysis of the impact of emotional intelligence instruction and training upon the critical thinking skills and the emotional competency of nurses and nursing students. Professor Michelangelo is also currently working as a per diem research nurse at the University of California, Los Angeles School of Neurology with the Field Administration of Stroke Therapy. At NU, she will be teaching NSG 200.

What influenced your decision to become an RN? My choice to become an RN was influenced by my desire to help people and to make a

difference in their lives, as well as the prospect that throughout my lifetime nursing would continue to be an important profession in which I could steadily progress through graduate education and experience. Additionally, the many areas of specialization within nursing were attractive with respect to job opportunities in many different fields and in many geographical locations.

Why is nursing a rewarding career? Nursing is rewarding because the profession itself provides a great deal of job fulfillment from being part of a healthcare team, sustaining good patient outcomes, and the opportunities for specialization and advancement through continuing education, graduate education, and experience. Additionally, job security, the financial rewards, and the resulting

independence and autonomy in decision making are further tangible rewards for the dedicated nurse.

What is the hardest part about being an RN? The hardest part of being an RN is the realization that you cannot have 100% good patient outcomes and, that despite your advice, care, and intentions, patients will ignore you and continue on their non-compliant path so detrimental to a healthy outcome. The important thing to remember is to never stop trying and to never stop trying to be a better nurse.

Uptown Faith Community Center Toiletry Drive



The July Toiletry Drive Event headed by four nursing students from Cohort 25 was a great success! The donations were presented to Uptown Faith Community Service Center on July 31st. The volunteers

and staff truly appreciated National University's efforts and contributions to their organization. The proceeds will help supply San Diego's poor and homeless population with hygienic solutions during the hot summer months.

The Results: 200 cotton swabs, 180 shaving razors, 136 tubes of toothpaste, 128 tampons, 116 bars of soap, 68 band-aids, 64 packs of wet wipes, 58 miscellaneous items, 54 toothbrushes, 48 deodorant sticks, 48 shampoos & conditioners, 37 packs of floss, 32 feminine pads, 28 bottles of lotion, 12 combs, and 8 bath sponges. Over 1,200 toiletry items were

collected!

Thank you to everyone who donated and for your sincere acts of kindness! Your generosity made this Toiletry Drive a huge success! - Jolyne Hamilton, Alexandra Harris, Jenna Martin, & Liana Nesbit

Uptown Faith looks forward to the continued partnership and support of future nursing cohorts. For those interested in volunteer or donation opportunities, please call (619) 281-8411 or visit www.uptownfaith.org

“Never let the fear of striking out keep you from playing the game!”

- Babe Ruth

Being an NUNSA member: Cheryl Areson

Being a Cohort Representative and member of NUSNA was a great experience for me during my last year in the nursing program. This allowed me to get to know students in other cohorts, help plan volunteer and fundraising opportunities, keep my cohort updated on important program updates and information, and get involved with

faculty to provide student input on program changes. Through these activities I felt more involved with the program and fulfilled by working with faculty to help make positive and lasting changes for future students. Finally, my role as a cohort rep allowed me to help plan my cohort's pinning ceremony, and tailor it to the likes of my fellow

students, which was truly rewarding. I would encourage anyone who is interested in getting more involved in student leadership to become a member of NUNSA and/or a cohort representative.



Calling All Students!!!! 2012 CNSA Convention!!!!

You have the opportunity to choose from many paths for your professional journey as a Registered Nurse. CNSA's 2012 Convention is designed to help you explore the numerous avenues available as you embark on your adventure in the field of nursing. This year's CNSA Convention features a variety of speakers and sessions to meet the needs of students and recent graduates—no matter where you are in your educational preparation and training. More information available at www.cnsa.org



Cohort Updates

Cohort 25 is currently in the first month of their Leadership rotation with Professor Guertin. This is their last clinical rotation of the program! Also, they are in the midst of planning their pinning ceremony, which will take place on November 1st, 2012 at Green Gables Estates. This is the last update they will have in the newsletter while they are in school, and so with this, they would like to wish all of the other cohorts the very best in their studies!

Cohort 26 is currently in Community Health with professors Dale Parent and Deborah Monaghan. It is a 3 month class that splits the cohort into two different classroom groups. The first month is about assessing a census tract for a population deficiency. By the third month, your 4 person group can provide an intervention to help alleviate the problem. It has been a bumpy ride in this class but they are almost done!

Cohort 27 is finishing up Pediatrics with Professor Evans. The class is busy attending clinicals at Kaiser and Rady Children's Hospital. Many of the students are getting an opportunity to experience floats in the Emergency Department, the OR, PACU, Hematology/Oncology and the PICU/NICU. The class's strong background in MedSurg has provided a solid foundation for our floor experience in the Pediatric world. The challenges of working with children has been an exciting change for the Cohort! The assignments for the next class, Psych, have been distributed and clinicals will be at Sharp Mesa Vista, Scripps Mercy, Sharp Grossmont and the VA. With 8 months to go, the light is at the end of the tunnel!

Cohort 28 is currently in Childbearing Family Nursing with Professor Casey and relieved to have graduated beyond Med-Surg! The small class of 32 students is challenged each day with learning new approaches to psychosocial family nursing care of post-partum patients. Clinicals are as exciting as ever with new experiences in Labor and delivery, as well as the opportunities to change lives of newborns and their families. Obstetric nursing is a joy and privilege for the senior students of cohort 28!

Cohort 29 is currently in Med/Surg II with Professor Samantha Sangsanoi. They are almost mid-way through the course and have just finished learning how to interpret EKG's and are preparing for another challenging ATI test in a few weeks. Six clinical groups are spread out between Kaiser, Scripps Mercy, and Sharp Grossmont. This is a difficult and rewarding class and each student is taking things day by day and they budget their time between clinicals, lecture and studying this course's vital material. Sandy Gomez was recently voted in as the new Cohort Representative.

Cohort 30 is currently finishing up Fundamentals with professor Peggy Mata. We are looking forward to utilizing the skills we have learned in fundamentals like Foley catheter insertion, NG tube placement, and medication administration as we move on to Med Surge I. Our clinicals will be at Sharp Coronado, Kaiser, and Scripps Mercy Chula Vista.

Cohort 31 is currently in Health Assessment with Professor Daniels and doing well. They have a full class and are quite busy. Everyone seems a little overwhelmed but quite positive. They are anxious about the theory and lab finals and are happy to be doing practical application. A week left and they will be starting Pharmacology. Professor Mata will be their instructor and are eagerly to knock out our 3rd class.

Cohort 32 just had their first orientation on September 7 at Spectrum campus. They are full of excitement and great energy! It's going to be an intense few months, but definitely possible. CONGRATS & WELCOME COHORT 32!



Breaking the ice at Cohort 32's orientation!

From left: Carrie Geiger (Cohort 27), Michele Olive (Cohort 26), Ashley Coady (Cohort 27), Patti Murphy (Cohort 27), Maryanne Mesina (Cohort 28), Nicole Moreau (Cohort 26), Dori Nelson (Cohort 26)

Volunteer Opportunities

Bayside Community Center

Blood Pressure Screening

Take vital signs and provide health information after Bayside's Senior STEPS programs every Tuesday and Thursday. This is an on-going program started by NUSNA during December 2011.

Bayside is a neighborhood-based organization that has supported the Linda Vista community for 80 years. Its Senior STEPS program was developed to provide a variety of preventative health and education services for the area's senior community.

While taking vital signs, students provide education on healthy lifestyles and distribute and complete vital signs logs that seniors can use to monitor their blood pressure. We volunteer every **Tuesday and Thursday from 11:00 to 12:00** and optimally we'd like to pair up a more senior student nurse with one that is newer to the program (NSG211 or beyond).

The sign-up sheet has been updated to provide volunteer spots through July and can be accessed through the following link:

<https://docs.google.com/document/d/1YPYmjdxbpOEF9piWCfXtGouRmaagsWv2XFCDrsFf7hc/edit>

Notice: You need to fill out volunteer forms for Bayside Community Center!!!

If you haven't done so please go here to get the form: <https://docs.google.com/open?id=0BwuD6ADlg4CYNzYzMjc5YTItM2FIMi00YzZiLWJiMGYtNTg5MzYxYzlmYTU3>

Once completed, please email the form to baysideinfo@baysidecc.org

Bayside Community Center is located at: 2202 Comstock Street, San Diego 92111. Dress is business attire with student ID tag.

Christ Lutheran Church

Blood Pressure Screening and Health Assessment

Assist Professor Sue Mason with blood pressure screening and providing information about health promotion and health resources! This is a monthly opportunity, sponsored by the church's Health Ministry and is open to the public.

NUSNA would like to have 5-8 volunteers. Volunteers need to have successfully completed NSG211, Health Assessment.

Screening and assessment generally takes place on the first Sunday of the month, but may be rescheduled to the second Sunday due to holidays or significant community activities. Volunteers need to arrive at the church lobby at 9:30 a.m.; screening lasts no later than Noon.

Location: Christ Lutheran Church, Pacific Beach, 4761 Cass Street, San Diego, 92109. Dress is business attire with student ID tag.

A sign-up sheet has spots through the August screening and can be accessed through the following link:

<https://docs.google.com/document/d/1-oYWhJp-bwkn5LUT0loC8ae9DIFZnj7qqwmZwOtwo2o/edit>

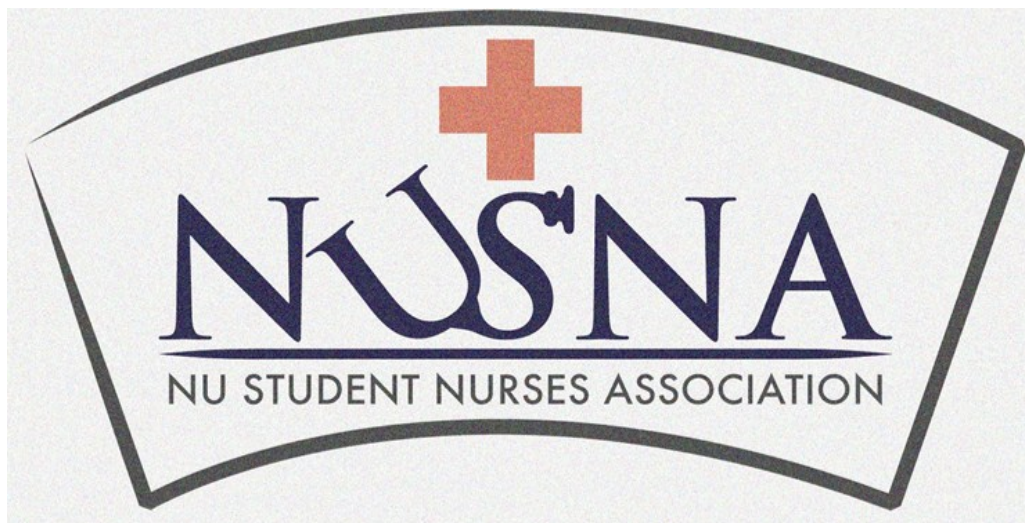
Scripps Green Hospital Student Volunteer Positions

Applications are being taken on an ongoing basis for volunteer positions at Scripps Green Hospital in La Jolla. Positions are available in a variety of areas including information desks, nursing units, and gift shops.

Students should plan to commit a minimum of 100 hours per year and make at least a 1-year commitment. Volunteer assignments are weekly, but some flexibility may be possible as one coordinates with volunteer supervisors.

A flyer and volunteer application are attached for this opportunity.

Please email Dave McClure, Community Service Coordinator, with questions about these volunteer opportunities or suggestions for additional opportunities at nusna.communityservice@gmail.com



www.nusnasd.org