

VCU SNA Newsletter



Volume 1, Issue 1

October 2005

Quotes of the month:

Failures are finger posts on the road to achievement.
-C.S. Lewis

You know, it's a funny thing; the more I practice, the luckier I get.
-Lee Trevino

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It's All in Who You Know

Thought about joining NSNA but wondering what's in it for you? Already a member but don't know about some of the benefits of membership? Few nursing students know that NSNA membership means more than participation in chapter activities. Below are just some of the major benefits offered to NSNA members:

- Barnes & Noble discounts
- No annual fee MasterCard
- New Hyundai for \$100 over dealer invoice
- Nursing journal discount subscriptions
- Allheart.com (nursing supplies) discounts
- Free access to professional portfolio through nsnaleadershipu.org

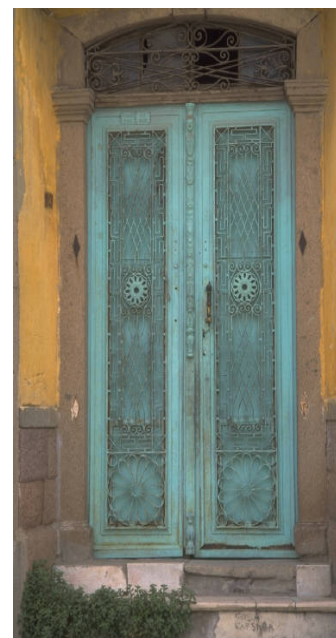
More information about the benefits of membership can be

found online at www.nсна.org. Click on Memberships, then on Membership & Benefits Highlights.

When you're ready to sign up, you can do so online using the same URL listed above. The dues are \$30 for new membership, \$40 for renewal, and \$70 for 2 years.

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The VCU SNA chapter is of benefit to every undergrad nursing student. The funds raised pay for graduation parties. YAY!! They also support events like the Career Fair which expose nursing students to career opportunities before and after RN licensure. Finally, what is more important than helping your fellow man? Or woman? Portions of SNA funds are also used for charity like supporting a family during the holidays. You see, we all benefit so let's all pitch in!



Open doors of opportunity

Medical Headlines: *Vaccine for Cervical Cancer & Cooling Babies*

No, all of your studies have not strained your eyesight. You read correctly. CNN.com, among other major news bureaus, has reported Merck & Co.'s Oct. 6 release of their study that shows their product, Gardasil, has been shown to prevent cervical cancer 100% of the time in study participants. This holds phenomenal implica-

tions for us as we prepare for community involvement. For more information, visit www.cnn.com/2005/HEALTH/conditions/10/06/cancer.vaccine.ap/index.html.

On another note, researchers have discovered that there may be some benefit to 'chilling'

newborns following traumatic births. If starved of oxygen at birth, babies were found to have a better chance a survival if core body temperatures were lowered by 6 degrees for 3 days. Go to <http://msnbc.msn.com/id/9675265/> for the full story.

Scrub-a-dub-dub—SNA Car Wash Fundraiser



A handful of dedicated SNA members turned out at a local Wal-Mart on Sunday, September 18 for the SNA car wash fundraiser. A total of \$160 was made for the general fund. Good clean fun for a good cause—just look at those smiling faces!



Pretty in Pink—Breast Cancer Foundation Baskets



Awareness in action. . .several SNA members recently gave up their lunch times to decorate baskets. Pink ribbons, bows, and flowers adorned 30 baskets in the name of breast cancer awareness and prevention. The baskets were delivered to the Breast Cancer Foundation to be distributed throughout the Richmond area.



“I really had no idea how vital the nurse’s role was to the overall effectiveness of the health care team.”

“Breaking Through” to Pre-Health Students Submitted by Valencia Belle, Breakthrough to Nursing Director

On Thursday evening, October 6, 2005, I spoke to a group of over 400 students who expressed an interest in obtaining volunteer experiences in the health sciences at the VCU Commons on the Monroe Park Campus. The Pre-Health Volunteer Fair, held in conjunction with the Academic Advisor for the Pre-Health Sciences, Dr. Seth Liebowitz, was organized so that students who were pursuing academic careers in

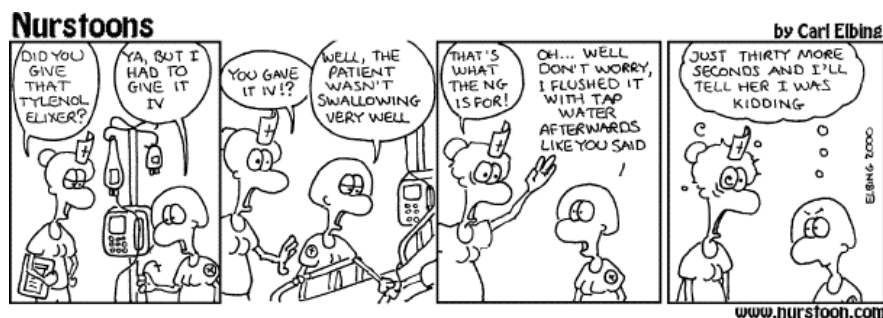
the health sciences could have authentic health care experiences through volunteering with local agencies to solidify their choice of profession. “It was enlightening!” said one student after the event, “I really had no idea how vital the nurse’s role was to the overall effectiveness of the health care team.” Stressing the importance of professionalism and competence to the pre-health students in attendance, my

closing remarks echoed the sentiment of many of the panel guests, “we individually enter the health care field to become an integral part of a health care team with the common goal of restoring the quality of life for the patients entrusted to our care. The business of healing is a matter of compassion and empathy, selfless service and dedication, not merely a matter of dollars., but sense.”

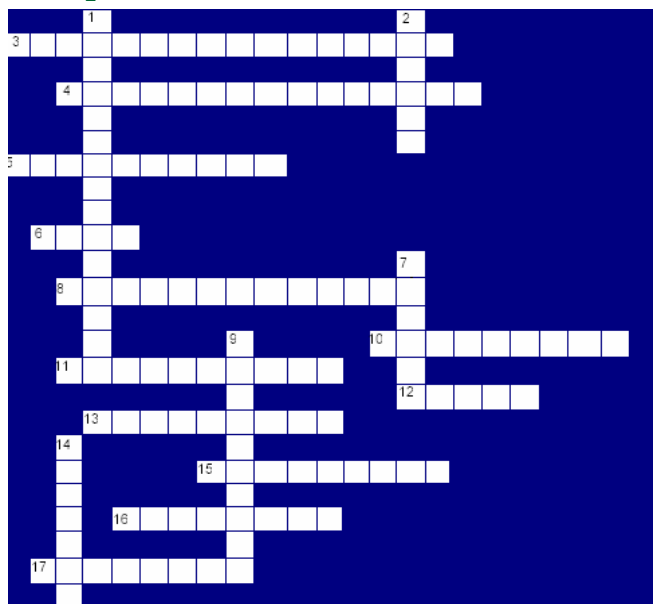
Wanna play ball?

Anyone interested in being part of an Intramural Sports Team on behalf of the School of Nursing, get in touch with Maria Ciraci @ ciracim@vcu.edu or Mary Yanovitch @ yanovitchmm@vcu.edu. Just some available are dodgeball, softball, basketball, and volleyball.

Don’t try this in clinicals. . .



Depression Crossword Puzzle



Down:

- _____ is a MAOI that has effects similar to amphetamine.
- One of the signs of depression is an unintentional _____ gain or loss.
- A classic side effect of tricyclic antidepressants is _____ dysfunction.
- _____ is a SSRI that interacts adversely with antipsychotic drugs.
- MAOIs disrupt the action of 2 types of _____ present in the mitochondria of neurons, preventing the breakdown of neurotransmitters.

Across:

- Depression occurs when the _____ chemicals in the brain are depleted.
- Side effects of tricyclic antidepressants are generally _____ effects.
- Catecholaminergic drugs have mild side effects that are similar to the side effects of the _____.
- The original antidepressants are no less effective than newer drugs but they have _____ severe side effects.
- _____ is a tricyclic antidepressant that may cause weight gain.
- _____ is a catecholaminergic drug that should not be used in patients with bulimia or who have a history of seizures.
- _____ is a SSRI that can cause loose stools.
- 5-HT₂ antagonists can cause extremely severe _____ damage.
- Serotonergic-noradrenergic drugs may elevate the _____ blood pressure.
- SSRIs block the recycling, or "reuptake," of _____ back into neurons of the brain.
- One of the indications of a major depressive episode is _____ ideation.
- Normal depression r/t difficult life events is called _____ depression.

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NCLEX Sample Questions

1. A nurse is working in an outpatient orthopedic clinic. During the patient's history the patient reports, "I tore 3 of my 4 Rotator cuff muscles in the past." Which of the following muscles cannot be considered as possibly being torn?

- A: Teres minor
- B: Teres major
- C: Supraspinatus
- D: Infraspinatus

2. A nurse at outpatient clinic is returning phone calls that have been made to the clinic. Which of the following calls should have the highest priority for medical intervention?

- A: A home health patient reports, "I am starting to have breakdown of my heels."
- B: A patient that received an upper extremity cast yesterday reports, "I can't feel my fingers in my right hand today."
- C: A young female reports, "I think I sprained my ankle about 2 weeks ago."
- D: A middle-aged patient reports, "My knee is still hurting from the TKR."

3. A nurse working a surgical unit, notices a patient is experiencing SOB, calf pain, and warmth over the posterior calf. All of these may indicate which of the following medical conditions?

- A: Patient may have a DVT.
- B: Patient may be exhibiting signs of dermatitis.
- C: Patient may be in the late phases of CHF.
- D: Patient may be experiencing anxiety after surgery.

4. A nurse is performing a screening on a patient that has been casted recently on the left lower extremity. Which of the following statements should the nurse be most concerned about?

- A: The patient reports, "I didn't keep my extremity elevated like the doctor asked me to."
- B: The patient reports, "I have been having pain in my left calf."
- C: The patient reports, "My left leg has really been itching."
- D: The patient reports, "The arthritis in my wrists is flaring up, when I put weight on my crutches."

5. A 93 year-old female with a history of Alzheimer's Disease gets admitted to an Alzheimer's unit. The patient has exhibited signs of increased confusion and limited stability with gait. Moreover, the patient is refusing to use a w/c. Which of the following is the most appropriate course of action for the nurse?

- A: Recommend the patient remain in her room at all times.
- B: Recommend family members bring pictures to the patient's room.
- C: Recommend a speech therapy consult to the doctor.
- D: Recommend the patient attempt to walk pushing the w/c for safety.

(from www.testtrade.com/nclex1.pdf)

Why they do what they do. . .

The Mission of NSNA is to:

Organize, represent and mentor students preparing for initial licensure as registered nurses, as well as those enrolled in baccalaureate completion programs. Promote development of skills needed to be responsible and accountable members of the nursing profession as well as advocates high quality health care.

Upcoming SNA Events

- 10/24—AB/A2D Mtg, 12-12:50, location TBA
- 10/31—BOD Mtg, Halloween Party, NEB 409
- TBA—Community Service Project: Children’s Miracle Network
- 11/7—SNA General Mtg, 12-12:50, NEB 409
- 11/10-11/13—NSNA Mid-Year Convention, Louisville, KY
- 11/14—Jr Class Mtg, 12-12:50, NEB 216
- 11/14—Sr Class Mtg, 12-12:50, location TBA
- 11/18—Deadline to submit names for SNA sponsored Care Packages for military troops



Keep safety in mind this Halloween!

Stress-Free Corner

More Medical Terminology for the Layman. . .

Antibody: against everyone

Barium; what you do when CPR fails

Bowel: letters like A, E, I, O, and U

Cesarean Section: a district in Rome

Dilate: to live longer

Fibrillate: to tell lies

ICU: peek-a-boo

Labor pain: hurt at work

Nitrate: lower than day rate

Node: was aware of

Red Blood Count: Dracula

Secretion: hiding anything

Tumor: an extra pair

Urine: opposite of “you’re out”

Vein: conceited

(selections from Medi-Smart.com, Nursing Humor)

Any questions,
comments,
contributions?

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**NCLEX sample
question answers:**

1. B
2. B
3. A
4. B
5. B