

University of Louisville
Nursing Student
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The Main Vein

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Nursing Student Council News

Nursing Student Council Representatives will begin selling School of Nursing merchandise outside of the student lounge on Monday's during lunch time. Items include tote bags, water bottles, coffee mugs, pen lights, and ID holders all for under 5 dollars! Come buy them before they run out.

Don't forget to bring in cans for the Dare to Care food drive. May the best cohort win!

STUDENT OF THE MONTH

Congratulations to Jenny Toczyski who has been named the University-wide Student of the Month. There were many qualified applicants but Jenny's 4.0 GPA and many accomplishments earned her the title.

Recipient of the Arthur D. Yocom
Award

Recipient of the Ken Terrill Award

Recipient of the Hetti A and Richard B
Morgan Scholarship

Mini-Service officer for Golden Key
Honor Society- Fall 2010

Member of the Leadership Quest
Living Learning Community- 2010-
2011

Member of the Honors Program
Participant in the International
Service Learning Program in Belize
2011 with Nursing

Leader of the Fall 2010 Family Scholar
House Book Drive through Golden Key
Honor Society



Catching Up With Dean Hern

Dean Hern is truly proud of all of her student's hard work. We have exceeded her expectations and have proven that UofL can be a top nursing program. She would like to encourage you all to keep up the good work!

Words of Wisdom

At one point in time, Dean Hern was in all of our shoes. After all of her accomplishments her advice is simple. "Focus on one goal at a time. Whether it is big or small if you don't set a goal you can become very overwhelmed." She also stated, "Take one day at a time. If you look ahead at all of your assignments and exams you may begin to panic and lose sight of the desired goal." Her last piece of advice was, "Always make time for yourself! I know how stressful and eventful nursing school really is. You are constantly taking care of other's needs that you never seem to have time to take care of yourself. If you don't make time for yourself you are more likely to burn out and not be able to enjoy what this profession is really about."

Announcements

We are proud to announce and welcome Dean Lynne Hall as our new Associate Dean of Research. She is coming from University of Kentucky with a very impressive background. Let us show her our great appreciation by welcoming her!

Dean Hern is proud to announce a new master's level degree. The University of Louisville will be gaining an advance practice degree in acute care. Coming Soon!

Events

The University Of Louisville School Of Nursing would like to congratulate Charlotte Ipsan for her major accomplishment! She will be presented with the 2011 Distinguished Alumni Fellow Award later this month.

The first Owensboro cohort will be graduating this December. They have made the program a true success. Congratulations to them and all others graduating at that time.

THERE'S AN APP FOR THAT!

Part of being a nursing student is continually preparing for the biggest test we will eventually have to take, the NCLEX. In order to prepare on the go, Apple has provided an array of apps ranging in skill level and price.

- NCLEX RN PN Wiz 2012 \$0.99
- NCLEX-RN Review Lite \$1.99
- HESI \$2.99
- NCLEX RN Practice Exams 2012 \$2.99
- NCLEX-PN Exam Prep by Upward Mobility \$5.99

NCLEX QUESTION: Time to Test What You Know

The nurse is caring for a client idiopathic thrombocytopenic purpura (ITP). The nurse should call the provider and report possible small vessel clotting when which of the following is found during assessment?

- A. Petechiae on the upper chest
- B. Hypotension
- C. Cyanotic nail beds
- D. Severe headache

ANSWER: C

cyanotic nail beds indicate microvascular clotting is occurring and should be immediately reported to avoid ischemic loss of the fingers or toes. Petechiae and hypotension indicate impaired clotting and severe headache may indicate a cerebral bleed.

Faculty Spotlight

Angela
Calloway,
RN, BSN,
MA

What inspired you to become a nurse?

I became a nurse, quite frankly, because it seemed to be the best job market. I was a new mother when I started college so providing for my son was the primary reason for attending. I suppose the hospital experience of delivering him landed to that decision as well. It all seemed very exciting!

What is your specialty in nursing?

Most of my experience has been in adult critical care. However, while in the Air Force, I was trained and worked in the obstetrics area. That has been my experiences. My interest lies in health promotion and quality care delivery. My current research focus is on health disparities and especially the influence of race/racism on health care delivery.

What was the scariest thing you've ever had to deal with medically?

The scariest thing I ever had to deal with was coding my own patient. It is always adrenaline pumping when someone codes or near codes. All the more so if you are in charge of the patient.

What do you like most about your job?

I like the fact that what I do in my work can have such benefit to someone else. It is a privilege to relieve someone's pain or anxiety, or to help them to make a recovery. I am especially pleased when I can help someone improve their lifestyle for a better future.

What advice would you give to someone who is interested in the nursing field?

My advice to new nurses or nursing students: Know your patient, be aware of everything! If you do not know something, ask someone! Never assume anything. Jump at every opportunity to learn in the work environment and keep up to date on practice in your area. Treat other nurses and health professionals with respect, do not gossip or denigrate another nurse...this makes nurses in general look petty and unprofessional. Address problems with others directly or through your "chain of command".

STUDENT ORGANIZATIONS

Kentucky Association of Nursing Students

President Bobbi Westbrook is proud to announce that the KANS conference went great! There was a lot of awesome stuff raffled, mini reviews, networking and gathering information on the huge world of nursing!

Announcements

UofL KANS is trying to plan a trip to the Ship Over Seas distribution center in Louisville. The goal is to help sort through donated medical supplies so that they can be shipped overseas. If anyone would like to volunteer they can contact Bobbi at blhill06@louisville.edu.

Also, Bobbi is looking for people who would like to be on the executive board for KANS. Available positions include a secretary and a treasure. Again if anyone is interested they can contact Bobbi.

Bobbi Westbrook, President

Black Student Nurses' Association

Organization Representative: Alona Pack

Contact Information: alona.pack@gwise.louisville.edu

UPCOMING EVENTS

DARE TO CARE

The School of Nursing will be participating in Dare to Care beginning NOW and going through November 21. Any nonperishable goods will be accepted. There are boxes outside of the lounge on the second floor labeled for each cohort. Make sure to put them in the correct box and record the amount donated on the paper located above the boxes. A PIZZA PARTY will be awarded to the cohort with the most products at the end of the drive. Please support a great cause and donate!

GIVE THANKS WALK

Saturday November 19th at 8:30 am the Louisville Zoo will be hosting the Give Thanks Walk. It is free to participate and also kid friendly. Participants donating at least \$35 will receive a T-shirt for the event. Let's show our support and representing UofL's SON!