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The Main Vein

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Welcome Class of December 2013!

A new year means a new class at the School of Nursing. The Student Government Association would like to extend a warm welcome to all new students entering upper division this semester. It is a great honor and accomplishment to be accepted into such a successful program. Congratulations for all of your hard work it will soon pay off!

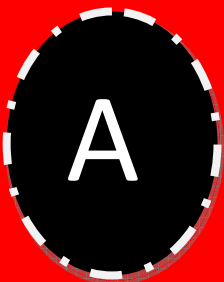
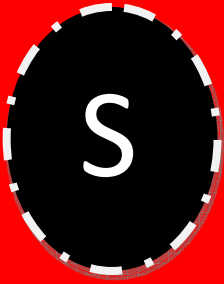
Nursing Student Council News

As previously mentioned, beginning August 2012 some changes will be made here at the School of Nursing. The following guidelines will apply:

Laptops

Effective Fall of 2012, all students must have a laptop that follows the SON laptop minimum standards by the first class meeting of the semester.

The minimum standards and recommendations were developed to meet the requirements specified by UPC, i.e., wireless connection enabled, ability to access BlackBoard online, and a minimum of four hours battery power, with additional charging stations to be installed by the SON.



Laptop minimum standards can be found at the following link:

<http://louisville.edu/nursing/current-students/technology-for-new-current-nursing-students.html>

Uniforms

New scrub tops will be available for everyone to purchase beginning this semester. However, existing students do not have to purchase them since they have already purchased the old scrub top style. Below is a list of the acceptable styles:

Approved Clinical Uniform Styles:

- Tops: Students are free to select from approved styles:
 - Urbane scrub in red with black piping, item #9534 \$25.50 w/ logo
 - Cherokee scrub in red with two patch pockets, item #4700 \$20.25 w/ logo
- Pants: Students also may choose either of two styles, both in black:
 - Cherokee pants in black item. # 4000 \$16.50
 - Cherokee pants in black, item # 4020 \$14.65
- Warm up jackets are optional: Students may choose any basic style, in solid black

Guidelines for shoes and wearing a T-shirt under the scrub top remain the same. All uniforms can be ordered at any Cardinal Uniform location.

Six Tips for Nursing Students to Avoid Problems using Social Media

1. Remember that standards of professionalism are the same online as in any other circumstance.
2. Do not share of post information or photos gained through the nurse-patient relationship.
3. Maintain professional boundaries in the use of electronic media. Online contact with patients blurs this boundary.
4. Do not make disparaging remarks about patients, employees or co-workers, even if they are not identified.
5. Do not take photos or videos of patients on personal devices, including cell phones.
6. Promptly report a breach of confidentiality or privacy.

Retrieved from: www.nursingworld.org

NCLEX QUESTION: Time to Test What You Know

A nurse is assessing a client who has syndrome of inappropriate antidiuretic hormone (SIADH). Which of the following assessment findings indicate a dangerous complication of SIADH?

- A. Decreased central venous pressure (CVP)
- B. Increased urine output
- C. Distended neck veins
- D. Extreme thirst

Answer: C distended neck veins. Distended neck veins, shortness of breath, and crackles heard with breath sounds are signs of fluid overload that may lead to pulmonary edema or heart failure. Decreased CVP, increased urine output, and extreme thirst are not findings associated with SIADH.

Faculty Spotlight

**Glenda
Adams,**
MSN, RNC,
WHNP, IBCLC

What inspired you to become a nurse?

I don't have an exciting story or really following in a family member's footsteps. From what I can remember I always wanted to be a nurse. During high school my grandmother lived with us. My mother took care of her peritoneal dialysis. I helped my mother but I wanted to be a nurse before that. It's just something I was meant to do

What is your specialty in nursing?

I've worked just about every part of women's health in my 21 year career as a nurse. I have worked on a women's medical-surgical unit, neonatal intensive care unit, newborn nursery, postpartum, and labor and delivery. All women, only women. My current specialty is Lactation. I am certified as an International Board Certified Lactation Consultant. My other specialty is Women's Health Nurse Practitioner although I am not currently practicing as a WHNP. I am also certified in Maternal-Newborn Nursing.

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

I was a nurse about 3 to 4 years I guess working in the NICU. One of the babies I took care of on a regular basis was recovering from surgery. The baby had a central line IV. The baby was doing well and stable. One night the baby's oxygen levels were starting to decrease. When I assessed the baby, I couldn't hear heart sounds. The baby went limp. My colleagues were there helping me and called the on-call Neonatologist right away. The Neonatologist took off lipids from around the heart...a cardiac tamponade! The baby stabilized and recovered. After all the excitement died down I cried. I had to call the parents and let them know what happened. The baby is probably about 19 years old!

What do you like most about your job?

It's hard to pick one thing I like most about my job. I enjoy teaching. I love inspiring nursing students to learn. I love lecture but I enjoy the simulation experiences I use for the Childbearing Family Nursing course. Although the students are nervous about performing, it is great to see how the students put everything together and critically think things through! It's just a really fun learning experience.

STUDENT ORGANIZATIONS

Kentucky Association of Nursing Students

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

There is a BSNA meeting on Jan 23, 2012 from 4:30-5:30 pm in the Conference Room.

Organization Representative: Alona Pack

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

ANNOUNCEMENTS & EVENTS

Dare to Care Food Drive Success!

Last semester the School of Nursing participated in the Dare to Care food drive. As a whole the School of Nursing was able to donate 404lbs. A special congrats to the December 2012 cohort who brought in 468 items! The class of May 2012 closely followed bringing in 430 items. Way to go everyone that donated to the cause!

ATTENTION CLASS OF DECEMBER 2013:

Every semester a new cohort at the University Of Louisville School Of Nursing commemorate a rite of passage as they move into the final two years and professional phase of their education. The Transition Ceremony will be held January 22, 2012 from 2-4pm in the Kornhauser Library Auditorium. Participants should arrive by 1:30pm.

GIVING HOPE FOR THE HOLIDAYS

Thanks to the May 2012 cohort children from both Home of the Innocence and Kosairs Children's Hospital were able to enjoy a gift for the holidays.