



The Main Vein

Nursing Student Council News

As the leaves are falling and Thanksgiving is drawing closer, so does the end of the semester. For some of the student population their undergraduate days are almost over and for others it is just beginning.

This semester has just gotten started in regards to the events that the Nursing Student Council has been able to schedule for our fellow students. In October we added 6 new officers to the Executive Board that came from 4 different cohorts. On November 3rd Donna Sainato of Hurst Review Services came to the SON campus and gave a short review of Fluid and Electrolytes in their NCLEX review style and provided us with free lunch. Who doesn't like a little bit of knowledge that will help you out in your courses and free Chik-Fil-A?

For the remaining bit of the semester Nursing Student Council has the following events planned:

- ◆ Meet your SGA – Come and meet the President, Vice-President and Senator of the Nursing Student Council, as well as the Executive 4 of SGA, in the Kornhauser foyer on November 23rd from 12-1:1pm. Free pizza to all who attend!
- ◆ Elsevier and Free Lunch – Book publisher Elsevier will be coming to the campus on November 30th to discuss E-Books and provide students with a free lunch. Elsevier has developed a program where instructors can add lecture notes, insert videos and demonstrations right into the text of the E-Book!
- ◆ Bowling Night – Bobby Dobson and his Student Activities Committee have planned a fun night of bowling on December 4th at Vernon Lanes. Bowling is free for all nursing students and a guest from 6-10pm. We will have bumper lanes set up from 6-8pm if you would like to bring your children.
- ◆ **NSC Meeting Dates:** November 9th & November 30th @ 4:15pm in Room K-2006

UPCOMING EVENTS:

- Meet your SGA: November 23th 12-1 p.m. @ Kornhauser Foyer FREE PIZZA!
- Free lunch with Elsevier: November 30th. Time and place TBA
- Bowling Night: December 4th 6-10 p.m. @ Vernon Lanes

UNIVERSITY OF LOUISVILLE NURSING STUDENT COUNCIL

President: Whitney Barter
Vice President: Cody Burgess
Senator: Bobby Dobson
Academic Affairs: Angela Hale
Treasurer: MacKenzie Tilley
Secretary: Samantha Winters
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Technology Officer: Holly Hill
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From The Dean's Desk



Thoughts to ponder for Dean Hearn

There is so much attention now about the H1N1 flu season, vaccines and other preventative measures. In light of all this media information, I ask you to consider for yourself how you individually and collectively role model healthy behaviors. As a nurse many people will be watching you closely. This is a perfect time to stress health promotion and prevention, not just through our words but also our actions. Does our own walk match your talk, such as with regular hand washing, covering our mouth when we cough and sneeze, eating healthy meals and participating in regular exercise?

November is also just around the corner to encourage smoking cessation through the Great American Smokeout. As a member of the university's committee Get Healthy Now to help make the university A Great Place to Work, I look to all of you to help share ideas with me on how to help decrease obesity, diabetes, heart disease, asthma and lung cancer, conditions so prevalent in Kentucky. One person can make a big difference!

I want to show my pride in all the students who administered the H1N1 vaccines last week. The early and long hours, their understanding of the community's health needs, their technical and nursing skills and the interview by Erika Wooldridge were all exceptional. I actually started walking down to the site on Thursday morning from the HR building on Arthur Street to see everyone and cheer you all on, but as fate would have it, I must have tripped on a piece of metal and fell so did not get there. But my thoughts were with all of you.

Once again I am very proud of our students. You all clearly represent the high quality of students we have chosen for our School of Nursing. Our school's participation even made the news brief with the American Nurses Association [ana@smartbrief.com](http://ana.smartbrief.com) on Nov. 13. I have also heard accolades from President Ramsey, Provost Willihnganz and Dr. Larry Cook.

In addition, I commend our very talented and responsive faculty who were led by Dr. Ermalynn Kiehl, associate dean for undergraduate programs. Best wishes for a bountiful and healthy Thanksgiving.

Getting to Know the Dean:

A couple of students asked Dr. Hearn some questions regarding her personal life:

Ryan Bruner asked: "What do you think of the football team right now?"

Dr. Hearn: "I worked 21 years at the University of Cincinnati so I have some fondness for the victory either way. Very tough loss on Saturday but at least UofL scored with UC ranked so high."

NCLEX-RN Question:

Here is the place for you to practice what you know!

Q. Which of the following assessment findings is the best indicator that a client may be developing pulmonary edema?

1. Dyspnea
2. Orthopnea
3. Tachypnea
4. Tachycardia
3. Increased Urine Output

Answer: 2. Orthopnea means the client cannot breathe while lying down, frequently due to fluid accumulation. Dyspnea occurs when any respiratory compromise occurs, not specifically pulmonary edema. Rapid respirations are not a specific indicator of pulmonary edema. Tachypnea occurs whenever the body needs to increase oxygen or to reduce carbon dioxide. A rapid heart rate occurs whenever the body needs an increase in oxygen or with sympathetic nervous system stimulation. This may be due to exercise, anxiety, or fever.

Tips for Passing the NCLEX-RN

The Best Ways to Review What You Learned

1. Be familiar with the test content. Know all possible topics.
2. Take as many diagnostic exams as possible to assess your knowledge.
3. Have a study partner or join a study group. Studying on your own tends to be dull and mind-numbing. You can also get pointers from others.
4. Have a to-do list to keep things organized and to maximize your study time. Keep your plans and goals realistic. List what you want to accomplish 3 months before the exam down to the last week.

Organization News



KANS

The Kentucky Association of Nursing Students hosted the 2009 Annual Conference from October 29th – 31st, at Center for Courageous Kids in Scottsville, Kentucky. Twenty-one members of the University of Louisville KANS chapter were present at the conference. Each attendee was able to attend Break-Out sessions on various issues and career paths related to the nursing profession. These things included: flight nursing, human trafficking, emergency preparedness, sexual assault nurse examiner, long-term care, nurse anesthesia, organ donation, and a mock code session.

Officers for the 2009-2010 terms were elected. The following University of Louisville students were nominated and elected to serve on the KANS House of Delegates: President: Mandy Schuler, 1st Vice President: Britany Coates, 2nd Vice President: Alison Sherrell, Secretary: Shannon O'Donnell, Legislative Director: Tonya Kloek, Breakthrough to Nursing: Kristin Garvey, and Northern Regional Director: MacKenzie Tilley. Brittany Evans was selected as the 2009 KANS Health Hero, a state-wide peer-nominated award.

A fundraiser for the University of Louisville KANS chapter is planned for Monday, November 30th. Students are asked to decorate a Christmas ornament to be entered in a contest. The competing ornaments will be showcased on the 2nd floor of the School of Nursing from 12-1:15 pm. Voting will take place at that time. The ornament that raises the most money will be declared the winner. The winner will split the proceeds with the UL KANS chapter. There is a \$3 entry fee per ornament.

The next UL KANS meeting will be on Monday, December 7th, at 12:30. The meetings will be held in room K2035.

BSNA

Black Student Nurses Association (BSNA)

President: Lecresha Evans

Advisor: Alona Pack

Contact Email: lyevan01@louisville.edu

Meetings held the last Monday of the Month at 4pm in the Cultural Center

Faculty Spotlight



The faculty spotlight this month highlights **Virginia L. Seno, PhD, RN** for the month of November!

Dr. Seno began her nursing practice with an Associate's degree from Blackhawk Technical College in Janesville, WI. She was 27 years old with a three year old child at the time! She then went on to receive her BSN from Alverno College in Milwaukee, WI, her MSN from University of Wisconsin, Madison, and her doctorate from Marquette University in Milwaukee, WI.

Below are her answers to a short Q & A session:

What are your areas of teaching? “I teach Community Health, Research, End-of-Life, and Family Nursing at both undergraduate and graduate levels.”

What are your interests in regard to the field of Nursing? “End of Life Care, Hospice at home, and Palliative Care in patient settings.”

What types of things do you like to do for fun? “Fun and spare time activities include reading, yoga, meditation, and writing, being with my kids and grandson, and being a newlywed forever. I used to sew clothes for my kids and make quilts but that's gone by the wayside.”

Any other interesting facts you'd like to share with the student body? “I was born in South Dakota, where there are only 3 people per square mile.”

Student Spotlight



The student spotlight this month highlights Jim Tindle, a student in the 370 Class. Here are his answers to our short Q & A with him:



What class are you in? I am in the DECEMBER, 2010 class, or as one of my new psych friends would say, “I am in this class.”

What types of things of interest you? My wife is the most interesting thing in my life. She is intelligent and good-looking. The intelligence was a surprise bonus. I love golf and movies. I am suffering severe withdrawal (I just learned that in psych) of both in nursing school.

What field of nursing are you thinking about entering? I am looking for a niche field, like wound care. The two wound care nurses at the University of Louisville are excellent practitioners. I also liked the fact that they ran their own show. They are my new favorite mash unit.

Any additional information you would like to share with the student body? I am 54 years old. I am going to school with a bunch of bright, motivated 20- something year olds. I love every minute of clinical. Except for nursing school, how could life get better? Also, I always told my sons to pick out any star and figure out a way to grab it, then when I lost my job because of a plant closing, my sons immediately supported my decision to choose nursing. Did I mention how much I love my sons? I sincerely want to thank this University and this student body for allowing me to have such a wonderful experience, except for nursing school. Ha ha

Information Regarding Student and Faculty Spotlight Submissions:

Do you know a student or faculty at the School of Nursing who just stands out above the rest? Have you seen acts of kindness and generosity from your fellow classmates or colleagues?

The Nursing Student Council is looking for faculty and students to highlight in “Nurses Notes” each month in the Faculty and Student Spotlights section of the newsletter. If you know someone you would like to nominate for this honor, please send your nominations to nsc@louisville.edu. Please include their name, and also what class they are in.

Submissions will be due by the first Friday of each month.

Class Information



Where science transforms caring. It's Happening Here.

Class N361 News

On October 10th, a few of our class members volunteered and participated in the Susan G. Komen Breast Cancer Walk. Thanks to everyone who helped out!

Ms. Jackson's Trakside Clinical group is collecting clothing for backside workers at Churchill Downs. Specifically, they would like "work clothes", including jeans, long sleeved shirts, hoodies, winter wear, and new underwear for both men and women. The group will collect the clothes until November 9th.

Class Officers

Emily Wright, Class President
Greta Landenwich, Vice President
Jessica Mamula, Class Representative
Tia Thistlewood, Class Representative

NURS 371 News

The class is starting a fund raiser at Buffalo Wild Wings for two Thursdays from 5-11pm. It is located in the Shelbyville Plaza in St. Matthews. The dates are November 19th and December 3rd. Our class will receive 15% of all FOOD sales to go towards graduation costs. Just let you server know that you are there for the fundraiser and show them you UofL I.D. Bring you friends and family and as long as the student is paying on one tab, we will get 15% of the whole party. Just tell your friends to bring cash and pay you back.

NURS 461 Class News

The May 2010 graduating class has been working hard to offset the cost of graduation! A potluck lunch has been provided by volunteers within the class on various Mondays throughout the semester. A Halloween Bake Sale was hosted by volunteers within our class on October 19th. After three potluck meals and one bake sale, we have raised an approximate total of \$320!

More events have been planned to continue our efforts! Four potluck meals have been scheduled for the month of November. A Christmas Bake Sale is scheduled for Monday, November 30th from 12pm-1:30pm on the 2nd floor of the School of Nursing. We encourage all students and faculty members to visit us and satisfy their sweet tooth!

Also, our class has a vast supply of candy bars, chips, muffins, granola bars, cracker packs, and soda pop. We have our supply available for sale on Mondays and Wednesdays in room 2006. Stop by for a quick snack!

Contact Sara Johnson (sjohn08@louisville.edu) for more information or any additions to the NURS 461 Class News.

Class Information



Accelerated Class News Graduation Summer 2010

The accelerated class is working hard to come up with various fundraising opportunities to raise money for class expenses. The class representatives have already come up with various ideas for ways to raise money but they are looking for additional input for their classmates. If anyone in the class has ideas about fundraising opportunities please contact Alison Solan at avsola01@louisville.edu or Angela Soltero at afruby01@louisville.edu.

NURS Class Graduating December 2009 News

Graduation is almost here for this class and the students are anticipating it! They are working hard finishing up this semester and are looking forward to graduating and getting out to work as nurses in various fields! Good Luck to everyone who is graduating at the end of this semester!