



Nurses Notes

Nursing Student Council News

As the month of February comes to a close and another semester already half over (YAY!), we must think about the accomplishments that we have made thus far, and the ones that we will make in the future. For some of us, the experience of Nursing School is all but over, and for others, it is just beginning. Throughout the educational journey (and sometimes rollercoaster some will say), there are things that happen to us to make us better nurses, and better people in general.

Over the course of this semester, we have several things to reflect on. We have been blessed with the ability to have the Dean of the School of Nursing, Dr. Marcia Hern, speak with us during lunch about the School, and its current status and future endeavors. We have also been able to brave the elements, whether they are rain, or ice, or snow, and still continue to achieve the dream of finishing school and becoming a baccalaureate prepared nurse. While some may ask the question about the importance of the BSN program, the benefits are clear – BSN-prepared nurses are able to move up quicker in the job market, and will be a very marketable asset to any hospital, doctors office, or community clinic that hires them.

On a different note, we would like to take the remainder of this space for some announcements and news:

- The Nursing Student Council currently has approximately \$1,100 dollars available for travel funds for National Conference. We have also applied for an additional \$750 dollars that will be reviewed on March 10th. This money will be available in \$100 increments to an individual or group of individuals who would like to use it to decrease the costs of attending the NSNA National Conference in Nashville, Tennessee. This money is available for all students in the School of Nursing. If you are interested, please contact us at nsc@louisville.edu, or fill out the Funding Request Form found on the Nursing Student Council Website (link at lower right) and submit it to an Executive Board Member. Awards will be made in in Mid to Late March.
- As you may or may not know, the printer in the School of Nursing Student Computer lab is currently broken. The Nursing Student Council is currently reviewing options for replacement of this printer, and is working diligently to have it replaced as soon as possible. We understand that this is a major inconvenience, and hope to have the situation rectified quickly.

UPCOMING

EVENTS:

- **NSC/KANS Meeting**
Wednesday, March 11
12-1 pm
- **NSC/KANS Meeting**
Monday, March 24
12-1 pm

UNIVERSITY OF LOUISVILLE NURSING STUDENT COUNCIL EXECUTIVE BOARD INFO

President: Ryan Kuyers
Vice President: Katelyn Rothrock
Senator: Whitney Barter
Academic Affairs: Liane Dean
Treasurer: Cody Burgess
Secretary: Aimee Watson

Faculty Advisor: Heather Mitchell,
MSN, RN

Phone: 502-852-3559

Fax: 502-852-5042

E-mail: NSC@louisville.edu

Website:

**[http://louisville.edu/nursing/
studentcouncil](http://louisville.edu/nursing/studentcouncil)**



From The Dean's Desk

Thoughts to ponder from Dean Hern

What makes a baccalaureate nurse? Certainly it is a nurse who demonstrates caring, passion, strong technical and clinical skills. However, the standout feature is the ability to think critically. Often a difficult concept to teach, it can be highly developed over time.

Critical thinking as a nurse involves a curiosity about what is going on around in one's clinical area. Clinical practice is a feeding ground for asking in-depth questions. What change did you notice in your patient's vital signs and lab values, knowing what all the normals are and comparing your patient values to the norms? What are some of those "soft signs" that a family member tells you, that "he just doesn't look right." Because of your skills, you listen carefully and learn to probe and ask more questions to understand what the family member means not looking right. You have learned all the pathophysiology and pharmacology and can now look for specific organ changes and drug side effects.

You are a physicist who knows blood volume versus vessel resistance means lack of adequate perfusion. You are a chemist who can interpret blood gases. You are a historian who can analyze when the first symptoms began and track patterns over time. You are an author and a politician who articulates in writing and speaking to be an advocate for your patient. You are an artist who knows color changes in your patient's skin means other respiratory, circulatory and renal impairment. You are a counselor and psychologist who help people through normal and difficult health transitions. You are a puzzle maker who can put all the pieces together to help all your patients become healthier.

YOU are a baccalaureate nurse!

N-CLEX RN Question:

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

Q. Before Surgery for a known aortic aneurysm, the client's pulse pressure begins to widen, suggesting increased aortic valvular insufficiency. If the branches of the aortic arch are involved, the client will have:

1. Loss of Consciousness
2. Anxiety
3. Headache
4. Disorientation

A: 1 - If the aortic arch is involved, there will be a decrease in blood flow to the cerebrum, and therefore a loss of consciousness would be observed.

NSC/KANS

Meeting Dates:

March 11 & 23

April 8 & 20

From 12-1 p.m.

Location: TBD



**K
A
N
S**

KANS News for February 2009

- As we draw nearer to the NSNA National Convention in our own backyard (Nashville, TN!), we are determined to have as many University of Louisville Nursing students there as possible! There is funding available, so please contact an officer! Registration information is also available online.
- We will continue to raise money for our KANS members to attend the Convention and are open to ideas about new fundraisers! Our current Change Drive for the Crusade for Children is still ongoing, with the prize of a free breakfast catered on campus by KANS for the class that wins!
- We are excited to be able to meet and discuss issues with our Dean of the Nursing School – be sure to ask a friends or an officer about the lunch with the Dean that was held Feb. 23rd!
- KANS is offering a session on Group Leadership and Mentoring Tips to be held later this semester. If interested, please contact a KANS officer about joining the team or to just hear the session!

Faculty Spotlight



The faculty spotlight this month highlights **Mrs. Glenda Adams, MSC, RNC, WHNP, IBCLC**. Ms. Adams received her BSN at the University of Louisville, and her MSN at Old Dominion University. Below are her responses to our Q&A with her:

What are your areas of teaching?

My primary area of teaching is the mother/baby course, otherwise known as Nursing care of the childbearing family. I teach and coordinate the course. In the summer, I co teach health assessment and I have a clinical group in N451.

What are your interests with regard to the field of Nursing?

My interest in nursing is women's health, with my passion in OB and Lactation. I've worked in women's health, OB, NICU, lactation, my entire career.

What types of things do you like to do for fun?

Well right now I don't have much fun between working and going to school! However, my off time is primarily spent with family. I have a huge passion for UofL sports, in particular football and men's and women's basketball. I have season tickets to UofL women's basketball. I also like to scrapbook, watch home improvement shows, watch Jon & Kate plus 8, and hate to admit I watch america's next top model (I know that's bad), and travel.

What additional things would you like to add to let the student body know more about yourself?

I am a mother of a 17 year old daughter. I attribute who I am today for 10 years in the Air Force (active duty and reserves). I am an International Board Certified Lactation Consultant. I always wanted to be a gymnast!



Student Spotlight

The Student spotlight this month highlights Kelly Dues, who is a student in the N440 class. She will be graduating this December (Congratulations Kelly!). Below are her responses to our Q&A with her:



What class are you in?

I am in the class of December 2009.

What types of things interest you?

I love to travel. A couple summers ago I did a work exchange to Montpellier, France to earn credit for my French minor. My worksite was a nursing home, and I got to follow a French nurse and work with the elderly population. That summer was the perfect combination of everything I love: travel, nursing, serving those in need, eating many new types of foods, speaking French, and meeting new people.

What field of Nursing are you thinking about going into?

As yet, I am undecided about what field of nursing I want to go into. So far I've found psychiatric nursing and labor/delivery nursing the most interesting. As for the future, I know that I want to use my nursing degree and French minor to go to a French speaking area of Africa to do medical missions.

What Additional information would you like to share with the student body?

Currently, I'm trying to keep up with nursing school! In my spare time I like to hang out with friends, run (I'm going to do my first 10K in March!), serve the homeless population, and volunteer at church. My faith in Christ as my Savior is very important to me and affects everything in my life. Many of you may know that I had some health problems last semester. Because of the severity of the problem, it was a possibility that I would not be able to be a nurse. I can thank God that He provided for me throughout the semester and by His grace I am alive, well, and still in nursing school!

At the beginning of this semester, a couple nursing students and I started a prayer group/support group for nursing students of the Christian faith. We meet the fourth Friday of every month from 11:30 a.m. to 1 p.m. to hang out, pray, and support one another. Please contact me if you are interested in joining us at kddues01@louisville.edu.



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.

Winners of the Student Spotlight will receive a \$10 to Calistoga!!!

Photo Credits: Katelyn Rothrock. Top Left: Ms. Mitchell's New Baby! Bottom Left and Right: Students in the SIM Lab



N360 Class

The new nursing class is going to raffle a \$100 VISA card for this semester's fundraiser. Each ticket will only be one dollar. The winner will be drawn the week before spring break (Maybe a little extra vacation money...who knows!) We will be setting up times to sell the tickets in the hall during lunch breaks. We will keep everyone posted!

Mrs. Riff's and Mrs. Smith's community clinical groups are collecting clothes for the Portland community. Portland Avenue Presbyterian Church tragically caught fire several weeks ago. Not only was the church completely destroyed, the food bank and clothes closet it housed was as well. There will be flyers posted and boxes placed through out campus and strategically throughout the community. We have secured an office in the K-building to store the clothes until Rev. Willia Fae Williams can start to rebuild or relocate. We are accepting clothes (emphasis on sweat suits and larger clothing) until April 1st. We would like to thank everyone in advance!

We are also trying to gather volunteers for Mayor Abramson's "Go Green and Clean" campaign. It is on March 28th and is a city-wide 'spring-cleaning.' You will help clean the community and get a free t-shirt! If anyone is interested please contact Mandy Mattingly at mjmatt07@louisville.edu.

N370 Class

Hello all!

Our class wanted to thank all of the individuals that supported our classmates during our Comedy Caravan event on Thursday, February 28th that fundraised to help send members of our class to the NSNA National Conference.

Upcoming fundraisers for our class include: Spirit Days at Jimmy Johns and Calistoga, Discount Tickets to the Bodies Human exhibit coming in early March to Louisville, as well as others we will keep you informed of through e-mail.

N371 Class Officers: Whitney Barter, Kristin Garvey, Tonya Kloek and Kristy Rodgers

N440 Class

The N440 class has elected new officers who will serve during our last two semesters. Since graduation is quickly approaching, we would like to get started with fundraising to offset the cost for each person. We are asking fellow students to make suggestions for fundraisers that can be done during the spring semester. If anyone has a connection with a business that we could partner with to raise money for our class, please let us know.

Also, if you have interest in ordering nursing class and/or personalized items such as t-shirts, sweatshirts, fleece, tote bags, mugs, etc., please share your ideas or designs.

Send your thoughts to any of the new officers:
Debra Weis Schmid - President - dstins01@louisville.edu
Erin Howell - Vice-President - ekhowe01@louisville.edu
Brittney Yadon - Representative - blyaho01@louisville.edu
Kelly Dues - Representative - kddues01@louisville.edu



N450 Class

The N451 class is selling t-shirts that say "Just a tad stressed r/t complete academic overload, depleted resources, little to no sleep AEB being a nursing student." We have these in a variety of colors! If you have any questions or would like to get a shirt or jacket, feel free to come by the K Building on Wednesday at lunch or e-mail Katie Brungs at kebrun01@louisville.edu.

Thanks!
Katie

Accelerated Class

Hey Class! Want others classes and students to know what's going on with your class?!?! Here is the place to put it! Send information about your class that you would like to see featured here to nsc@louisville.edu by the second week of every month!

RN-BSN Class

Hey Class! Want others classes and students to know what's going on with your class?!?! Here is the place to put it! Send information about your class that you would like to see featured here to nsc@louisville.edu by the second week of every month!