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January 2009 Volume 1, Issue 2

Nurses Notes

Nursing Student Council News

Wow, what a month it has been! We hope that everyone has had a good start to their semester, and for some, to their new experience as Upper Division Nursing Students!

Although we have been faced with ice and snow recently, causing the closure of U of L for almost a week, the Nursing Student Council has been hard at work. With the Spring Semester in full swing, we expect many opportunities for students to become more involved and engaged in the Nursing school experience. Just a few things that are being planned for this semester include:

- A Nursing Student Council/KANS Special Event! We are pleased to be able to welcome the Dean of the School of Nursing, Dr. Marcia Hern, to join us for Lunch on Monday, February 23rd from 12–1 p.m. Lunch will be provided at no cost to students, faculty, and staff who would like to attend. Please RSVP to NSC@louisville.edu by Wednesday, February 18th if you would like to attend!!
- The Social and Events committee will be planning a Nursing School Social, as well as a Nursing School Cookout for the semester. These are annual events, and all students at the School of Nursing are invited and encouraged to attend!
- The new students in the N360 class have joined us here at the School of Nursing! On Sunday, January 25th, they received the esteemed honor of taking part in the School of Nursing Transition Ceremony! Special thanks to Debra Weis, Sarah Weitzel, and Ashleigh Bond who assisted with the Transition Ceremony.

The Nursing Student Council is excited for the Spring semester, and all of the events that will be taking place. Be on the lookout for communication and announcements via email. Also, if you have any questions, comments, or ideas for the Student Council, please let us know by emailing them to us at NSC@louisville.edu.

UPCOMING EVENTS:

- **NSC/KANS Bi-Monthly Meeting—**
Wednesday, February
11th from 12-1p.m.
- **NSC/KANS Special**
Event! Lunch with the
Dean! Monday,
February 23rd from
12-1pm

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

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Website:

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



From The Dean's Desk

The value of being a nurse

Think about this: there is no better time than today to be a nurse in the United States. Given the current economic environment, we are more than likely than almost any other profession to be ensured a job. In one sense, that is very good news as we all have expenses to pay. In another sense, we need to be honest with ourselves and recognize the responsibility that comes with being a nurse.

I do so hope you have not chosen to become a nurse, largely for the financial security. Years ago, even dating back to Florence Nightingale, becoming a nurse was viewed as a calling. For many that belief continues. But despite why you chose to go into nursing, it is a profession that requires life long learning and commitment to the health and safety of society... a responsibility not to be taken lightly.

You all are fortunate to have very good role models here in your faculty who will help socialize you into the profession. They are here to help you understand your course work and the profession. Just as you are learning in classes to take care of so many others, may I caution you to also take care of yourself. Be certain you plan for renewal through good eating habits, exercise and a sense of humor.

Although the health care market is currently replete with numerous nursing positions for you upon graduation, be sure also to find the one that is a good fit for you. Studying hard during your schooling gives you that competitive edge over other potential graduate contenders. Good luck throughout this Spring 2009 semester.

N-CLEX RN Question:

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

Q. A client is admitted to the Emergency Department with Carbon Monoxide poisoning. The nurse understands that the poisonous nature of carbon monoxide results from:

1. Its tendency to block CO₂ transport
2. The inhibitory effect it has on vasodilation
3. The bubbles it tends to form in blood plasma
4. Its preferential combination with hemoglobin

A: 4 - Carbon monoxide binds with hemoglobin more avidly than does oxygen. The progressive results are dyspnea, asphyxia, and death.

Question adapted from: Mosby's Comprehensive Review for the NCLEX-RN by Saxton, Nugent and Pelikan

NSC/KANS

Meeting Dates:

February 11 & 23

March 11 & 23

April 8 & 20

From 12-1 p.m.

Location: TBD



Welcome Back UofL Nursing Students!

The UofL KANS group is offering financial support to attend the 57th Annual NSNA National Convention in Nashville, TN, April 15th to 19th! This National Convention will have break-out informative sessions, leaderships meetings, NCLEX preparative sessions, and lots of social time to meet other nursing students and make professional connections! The funding for National Convention will be correlated to attendance at KANS meetings and events, so be sure to show up and sign in! We are also asking for fundraising ideas from all nursing students to help increase support for our students going to the National Convention.

KANS has several fundraising items to currently purchase! We have t-shirts of a variety of sizes, colors, and logos, black name tags for clinical attire, and stethoscopes.

Our NSC/KANS joint meetings are the second Wednesday and the fourth Monday of every month, so our next scheduled meeting is February 11th, 2009. We plan on having a speaker and food to purchase at a reasonable rate at every meeting. The agenda for every meeting includes about thirty minutes of socializing time and 30 minutes for the announcements and speaker presentation. The speaker for February 11th is not established yet, but our following meeting on the 23rd of February we will be having a social lunch with the Dean of the SON.

For the N451 Students this meeting does count for 1 hour towards Professional Hours. Be sure to sign in as the roster will be turned into Ms. Mitchell after every meeting!

We look forward to everyone's attendance and ideas!

Faculty Spotlight

The faculty spotlight this month highlights **Mrs. Sara Kowalczyk, MSN, FNP-C**. Ms. Kowalczyk received her BSN and MSN at the University of Louisville. Below are her responses to our Q&A with her:

What are your areas of teaching?

I currently teach the undergraduate pathophysiology class and most of the pharmacology class. I am also a clinical instructor and preceptor for FNP and ANP students. Occasionally, I will guest lecture in the graduate program for pathophysiology or the primary care medicine class. I am also a nurse practitioner at the Kentucky Racing Health Services Center

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

I have many different interests in the field of nursing. Primarily I focus on primary care which emphasizes teaching as well as primary and secondary prevention. I love making sure my patients understand the disease process as well as their medications. If they truly understand their situation, they are much more likely to comply. Additional interests include the effect of policy on health (in the US and globally) especially on the spread of infectious disease.

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

All I do all day long is nursing.... just kidding. I really enjoy being outdoors. In the summer I love to trail run and mountain bike. My favorite place to go is Cherokee Park. In the winter I love to ski. I also enjoy many types of music and the arts; however, I have been accused of being a bit of a reality TV junkie (Sp?)

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

Additional things about myself are that I have been married to my husband Charlie for almost 6 years. He is a teacher and wrestling coach at Doss high school. I am currently taking classes for my DNP (Doctorate of Nursing Practice) at the University of Kentucky. I completed my first sprint triathlon last August which was a big accomplishment for me because I really had to train to swim a 1/2 mile in a lake.

Ms. Kowalczyk would also like to add the following advice to the students here at the School of Nursing:

Advice I would like to give is to take care of yourself. In nursing school and beyond it is important to take care of yourself by eating right, exercising, and taking time to do something that you enjoy. When you do those things for yourself it will not only make you healthier and happier but it will also make you a better nurse. The old saying is true - you can't take care of someone else unless you take care of yourself first.



Student Spotlight

The Student spotlight this month highlights Jillian Reeves, who is a student in the N370 class. She will be graduating in Spring of 2010. Below are her responses to our Q&A with her:

What class are you in?

Well, I am in the cohort that will be graduating in Spring 2010. But, if you are talking about my particular classes...I am taking Adult Health, Nursing Evidence-Based Practice Research and Leadership & Management.

What types of things interest you?

I love playing sports and doing physical activities....particularly running, swimming and rowing. I love to cook and bake, especially for my friends and family. I really like watching UofL Men's Basketball...GO CARDS! I am into nutrition/health and try to live "green". My favorite color is green (coincidentally). Photography has always interested me, but I am pretty busy with school and rowing so I don't get out much. I LOVE to dance. (Editor's Note: Did we hear cookies?)

What field of Nursing are you thinking about going into?

Right now I want to do something with children or nutrition based. Possibly pediatrics or labor and delivery (but I haven't even had those classes, so we will see). Down the road I think it would be cool to have/work in a clinic that focuses on nutrition or natural remedies for weight loss.

What additional information would you like for us to include about you in the newsletter?

I am on the University of Louisville Women's Rowing Team. I would like to travel when I get out of college, maybe become a part of the Traveling Nurses Program. I like the band Coldplay and I completed a half-ironman in Muncie, IN last summer.

Jillian will also be shaving her head for The Saint Baldrick's Challenge, a charity that raises money to raise awareness and support cancer research in children. If you would like to participate in this event, please let us know!

N-CLEX RN Question:

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

Q. The 16-year old client is prescribed 10 mg of paroxetine (Paxil) at bedtime for major depression. The nurse should monitor the client closely for which adverse effect?:

1. Headache
2. Nausea
3. Fatigue
4. Agitation

A: 4 - The nurse should closely monitor the client who is taking paroxetine for the development of agitation, which could lead to self-harm in the form of a suicide attempt. Headache, nausea, and fatigue are transient adverse effects of paroxetine.

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.



N360 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!

N370 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!

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 - byaho01@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! We are also taking orders for fleece jackets that have "University of Louisville School of Nursing" embroidered on them. 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

Greetings!

I am Julie Carroll from the accelerated RN to BSN online program. I am attempting to add **Nurse's Notes** to my duties as a U of L nursing student. I am hoping that all of us working together and getting to know each other will foster a relationship between the classes. After all, we all are in "the same boat" so to speak. We are professionals with one goal. To be educated and confident enough, to provide our patient's with the care they need to reach their full potential. Our world in general tends to separate and segregate each other for many reasons and I hope to help prevent this in some small way, by participating in such a worthy publication.

Healthcare in our nation is going to face some of the toughest challenges known to human kind in the near future. It is my hope that healthcare professionals will join together as one tight, determined team, in order to provide the best care for each and every patient so that the optimum outcome may be reached. I believe that is the mission of everyone that works in the healthcare profession. Unfortunately, some people like to divide the team and each member's worth due to the initials after their name. I think each of us needs to step up and stop the discrimination amongst ourselves. It hurts individual's, it hurts teams, and ultimately it hurts our patients.