

President:

Whitney Barter

Vice President:

Cody Burgess

Senator:

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Academic Affairs:

Angela Hale

Treasurer:

MacKenzie Tilley

Secretary:

Samantha Winters

Publications Officer:

Sebastian Lancaster

Technology Officer:

Holly Hill

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)

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The Main Vein

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FEBRUARY 2010

Nursing Student Council News

Another semester is half-way gone and for some of us it means that our undergraduate experience is almost complete! As we race toward the end of the semester, the Nursing Student Council has been busy planning the semester events.

Three NCLEX review services will be coming to the school this semester. ATI and Kaplan have already spoken to the May 2010 graduating class about their review programs and will continue to do so for every class in their final semester. Hurst is in the process of being scheduled for all students and will take place on a Monday. We are planning

to schedule the actual Hurst review starting on Monday, May 3rd. This was planned



Sara Sauer, Stephanie Davis & Kristi Hockman

so that the accelerated class will be able to attend this review if they choose to do so.

The Nursing School Cookout, in conjunction with Student Activities Board, will be on Monday, March 29th from 11:30-1:30pm. This is a fun cook

out that is provided to us by U of L. It will take place in the Quad and for \$2 you can get 2 sandwiches, grilled corn (which is amazing!) and drinks.

NSC will begin our fundraising for a legacy item starting next week. We will be offering Lands End embroidered items, embroidered lab coats, t-shirts and sweatpants and other miscellaneous items. Currently we are working with the Dean to have a water line run in the student lounge and putting in an ice and water machine, and possibly a coffee vending machine. However, we are open to suggestions, so please e-mail Whitney at wlbart01@louisville.edu if you have an idea you would like to share!

UPCOMING EVENTS:

- ◆ Nursing School and SAB Cookout: Monday, March 29th, 11:30-1:30p.m. in the Quad \$2 gets you 2 sandwiches, grilled corn and a drink!
- ◆ Spring Break March 15-19!
- ◆ Hurst NCLEX Review starts May 3rd, more information will be coming.



NCLEX Question: Here is the place for you to practice what you know!

Q. The ambulatory care nurse is assessing a client with chronic sinusitis. The nurse determines that which manifestation reported by the client is unrelated to this problem?

1. Anosmia
2. Chronic Cough
3. Purulent Nasal Discharge
4. Headache more pronounced in the evening

Rationale: Chronic sinusitis is characterized by persistent purulent nasal discharge, a chronic cough resulting from nasal discharge, anosmia (loss of smell), nasal stuffiness, and headache that is worse upon arising after sleep.

Answer: 4

Tips for Passing NCLEX

READ CAREFULLY

Once you begin the test questions, be sure to read each question carefully and read all the answer choices before you make a selection. Don't allow the level of anxiety to cause you to rush to finish. You have 6 hours to answer as many questions as necessary. There is no problem if you are the last one in the test centre; this is not a race.

ONE AT A TIME

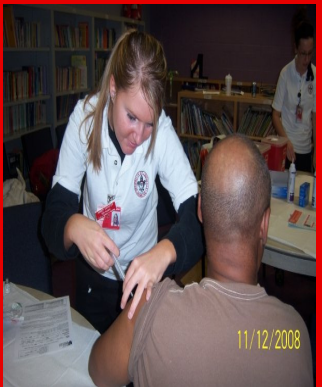
Expect to feel like you are only getting half the questions correct. Even if you are performing far above the passing level, remember that the NCLEX test is designed to challenge your test knowledge, so you should expect to only get about half of them right. Just keep going and concentrate on one question at a time. Focus on what is on the screen and you'll be much more likely to give an accurate

CONFIDENCE IS THE KEY

Be confident in the time and preparation you have invested in preparing for the exam. You have done well to get to this stage. Remind yourself of all you can achieve; a positive attitude is crucial to a successful exam outcome!

Also remember

- Pay attention to KEY words (example: Early, late, never, best, immediately, initial)



Amber Gahafer

Tips adapted from

<http://www.nursetogether.com/Forums/tabid/56/forumid/1/postid/1354/view/topic/Default.aspx>

From The Dean's Desk



Thoughts to ponder for Dean Hearn

Have you been watching the Winter Olympics? What have you noticed about coaches and working in teams? What have you noticed about individual athletes? How many of you have ever played competitive sports?

Successful coaches tend to push their players hard yet give many compliments to help the athletes succeed, while team members play diverse positions to help achieve the teams' goals.

Nursing as a profes-

sion is actually a team, competing to provide the best care to their patients. In order for the profession to be successful, we need to know how to collaborate with other disciplines, take the compliments when given and be sure to recognize others as they contribute to the health of our colleagues and patients. In order for each of us to be individually successful, we need to recognize when it is time to be front and center and when to take a back seat.

As the adage says, there is no "I" in team. We are all individually and collectively part of a bigger group or team. Our

profession demands that we learn how to participate effectively on teams for the greatest good.... our patients and not ourselves.



Dr. Marcia J Hearn
Dean and Professor
School of Nursing

Organization News



Kentucky Association of Nursing Students

The UofL KANS Chapter is preparing to “Experience the Magic of Nursing” at the upcoming National Student Nurses’ Association Annual Convention!



The convention will be held in Orlando, Florida, from Tuesday, April 6th until Sunday, April 11th.

More information can be found at:

<http://www.nсна.org/Meetings/AnnualConvention.aspx>

BSNA

Black Student Nurses’ Association



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 highlights **Valerie L. McCarthy, PhD, RN** for the month of February!

Dr. McCarthy began her nursing practice with an Associate of Science in Nursing from Indiana University Southeast in 1972. She then went on to receive her Bachelor of Science in Nursing from Indiana University Southeast in 1999 and her doctorate from the University of Louisville in 2009.

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

What are your areas of teaching?

I currently teach two clinical groups. The first is Therapeutic Nursing Interventions (TNI) and the second is Adult Health I. My usual teaching area though is Community Health and I will be teaching Community in the future.

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

I have been an RN for 40 years and I've done all kinds of stuff – which is what I like best about nursing. One degree prepared me for working in critical care with adults and neonates, administration in home health care, staff development in long-term care, and then I owned and operated my own business for 8 years, a healthcare education and training consulting firm. My research area is successful aging, with a focus on adaptation and transcendence. (Transcendence is a late-life developmental stage.) I also am extremely interested in policy and program devel-

opment and advocating for funding for chronic disease management and care coordination.

What types of things do you do for fun?

I love hiking, reading history and archaeology, free-style embroidery, and cooking. I am very active politically and have worked for several election campaigns – including Obama's. Most of all I enjoy being with my grandchildren, two little girls, aged 3 and 5, and my new grandson, just born Feb. 24th.

What other interesting facts would you like to share with the student body?

In 2005 I sold the business so I could be part of UofL SON's first cohort in the BSN-to-PhD Program. I finished my PhD last summer and became an assistant professor three days later.



Student Spotlight



This month's student spotlight highlights **Mandy Schuler**

What class are you in?

I am in the N460 class (taking Mother/Baby and Pediatrics)

What types of things interest you?

I really love to read, even though Nursing School doesn't really allow much time for that!

I also like going to see movies. I go almost every weekend to the theaters to see a movie!

I have played softball since I was 8 years old and that is pretty much what my sum-

mers consist of!
UL Basketball and Football!!!
GO CARDS!!!!!!

What field of nursing would you like to go into?

I want to go into something neonatal or pediatrics. I would love to be a NICU or PICU nurse.

Any additional information you would like to share with the student body?

I am the KANS state President.

I am a class representative for the N460 class.

I am also a member of the Golden Key International Honor Society.

I work at Jewish Hospital in the ICU as a nursing assistant.

I plan to go back to school to be a Nurse Practitioner at some point.

Any advice for those just starting Nursing School?

Stay organized! And don't put things off till the last minute (even though I continue to be

bad at it)...you will just hate your life the next morning when you were up until 5am doing your Health History!



Faculty & Student 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 "The Main Vein" 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 what class they are in.

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

Nursing Class Graduating May 2010 News



Our class is counting down the days to graduation on Saturday, May 8th! Here a few reminders for graduating seniors. A Graduation Fair will be held in the Red Barn on March 10th from 1-5 pm. Caps and gowns must be ordered from the UofL Commencement website (www.louisville.edu/commencement) no later than March 31. Composite pictures will be on April 12th.

Our class president, Tonya Kloek, would like a commitment to one more community service project before we leave UofL SON. Kentucky Kids Center for Pediatric Therapies is hosting a Walk & Roll for Kids event on Saturday, May 15th. Visit the organization's website (<http://www.kidscenterky.org/>) for more information. If you would like to join our team, please contact Tonya (trbail01@louisville.edu).

Contact Sara Johnson (sjohn08@louisville.edu) for more information or any additions to the NURS 471 Class News.

Nursing Accelerated Class Graduating Summer 2010 News



Graduation is getting slowly closer!!! So, in April, we'll have our class pictures! The pictures were were supposed to be a few Mondays ago, but got cancelled because of the snow.

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.

Class N361 News

Congratulations to the new N361 Class Officers!

President:
Courtney Blandford

Vice-President:
Chelsea Bell

Class Representatives:
Whitney Graves and Suzanne Hackman



Class N461 News

The class officers are looking for ideas for fundraisers to offset graduation costs.

If anyone has any suggestions please direct them to any of the class officers.

Class Officers

Mandy Mattingly, Class President
Alison Sherrell, Vice President
Emily Beckman, Class Representative
Mandy Schuler, Class Representative



Class N371 News

Right now, our class is holding a T-shirt design contest. Students are encouraged to create an idea for a T-shirt to be designed and sold as a fundraiser opportunity for our class. Voting for the class favorite will be held in a few weeks. The win-

ning student will receive their T-shirt for free! Our goal is to hold four fundraising opportunities in order to help with graduation costs. If anyone has any ideas or suggestions we could use, please let one of our class

officers know!

Class Officers

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

