



PULSE

the

**Shoreline Community College
Association of Nursing Students**

Winter 2009

Unique Perspective on SCC Nursing Program

by Mary Burroughs, RN

Mary Burroughs, RN, a more recent addition to the nursing faculty, shares her unique perspective on the college's nursing program...

*"Why do I have to learn this?
When will we talk about...?
How does all of this fit together?"*

This is my second quarter teaching at SCC. I have had the distinct opportunity to teach in each of the first three quarters, giving me a perspective not usually experienced by new instructors nor fully recognized by students. I've experienced the cohesiveness and

progression that is so integral to the nursing program.

Think about a six-story apartment building with each floor representing a quarter. The college mission, vision, core values and strategic themes are the concrete foundation.

The nursing program vision, mission and values make up the external framing. Without the foundation, the framing will sit on shifting ground. The conceptual framework provides the internal framing, each concept integral to

each room. The program threads are the electrical wiring. They must reach each room, but the needs in the kitchen are different than the needs in the bathroom. Each floor must be built strong enough to not only support the dwellings, but also provide a solid footing for the next floor to be built upon. In this building, the floor plans start with simple and move to complex, from normal to abnormal, from wellness to illness.

By the time you stand for your nursing completion ceremony

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10 Quarter Program

By Susan Peterson

Characterized by the sound of laughter coming from the Tuesday evening Communications lab class where at first shy first quarter students in Shoreline CC's new 10-quarter nursing program progressively became more comfortable learning and using therapeutic communications skills, the quarter ended with a sense of camaraderie, accomplishment and personal growth. Students expressed that the communication skills they gained in both the theory (Nurse 121) and lab (Nurse 131), classes had a strong impact on them personally as well as on their future careers as nurses. Many expressed that it was easy to get to know fellow classmates and to gain new perspectives regarding communicating while in a fun environment.

Students who enrolled in the optional Nurse 095, Success Strategies class, which focused on time management, study and test-taking skills, critical thinking in nursing, working in culturally diverse groups and becoming familiar with campus support services expressed that they gained valuable skills that will be helpful in continuing on in the nursing program.

Students who were competitive and independent learners while taking prerequisites enjoyed the new sense of camaraderie found in the nursing program. In all classes, students were required to work in groups of two or more on presentations, lab class facilitations, evaluating and role-plays. One of the goals of the program is to develop strong team-oriented thinking. Students learned to be more open to others' ideas and accepting of others' values and cultural differences.

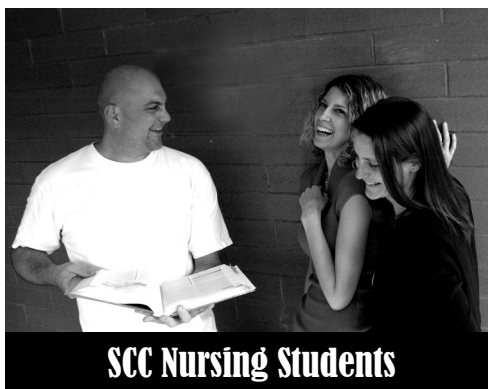
Most of the students in the 10-quarter program work at least half time while some work a full time schedule or even two jobs. At least one student is also finishing up a four-year degree at UW. Some work, are married and have children while attending classes. Several students expressed that the part-time program helped them to be able to maintain a balance in their lives after making adjustments to allow for more study

time. For others, the load was overwhelming at times, but possible where attending the full time program would not have been. Students from other countries had these same stressors as well as continuing to learn the English language.

Many students expressed how approachable, receptive, supportive and enthusiastic the program coordinator, Lynn Von Schlieder and first-quarter faculty members, Anna Shanks, Debbie Johnson, and Sharon Stewart were. Lynn also was an instructor. Many of the nursing faculty introduced themselves to the students early in the quarter and left a strong impression that they all want students to feel supported and to succeed in the program. Lynn says that she is delighted with how the first quarter went—that students seemed to bond and were supportive of each other. She said that one of the reasons she loves teaching at Shoreline is because of its commitment to student success.

Although enjoying the break, students are enthusiastically looking forward to winter quarter, when they will take Nurse 122, Foundations of Nursing Practice, Nurse 132, Nursing Skills Practice Laboratory and Nurse 142, Nursing Foundations Practicum. They also have the option to take Nurse 096, a continuation of Nurse 095, continuing to learn and reinforce valuable study skills.

In addition to Sharon Stewart, Pat Olsen and Lynn Von Schlieder, faculty members, Lisa Ramirez, Margui Rutherford and Ali Valibeiga will also be instructing winter quarter.



SCC Nursing Students

SCCANS Officers

Welcome to Winter Quarter!
2009 is off to a quick start and
SCCANS would like to announce
a few changes to our board.

Here is a list of your current
**SCCANS Board Members and
Class Representatives:**

Co-Presidents:

Scott Dakins (3rd Qtr)
Juliane Hanes (2nd Qtr)

Co-VPs:

Sarah Fullum (2nd Qtr)

Co-Secretaries:

Christina Snyder (5th Qtr)

Co-Treasurers:

Derrick Nap (5th Qtr)
Teresa Wilson (2nd Qtr)

Evaluation Committee:

Scott Dakins (3rd Qtr)

Faculty Committee:

Cary-Ann Anderson (6th Qtr)

Curriculum Committee:

Sarah Fullum (2nd Qtr)

Graduation Committee:

Juliane Hanes (2nd Qtr)

Co-Brown Bags Organizers:

Christina Snyder (5th Qtr)

Outback Fundraiser:

Sally Hallen (2nd Qtr)
Laurel Coe (2nd Qtr)

CE Credit:

Eunice Jurca (5th Qtr)

SCCANS Web Manager

Eunice Jurca (5th Qtr)

Pulse Layout:

Eunice Jurca (5th Qtr)

Pulse Co-Editors:

Ev Berger (2nd Qtr)
Douglas Harper (2nd Qtr)

Scrubs

Michelle Treat (2nd Qtr/10-Qtr Prgm)

Class Reps:

1st: Mary Javier and Jay Jungmayer

2nd: Kelly Dempsey & Stephany Spencer

2nd/10: Michelle Treat & Susan Peterson

3rd: Sam Deal

4th: Jenny Andersen, Lisa Zegan and
Tim Cordery

5th: Christina Snyder

*Congratulations to all the new Board Members and a hearty "Thank You" to our remaining veteran
Board Members who continue to drive the success of our SCCANS team!*

*For those interested in becoming more involved in SCCANS, there are a number of unfilled positions available.
For more details on open positions, please visit the SCCANS website or contact Professors Sharon Stewart or Anna Shanks.*

Claire Murata 546.5820 cmurata@shoreline.edu
<http://www.shoreline.edu/library> Reference desk: 206.546.6939

If you haven't had the chance to visit the Library Technology Center, take the time to see what we have to offer. It plays an influential and pivotal role in the learning and instructional life of the college. Our librarians are key to supporting you as you learn to write research papers.

The Library Technology center has three levels. On the first is the open computer lab with access to the Internet, MS Office and other programs. It features Macs and PCs, laser printers and a color printer. On the second level is the Library. It has books, periodicals, videos and dvds, CDs, course reserves and other materials for your use. A reference librarian is available at the Information Desk to help you complete your research papers successfully. In addition, there are tables and carrels for study, 24 research computers with Internet access and MS Office, WiFi and outlets into which you can plug your laptops. The third level is a quiet study space, and includes individual listening and viewing carrels for media.



Our nursing librarian, Claire Murata, will periodically teach research workshops for your courses that involve research papers, and she is available for individual help or group consultations. She is available for tutoring you in using research databases, such as CINAHL or PsychArticles, as well as for helping with APA citation style. Additionally, there is always a librarian at the Information Desk during open hours, and you can contact us by phone or email as well.

PULSE SUBMISSIONS

Your quarterly newsletter "THE PULSE" is always looking for submissions.

Some possible ideas:

- Nursing events around town
- A cultural perspective
- A helpful tip that other students may benefit from
- A letter to the editors – do you have a question, complaint, or comment about anything that we have written?
- Do you know any recent SCC nursing graduates that would like to give us insight on what it's like to be a new nurse?
- A male perspective
- Any political events that relate to healthcare or nurses

**Please send correspondence to thepulseatccc@gmail.com
Check with your instructor! You may be able to get extra credit points for submissions that make it into The Pulse!**

Library Technology Center

Hours:

Mon-Thurs 7:30 a.m.-9:00 p.m.

Friday 7:30-4:30 p.m.

Sat/Sun noon-6 p.m.

Handy Numbers:

Reference Help: 206.546.4556

Other Library/Media Info:

206.546.4556

TSS Help Line: 206.546.5872

Claire Murata: 206.546.5820

cmurata@shoreline.edu

<http://www.shoreline.edu/library>

(aka graduation) your nursing knowledge with the high-strength concrete foundation, hardwood framing, well insulated wires and designer floor plans built by the best construction workers in the business, will be strong and resilient enough to withstand any earthquake or hurricane that will come your way!

The threads common to all courses in the nursing program are:

- **Communication**
- **Nursing Process**
- **Health-Illness Continuum**
- **Person as an Individual**
- **Multicultural Understanding**
- **Nutrition**
- **Community Resources**
- **Pharmacology**
- **Technical Skills**
- **Managing Care**
- **Issues and Trends**



(Continued from page 1)

Farewell

By: Cary-Ann Anderson

Fall quarter is my last quarter as the SCCANS president. I will be stepping down so that I may focus on studying and pursuing job opportunities during my 6th and final quarter in nursing school! Hooray! I want to say how much I appreciate your patience over these last three quarters as Aron and I learned the many roles that came along with this job.

We have had a great beginning to the school year; we raised over 400 dollars to help some families who may be struggling through the season, we had a very well attended brown bag as well as a fun and entertaining welcome event for all of the incoming nursing students! On top of all that we all had the everyday trials of nursing school to deal with. I am so proud of all of us for how much we've been able to get done throughout this tumultuous fall and I appreciate how supportive you've all been of each other and me.

Lastly, I'd like to introduce to you all your incoming co-presidents: Julianne Hanes and Scott Dakins. In winter quarter Julianne will be in the 2nd quarter and Scott will be in the 3rd quarter of the 6-quarter nursing program. They are both active members of SCCANS and I am positive that they will do a wonderful job as your new co-presidents!

Thank you again for all of the wonderful work you have done this quarter. It has been a pleasure being your SCCANS president.

Have some fun with Math Problems !!!

1. A medication is ordered 20 mg/m²/day PO in three divided doses. If the patient is 1.25 m², how many mg will the nurse give per dose?

IV problems: All of the following IV problems use a drop rate of 10 gtts/ml unless otherwise specified.

2. An IV is to be infused at 60 ml/hr. Using a drop rate of 10 gtt/ml, how many gtts per minute will you set the IV?
3. Mr. Yee is to have 1000 ml IV fluid every 6 hours. How many ml / hour is he to have? How many gtts / min will the IV be infused? If he has 350 ml IV fluid left in the bag after 2 hours, how many ml / hr did the IV infuse? What action will you take?
4. Linsey's IV bag has 650 ml remaining. If the IV is to infuse at 60 gtts/min, how long will it take to complete?

Assuming you check the bag at 1030, what time do you expect the IV to be completely infused?

5. In some clinical agencies a "left to count" IV procedure is used at the end-of-shift report. Your assigned patient has a 1000 ml / 8 hrs IV fluid ordered. The amount infused from the current bag is 350 ml. How much will you report as "left to count" in the shift report?

Answers will be posted on the Nursing Bulletin Board in the back hall.

Mark Your Calendars!!!

DATE	EVENT
2/24/09	Brown Bag—Penny Simkin 11:30-12:30 in Room 2308
3/3/09	Brown Bag—CRONES NW 11:30-12:30 in Room 2308
3/10/09	Brown Bag—Patient Perspective 11:30-12:30 in Room 2308
3/19/09	Graduation!!!

Visit the SCCANS website,
www.shoreline.edu/sccansweb
for more information