

SNO Flurry

Student Nurses' Organization

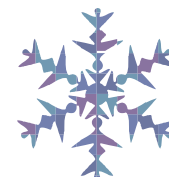


Riverside Community College Student Nurses' Organization Newsletter

April 2007

Message from the Dean/Director

I hope you are all well rested after Spring Break! As we pass the mid-semester mark, the pressure is on to push forward to your goal of becoming a Registered or Vocational Nurse. Do not let thoughts of laying on a beach (contracting skin cancer) cause you to lose focus. Remember you can do ANYTHING for 6 more weeks!



According to the latest reports, nursing education is changing in California. Several bills before the State Legislature will cause enrollment criteria to become more stringent. Seven new programs have opened in the state, with more to come. The good news for all of you is that there are not only more BSN programs available for you to continue your education, but there is also more tuition reimbursement for you as well. With an even greater nursing faculty shortage looming in the next 10 years, I hope some of you will endeavor nursing education as career goal. Some of our graduates who have, include Dr. Lisa Howard, Jill Christiansen, Kathy Havener, Denise Indermuehle, Wilma LaCava, Mary Lange, Kim Reimer, Dr. Trish Tutor, Annemarie Valadez, Tammy Vant Hul, and Amy Vermillion. Yikes! Do I detect a trend? We do like to hire our grads because we know they are the best!

With the recent tragedy in Virginia, I do want to assure each of you that the RCCD administration and police are reviewing current security plans to ensure they are appropriate and responsive. Please, though, take it upon yourself to be vigilant and do report any behavior that appears aggressive or inappropriate. Corporate policies will never be as good as each of us taking personal responsibility to maintain a safe learning environment.

The end is near—do not lose heart!

Sandra Baker, RN, DNP
Dean, RCCD School of Nursing

Message from the Interim Associate Dean/MEC

Greetings from MEC: Hope you all enjoyed a well deserved spring break. The semester is now officially half over and so now you can begin to make plans for the summer! If your grades are not quite where you want them to be, please see your faculty and Dr. Tutor. There are many strategies that we can help you with. Remember that learning critical thinking testing is different from many other types of learning. We are here to help you be successful.

We will be celebrating our first graduating MEC Nursing 4, and are proud of them. To all Nursing 4 - Hang on, you are almost there! To all other semesters, time will fly by so enjoy the learning here at RCC.

Have a great rest of the semester.
Dr. Lisa Howard-York, RN
Interim Associate Dean/MEC

Message from the ADN Chair

Welcome back from Spring break. Hopefully you are all rested and ready to finish the semester strong. If you are on Academic Probation I encourage you to meet with your semester level faculty and the SOS, Dr. Tutor. We are here to help you succeed. If you need to see me please stop by my office or leave me a note and I will get back to you.

On another note, your nursing faculty are considering adopting a new Medical Surgical textbook for the ADN program and we would like student feedback. There are four Medical Surgical textbooks that have been placed in N 7 for students to look at and review. Please do not remove them. If you would like an opportunity to provide feedback on these books please take some time and look at all four textbooks. There is a paper (placed in the textbook) for you to write your comments (both negative and positive) and a form where you can circle your preference for the textbook you would like (please circle the one you would prefer). Please keep the forms with the textbooks so that other students can add their comments.

On Monday, April 30th the representatives for these textbooks will be coming to our campus to present additional resources accompanying the textbooks. This presentation will be held from 0800-1200. We would appreciate the student Curriculum Committee representatives or student representatives from each semester level to attend if possible. Please RSVP (to Angie Fawson) as to number who will be attending. The new textbook will be adopted and implemented in Fall 2007 beginning with the incoming class. Those of you currently in the program will not be required to buy a new textbook but will finish with the textbook you are currently using. After the presentations on April 30th the faculty will review student feedback and will make a decision. Your input is important and we would like to hear from you. Thank you.

Angie Fawson, RN, MSN
Assistant Dept. Chair ADN Program

VN PROGRAM NEWS: APRIL 2007

Here Spring Break has already passed and that means it's mid-semester. Wow! Time sure moves relentlessly forward and usually that's a GOOD thing. For students, it means you are moving closer and closer to your goals. For teachers, we grow and learn each day in our efforts to provide the best possible learning opportunities.

The full-time VN students carry a very heavy load of theory and clinical in the spring semester, 12 units of intermediate medical-surgical nursing and three units of mental health nursing. Along with development of Nursing Care Plans, preparing for the home health visit, and writing the objectives for numerous ancillary health department observations, learning the academic portion is a challenge. Through all the hard work, the students have become stronger as their theory base broadens and they can apply the

knowledge to client care. Happily, the VN license becomes more tangible by the day and we count the 16 weeks left until Pinning Ceremony on August 7 at 3:45pm in Landis Auditorium.

There are several name changes afoot at RCC. First, you may be aware that “nursing” has had a change of title from Nursing Education Programs to the Riverside Community College District (RCCD) School of Nursing. Secondly, moving toward more independence for the two newest RCCD campuses, with the college-wide accreditation visit by the Accrediting Commission for Community and Junior Colleges of the Western Association of Schools and Colleges in October 2007, it is anticipated that all three campuses will become separate colleges under the RCCD umbrella. The three names that have been approved by the Board of Trustees are Moreno Valley College, Norco College, and Riverside City College.

A respite from the demanding pace is just what the “primary healthcare provider prescribed” (That’s NCLEX language for “what the doctor ordered.”) and Spring Break fits that perfectly. We on the VN Program faculty team trust that you seized the opportunity for a vacation, even if it was just a short one, from your daily responsibilities. We hope you take good care of yourself by balancing work, study, rest, exercise, and play, including doing something special for yourself.

Sincerely,
Phyllis L. Rowe, RN, ANP, DNP
Assistant Chair, VN Program

VN Class

Here we go! Third semester is well upon us and I can’t help but get excited and anxious to feel that final relief when we can actually say “We’re done!” I hope that all is well with you and that you, like me, are seeing that light at the end of the tunnel. I would like to welcome our new additions this semester and hope that you feel a part of this crazy nursing family. So this is my first letter to you and the only thing I would like to do is encourage you all on the road ahead and in keeping your eye on the prize (yes, I just said that!).

Our main objective as a class right now (besides passing our tests) is getting our Pinning Ceremony together. So far we have decided to make it simple. We are aware that most of you will be leaving soon after to celebrate with your families, so we will be providing drinks and cookies. We have all decided to wear our whites with traditional nursing caps (sorry guys) and the ceremony colors are navy, white and silver.

If you have any other suggestions for the ceremony or anything else, please feel free to talk to any of the class reps. We would love to hear from you. So, until next time . . .

Michelle Deal,
VN, President

Nursing 1 (Main Campus)

We SURVIVED medication administration week (and so did our patients) and our first real care plan--Yes! We all deserved a huge pat on the back and a very relaxing Spring Break. I know that Nursing 1 has been a challenge but just hang in there everyone. I truly feel that if we can get through N1 we can do anything!! We all will achieve that

self-efficacy that comes along with hard work and believing in our abilities. We have learned so many new skills and so many more skills are to come. I just want to say I look forward to spending the next three semesters with all of you. It's been great getting to know each other and I feel that we are probably never going to forget each other or our wonderful faculty. Seriously we have some great personalities amongst us. We have cried and laughed together already so much. Keep supporting one another and remember together we can do this. Okay, now get some sleep!

Kimberly Halbert
Nursing 1 RCC President

Nursing 1 (March Education Center)

When we embarked on this new adventure (nursing school) it seemed that we have such a lot to learn and two years is quite a chunk of time to for us to learn it in. Now with the first semester half over (can you believe it), I can't help but wonder if 2 years is enough. It seems that we've just scratched the surface.

It's spring break already and so much for a break! I had a list of things to accomplish that week (at least three papers due in April), not to mention the NSNA conference in Anaheim. Several of us attended and I'm very excited. I made many contacts that will help me determine what direction to take with my nursing career as well as help to educate my cohorts so that they can make informed career decisions as well.

Our first clinical rotation has proved to be a bonding experience for most of us. We've learned how to work together as a team to get things accomplished and made several new friends I'm sure we'll see again in the coming semesters. Our experiences have confirmed the reason most of us decided to take on this career, not to mention put some realism to all the tasks we've learned in Block Lab.



From applying restraints to removing catheters we're that much closer to being competent RN's. Administering medications has proven to be most daunting so far (probably more so for our instructors), but we'll get the hang of it.

FYI, California has a projected shortage of RN's through the year 2030 to be between 99,945 and 122,223 as reported on the web site:

http://www.futurehealth.ucsf.edu/pdf_files/forecasts2005.pdf . Our options will be increasing by the time we graduate, and the income that we can expect to start at varies

depending upon what you read. It will only go up with the shortages, and depending on how far we go in our education will go up even more. So, if we can all hang in there the rewards will more than make up for all our hard work.

Hope everyone had a wonderful spring break and got some much needed sleep! Until next time...

Sandy Brock
N1 President MEC

Nursing 2

Welcome back from Spring break! Can you believe that we're over half way done with Nursing 2? In the next 8 weeks we will be considered Nursing 3. Time is going by so fast! We only have 2 more tests to go and then it's vacation time! We're finally getting to the point where we're feeling a lot more secure in our skills and have the confidence to keep going! It will be over before you know it.....we'll finally be able to re-emerge and get to know our friends and families again! Just keep studying and try to get some sleep over the next 2 months!

Cynthia Ortiz
N2 President, Riverside Campus

Nursing 2 (March Education Center)

Is your semester going something like this?



Or can you relate to this....?

Nurstoons

by Carl Elbing



www.nurstoon.com

If you can relate, don't fret. You are not alone.

Well folks, we are past the half way mark. Congratulations! We have made it this far. If you are getting weary, keep your eyes on the prize and stay focused. Complete the task at hand and reward yourself during the summer intersession. Pretty soon we will all be in a profession we love and earning the BIG bucks (I guess anything is bigger than 0). I am so thankful for my family at MEC. You guys ROCK!

Happy Studying,
Katherine Driscoll
MEC N2 Prez

Nursing 3

Hey everyone,

April already! Time is just flying by. Exam #2 is under our belt and it looks like we survived. Halfway through the semester and it is busy, busy, busy. I hope everyone is staying motivated. We are getting closer to the big day in December.

The mugs are making me lose hair. Everyone keeps asking for more time to order mugs so I have extended the deadline to make sure everyone gets their order in. The drop-dead date is now April 17. The order will be placed on that day. We are trying to do our best to raise funds for the class but we need help from everyone in the class. We already have some things going on but I don't want to get complacent. We have been racking our brains to think about what's next. So.... Any suggestions? If anyone has any ideas for raising money for the class we want to hear them. Please talk to Keith or Jeanette with your ideas.

Stick with it everyone. We are so close. If you haven't already, get your IV starts done in clinical and finish the IV lab in Nursing 7 so you can be certified. Don't wait until the last minute because you know everyone else will. The Nursing 7 computers are going to be busy the last few weeks of the semester. Take charge of the clinical experience and "be the nurse".

Keith Cunningham and Jeanette Battles
Nursing 3 Presidents

Nursing 4

Greetings to all. Have you been in the nursing office hallway lately? There is a new picture on the wall and it's the ADN Class of June 2007!! Go us! Aside from that

moment of glee we are busy preparing for our 3rd test and looking for jobs. There have been job fairs at RCH and RCRMC not to mention the job fair that was held on campus for us. So if you happen to see any really happy looking (as opposed to just stressed out) N4 students congratulate them.

We are in the beginning of our ICU rotation and it's awesome to see the four semesters of nursing school come together in one patient. It is also a great feeling to realize that we have a good grasp of how to take care of patients that are so sick. In N3 they told us to be the nurse; in N4 we really are the nurse! It's good to be here at last.

On a similar note, we are putting the finishing touches on our pinning ceremony. We will be coming around to ask your classes for help before, during and after the ceremony and we hope you can just come and share the day with us.

OK, I have more hemodynamics plus hemodialysis plus pheochromocytoma to study. I am the nurse... I am the nurse... I am the nurse...

Linda Clayton-Dhennin
N4 Class President.

SNO President

WOW!!! Where did the time go? We have passed the halfway point of the spring semester. I hope all of you are doing well. If you are riding that fine line of the grading scale, you still have time to improve on your next test. Readjust your study habits, stay focused and don't give up! You can do it!!

SNO was busy planning the trip to Anaheim for the 55th Annual NSNA Year-End Conference. There were approximately 25 students that attended. If you have never been to conference, please consider attending one while you are in nursing school. It is a great opportunity to network with other nursing students, attend sessions on issues that pertain to nursing students and new grads or perhaps meet a potential future employer. It is really amazing to see just how much RCC students are wanted by hospitals around the state. There are a few qualifications to attend a conference: you must attend four SNO meetings (1st and 3rd Mondays of the month) and be satisfactory in theory and clinical.

The next SNO blood drive will be April 25th. Thank you to all who have signed up to help get donors. It really does make things easier when we all work together. Some upcoming events for SNO are the nominations for the Fall SNO Board, which will be held at the May 7th meeting, elections to be at the May 21st meeting and the 10th Annual Nursing Alumni Reception on May 10th.

As we forge ahead to the finish line of this semester it is important to remember to take some time for ourselves. Go see a movie, take an afternoon nap, or just go for a walk.

Best Wishes!
Ruby Grove
SNO President

Our moment of Zen...

Nurstoons

by Carl Elbing



Messages from Our Advisors

I hope you all had a wonderful Spring Break and did something positive to relieve the stress of the semester. I'm glad so many of you were able to attend the 55th NSNA Year-End Conference in Anaheim. Many of you were surprised at the opportunities you saw there. Please circle October 12-14 on your calendar for the CNSA Annual Conference in San Jose and November 15-18 for the NSNA Mid-Year Conference in Kansas City, MO as additional opportunities to explore your state and national student nursing organizations.

As the semester activities and testing peak, please stay organized and focused so each learning experience can be positive and you can then look forward to a summer break with time for yourselves, your families and your friends.

For those of you considering running for a SNO office, please ask any of the current officers about the duties of the office you are interested in. SNO provides an opportunity for leadership activities that will be valuable to you later in your careers.

I wish you all success the remainder of the semester.

Wilma La Cava, RN-c, MSN
SNO ADN Advisor (RCC)

Class Officers Spring 2007

Nursing 1

Main Campus

President: Kimberly Halbert

Vice Presidents: Stephanie Howard and Trish Mc Intyre

Secretary: Julie Sanchez

Treasurer: Jazelynn Yusi

SNO Representatives: Lila Nawabi and Marcia Ferreira

Historians: Anna Hurtado and Senedu Gameda

March Education Center

President: Sandy Brock

Vice President:

Secretary: Ashley Boucher

Treasurer: Holly Lafond and Crystal Ceballos
SNO Representatives: Stephanie Normand and Sara Zehntner
Historians: Elana Hampton, Simuoko Nau, Jantra Burd, Harry Agustin, Terence Calima,
Kristina Castle

Nursing 2

Main Campus

President: Cynthia Ortiz
Vice President: Cherrie Velante
Secretary: Judy Valencia
Treasurer: Stacey Villa
SNO Rep: Rick Hayatian

March Education Center

President: Kathy Driscoll
Vice President: Melinda Parkin
Treasurer: Dominique Bazanos
Secretary: Lisa Bieszczad
Historians: Joyce Oyetibo, Irene Perez, Daphne Holmes, Vernie Buscagan
SNO Representatives: Kelly McGuire, Crystal Veum

Nursing 3

Presidents: Keith Cunningham, Jeanette Battles
Vice President: Samantha Sherlock
Secretary: Kimberly Tucker
Treasurer: Tesfamariam Tesfa
SNO Reps: Leonie Taniform (MEC), Leslie Bennett
Historians: Doug Pederson (MEC), Lieu Vo, Cassandra Nissen, Melissa Tolentino
Learning Resources Representative: Tamara Hall, Loreen Gutierrez
Curriculum Representative: Loreen Gutierrez, Tamara Hall

Nursing 4

President: Linda Clayton-Dhennin
Vice President: Ruby Grove
Secretary: Karen Navarro
Treasurer: Connie Matty, Karen Navarro
SNO Representatives: Elizabeth Moore, Felicia Thompson
MEC Rep: Renattha Contreras
MEC Historians: Vernita Castro, Mindy Klatt, Sarah Cahoon
FLEX Rep: Mary Ann Cox
FLEX Historians: Ed Cagandahan, Jessica Dinga, Michelle Lanorias

VN

President: Michelle Deal
Vice President: Teresa Weatherwax
SNO VN Vice President: Ash Fromson

Secretary: Jeanine Barragan
Treasurer: Bernadette McNurlan
Historians: Ryan Tabares, Karen A. Richardson, Charisse Gonzales-Macquilan

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**SNO Officers
Spring 2007**

<i>President:</i>	Ruby Grove
<i>ADN Vice President:</i>	Linda Clayton
<i>VN Vice President:</i>	Ash Fromson
<i>Secretary:</i>	Candace Hopkins
<i>Treasurer:</i>	Felicia Thompson
<i>ICC Representative:</i>	Kelly McGuire
<i>SNO Flurry Editor:</i>	Ronald Pang
<i>Allied Health Commissioner:</i>	Katrina Talley
<i>Scholarship Chair:</i>	Rick Hayatian
<i>Alumni Association Liaison:</i>	Samantha Sherlock
<i>Historian:</i>	Angie Tutoki
<i>Breakthrough to Nursing:</i>	Kathy Driscoll

SNO Meeting Calendar Spring 2007

8:00 AM, in Heritage Rooms, located in the Bradshaw Center (unless noted otherwise)

April 16, Meeting (Hall of Fame)

April 25, Blood Drive

May 7, Meeting (Nominations)

May 10th, 10th Annual Nursing Alumni Reception

May 21, Meeting (Election)

June 27, Blood Drive