

# SNO Flurry

Student Nurses' Organization



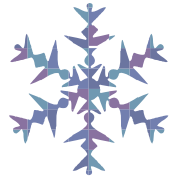
## *Riverside Community College Student Nurses' Organization Newsletter*

February/March 2008

### **Message from the Dean/Director**

Welcome Back! Spring is in the air and a new semester has begun!

The exciting news this week is that we just completed a one-day focused visit from Dr. Sharon Tanner, Executive Director of the National League of Nursing Accrediting Commission. Dr. Tanner toured this campus and the March Education Center, as well as visiting our Sim Labs, Nursing 7, the Digital Library, and the MLK Nursing Computer Lab. She talked to administrators, faculty, and students. And guess what? She concluded the visit by telling us what a wonderful program we have, with great faculty and students, as well as a wealth of available resources. This visit was the final step in extending our NLNAC accreditation to the MEC campus and we are happy it is successfully over. As students, this is important for you when you graduate and go on to advanced education or seek employment at places like the VA hospital, where they require their employees to graduate from accredited schools. Hold that thought as you study hard for your exams this semester.



Other news is that Riverside Medical Clinic is hosting a big fund-raising event for the School of Nursing on March 20<sup>th</sup>. This event is to (hopefully) raise the money needed to purchase Human Patient Simulators (at \$65,000 each!) and other expensive equipment our new School of Nursing will need. By the way, if you want to name our new building, you may do so—for a price tag of \$5 Million!!

The Press Enterprise recently contained two articles about the School of Nursing—one related to receiving a Song Brown Grant from the State (where we were rated #1 of all applications), and the other showing that the new Nursing/Sciences complex are the #1 priority for this college's building program. Thank goodness for that, because you know that we really do need more room!

Have a wonderful semester, and I look forward to seeing many of you at Dean's Council on Monday, March 17<sup>th</sup>! Happy St. Patrick's Day!

Sandy Baker, DNP, RN  
Dean, School of Nursing

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### **Message from the Associate Dean/MEC**

Greetings from the March Education Center!

We hope you all had a restful and fun break! (Remember Christmas?) Many fun things have been happening in our program lately! We had very successful Board of Registered Nursing and National League for Nursing accreditation visits in the past few months. They both went very well. We appreciate all of the student participation! Both Dr. Bedroni and Dr Tanner commented on how positive and dedicated our students are! You made us proud!

Some great news! We have been approved to have the internet installed for student use at MEC! Hopefully we will have this up and running soon. We are also ready to have a network printer installed for student use as soon as the network is connected.

We have held some block labs here at MEC and we hope you all learned a lot! Daylight is growing longer now and so take advantage of the extra time to be out doing some fun and family/friend things. Stay focused and you will succeed!

Have a great semester and know that you can and do make a difference in the lives and health of the ones you care for!

Lisa Howard, EdD, RN  
Associate Dean, March Education Center

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### **Message from the ADN Chair**

Welcome to Spring, 2008 in the RCC School of Nursing! We are off to a good start, with four weeks of the semester already completed. I would like to extend an extra warm welcome to the new nursing students. While I know you may feel overwhelmed right now, you will be amazed how quickly time flies in the program. Undoubtedly, you have already learned that nursing school is different than anything you have ever experienced before. Even if you are an advanced placement student, things have changed, and many of the challenges of the ADN program are new to you. To the returning students, welcome back. You are one step closer to completion. The nursing department has many resources to help you be successful, including dedicated full time faculty and numerous adjunct faculties who work in the learning resources lab, including LS207, the Simlab, and MLK computer lab. These faculties can assist you with studying, skill practice, and care plan development. If you are struggling in any way, please make an appointment with our Student Outcomes Specialist, Dr. Patricia Tutor as soon as possible. She has many resources to help you help yourself.

Have a great semester! Please feel free to stop by any time if you have questions, concerns, or just need someone to listen. We are all here for you.

Anita G. Kinser, EdD, RN-BC  
ADN Department Chair

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### **GREETINGS FROM THE VN PROGRAM, March 2008**

Welcome to the Spring 2008 semester, especially to our new Nursing 1 and Advanced Placement students in both the ADN and VN Programs. We know you have entered our programs after rigorous preparations and you feel great anticipation to be embarking on this part of your professional journey. In return, we make every effort to carry out our responsibility to provide you with the highest possible quality of nursing education. Students and faculty working as a team create an optimum environment to reach our common goal. Let's go for it!!

Vocational nursing students in the part time program are enrolled in Nursing 63, the mental health course. Excitement was in the air as they prepared for their first clinical day on March 10 or 11. Finally they will be able to develop a NCP on a "real" client and intervene with the communication skills learned in Nursing 50 and Nursing 60. The full time students have had little "down" time. During the Winter 2008 Intersession, they completed a six unit pediatrics-maternity course and the following week they jumped headfirst into the spring semester, with its demanding medical-surgical nursing

course. With each day of clinical experience, they report satisfaction with their developing competence and confidence. It sounds like a great voyage of discovery! ☺

The VN Program, Class of 2007, has donated \$800.00 to the Nursing Endowed Scholarship, which was established in 2006 with a “corpus” of \$10,000. The neat thing about an endowed scholarship fund is that it earns interest, which is used for the yearly scholarship awards; the minimum interest earned yearly is approximately \$450. Last spring, the four nursing students selected as Distinguished Male and Female students from the VN and ADN Programs received \$100.00 scholarships. As the fund grows, the dollar amount will be increased. We are asking that each ADN and VN class consider contributing money left over from the Pinning Ceremony to the fund. Make your money work for nursing students far into the future! Please see your Pinning Ceremony advisor to discuss this further.

The VN Program team members extend our very best wishes for your most rewarding semester yet. Study hard, then take the time to reflect on what you have learned and to savor your successes.

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

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Welcome to all students, new and returning. As you continue in your semesters, remember to do some form of course work each day. Every assignment is meaningful and with a purpose – to assist you in becoming an informed and knowledgeable nurse for your patients and your profession. Please watch for Study Skills and Test Strategies Workshops, signs will be posted in Nursing 7. Even if you have attended either before, there is something more to learn to become a strong and focused nursing student.

Take note of the results of the “Healthy People 2010” survey. Of the students completing the survey, item analysis revealed 84% frequently to occasionally eat right; 65% rarely to occasionally exercise at least 3 times per week; 76% frequently to occasionally manage stress well; 66% rarely to occasionally sleep at least 8 hours most nights; and 59% always to frequently make time for recreation at least once a week. With respect to tobacco/alcohol/drug use, 59% never use these means to cope with stress, however, 17% selected the “always” to “frequently” use of these methods to cope with stress. Finally, 69% of the students feel they are always to frequently under a lot of stress.

With respect to the “Cultural Competence Self-assessment Tool: Promoting Cultural and Linguistic Competency”, created by Tawara Goode, item analysis revealed at least a minimum average score of 70% cultural competency on all survey items, with the exception of one. Those of you who completed the survey produced a mean positive response of 82% (selecting “things I always do” to “things I do frequently”). The exception was a 41% positive response with respect to intervening in an appropriate manner when others are observed engaging in behaviors that show cultural insensitivity, bias, or prejudice. The goal is at least a 70% competency on each survey item.

Both survey results are presented to you to encourage self-awareness of health-related behaviors and to promote cultural competence in all of us associated with the

nursing programs. I look forward to meeting you as you continue with your sincere efforts to be successful nursing students.

Respectfully,  
Patricia Tutor Ed.D. RN  
Associate Professor, Nursing  
Student Outcomes Specialist

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light from within.

Elisabeth Kubler-Ross

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### **VN Class**

Hello From the VN program...

One new thing this year is that patches have been added to the VN uniform. Working as a class, the full time students of 2008 came up with the idea of the patches similar to the RN program patches to look more official. We designed them, voted for them, adopted school colors and incorporated them into the VN uniform that the new patches will be a part of from this time forth. We all look so professional!

Fundraising so far has consisted of selling water in class that has been graciously donated by Tressa Newell, collecting on the recycling monies that Catherine Burke has volunteered to take care of, and raffling off various donated books and items from Dr. Rowe and those who have donated books and items to the class. We really need to get started with some aggressive fundraising efforts any good ideas, let me know. As time progresses, we begin to feel more and more like nurses as we begin to be able to fill our "baskets" with completed objectives and new skills.

Thomas Ross  
VN Class President

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### **Nursing 1**

The nursing 1 students are off and running, there are forty-nine of us. Most of us are still feeling a sense of anxiety, confusion, and fatigue entering our fourth week. I know, "we haven't seen anything yet!" We did start out the semester on a very positive note though. Our class was commended by the Nursing 1 faculty for having been the first class in a long time to have all of our paperwork completed before the start of the first class. The past few weeks have been eventful to say the least. We would like to express our gratitude to the faculty and the SNO officers for the welcoming ceremony held on March 3<sup>rd</sup>. I would also like to especially recognize and thank all of the Nursing 2 students for helping us out during our orientation. Our big sisters and brothers are the best. Thank you so much also for the gifts and the luncheon put on for us during the orientation. We also had a good turnout at the back-to-school event, which took place on March 8<sup>th</sup>.

We were all anxious to get started in the clinical portion and the feedback from everyone thus far has been great. Up to this point our abilities in the clinical setting have been limited to bed making, assistance with feeding, oral hygiene, and bathing. We will soon be learning how to properly take vital signs and I can tell that the nurses and CNA's are looking forward to that. At this point we're all still overwhelmed with the nursing

care plan forms, but I'm sure that it will get easier or so I've been reassured by our fellow senior classmates. We will be looking forward to attending our first SNO meeting next week.

Tony Barraza  
Nursing 1 Class President

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**Nursing 2 City Campus**

Congratulations for making it through N1. It's back to school for all of us June 2009 RCC ADN students. Winter intersession seems like a dream after that first 12-hour clinical rotation right? Thank you all for electing me your president for N2. I look forward to representing our class. I would like to offer a big thanks to Monica for taking on the presidential responsibility for N1 and offer congratulations to all of the other newly elected officers.

What an interesting and exciting semester we have ahead of us, with babies, pregnancy and more med-surge! Our staff for this semester are warm and receptive (just like first semester!) and are there to help us to get through new procedures, new paperwork and long hours. If you are having problems or need help, remember to ask for it from our instructors, Nursing 7 staff and other students. Don't wait; we are all in this together. (I am always available for study groups and email sessions!) I also encourage all of you to give the N1 students supportive words when you see them looking overwhelmed; we were there not so long ago.

For all of us in N2 we have come so far and learned so much in the N1 semester, just think of what we will know and experience by the end of this semester. A little less sleep never hurt anyone right? As Benjamin Franklin once said "There are no gains without pains" and we have all felt the pain of nursing school but have gained so much in knowledge.

Paula Stacey  
Nursing 2 Class President

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**Nursing 2 March Education Center**

Welcome back!! It was a nice break. Not long enough for some and yet not long enough that we have forgotten everything. Wow, Nursing 2 is such a different feeling than Nursing 1. We aren't as nervous. We feel like we have been here already. Nursing 1 did a great job preparing us for this semester. Now we just have to adjust and get our school hats back on and get through another semester of tests and care plans. We have been through this before and I know we can do it again. Good luck to one and all and may this semester meet you with great experiences and new challenges. Let's not forget we are all here for each other and our patients. Caring and support go a long way!

Larry Lee  
Nursing 2 MEC Class President

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**Nursing 3 City Campus**

Nursing 3 has welcomed several new students this semester. As the Riverside Campus class president (and a fellow student and study partner), I want to say welcome to our class. We appreciate your knowledge and experience, and we look forward to getting to know each of you!

As per usual, nursing has returned from break with a whirlwind of information. This semester brings the challenge of IV piggybacks and calculating MSI and MSD. We are working on understanding what an endoscopic retrograde cholangiopancreatography is. We are also learning about enteral and parenteral feedings, therapeutic communication techniques for clients who are in psychiatric units, how to handle colostomy bags, how to calculate drip rates, and all about the best suction techniques.

With a portion of the class starting their psych rotations and with others returning to med-surge, the third semester has so far been both interesting and challenging. The excitement is building as we are counting down our last year in the RN program. We're almost there. Let's try to keep up the excitement and enthusiasm for the next nine months!

And after that . . . I'm thinking beach BBQ . . .

Sarah Lassek

Nursing 3 Class President

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### **Nursing 3 March Education Center**

Wow! A full year had past since we've started and we're on the down hill slope on our way to graduation and a brand new career as nurses. Nursing 1 and 2 are behind us now it's amazing how much we've learned in such a short time.

Welcome to all the additional students we've picked up this semester. Many of you have experiences that we can all draw from this year and it will be greatly appreciated.

With our first dosage calc exam behind us, most of us are looking forward to our Psych rotation, along with starting IV's, blood draws, and colostomy care. And... with the IV block lab behind us (along with the bruises) we're ready to be the nurse. Nursing 3 is the best semester so far. We have AWESOME instructor (we have all along) and our competence and our confidence are apparent. We've gotten the hang of care plans and now are working on our plan of care. Charting will soon become second nature. ☺

Congrats to all that have made it this far....the light at the end of the tunnel is getting brighter.

Happy studying to all!

Sandy Brock

Nursing 3 MEC Class President

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### **Nursing 4 City Campus**

I think the most important thing that I could possibly say at this point is....ONLY 3 MORE MONTHS UNTIL GRADUATION! These past two years in nursing school have gone by unbelievably fast, and some of us have wished it to go by faster. Now that we're in Nursing 4 we have more anxiety then we did in Nursing 1! Now we can actually see a dim light at the end of the tunnel, and are hoping that this light will get brighter after each test! This semester we're learning a lot of new content and sometimes feel like we're learning another language...CVP...PAWP...PAP...SVR...HUH? So far, we've learned how to administer IV medications, tracheostomy care and suctioning, chest tube care, blood product administration and much more.

We have a great class that I'm proud to be a part of. Without everyone's support for each other, we wouldn't have made it this far. Well, maybe we would have, but it

wouldn't have been as enjoyable! Try to have SOME fun this semester as this is our last one!

Cynthia Ortiz  
Nursing 4 Class President

**NURSING 4 March Education Center**



Can you relate to this cartoon? I know my N4 classmates, myself included, are in agreement with this comic strip.

Well, the semester is off and running for all of us. What words can I put in this article to encourage us all? It's ALL worth it in the end! We are entering into the most fantastic profession in the world. The opportunities, adventures, and options for registered nurses are vast. I encourage you to be excited wherever you find yourself right now. There are hundreds of other people that would give anything to take your place. You are dedicating your time, blood, sweat and tears to a noble calling. Be proud that you are a nursing student. Be especially proud that you are a nursing student from RCC. All your hard work will pay off.

Happy Studying,  
Katherine Driscoll  
Nursing 4 MEC President

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**SNO President**

Hello from SNO:

It is the start of another semester and I enjoyed meeting all of the new students and class officers from the ADN program as well as the VN program at the student welcome on March 3, 2008. I am sure that everybody is now feeling a little bit overwhelmed. Nursing 1 is sure to be in clinical by now and, for many, it is the first time they have been exposed to the hospital setting and clinical care. It can be intimidating, but I can say that it becomes a little more comfortable as time goes on. Nursing 2 and 3 are learning new skills and applying them in clinical. We in nursing 4 are also learning new skills as well managing team members in the clinical setting. The VN program is looking towards graduation this summer; I wish you all the best.

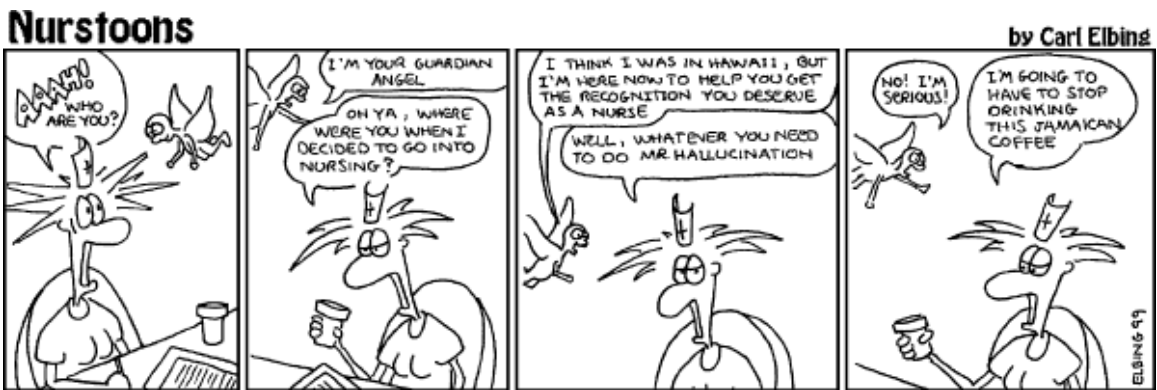
There are several events coming up this semester that SNO will be involved with. There will be the 57<sup>th</sup> NSNA Year End conference in Grapevine Texas March 26-30. Sarah Lassek will be part of the NSNA Resolution Committee which is commendable

and a great representation of RCC. To all others that are attending, have a great time with the experience. On April 30, 2008 SNO will hold another blood drive. We will be asking for volunteers to help sign up potential donors. Any help will truly be appreciated. I hope to see all of you at SNO meetings this semester. If there are any questions you have for me pertaining to SNO or if you have any questions about the program, I would be happy to answer them if I can or I will, hopefully, direct you to the instructor that can. Remember that you also have your big sister or brother.

Take care and have a great semester.  
 Rick Hayatian, Nursing 4  
 SNO President

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**Our moment of Zen...**



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**Messages from Our Advisors**

Welcome back to our returning students and Welcome to our new Nursing 1, Advanced Placement and Flex students. We hope that your semester is going well.

We are already very busy with SNO activities. We had a very successful Blood Drive January 30<sup>th</sup> with 55 donors and 39 units of blood collected. Thanks to those who did sign ups and/or donated blood themselves. The next Blood Drive will be April 30. We still have a few spots open for people to sign up donors. The list is posted on the SNO Board. Also, if you're looking for scholarships to apply for, check the SNO Board as there are some new scholarships posted. The Nursing 1 Orientation in February went very well and was so appreciated by the incoming Nursing 1. Thanks to those who helped. The Welcome Tea and Back to School were well attended and I hope helpful to all who could attend. We will have four representatives representing you at the 57<sup>th</sup> NSNA Year End Conference in Grapevine, Texas March 26-30. Sarah Lassek is serving on the NSNA Resolution Committee and will be working on resolutions March 24-30 and will be very visible as your representative at NSNA.

I wish you a very productive semester as you progress on to your goal to achieve licensure as an LVN or RN. Have a great semester. Remember to steal some quality time from your schedules and take care of yourselves.

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

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## **Class Officers Spring 2008**

### **Nursing 1**

#### **Main Campus**

**President:** Tony Barraza

**Vice Presidents:** Michelle Barilics, AM

Ejay Cruz, PM

**Secretary:** Brandy Casey

**Treasurer:** Megan Alcantar

**SNO Representatives:** Shalyn Stanfield, AM

Amber Melonson, PM

**Alternates:** Brandy Casey, AM

Thao Ta, PM

**Historians:** Shalyn Stanfield, AM

Michelle Douglas, PM

Charmaine Terry, AM

Michelle Douglas, PM

### **Nursing 2**

#### **Main Campus**

**President:** Paula Stacey

**Vice Presidents:** Karan Kalkat and Sarah Porter

**Secretary:** Crystal Perez

**Treasurer:** Chelsey Howe, and Christina Dautrich

**SNO Representatives:** Rachel Rodriguez, Monica Medice, Rebecca Clarkson

**Historians:** Jodi Torske, Kim Elevazo, Kristin Santiago, Connie Alvarado, Kim Lunetta,  
Chelsey Howe, Christina Peterson

**Learning Resource Reps:** Debbie Ward, Debbie Tustin

**Curriculum Rep:** Dana Buell

#### **March Education Center**

**President:** Larry Lee

**Vice President:** Dawn Dehdashtian

**Secretary:** Lindsey Vander Meulen

**Treasurer:** Dalene Knight and Erin Goetz

**SNO Representatives:** Michael Buffington, Maria Lorenzo

**Historians:** Judie Black, Carla Carter, Raelina Diaz, Holly Gannon, Dalene Knight,  
Kimberlee Scotese, Ariana Robles

**Learning Resource Rep:** Erin Goetz, Rebecca Smith

**Curriculum Rep:** Kimberlee Scotese

### **Nursing 3**

#### **Main Campus**

**President:** Sarah Lassek

**Vice President:** Jose Batac

**Secretary:** Julie Sanchez

**Treasurer:** Jazelynn Yusi

**Historian:** Jennifer Giro, Anna Hurtado, Eric Cathey, Delana Lloyd  
**SNO Rep:** Monica Ortiz, So Mi Ko  
**Curriculum Rep:** Amy Buckley  
**Learning Resources:** Kim Halbert

March Education Center

**President:** Sandy Brock

**Vice President:** Amber Harris

**Secretary:** Ashley Boucher

**Treasurer:** Kim Eisenman

**SNO Representatives:** Ann Fish

**Historians:** Christine Boyer, Elana Hampton, Danielle Foster, Ann Fish, Lisa Patricia

**Curriculum Rep:** Open

**Learning Resources:** Open

**Advanced Placement Representative:** Open

Nursing 4

**President:** Cynthia Ortiz,

**Vice President:** Cherrie Velante

**Secretary:** Judy Valencia

**Treasurer:** Stacey Villa

**SNO Reps:** Rick Hayatian

**Historians:** Esther Baez

**Advanced Placement Rep:** Rina Gillard

**Learning Resources Representative:** Open

**Curriculum Representative:** Open

March Education Center

**President:** Kathy Driscoll

**Vice President:** Melinda Tasker

**Treasurer:** Dominique Bazanos

**Secretary:** Lisa Bieszczad

**SNO Representative:** Elle Stran, Angie Tutoki

**Learning Resources Representative:** Open

**Curriculum Representative:** Open

VN

**President:** Thomas Ross

**Vice President:** Melva Cooksey

**Secretary:** Priscilla Rosal

**Treasurer:** Tamara Lewis

**Historians:** Jimson Romero, Jacquelyn Woods, Lisa Mattox

**SNO Reps:** Jill Harmon, Tamara Lewis, Kristie Wolf,

**Environmental Engineers:** Catherine Burke, Tressa Newell

**Learning Resources Representative:** Amy Hayes

**Curriculum Representative:** Alexandre Monteiro

**VN Scholarship:** Angel Vipond

**VN Lobbyist for Extra Credit: Angel Vipond**

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**SNO Officers  
Spring 2008**

<i>President:</i>	Rick Hayatian
<i>ADN Vice President:</i>	Sarah Lassek
<i>VN Vice President:</i>	Melva Cooksey
<i>Secretary:</i>	Sandy Brock
<i>Treasurer:</i>	So Mi Ko
<i>ICC Representative:</i>	Michelle Larkin Coordinates: La Shawn Larry, Tory Johnson,
<i>SNO Flurry Editor:</i>	Ronald Pang
<i>Allied Health Commissioner:</i>	Michelle Larkin
<i>Scholarship Chair:</i>	Angel Vipond
<i>Alumni Association Liaison:</i>	Kathy Driscoll
<i>Historian:</i>	Tryphena Arthur
<i>Breakthrough to Nursing:</i>	Joy Harris

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**SNO Meeting Calendar Spring 2008**

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

March 17, Meeting (Dean's Council following)

April 7, Meeting

April 21, Meeting

April 30, Blood Drive

May 5, Meeting (Nominations)

May 8, Nursing Alumni Reception, Hall of Fame, 6-8:00 p.m.

May 19, Meeting (Election)

June 25, Blood Drive

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