

# SNO Flurry

Student Nurses' Organization



*Riverside Community College Student Nurses' Organization Newsletter*

**March 2006**

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

Wow, the semester sure started with a bang, didn't it? As usual, a lot is happening here at the RCC School of Nursing. A summary of the happenings so far:

1. The new Human Patient Simulator Lab had its Grand Opening on February 9<sup>th</sup>. About 60 members from RCC, our hospital affiliates, and other local colleges attended including the new RCC President, Dr. Daniel Castro. A BIG Thank You to Dr. Anita Kinser for all the work she's put in to get our Sim Lab up and running and also to the faculty for taking the ball and running with this project. By Fall 2006, we should be adding two new members to our "family" a Pediatric Simulator and Sim Baby.

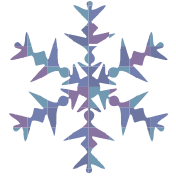
2. As the SNO Flurry is going into printing, we are waiting eagerly to find out if we are to be recipients of new State grants that would start up an extension of our program at the March Education Center in Moreno Valley. If we get both grants, they will fund a program that will graduate up to an additional 150 nurses in a two-year period, over and above our current numbers. The grant will also allow us to continue our highly successful Flexible LVN to ADN Program involving the video streaming of lectures to off campus computer terminals. Several of our partners have expressed an interest in hiring some of our VN graduates in August and funding the last year of their RN education here at RCC.

3. We are finalizing contracts with several new facilities in the greater areas including San Antonio and Arrowhead Regional. These contracts will allow us to enroll additional students to help meet California's severe nursing shortage.

4. Plans continue for our new School of Nursing tentatively scheduled to break ground in Fall 2007 and be completed in Fall 2009.

There's a lot more but these are certainly the highlights. For now – use all your resources to be successful, most especially your faculty. The luck of the Irish only goes so far—studying is a safer bet for success! I hope to see many of you at Dean's Council on March 20<sup>th</sup>

Sandy Baker, RN, MSN  
Dean/Director, Nursing Education



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## **Assistant Dept. Chair ADN Program**

You are now well into your semester and have taken your first exam(s). It is our hope that you are doing well. If not, there are resources available to assist you. We have a faculty member, Mrs. Drummond, who can assist you with study skills and test-taking strategies. She is available by appointment. There is also your semester level faculty. If you do not feel like you are doing as well as you would like and you know that you are

putting in the study time, consult your faculty. We are here to assist you to be successful but you must be sure that you are doing your part. We cannot do the learning for you.

The nursing faculty are incorporating the use of the human patient simulators into block labs. We hope that you are finding this helpful in developing your skills. We are hoping to evolve in the use of the simulators as we become more comfortable with them. Please give your faculty feedback regarding your experiences. Dr. Kinser would appreciate any feedback or suggestions that you might have on how we can improve this experience. Remember that the simulation lab is a simulated clinical experience and should be treated just as though you are in clinical.

RCC's Nursing Education program has submitted two grant requests to obtain State money to help expand our ADN program. As many of you know, we have a significant nursing shortage in California. If we receive one of the grants the department will be looking at ways to expand our nursing program admissions for entry and advance placement. Since we are maxed out on facilities here on the Riverside campus we will be exploring the possibility of an evening/weekend program or an extension of our program off campus.

The ADN program continues to have a very high NCLEX-RN pass rate; 95%. Our graduates are in great demand in our community. Those of you doing clinical may see some of our former students now working as registered nurses. Just think this will be you one day. You have chosen a wonderful career that will offer you many opportunities to touch lives and make a difference. We want you to be well prepared to go out and work as a registered nurse. We know that this takes a lot of commitment and self-sacrifice on your part. Nursing education is not easy but it will be well worth it when you have successfully completed the program. Keep focused on your goal. Our goal is to help you be successful in completing the program you began so you can begin working as a registered nurse. Good luck to all of you.

Sincerely,  
Angie Fawson, RN, MSN  
ADN Department Chair

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### **Greetings From the VN Program, March 2006**

Welcome to the Spring 2006 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 7. They were 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 2006 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 nursing faculty needs the students' help in building an endowed scholarship fund for our nursing students. The fund requires a "corpus" of \$10,000 in order to extend for perpetuity. The neat thing about an endowed scholarship fund is that it earns interest, which is used for the yearly scholarship awards; the minimum earned is approximately \$450 each year. A number of VN Program classes have contributed to the fund and faculty members contribute through payroll deduction. Currently we have almost reached our goal. 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, RN, MSN, ANP  
Associate Professor, Nursing  
VN Program Assistant Chair

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*Attention: All ADN Students*

## HCA Cares Program

RN Nursing Students: Do you need financial help to complete a nursing program? After graduation would you be willing to work in a Medical-Surgical Unit at Riverside Community Hospital? If so, we can help?

To apply for the HCA Cares Scholarship/Loan Repayment Program contact:

Vivian Armstrong, Career Development Counselor  
Riverside County Workforce Development Center at (951) 955-9918

The HCA Cares Program provides funds to help those who want to pursue a career in health care. As a provider of quality health care and services, we are seeking individuals who share this common mission.

- Applicants must be enrolled in the first semester of nursing and be in good standing in an accredited RN nursing program.
- Accepted applicants receive \$1500/every 3 months for tuition, books, and living expenses while a student in a nursing program to become an RN (up to 2 years).
- Upon graduation, the participant agrees to work on a Medical-Surgical Unit at Riverside Community Hospital.

- For every 520 hours of continuous regular employment, \$1500 will be canceled. You will work at full salary; nothing will be deducted for loan repayment.
- In the event the participant is not employed at Riverside Community Hospital for the period of time sufficient to cancel the obligation, arrangements must be made to repay the remaining funds.

*Please contact Vivian Armstrong for details and to initiate the application process.  
We look forward to helping you pursue a career in healthcare.*

Pearl Lee, HCA Cares Program Coordinator  
Riverside Community Hospital Education Dept. (951) 788-3152  
Dr. Marie Colucci  
(951) 222-8238  
[Marie.Colucci@rcc.edu](mailto:Marie.Colucci@rcc.edu)  
Riverside City Campus, Nursing Education

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### VN VP

Welcome back from a fast paced winter session! Our fundraising efforts are going great. Erica Brooks was the winner of the winter class dues raffle. Included in the raffle basket were NCLEX books, a pair of nursing shoes, snacks, reams of note book and printer paper, pens, pencils, care plan book, dosage calculation software and a surprise gift card to a uniform shop in the amount of \$75! One thing for the class members to remember is that earlier this school year as a class we decided to have class dues to help pay for our pinning ceremony. The raffle baskets are done to encourage students to pay their class dues. There were many people who donated items or money for the raffle basket and a great big thank you goes out to all of you. All of your donations are very much appreciated; these items make the baskets as great as they have been. Thank you.

The RCC VN program is also selling nurse and surgical nurse stuffed bears for \$5.00 each to support our program but also to support the March of Dimes and their essential research. If you are interested in purchasing one (or more), please see any VN program class officer or Diane Odgers, our SNO VN Vice President.

While surfing the Internet I came across a web page by the name of NurseTV.com. What caught my eye was that the website mentioned a reality television show about nurses. The show, 13 Weeks, follows the life of six traveling nurses who are located in Orange County, California. There are no prizes to be won, simply nurses sharing their experiences. A traveling nurse company in hopes of encouraging nurses to consider traveling nursing sponsors the show. During the first episode, a labor and delivery nurse, Amy, is followed and she says something that we are taught. While discussing her duties as an L&D nurse she states, "I treat my patients and their families like gold because that's how I would like to be treated and how I would like my family treated. It is tough but is also extremely worth it."

As students we are given more and more opportunities to assist with patient care and I think that what Amy said should always be at the forefront of our minds. Have a great spring semester!

Sylvia J. Tolang-Cruz  
VN Class President

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## **Nursing 1**

"You know you're a nursing student when you believe that experience is something you don't get until just after you need it!" I'm sure this is how we are all feeling after our first month of nursing school, but hey, we're in Nursing 1! We are in the program! No longer are we staring at those students in white, thinking, "One day!" Today is that day!

We had a great experience during our first two weeks of clinicals: from code reds to colostomy bags, to experiencing the sleeplessness of our first week of clinical prep tools and patho's. I am amazed and so proud to see how fast our camaraderie is growing and it is so inspiring to see our whole class pull together and work as a group and help each other. I know that we are all overwhelmed by the abbreviations and the MD notes and the 100 mph minimum speed limit for giving report, but just think... by next semester, all that will seem like child's-play compared to the new information that we will have to learn!

All joking aside, Nursing 1, we are doing a great job! We are learning so much so fast. We have already come so far, so just know that "you will come to know that what appears today to be a sacrifice will prove instead to be the greatest investment that you will ever make." (Gorden B. Hinkley)

All my love and lack of sleep,  
Sam Trout  
Nursing 1 Prez

P.S. Thank you to all of our Big Brothers and Big Sisters! You have helped reduce the already nuclear meltdown level of our stress.

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## **Nursing 2**

Here we are back for our second semester! It feels pretty good not to be on the lowest rung of the ladder and to see progress. Most of us have had a chance to meet and talk with our little sisters and brothers and it is amazing that now there are people asking our advice! Our advice is just breathe and make friends with your care plans because they don't go away, they just get bigger (and better?). We are still asking advice too so we hope our big sisters and brothers in Nursing 3 still have time for us.

The general consensus is that the Nursing 2 semester is way better than the Nursing 1 semester. The stress level is about a million times lower and the days don't seem as endless. In clinicals we get to do more than beds and baths and most of us have discovered we have real nursing and critical thinking skills! Here we are with 4 weeks of school under our belts and we are starting to feel like actual nurses. So far, everyone is having great experiences in their rotations and in a week we will be in rotation 2. Those of you going to RCRMC for OB get ready to change uniforms a lot!! In April, 6 of us are going to the NSNA conference in Baltimore and I'm sure that there will be lots to learn there as well.

As a member of Class of June 2007, I consider myself so lucky to have the classmates that I do. We are buddies and colleagues and it's very cool the way we have

each other's back. What would we do if we had to take a test without Alan saying, "Good luck everybody"? We are an awesome team; wouldn't it be great if some hospital would hire all 60 of us!! I guess we can talk about that in two semesters.

Linda Clayton  
Nursing 2 President

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### **Nursing 3**

There is a chill in the air and a glazed look in our eyes. Yes, that's right, we are back in the second happiest place on earth, RCC. As we come back, we are once again faced with a mountain of knowledge to acquire, an unbelievable brightness of those nursing 1 students in their white uniforms and the realization that the social life you were enjoying has once again been put on hold until June 5<sup>th</sup>.

Welcome back to everyone in that middle child of semesters, Nursing 3. We can rest assured in the knowledge that the second we walked into class on February 13<sup>th</sup>, that we had crossed the halfway point. Somewhere way off in the distance there is that proverbial light at the end of the tunnel. But at this point, we are just trying to not bleed all over the floor from the IV's that our classmates started on us and trying to gather our courage to walk into the psych ward.

For many of us, this will be the first time to encounter this kind of unique patient and a great opportunity to dust off those therapeutic communication skills (What do you mean active listening? You mean like running while listening to the Backstreet Boys on my MP3? "quit playin games with my heart.."). And of course, we are back to the med-surg again and trying to not completely break down as our instructors try to drill in the "You are the nurse, figure it out!" mentality. It is exciting and nerve racking at the same time.

It is a very wonderful time for many of us when '06 rolled around. It left us with the knowledge that during this very year, we will be done with nursing school and off and running to take our NCLEX. We are now less than 9 months from being done. Very exciting.

We just finished our first test. So now that we know what to expect, we can exhale, relax a little and get into the groove of Nursing 3.

Can you smell that? Can you? It is the smell of the best Christmas ever knowing that we are done with nursing school. It's coming, I promise you. But for now, we work hard, study, take it one test at a time, one lecture at a time, and realize that yup, we really can do this...

Rich Mears  
El Presidente de Nursing 3

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### **Nursing 4**

**WE ARE EXCITED TO BE HERE!** After a lot of hard work, sweat, and a whole lot of tears we finally made it to our last semester. It has gone by so fast. We have just finished our first test and overall the scores seem to be high, although we hear the next one is a lot harder. So far this semester we have learned blood administration, suctioning, central cath. care, chest tubes, and IV push meds. In the clinical setting we have been

taking charge of 3-4 patients, whole care and learning how to team lead. In class we have learned so many abbreviations that someone who might overhear us studying might think we are speaking in code. Now that our first test is over we can start planning our pinning ceremony, which makes us a little more motivated to keep studying. Good luck to my class on studying. Let's be the first class where everyone passes. We can do it!

Crystal McCarthy  
Nursing 4 President

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### SNO President

Welcome back everyone. I'd like to extend a special welcome to all of our new students. So far this semester we have had our Welcome Tea, our first SNO meeting, and the Back to School Event. The Welcome Tea gave us an opportunity to meet all the new nursing students and to extend our hand to them to let them know they are not alone. The first SNO meeting was successful. Things seemed to run pretty smoothly (well except for me continually asking Ms. La Cava "okay what's next?"). It was funny because I walked into the room and went to sit in my normal spot (in the back), as I started to put my things down I realized oh yeah I have to go sit up front, it takes a little getting used to.

Have a great semester.

Crystal McCarthy  
SNO President

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### SNO Editor

Welcome back everyone. Hope your break went well. To the new Nursing 1 students welcome -welcome -welcome, hang on it goes by fast. YOU CAN DO IT! The support you get from each other and fellow students will carry you when you're down. VN students are almost done, great job guys, just a little more. Don't forget the VN fundraiser, cute nursing and surgical bears for only \$5.00! How about those new simulators? Thanks to the faculty for thinking of us. They are much better than the old rubber arms and legs! Hang in there just 63 school days left!

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## Messages from Our Advisors

The semester is off to a great start! Forty-Seven new students attended the Nursing I Orientation and met their Big Brothers and Sisters January 13<sup>th</sup>. Our Blood Drive on January 25<sup>th</sup> had 33 donors participating. Thank you Patty Farnham for coordinating the Blood Drive. The Welcome Tea was a success with new, Advanced Placement and continuing students present. Lindsay Bacca and her committee (Sean Bacca and Jose Villegas) traveled to Moreno Valley High School for the Career Expo March 8<sup>th</sup> and 165 high school students talked to them about Nursing as a profession. The Back to School was also a hit with 67 students and their guests attending on March 11<sup>th</sup> in the Hall of Fame. Everyone was thrilled to visit the Simulator Lab and see our “Sim Family.” Thank you Dr. Anita Kinser for making it possible.

Twelve students will be representing RCC and Nursing Education at the National Student Nurses’ Association (NSNA) 54<sup>th</sup> Annual Conference in Baltimore, Maryland April 5-9, 2006. They will share their experiences in the April SNO Flurry so that those who could not go can learn a little bit more about conference. You may want to put October 6-8 on your calendar as the California Nursing Students’ Association (CNSA) will be holding its’ Annual Conference in Anaheim and with it that close perhaps you could go for a day. The NSNA Mid-Year Conference will be November 2-5 in Atlanta—another opportunity for you to consider.

This is your opportunity to place an order for your RCC School of Nursing Sweatshirt as we will be taking orders for sweatshirts this month. Pick up a flyer to place your order.

I wish you success as you progress through your semester and for Nursing 4 and the VN class the light at the end of the tunnel burns brightly.

Wilma La Cava, RN-c, MSN  
Associate Professor  
ADN SNO Advisor

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## Class Officers Spring 2006

### Nursing 1

President: Samantha Trout	Secretary: Heather VanDalsem
Vice President AM: Tabatha Kemp	Treasurer: Luisa DeLeon
PM: Lieu Vo	SNO Representatives:
Historian AM: Cassandra Nissen	Lindsay Lozano
Alt: Jan Tarculas, Haley	Katrina Talley
Albertazzie, John	Alt: Sharon Gerdes, Brittany Woodford
Cagandahan, Jaime	Sarah Dulton, Toni Waer
Vandenbush	
PM: Darlene Agustin	

### Nursing 2

President: Linda Clayton	Secretary: Karen Navarro
Vice President: Elisabeth Moore	Treasurer: Connie Matty
Historian: John Ferry	SNO Representatives: Minette Ralleca
Daisy Alvarado	Lindsay Bacca
	Alt: Elisabeth Moore

**Nursing 3**

President:	Rich Mears	Secretary:	Victoria Teets
Vice President:	Brian Bischoff	Treasurer:	Molly Bennett-Neuhoff
	Rina Gillard (Flex)		
Fund Raising/Overseer of Historians:			Candace McMillan
Historian :	Suzie Carter		Miranda Fugate
	Katie Jackson		Renattha Contreras
	Louanne Norris		Kelly Smith
	Colen Davis (Flex)		Carina Kroll (Flex)
SNO Representatives:	Amanda Moore	Learning Resources:	Doug Titus
	Gloria Tan		
Curriculum Representative:	Debbie Larkin		

**Nursing 4**

President:	Crystal McCarthy	Secretary:	Charity Griffin
Vice President:	Jeanette Tolentino	Treasurer:	Micki Vickroy
Historians:	Misi Komolafe	Learning Resources Representative:	
	Crystal McCarthy		
	Jennifer Goodner	Curriculum Representative:	
	Shiela Padre		Coleen Dupree
Flex President:	Lucy Wallund	SNO Representatives:	
Flex Vice President:	Bridgette Traylor		Justin Roldan
Flex Historian:	Raquel Banta		Cheryl Hilt
	Joyce Farmer		Lucy Wallund (Flex)

**VN**

President:	Sylvia Cruz	Secretary:	Daphne Holmes
Vice President:	Monica Ortiz	Treasurer:	Chris Adams
Historians:	Erica Brooks	Learning Resources Rep:	
	Dong Pederson		Joyce Oypyibo
	Russell Blankenship		Mike Ching
	Maria Hicaro	SNO VP:	Diane Odgers
	Van Chau	SNO Reps:	Jennifer Haley
Curriculum Reps:	Angie Fife		Katrina Culp
	Nenet Santos		Sharie Malubay

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**SNO Officers  
Spring 2006**

<i>President:</i>	Crystal McCarthy
<i>ADN Vice President:</i>	Ruby Grove
<i>VN Vice President:</i>	Diane Odgers
<i>Secretary:</i>	Candace Hopkins
<i>Treasurer:</i>	D'Ann Park

<i>ICC Representative:</i>	Cheryl Haynes
<i>SNO Flurry Editor:</i>	Donnelle Scherer
<i>Allied Health Commissioner:</i>	Patricia Farnham
<i>Scholarship Chair:</i>	Linda Clayton
<i>Alumni Association Liaison:</i>	Elisabeth Moore Minette Ralleca
<i>Historian:</i>	Lashemia Wilson
<i>Breakthrough to Nursing:</i>	Lindsay Bacca

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### **SNO Meeting Calendar Spring 2006**

*8:00 AM, in Heritage Rooms, located in the cafeteria (Unless noted otherwise)*  
 March 20, Meeting (Director's Council following)  
 March 27, 8:15 - 10:00 Joint Student/Faculty/Clinical Agency Nursing Advisory  
 (Hall of Fame)  
 April 3, Meeting  
 April 5-9, NSNA 54th Year-End Conference, Baltimore, MD  
 April 17, Meeting  
 May 1, Meeting (Nominations)  
 May 3, Blood Drive  
 May 11, 9<sup>th</sup> Annual Nursing Alumni Reception  
 May 15, Meeting (Election)  
 June 28, Blood Drive

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# **WELCOME BACK!!**