

SNO Flurry

Student Nurses' Organization



Riverside Community College Student Nurses' Organization Newsletter

April 2009

Message from the Dean



Happy Spring!

We are now more than halfway through the semester – YEAH! You are on the home stretch and the prize – a VN certificate or ADN degree – are within reach. Many of you are worried about your grades at this point – channel that fear into determination to succeed.

Seems like every semester we have something new to brag about here at the RCC School of Nursing! This semester, it is the new Electronic Medical Records System, Nurse². This system will bring our plan of care into the 21st century and provide our graduates with documentation skills they can expect to use in their employment as RN and LVN's. Thanks to all your patience as we continue to work the “bugs” out of the system – please email Dr. Kinser directly with any problems you encounter so they can be quickly remedied. Dr. Kinser is one of only 54 NLN (National League of Nursing) HITS Scholars nation wide selected to implement a nursing informatics project into their school and implementation of this system is her chosen project. Congrats also to Dr. Tutor whose poster on our HRSA Grant/FLEX program/SOS position was selected for the next NLN Educational Summit!

By the time you get this, Spring Break will be but a memory, but I hope you got some family time in addition to study time in. Remember, this summer we offer a Clinical Practicum course that allows you to practice your clinical skills in the hospital – see Kathy Havener or Stephanie Lowry for further information.

Take Care and hang in there!
Sandy Baker, DNP, CNE
Dean, School of Nursing

Message from the Associate Dean/MEC

Greetings from the March Education Center!

Hope you are all having a learning-filled semester! It is so hard to believe that we are through April and counting! Take some time to reassess where you are in terms of achieving your goals for this semester and realize that we are on the homeward stretch to June!

If you need extra assistance, be sure to see your faculty or Dr. Tutor. Make the most our wonderful simulator lab, and make an appointment to practice your technical skills and problem solving/decision making process!!

Take some time this spring break to reconnect with your family and friends, and make sure you do something special to rejuvenate!

Have some fun, be safe, and see you after break!!
Dr. Lisa Howard, Faculty and Staff
The March Education Center

Message from the ADN Chair

Happy Spring Everyone!!

I have always thought of Spring as a time of new beginnings, a time to start fresh. However, while you are in school this tends to be the busiest time of the semester which can leave you feeling tired and worn out. I would like to challenge you to take time to appreciate the wonders and magic of Spring. I already know what you are thinking...Ms. Vant Hul, I don't have time!! So I've come up with some ways that you can appreciate Spring and still stay up on your studies. 1) Take your books outdoors and study in the park or in your backyard. If you're brave enough, do it in your swimsuit. 2) Invite your fellow students over for a study session/backyard barbeque (Potluck of course). 3) Take an hour out of your studies and eat a big drippy ice cream cone, either alone or with your significant others. It's amazing how these simple pleasures refocus and refresh our souls. So I'm giving you permission to take some time to enjoy the Spring (while still studying) so that you can end the semester refreshed and rejuvenated. Don't hesitate to seek me out if you need further encouragement.

Tammy Vant Hul, MSN, ANCP
Assistant Department Chair, ADN Program

GREETINGS FROM THE VN PROGRAM

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 is just a short one, from your daily responsibilities. On a daily basis, we hope you take good care of yourself by balancing work, study, rest, exercise, and play, including doing something special for yourself.

With Spring Break a memory, 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 for you to meet student-learning outcomes (SLOs).

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 Plans of Care, preparing for the home health visit, and writing the SLOs for numerous ancillary health department observations, finding study time 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 15 weeks left until Pinning Ceremony on August 6 at 3:45 pm in Landis Auditorium.

In Uganda, Andrew Mwenda, founder and managing editor of a newsweekly, *The Independent*, faces ongoing challenges to printing information about official corruption in Uganda. He frequently survives personal attacks and threats, but he perseveres in speaking out against injustice, as evidenced by the quote below by Mr. Mwenda.

"The government can jail me or even kill me, but it cannot jail or kill the values and ideas for which we stand. "We are standing on the right side of history, defending freedom, liberty, and democracy at any cost."

As we are reminded to give thanks for living in a country that allows freedom of expression and strives for decency in government, we as nurses might consider reaffirming our commitment to sticking to our principles and values, even in the face of ridicule or derision. We may not be the most popular, but at the end of the day we can rest peacefully, knowing that we upheld the nursing profession dedication to excellence.

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

VN Class

Hello nursing students and staff. We are almost half way through with this semester and spring break has come and gone. I am sure we could all use a little “me” time as well as a break from studying, plans of care, grading papers, and lecture. Although we all know we will still be focused on school because there is always something to do. The VN class looked forward to our break. We have been going strong since September 2, 08 and for some since September 07. We have had about three weeks off since then, with two for Christmas and one after the OB/Peds winter session.

We are currently finishing up our first clinical rotations and after spring break we will all be at your second clinical site for the semester. We have had the privilege to each rotate a day or two at Riverside Medical Clinic, and we all can report what an amazing experience that was. All of the staff was very willing to help us and teach us about each department. They were very welcoming and appreciated our help. We have also started one day of home health. Each of us will follow a nurse around to each of her client’s house and help with wound care, assisting in ADL’s, catheters, and anything else that their care consists of. We just turned in our comprehensive nursing plan of care and had our last test before spring break. We are also in psych this semester and enjoying each rotation site. We just turned in our first psych plan of care as well, which was very different from our med-surg POC. We will leave our first clinical site and switch to the next site to finish out the semester. We are very thankful and appreciative to all of our staff members who have helped us in many areas of our schooling, nursing careers, and life’s.

Our fundraising is coming along smoothly. We will have tickets to sell when we return from break. For those of you who missed the SNO meeting last week, the VN class is having an opportunity drawing to help raise money for our pinning ceremony August 6, 2009. We will have a list of items after break as well, ranging from movie tickets, to gift cards, and even paintings. We are looking forward to our pinning, because we have worked so hard and are one step closer to our goal. We feel proud to be RCC nursing students and we can’t wait to make our school proud as RCC nurses.

Hang in there everyone we are in the right place. From the Nursing 1 students and the new VN’s who are just starting to get into clinical skills and nursing tests, to the VN’s and Nursing 4 who are done in summer, we all have come so far on a journey that will change our life’s. Remember to take a moment each morning and realize we are one step closer. We wish a safe and fun trip for the students going on the SNO conference during spring break. Have a great spring break everyone.

Hillary Strong
VN Class Vice President

Nursing 1 (City Campus)

Wow, how time literally flies! Nursing 1 is already finished with 8 weeks of school and is looking forward to a wonderful spring break. As a class, we have become quite the team and have successfully begun raising money for our future pinning ceremony! Thank you to all of the students and staff who so happily participated in our St. Patrick's Day gift basket drawing that we held on the Back to School Saturday, it was a huge success!

As far as class goes, we have been working hard on mastering vital signs and have begun giving oral meds in the hospital; what a neat experience. We have also experienced the creation of a care plan and have the opportunity to be the first group to utilize the Nurse 2 (squared) program. Yes big bro.'s and sister's we "get" what you were telling us about the care plans now LOL!!! When we get back from Spring break we are anxiously awaiting learning how to give injections (very exciting for some of us)!

So, with that said, I'd like to give a great big high five to everyone in NRN-1 RCC Campus because you all are doing such a fabulous job, and a great big congratulations to our class mate Lisa who will be delivering her baby girl any minute now...you are an inspiration and a trooper Lisa!

Semester 1 is half way done everyone! Lets keep up the momentum!

! With lots of love,
Sincerely,
Nicole Figueiredo
N1 Class President, City Campus

Nursing 1 (March Education Center)

Ok now, where are we?? Week 8 day 1..... And that means we are halfway there!! Yippee!! Dosage calculations are passed, care plans are actually making sense, three exams are conquered, and slowly but surely we are becoming nurses. This week will be our first time in clinical that we can administer oral medications and will be including a T.A.C.T.I.S in our care plans (Yikes). But thankfully, with the end of the eighth week comes the ever-anticipated spring break. Beaches, road trips, late nights and sleeping in.... Ok so maybe that's not exactly how it will play out. We still have our "Windshield" projects and community agency presentations to get done during break. So I guess summer is actually the break we will be waiting for and need after this first semester. So hang in there my nursing 1 classmates.... Beaches and sleep aren't as far away as we may feel they are now. Si se puede!!

Balinda Ballinger
N1 Class President, MEC

Nursing 2 (City Campus)

Well, here it is...time for the next SNO flurry article! Nursing 2 is doing very well, advancing right along through the semester, and STILL trying to figure what makes these instructors tick! As silly as that sounds, it is REALLY good to know, and once we get a true 'feel' for it, we all will be off and running....straight for Easter break and summer vacation!

Our clinical rotations are being met with great enthusiasm from the students, instructors, and the hospital staff with which we get to work. Riverside Community Hospital continues to deliver phenomenal patient care, as well as a great teaching environment, for all of us that have the pleasure to rotate through RCH. Riverside County Regional Medical Center (RCRMC), being a

teaching facility in its own right, has afforded us tremendous teaching tools, staff, and an awesome patient population from which to gather our clinical skills. All of our didactic instructors are tolerating us.....lots of growing pains! Theory classes allow them to see our progress in both the clinical and didactic settings. The officers for N2 have had meetings to gather information in the planning and preparation for several fundraisers that will definitely benefit us and add to the success of our graduation in June, 2010! Many great ideas are on the table, and hopefully will come to fruition soon! Have a great month, and will write again, soon!

Linda Carroll, NSRCC “The Power of ‘10”!
N2 Class President City Campus

Nursing 2 (March Education Center)

Hey guys! So, Nursing 2 is almost half way over and it doesn't even feel like I got a chance to blink! We have now learned how to insert “sterile” Foley catheters, how to change and apply wet to dry dressings, how to care for patients with fractures and traction and we can also trouble shoot to find out what all beeping means when those IV machines go off. (Thank goodness! for us and our patients sake.) We have also just completed another dosage calculation test, our first clinical competencies and our second test. Congrats to you all, we all did great! But, was that stressful or what? ☺

I hope you are all enjoying your second rotation and your time at the facilities you are attending. Keep looking for those experiences, ask for help if you need it, and remember to have fun while learning. Let's try to always have a smile on our face, trust me our patients appreciate seeing a warm smile. (*Most* of the time ☺) I don't know about you, but I am sure looking forward to a little time to relax, so spring break couldn't be coming at a better time. (Yay!!!)

Take care of yourselves and hope you all have a wonderful week off!

Liz Martinez,
N2 Class President MEC

Nursing 3 (City Campus)

Where has the time gone? It is hard to believe that this semester is over half over. It has been a busy semester so far and I'm sure everyone is looking for a much needed week off. Our class is currently in our second clinical rotations. Some of us are currently in our mental health rotations this time around while others continue practicing on the Med/Surg units at various hospitals in the Inland Empire. Many of us have already had the opportunity to start IVs, administer IV meds via piggybacks, do blood draws, and heplock or discontinue IVs. This is the biggest focus for us during this semester. Congratulations to those who have received certificates for successful IV starts in the clinical setting and Nursing 7 computer simulation. Many are getting pretty good with these competencies and the confidence level overall is improving according to the feedback. Our clinical instructors have been very patient with those of us who had no prior experience with IVs and a great amount of gratitude goes to them as well.

Congratulations to all of our classmates who passed the second and final dosage calculation test for the semester. Those of us who completed this test also completed our competency skill testing on the same day. Good luck to those who are still awaiting their test date. Our class is still selling license plates as our fund-raising activity for our pinning ceremony next fall. If anyone is still interested or knows someone who might be interested in purchasing one of these frames it would be greatly appreciated. Remember, we all support each other

throughout the nursing program and we invite each of the other classes to share with us your fundraising efforts. Have a great spring break!

Tony Barraza
N3 Class President, City Campus

Nursing 3 (March Education Center)

Hello everyone. OMG (oh my gosh!) we are over half way into our third semester in nursing and counting. Welcome back from spring break. I hope everyone enjoyed their spring break. This week off allowed some of us to relax and spend time with family and friends.

Graduation is coming up in June and I know that everyone is excited. I hope that some of the nursing 3 students will volunteer to help with the pinning ceremony. The MEC Nursing 3 class is becoming more comfortable with hanging piggy back IV's and assessments. I believe that all of the Nursing 3 class is trying to stay vigilant with completing care plans, studying, and yes, even working. I hope that we can all become united and help each other. Just a reminder for those of you who haven't paid their dues they are due now and please get them turned in.

While we are headed into our last leg of the semester and our last clinical rotation, try and make every effort you can to experience different procedures while on the floor. This a great learning experience for us all. Use this time and take advantage of what the RN's and clinical instructors can teach you. Please support your fellow nursing classes with their fundraisers. Let's all stay focused study hard and push on through to the end of the semester. Everyone says that the end of the semester is the hardest. Good Luck to everyone! We all can do this!

Sincerely,
Toni Tapia
N 3 Class President MEC

Nursing 4 (City Campus)

With two tests behind us we are almost half way through this tough semester. I hope everyone gets rejuvenated over Spring break (and studies hard for the next test!) and comes back revived and ready to finish our last semester. I hope by now we have all had the chance to review our patient's cardiac strips and understand what we are looking at.

The facilities we have visited have been helpful in rounding out our knowledge of total care clients with learning to suction and trach care for those who need it. I hope everyone was able to participate in the Sim lab experience and took away some helpful insight in what to do for a patient who codes. This semester so far has helped us all learn what we can expect in the real world when we finish and start our new careers. We still have ICU ahead of us with more to learn so keep focused on that end goal. Hang in there and study hard so we can finish this together.

Paula Stacey
N4 Class President, City Campus

Nursing 4 (March Education Center)

Hello, All! We are halfway through the semester. Can you believe it?!?!?! The time is passing so quickly. Nursing 4 is moving so fast. We are 2 weeks from finishing our Manager of Care rotation. Soon to be starting our Critical Care rotation. We have already taken our first predictor test for NCLEX. And although I do not know everyone's score, I do know that the vast

majority of the class did VERY well. So for those of you coming up behind us, there is hope!! LOL.

We are well into planning the Pinning Ceremony and trying hard to keep from getting "senior-itis". Although I have to ask.....There are all sorts of medications out there for all the "itises" you can think of. Where is the little pill for senior-itis? And who do I have to bribe to get a prescription?!?!?! All joking aside the semester is passing fast and we are all getting excited about being done and starting our new careers. So for those of you in Nursing 1, 2, and 3. Keep up the hard work. It will pay off in the end.

Larry Lee
N4 Class President, MEC

SNO President

Hello nursing students! When I first started the program, I heard people say how fast it goes by, but I found that hard to believe. Well, here we are already half way done with this semester and it is not slowing down! We are in full gear studying hard, taking tests, writing care plans, and experiencing clinicals. I hope everyone is doing well. If you are struggling, it is not too late. Utilize your faculty and other students; we all want everyone to succeed! I hope you all took some time for yourself over spring break to rejuvenate and come back ready for the rest of the semester!

As mentioned in the last SNO flurry, our Back to School event was a great success with lots of family members in attendance to see where their family member spends their time away from home. Our MEC campus students were also in attendance but mentioned wanting the opportunity to share their facility with family. I am pleased to say that we will be hold the 1st MEC Back to School Event on Saturday, May 16th from 11-12:30 for all students and their family/friends that want to attend. Hope to see a lot of you their! Our Blood Drive is coming up on Wednesday, April 29th. Come out to donate blood and help save a life! By the time you read this, 6 students (including myself) will have attended the 57th annual NSNA conference in Nashville, TN over the break and will report on our experience in the next SNO Flurry.

RCC School of Nursing sweatshirt orders are being taken. Orders are due by April 20th. If you miss out this time, be sure to get yours next semester! Thank you for all of those who purchased See's Easter Eggs, funds go to support SNO!

Our annual Nursing Alumni Reception will be held May 7th (during Nurses week) from 6-8 PM in the Hall of Fame. This is for all alumni of the program as well as Nursing 4 and graduating VN students. If you know any past alumni, please let them know of the event; it is great to have them back and give advice to our upcoming grads.

Everyone keep your head high, stay focused, and take a little time for yourself now and then. Before you know it the semester will be over, summer will be here (if it isn't already evident by the weather) and your goal of being a nurse one step closer! Hope to see you all at the next meetings on April 20th and May 4th at 8 AM in the Hall of Fame. Best wishes!

Shalyn Stanfield, Nursing 3
SNO President

Our Moment of Zen

Love a Nurse PRN



Messages from Our Advisors

Well here we are past mid term with the time flying by. The Blood Drive on April 29th was a great success with over 115 donors signed up with appointments to donate. We will announce the number of units collected in the May SNO Flurry. May is a very busy month. Nurses' Week is May 6-12 and included is National Student Nurses' Day on May 8th so Congratulations to you all. The 12th Annual Nursing Alumni Reception will be held on May 7th. If you get a chance to stop by, please do. Our Nursing Scholarship Reception will be held May 8th at the Alumni House. I know there will be a lot of very happy faces there.

Thank you for all your hard work and how well you support one another. We are on the count down to the last five weeks, so hang in there.

Wilma La Cava, RN-BC, MSN
SNO ADN Advisor

Class Officers Spring 2009

Nursing 1
Main Campus

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Vice Presidents: Kelly Deyoe, Trisha Zepeda
Secretary: Naquita Paul
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SNO Representatives: Missy Rogers, Troy Harkins
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Historians: Mark Locsin, Meagan Brannen
Alternates: Melissa Backstrom, Alicia Hernandez

Nursing 1

March Education Center

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Secretary: Danielle Paquin
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Nursing 2

Main Campus

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Learning Resource Reps: Vanessa Arcenas
Curriculum Rep: Zach Saxton

Nursing 2 (March Education Center)

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Nursing 3

Main Campus

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Nursing 3

March Education Center

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Learning Resources:
Curriculum Rep:

Nursing 4

Main Campus

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Nursing 4

March Education Center

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Treasurer: Mary Ann Van Fossan

MAC:
Historians: Angelina Flahiff
SNO Reps: Mary Ann Van Fossan
Environmental Engineers: Pamela Salmon
Learning Resources Representative: Ryann Kelce

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**SNO Officers
Spring 2009**

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<i>SNO Flurry Editor:</i>	Tony Barraza, N3
<i>Allied Health Commissioner:</i>	Kristen Ebert, N2 and Susan Eyman, N2
<i>Scholarship Chair:</i>	Dawn Mignuolo, N3
<i>Alumni Association Liaison:</i>	Nick McGowan, VN
<i>Historian:</i>	Melissa Boyd, N3 and Jennifer Helfrich, N3
<i>Breakthrough to Nursing:</i>	Joy Harris, VN

SNO Meeting Calendar Spring 2009

- April 29, Blood Drive
- May 4, Meeting (Nominations)
- May 7, 12th Annual Nursing Alumni Reception, Hall of Fame, 6-8 p.m.
- May 18, Meeting (Election)
- July 1, 2009 Blood Drive

Happy Spring

