

SNO Flurry

Student Nurses' Organization

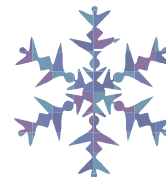


Riverside Community College Student Nurses' Organization Newsletter

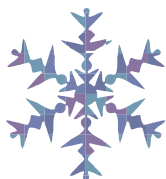
October/November '05

Message from the Dean/Director

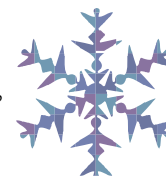
Yeah it's Over! I am happy to report that the NLNAC evaluator, Dr. Cynthia Swafford and Dr. Ann Hubbard, completed their re-accreditation visit for the ADN Program Thursday, November 3rd. They will be recommending to the Review Board in January that the Program receive the maximum eight years re-accreditation time, meaning there are no areas of non-compliance with the NLNAC Standards and Criteria in the ADN Program. This is a wonderful time for the faculty and for you students, as we are re-affirmed in our belief that RCC really does have one of the best nursing programs in the state.



The evaluators identified several areas of strength including wonderful resources, an intact curriculum, and most importantly, great students! In fact, in two of the criteria, Mission and Governance (having to do with college-wide support) and Students, they could find no way we could even improve! Of course, we were very strong in the Student section due to our SNO involvement in activities (thanks to Mrs. La Cava and Mr. Nelson!), committees, and the Big Brother/Big Sister Program and they loved the SNO Flurry! So, rest assured, you all did your part to make this accreditation a very successful one.



They also noted a few areas for improvement, including improving the way we track certain program outcomes, ensuring that students are aware of all program policies, updating some of the videos and library books and having all Master's-prepared and more diverse part-time faculty. None of these areas were a big surprise and we will continue to work on them over the next eight years.



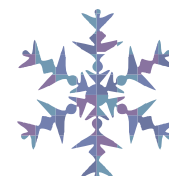
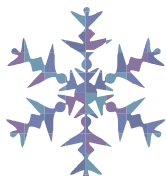
Other news—plans are continuing for the new School of Nursing set to begin construction in 2008 and be completed in 2010. The latest plans involve us being located across from the Digital Library in our very own building. It seems a long way off, but it's not, really.

Again, thank you ALL for your assistance in the accreditation process. Pat yourself on the back today!

Sandra Baker, MSN, RN
Dean

Message from the ADN Chair

Hurray! The results are in and we passed with flying colors! We are being recommended for an 8 year accreditation. The NLN accreditors had many positive comments about our program but of special note was how impressed they were with you as students. They were very impressed with your level of involvement in SNO, your



participation on faculty committees, your knowledge and understanding of the program's conceptual framework, and your high level of preparation. You should all be very proud. You represented yourselves and our program extremely well. We are very proud of you and very proud of our graduates. Thank you! Just to let you all know they were very impressed with our nursing care plan and have requested a copy. We as faculty understand that this has been a challenge for many of you, but as nurse educators the NLN accreditors recognize the value of this process in helping you to develop your critical thinking skills. Believe it or not, this is how you learn to think like a nurse.

Now that accreditation is over we will be even more available to assist you as needed. Please do not hesitate to seek our help. Some of you are now on academic probation and should be identifying and developing a plan to help yourselves be successful. Those of you in N 3 and N 4 have free access to Meds Publishing on the Internet and should be using this system as part of your remediation plan. It is now time to buckle down and reassess how you are spending your time. If you need assistance please make an appointment with your faculty and get some help! I will be meeting with some of you, especially if your grade is below 75% after the 3rd exam. We know that each of you is capable of being successful. You wouldn't have gotten this far if you were not.

For those of you doing well keep up the good work and continue to do what is working for you. If you are able to extend a helping hand to those students who are not doing so well by offering to have them join your study group, please do. Remember nursing is not about the individual, it's about a team. We want all of you to reach your goal of becoming an RN.

Thanksgiving is quickly approaching and this year I will be giving thanks for the privilege of working with the best nursing faculty and group of students here at RCC, as well as, other blessings that God has bestowed upon me. I hope each of you will have a wonderful Thanksgiving and that you also will find things to be thankful for in your own lives. I look forward to seeing each of you progress to your next semester and/or graduate from our program. Keep doing your best.

Angie Fawson, MSN, RN
ADN Department Chair

Message from the VN Program

With the semester more than half completed, thoughts turn to the accomplishments, knowledge acquisition, and skill development that have taken place since week #1. VN students who started the program this semester are learning an entirely new language, words of which are creeping into everyday conversations. Have you been regaling your family with talk about immunocompromised individuals, nutritional deficiencies, body defense mechanisms, and parenteral meds? Speaking of meds, VN students enrolled in the Fundamentals of Nursing course have started the unit on administration of medication. This is an exciting time when our students start to feel like "real" nurses.

An overheard comment deserves our attention. This individual stated that a person who smokes "deserves" to get lung cancer. Does that mean that a person who leads a sedentary lifestyle deserves to die young of a heart attack or a woman who stays

with a man who beats her deserves this violence or an IV drug user deserves to contract HIV? What horrifying thoughts!!!! We nurses MUST separate our personal biases and beliefs from our practice of nursing. Judgment of another human being is not included in the nurse's job description. Furthermore, is there a one of us who is so perfect that we have earned the right to condemn another? We must be ever vigilant to avoid evaluating others according to our standards. It is essential that we practice our ethical obligation to regard every client as a valued human being who deserves our BEST nursing care.

This is the time to calculate your course average and take immediate corrective measures if the grade needs improvement. Use the resources available to you within Nursing Education (instructors, NERS, Learning Lab) and the college (tutorial, library, MLK TLC). Remember, your education is one of your most precious assets.

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

VN Class

Less than 6 more weeks to go until the semester is OVER! We have two breaks during the month of November that I am sure we are all looking forward to.

The participation and enthusiasm of our class is great and we are accomplishing amazing things. Thank you to all of the LVN students who helped with the Katrina Relief project. It was a great experience to be part of an event that helped those who have been relocated to Riverside due to Hurricane Katrina. The LVN class has donated a LOT of candy (the last count was above 8,000 pieces) to the Halloween Town event. It is amazing to see how much we can accomplish when all of us work together.

We have raised more than \$100 between the two class raffles we have had. Look forward to a "Family Night" basket to be raffled off this month. More information will be given in class. Speaking of fundraising, thank you to those former LVN students who donated their uniforms to be sold to the new class, we raised approximately \$250!

Don't forget to check out our class bulletin board in room 207. The class historians are scheduled to update it every month and post photos of the class. Russell did a great job for October.

Have a great month!
Sylvia J. Tolang-Cruz
VN President

Nursing 1

Woohoo! All right, the SEM-ES-TER'S more than half way done. Way to go! As a Nursing 1 student, I'm just realizing that this program is actually harder than I thought it would be. Everybody told me that, but now I know what they were talking about. It's all right because I know we can do it! Just think of all we've accomplished in just 10 weeks.

Our class has been quite active over the past few weeks. Some Nursing 1 students worked with the VN class as they took a Sunday out to help some of the Katrina hurricane

victims. Also, we've been able to take advantage of opportunities to hone our assessment skills at Riverside Community Hospital on two Saturdays. One was a Women's Health Clinic which offered a heart risk assessment, blood pressure monitoring, and bone density testing; all of which Nursing 1 students assisted in. It was challenging to measure those blood pressures in that noisy hall, but with the advice of Victoria in nursing 3 we were able to step up to the plate. Another event was an annual screening of blood pressure using an ankle-brachial index, taking blood pressure from all four extremities for "Legs for Life." By the end of the day, and with the assistance of Mrs. Amy Wettergreen, we were taking upper and lower blood pressures. We will also be volunteering at a flu shot clinic later in the month.

Hang in there Nursing 1 students, we have a long way to go, but we can't give up now, we've already come so far.

Elisabeth Moore
Nursing 1 President

Nursing 2

Could someone please help me find October? I know I wasn't sleeping, and I am pretty sure that I didn't fall down and hit my head, but unbelievably, it is already November. Before we know it, we'll be sipping egg nog and trying to learn the names of the family members we haven't spoken to in 4 months.

Yes, we have apparently survived through almost 2/3 of the fall semester. We two-bies have managed to survive 2 (maybe 3, by the time you read this) tests, gone through two of our three clinical rotations, and spent more than 6,231 late night hours working on care plans. The end result is an almost peaceful feeling that maybe we won't actually cause major physical harm to our patients, and maybe, just maybe, we can at least LOOK like we know what we are doing when we go into their room.

We had a little bit of stress relief on Halloween for those of us who dressed up. I have to send mad props to all those who went the distance, and took a moment out of reading their textbooks to make us laugh: Bryce, who came as a Norseman, Charlotte, who was a referee, Molly, who was a witch, Charisse, who brought out her inner Snow White, Louanne, who came as a pirate, Dr. Kinser, who was a little too good at being a trailor hick, Chris Z, who dressed up as a prisoner of the nursing program (including ball and chain), Me, who was big pimpin', and Doug, who came as, well... Doug. If I forgot you, forgive me. Too many late nights, reading Wong, I would suspect. To all of you, thanks for the stress break. It was good fun. Congrats to Chris Z, who won our little costume contest (1/2 price dues for him, Woo-Hoo!!).

So now we start to prepare for the home stretch, focusing on finishing out our last couple of tests and our final clinical rotation. To my crew in 2, try not to let the allure of slowing down get to you. I know for myself, I am already feeling tired and worn out since the only "friends" I spend time with are Wong, Murray, and Lewis. And well, with friends like those.... well, you get the idea. Just keep trudging along, and before you know it, we'll be free to sing Christmas carols and remember what it's like to have absolutely nothing to do!

Rich Mears
Nursing 2 President

Thank you to everyone who helped at Halloween Town. What great fun! Spiderman will never be the same in my mind. We couldn't have done it without all the help. Thanks!

The NSNA Mid-Year Conference, in Kentucky, is just around the corner...and promising to be a great experience. I'm looking forward to meeting with other nursing students, and getting tips on landing the perfect job, passing NCLEX and hints for the first year as a new nurse. Escaping for a few days to beautiful Louisville, Kentucky doesn't sound so bad either!

The Festival of the Trees is almost upon us. SNO will be decorating our tree on Fridays. Please see Ms. LaCava for the schedule. We can use all the help we can get! The See's Candy for the fall fundraiser was distributed November 7th. The funds raised from this will be earmarked for conference fees. Everyone can use a little chocolate every now and then. Isn't that a nursing intervention for Excessive Stress, or Ineffective Coping r/t nursing school...I'm sure I can think of a thousand reasons to purchase a candy bar, or two, or ten!

Operation Christmas Child is another SNO sponsored activity which everyone can participate in. The requirements are posted in Nursing 7. It entails decorating a shoebox with Christmas wrap and filling the inside full of "goodies" for a boy or a girl. They will be shipped to needy children throughout the world. What a great way to start the holiday season!

With the semester winding down, SNO nominations for Board Members will be held soon (November 21, 2005). Please think about being a little "generative" and holding an office. None of the offices require a lot of time, or effort. Ms. LaCava has made it easy for anyone to help out and gain some great leadership skills. It is great to put on scholarship applications and resumes. Besides, its fun, and you get to meet and work with outstanding people! Talk to anyone who is currently holding an office to find out just how easy it is. ☺

Last, but not least...a huge thank you to all of you Nursing Students! In all my years I have never found a community of such caring, kind and generous people. It is privilege to know you and to share this great learning experience together.

Study hard and hug your classmates, and family.

Kathy Rex
SNO President

SNO VN VP

Things have really been getting busy in the VN program. We have been putting our trusty hands on patients and providing care. For some students this has been their first experience and exposure to patient care, while others are getting reacquainted with some old skills that never seem to change. We are here to learn this challenging stuff, but it can be a little intimidating to say the least! Although we are all learning new things, we continue to keep smiling (Or at least attempting to smile) and I know our present patients as well as our future patients will be the lucky ones to have RCC LVN students looking after them. We have been knee deep in Care Plans; you know the drill, where you put 10 or 12 of your favorite books on your bed, dining room table and floor (Along with your dog, cat and hungry teenagers) and attempt to figure out therapeutic TX as opposed to the action of the drug, and so on and so forth.

Yep, we just keep on smiling at the significant other who might grumble or the dog that refuses to lay anywhere but on your lab notes or our children who just want something decent to eat other than Mac and Cheese for dinner!

We are truly a great group of students (Why if I am not mistaken, we are the first LVN class in a longggg time to win the Halloween Town candy count!!!) who want to make a difference in ours and our patient's life. Stay focused gang, We ARE going to make it!

Keep up the studies Folks!
Diane Odgers
SNO VN VP

Messages from Our SNO Advisors

Congratulations to all the students on your recognition by the NLNAC accreditors. They were so impressed with all the activities you do on campus and in the community, the Big Brother/Sister program and especially the SNO Flurry. Your hard work does not go unnoticed!

Special thanks for all the help for Halloween Town. We had a total of 25,671 pieces of candy contributed: VN 10,697; Nsg 1 10,270; Nsg 2 1,789; Nsg 3 1,720; and Nsg 4 285. Our door was decorated in the theme of "Spiderman" by Mindy Layton, Kathy Rex, Donnelle Scherer, Simone Scherer, Lashemia Wilson, Gene Knott, Krizzette Tanwangco, Paul Prado, Minette Ralleca, Jon Ferry, Monica Valencia, and Sean Bacca. They did an awesome job. The pictures are posted on the SNO Board in Nursing 7.

We have the NSNA Mid-Year Conference in Louisville, KY this week. For those who couldn't work it out this time please circle April 5-9, 2006 and start planning for the 54th NSNA Year-End Conference in Baltimore, MD. What a wonderful opportunity to attend and be part of your professional organization.

For those of you who had donated hours to SNO, RCC, and in the community be sure to complete your Community Service Log and turn it in to Mr. Nelson or myself for signatures. They are due November 17th. Please anticipate the additional hours you expect to do through the end of school. If you have 50+ service hours you will be acknowledged with a Bronze Award, 100+ a Silver Award, and 200+ a Gold Award. You will then be invited to the ASRCC Awards Banquet honoring you.

Don't forget to fill out your scholarship application. Paula Farish from Financial Aid spoke at SNO November 7th discussing how to complete your application and write a good essay. The application is due December 7th by 5:00 p.m. We hope to see many of you being honored with scholarships in the spring.

Nominations for SNO officers will be held November 21st with nominations also accepted from the floor prior to voting on December 5th. This is a time to refine and practice your leadership and mentoring skills. If you have questions about the requirements please see any SNO officer or a SNO Advisor. The job duties are also listed in the SNO Bylaws which are posted in Nursing 7 on the SNO Board.

Again, thank you so much for all that you do.

Wilma La Cava, RNc, MSN
ADN SNO Advisor

Message from the Editor

Apologies to the VN students for the mix up on class officers in the September SNO Flurry.

Thanks for reading.
Donnelle Scherer

Class Officers Fall 2005

Nursing 1

President:	Elisabeth Moore	Secretary:	Karen Navarro
Vice President AM:	Jay Walde	Treasurer:	Tesfamariam Tesfa
	PM: Candace Hopkins	SNO Representatives:	
Historian AM:	Jonathan Ferry		Sean Bacca
	Karen Navarro		Cheryl Haynes
PM:	Trini Zamora		Lindsay Baca, Alternate
	Felicia Thompson		Delana Lloyd, Alternate

Nursing 2

President:	Rich Mears	Secretary:	Jacyn Trzepacz
Vice President AM:	Sahar Namvar	Treasurer:	Molly Bennett-Neuhoff
	PM: Brian Bischoff	SNO Representatives:	
Historian AM:	Molly Bennett-Neuhoff		Peggy Gillespie
	Vanessa Fortine		Aaron Quintyn
	Candace McMillan		Charlotte Turner, Alternate
	Katrina Pinedo		Candice Walker, Alternate
PM:	Susie Carter	Curriculum Representative:	
	Steve Casarez		Debbie Larkin
	Miranda Fugate		
	Peggy Gillespie		
	Rachel Gutierrez		
	Katie Jackson		
	Natasha Rosales		

Nursing 3

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

Nursing 4

President:	Jacquie Bass	Secretary:	Kerry Sargenti
Vice President:	Teddi Horner	Treasurer:	Debbie Escobar

Historians: Hillary Smith
 Rebecca Kezer-Rowe
 Summer Vega
 Jennifer Tillinghast
 Ophelia Thomas
 Advanced Placement Representatives:
 Jeannette Baker-Shaw
 Allana Bedashi
 Amber Kapturkiewicz

Learning Resources Representative:
 Crystal Azar
 Curriculum Representative:
 Deborah Escobar
 SNO Representative:
 Monica Valencia

VN

President: Sylvia Cruz
 Vice President: Monica Ortiz
 Historians: Erica Brooks
 Doug Pederson
 Russell Blankenship
 Maria Hicaro
 Van Chau
 Curriculum Reps: Angie Fife
 Nenet Santos

Secretary: Daphne Holmes
 Treasurer: Chris Adams
 Learning Resources Rep:
 Joyce Oyetibo
 Mike Ching
 SNO VP: Diane Odgers
 SNO Reps: Jennifer Haley
 Katricia Culp
 Sharie Malubay

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**SNO Officers
 Fall 2005**

<i>President:</i>	Kathy Rex
<i>ADN Vice President:</i>	Victoria Teets
<i>VN Vice President:</i>	Diane Odgers
<i>Secretary:</i>	Monica Valencia
<i>Treasurer:</i>	D'Ann Park
<i>ICC Representative:</i>	Jacyn Trzepacz Sarah Kasinger
<i>SNO Flurry Editor:</i>	Donnelle Scherer
<i>Allied Health Commissioner:</i>	Patricia Farnham
<i>Scholarship Chair:</i>	Vanessa Fortine
<i>Alumni Association Liaison:</i>	Mindy Layton
<i>Historian:</i>	Lashemia Wilson
<i>Breakthrough to Nursing:</i>	Rich Mears

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**SNO Meeting Calendar
Fall 2005**

November 7, Meeting

November 10-13 NSNA 23nd Mid-Year Conference, Louisville, KY

November 21, Meeting (Nominations)

December 5, Meeting (Election)

**Happy
Thanksgiving**