

SNO Flurry

Student Nurses' Organization

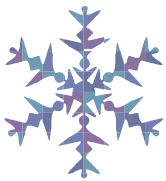
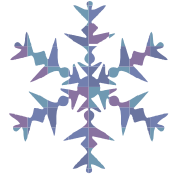


Riverside Community College Student Nurses' Organization Newsletter

November/December '04

Message from the Dean/Director

Greetings! As we begin the holiday season, I am reminded of my many blessings in life. These include family and friends, of course, but also I am thankful to have a rewarding career that has helped to financially sustain my family for over 27 years. When I was in nursing school like you, I couldn't think beyond the next test, much less how school would affect me for so many years and through so many life events (i.e. marriage, divorce, kids, etc.). But the fact of the matter is, if it wasn't for that initial step in enrolling in and completion of my Associate Degree Nursing Program, many of the comforts, necessities and fun that my family has relied on over the years would not have happened for them. When I see the disgruntled face of a store employee during this busy shopping season, I am again grateful to not just have a job, but to have a career.



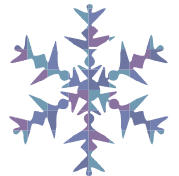
You have each taken that initial step by enrolling in nursing school; the completion of it is in your hands. Although it will be difficult, disheartening, and discouraging at times, it will be worth the effort in the end. Keep the goal in your mind and don't ever lose sight of it!

On a happy note the latest six-month NCLEX results for the programs are:

92% ADN Program (51 students)

100% VN Program (5 students)

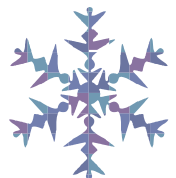
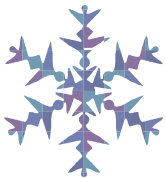
Season's blessings,
Sandy Baker, RN, MSN



Message from the ADN Chair

The semester is coming to an end quickly and soon the holidays will be upon us. Many of you are busy studying and getting your last papers and nursing care plans written. You are looking forward to progressing on to the next semester or graduating. Others of you may be looking at the possibility of having to repeat a semester. Whatever your situation you should know that each of us is here to help you reach your goal.

At the end of this semester you will have time to enjoy the holidays and spend some time with your families. We hope that your holidays are joyful and fulfilling. A new year is approaching and it is an opportunity to set new goals and make new resolutions. If you feel that you could have done better this semester make a commitment to do better next semester and stick with it. This program requires dedication and commitment to study. There is no easy way out.



To those of you getting ready to graduate, we wish you well on the NCLEX-RN and in your professional careers. It has been a privilege working with you. No one ever graduates feeling completely prepared to go out and practice. Let me assure you that you are well prepared. It is scary going out and doing what you've trained so hard to do. Remember that you are not expected to know it all. You are expected to recognize when something may be wrong and seek the guidance of a more experienced nurse. Your education at RCC is only the beginning. You will be learning throughout your lifetime.

As we prepare to end the semester let me extend best wishes from the faculty for happy holidays and a wonderful New Year! For those of you continuing, we look forward to seeing you in Spring 2005. We hope to see you rested and prepared to commit yourself to your studies when you return.

Sincerely,
Angie Fawson, RN, MSN

GREETINGS FROM THE VN PROGRAM, December 2004

Vocational nursing students in both the full time and part time programs have been “burning the midnight oil” in preparation for the last few weeks of the Fall 2004 semester. Final exams are around the corner and the upcoming weekends should be devoted to concentrated study. As my colleague, Sharon Angrimson says, “Study as you have never studied before.” We commend our students for dedication to their nursing education, for their efforts will produce competent and caring performance that is valued by the nursing profession and society.

The VN Program was awarded a mini grant from VTEA (Vocational and Technical Education Act) this fall. The grant allowed us to purchase the entire ATI Comprehensive Assessment and Remediation Program for each of the full-time students. So far each student has received three paper study modules and the code to access the three related online non-proctored exams that can be taken as many times as desired. The three topics that are being addressed this semester are nutrition, fundamentals of nursing, and pharmacology. During the Winter Intersession, two more modules and online non-proctored exams will be added: Peds and OB. The spring will introduce Medical-Surgical I and Mental Health and the Summer Intersession will see use of the Medical-Surgical II and Leadership modules. We are excited that our students have this opportunity to take NCLEX style exams on the computer and increase their critical thinking skills through ongoing practice with test-taking using client scenarios. A bonus: Statistics show that graduates who have used the ATI learning system have greatly increased success on the NCLEX-PN. Check out the NCLEX-PN pass rates on the BVNPT Web site (www.bvnpt.ca.gov) for Copper Mountain College and you will find 100% across the board. Hurray!!

By the way, RCC purchases the ATI Comprehensive Predictor for both ADN and VN Program graduates and it is administered at the end of the program. The outcome is printed out right in the computer lab prior to the graduate leaving the room. The results not only provide the score earned and the statistical probability of passing the NCLEX, but also a study guide for the questions missed on the exam. Each online exam costs the

district \$30/student and we are blessed that the RCC administration values Nursing Education and is willing to invest resources into the programs.

At this time of the year, when the spirit of giving thanks flourishes, the bounties in our lives become apparent. We in the United States have much for which to be grateful, including freedom and a country of beauty and riches. Paired with a loving family, good health, and interesting work, for what more could we ask?

The VN Program team members wish the December 2004 ADN grads the best in achieving their personal and professional goals and all students a joyous HOLIDAY SEASON and BLESSED NEW YEAR!!!!

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

The semester is quickly coming to a close, with an anticipated reprieve. The approaching time off and holidays will give us all time for family and friends. As nursing students we are getting closer to our goal with each passing semester. Continue to hang in there, we CAN DO THIS! ! We have had a very educational clinical rotation, with lots of hands on learning. Not only providing basic nursing care, but passing medications, administering injections, assessing wound dressings, and some of us have even put in catheters. At the end of each day of clinical, the class is always a buzz about the great things we have experienced. Thanks to all of our great clinical instructors for making this happen for us. Cheers – applause – cheers – applause! !

When we started this program, the very first day we were told that this nursing program might very well be the hardest thing that we ever attempt. The class has met the challenge and is progressing forward. Remember to not give up when the challenge gets a little tough, dig the heels in and stand solid. Remain dedicated to reading and reviewing the necessary materials for testing. Don't forget the skills lab has lots of reading resources. Reviewing from multiple sources can be of help. As always, time is the real challenge. Having time to do all of the above is what gets difficult. Many students are working, have families to provide for or are taking additional classes. Stay focused, we are almost at the end of the semester and then we can all take that big sigh of relief.

Lastly, I would like to take this opportunity to thank all of the students and faculty that has made this semester fund raising such a success. Cheers – applause – cheers – applause! !

May your holiday be filled with the light and warmth of peace and good fellowship.

Happy Holidays! Stay Safe!
Linda White
VN Class President

Take a deep breath, do a few neck rolls, have some chocolate...and HANG
LOOSE ☺

Love and ADPIE...
Jacquie Bass...Nursing 2 Prez!

Well thank goodness this semester is finally coming to a close. For most of us that will be the one and only time we will EVER do ANY type of psych rotation. (Sorry, Dr. Kross) This semester has been trying for most of us, but kudos to those who stuck it out. Well it is hard to believe we are one semester away from becoming a RN. It seems like yesterday we all were sitting in Nursing 1 listening to Dr. Colucci. Thank you again for voting me president of our class and I hope to see everyone next semester. Here's a little something to end the semester with: "Courage doesn't always roar, sometimes courage is the quiet voice at the end of the day saying I will try again tomorrow"- Mary Anne MBL Rademacher. Remember that when times get tough. Remember why you what to be a nurse. See ya next year.

Kelly R. Young
Nursing 3 President

This is it; we have made it to the last couple of weeks. Many of us are feeling a bit anxious, but apparently this is normal. I want to give a thank you to my classmates for being so supportive toward one another. Many of us have formed a special bond throughout the past couple of years. We have made memories that will not be forgotten. We have grown from N1 of being nervous to give a patient Tylenol to caring for patients in the ICU setting. I look back at all we have learned and I am amazed at how much there is still to learn but also to see how far we have come. We have only just opened one of many doors still to be opened. These last couple of weeks may be somewhat stressful, but we can make it through because we have already come so far. I want to thank all of our instructors throughout the semesters for all your help and encouragement. For many of us the simple words you may have shared with us gave us the strength that we needed in times of stress or frustration. To all the other semesters, I know you may have heard us whine about the difficulty that lies ahead of you but do not let that play with your mind. Every semester has had its challenges, but as you see from our class it is not impossible to conquer. Continue to study, learn to take time for yourself and your family, and soon the semester will be at an end. I invite everyone from all semesters to come (and help) with our pinning on December 15, 2004 at 3:45pm in the Landis Auditorium. Thank you Ms. LaCava also for all your dedication with the Student Nurses' Organization. It has been a pleasure working with you throughout the semesters.

Sincerely,
Lisa Blasko
N4 Class President

Well the year is coming to a close and I've had a great time as SNO President. The month of November has kept us busy with several projects. Several students represented RCC at the NSNA conference in Daytona Beach, FL. There was a great speaker that opened up the conference and she reminded us why we want to be nurses. She also gave us a great laugh. There were several breakout sessions on Pharmacology Made Insanely Easy. It was also a great opportunity to get to know other nursing students from around the United States. Our roommate next-door was from Mississippi and she hung out with us quite a bit at convention. It was a nice break away from school, but most of us were having lecture withdrawal and we were glad to come home. Moving on to more festive things, it brings us to the Festival of the Trees. The Festival of the Trees took place the week of November 22. I would like to thank everyone who helped with decorating the tree. There were many people who worked behind the scenes and they deserve a big round of applause. Thank you Mrs. LaCava for all that you do for the students. There was a great turn out of Operation Christmas Child Boxes. Thank you again for the hard work. Many children will be happy on Christmas day this year. As this semester comes to a close I would like to congratulate Nursing 4 on their graduation. To all the other Nursing classes great job this semester and it's time to move up the ladder closer to graduation. To all my fellow officers it has been a pleasure serving with you this semester. Good luck to all and see you next semester.

Kelly R. Young
SNO President, Fall 2004

Message from Our Advisors

As the semester and the year come to a close, I'd like to thank all of you for participating in so many activities while you're working so hard with your studies and all your other obligations. Thank you for the successful Blood Drive in October. Thank you to all the Big Brothers and Sisters for finding the time to give a helping hand and encouragement to those who follow you. Thanks to all of you who participated in Halloween Town and our Winning Door – "It's the Great Pumpkin, Charlie Brown" (Special Kudos to Ron Atienza alias "Charlie Brown" and Kelly Young alias "Snoopy"). Thanks also go to all who participated in Festival of Trees gluing and wiring all the ornaments and then decorating the tree at the Convention Center. Our tree-- "A Child's Dream" was purchased by Children's Critical Care Network for \$2,000.00. Thanks also go to those who put together Operation Christmas Child Shoeboxes for children who have so much less than we have. Aaron Wilson, ADN Class of June 2004, picked up the boxes and took them to the collection site in Orange County where he helped assemble the shipment going throughout our country and around the world. (Aaron sends his greetings to all of you by the way.)

We had 12 students shine at the 22nd NSNA Mid-Year Conference in Daytona Beach and enjoy feeling part of their professional group (NSNA) and the world of nursing through the eyes of nursing students. No one will forget you "California Girls" as the closing act at the Beach Party Talent Show. What an awesome group! Thank you

for the opportunity to support you in your professional endeavors at NSNA. I enjoyed your singing and dancing.

We had 11 students who received Bronze and Silver awards at the ASRCC Banquet on December 4th for service hours and community service. (Nine of these students also spent part of a day with their classmates immunizing 768 seniors in Corona to keep the Flu at bay.) Kelly Young was honored as SNO's Student of Distinction at the Banquet.

Thank you to all the SNO Officers for their support of each other and their colleagues. Thank you also to all the class officers for representing your class so well. You all have practiced the art of mentoring and leadership and have done well!

Happy holidays! Enjoy the break and take time for yourself, your family and friends. Come back to us in the Spring rested and ready to start the next step on your ladder of success. To Nursing 4 Congratulations as you get ready to leave us and venture out into the world of nursing as new graduate nurses. Keep in touch with us and share your successes as the years go by. Remember you're part of our RCC Nursing Program Family!!!

Sincerely,
Wilma La Cava, RNC, MSN
ADN SNO Advisor

Fall 2004 NSNA Conference – Florida

Greetings from Nursing 3.

Kelly and I had the blessed experience of attending the NSNA Mid-Year conference in Daytona Beach, Florida. It was truly wonderful. The weather was muggy and humid but pleasant, never above 75.

The convention center was a long, long walk from our hotel, but the conference education hours were worth it. We enjoyed a question and answer session with nurses in many different fields. The pharmacology made easy breakout session was great. We have a few new songs to sing regarding the drug classes. We also enjoyed the company of many of our new Nursing 1 colleagues. We had a great time and look forward to Long Beach in February for the CNSA annual meeting. Thank you to our instructors and our SNO program for making these trips a reality.

Bonnie Long and Kelly Young

* * * * *

FLORIDA IS...

F is for the fun times we shared with fellow classmates. From studying and quizzing each other on the plane to being the last group to arrive in Daytona at 1:30 am.

- L** is for learning awesome new ways to make pharmacology fun by using Acronyms and diagrams. Learning to line dance, do the electric slide, and Karaoke at the conference beach party. L is also for listening to the guest speaker tell us about the good, the bad, the do's, and the don'ts from her own personal life experiences in nursing.
- O** is for all of the opportunities that we had to meet various nursing students from different parts of the country. Many Options are available to nursing students who want to further their education.
- R** is for realizing what great opportunities lie ahead and what new friendships we will make along the way.
- I** is for the interesting sights to explore, such as the light-house, putting your feet in the Atlantic Ocean, and touring the marina with our nursing family.
- D** is for dinner at the Inlet Harbor Restaurant on the last night before returning home and trying exotic foods such as alligator and calamari.
- A** is for adventures that await us at the 2005 NSNA conference in Salt Lake City, Utah.

By: Stephanie Do, Renattha Contreras, Erika Ochoa, Patty Farnham, Kristina Appelhof, and Ryan Tabares

* * * * *

**SNO Officers
Fall 2004**

<i>President:</i>	Kelly Young
<i>ADN Vice President:</i>	Lisa Blasko
<i>VN Vice President:</i>	Cesar Mburu
<i>Secretary:</i>	Janine Tarculas
<i>Treasurer:</i>	Cheryl McDonald
<i>ICC Representative:</i>	Kathy Rex
<i>SNO Flurry Editor:</i>	Stacey Campbell
<i>Allied Health Commissioner:</i>	Jonas Morales
<i>Scholarship Chair:</i>	Melanie Hollingworth
<i>Alumni Association Liaison:</i>	Nicole Bruneau
<i>Historian:</i>	Ronald Atienza
<i>Breakthrough to Nursing:</i>	Monica Valencia

**SNO Officers
Spring 2005**

<i>President:</i>	Kathy Rex
<i>ADN Vice President:</i>	Kelly Young
<i>VN Vice President:</i>	Cesar Mburu
<i>Secretary:</i>	Monica Valencia
<i>Treasurer:</i>	Cheryl McDonald
<i>ICC Representative:</i>	Cindy Crawford
<i>SNO Flurry Editor:</i>	Donelle Scherer
<i>Allied Health Commissioner:</i>	Jennifer Nelson
<i>Scholarship Chair:</i>	Gen Luib
<i>Alumni Association Liaison:</i>	Megan Ferrette
<i>Historian:</i>	Lashemia Wilson
<i>Breakthrough to Nursing:</i>	Ryan Tabares

**SNO Meeting Calendar
Spring 2005**

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

February 25-27 CNSA Annual Conference, Long Beach, CA.

February 28, Meeting

*March 7, 8:45-9:45 SNO Tea to welcome Nursing I and Advanced Placement students
(Hall of Fame)*

March 12, Back to School Event (Hall of Fame)

March 21, Meeting (Director's Council following)

*March 28, 8:15-10:00 Joint Student/Faculty/Clinical Agency Nursing Advisory
(Hall of Fame)*

April 4, Meeting

April 6-10, NSNA 53rd Year-End Conference, Salt Lake City, Utah

April 18, Meeting

April 27, Blood Drive

May 2, Meeting (Nominations)

May 12th, 8th Annual Nursing Alumni Reception

May 16, Meeting (Election)

Happy Holidays!

RCC Nursing Education Programs Nursing Care Plan

Student Name: Donnelle Scherer

D'ann Park,

Victoria Teets

ID: Graduates

Course: Nursing 1

Date: Daytona Beach

June, 2006

Florida

11-14-2004

Client Initials: N.S.

Admission date: 11-14-2004

Age: Old enough

Gender: Ladies

Medical Diagnosis: Sleep Deprivation

Nursing Diagnosis	Desired Outcomes	Interventions (I)-Independent (C) - Collaborative	Rationale & APA Reference	Evaluation of Interventions
<p>NDX: Family Coping Impaired</p> <p>R/T: Maternal Figure escaping for 5 glorious days in Daytona Beach, Florida</p> <p>AEB: 1.) Laundry piled to ceiling due to serious knowledge deficit.</p>	<p>Family Will: 1.) Learn they are capable of operating a washing machine by next nursing convention in Long Beach, Ca. February 25, 2005</p>	<p>N1-(C) Assess families' understanding of laundry process. Teach family how to use washing machine as indicated. Have family demonstrate process Q week prior to convention.</p> <ol style="list-style-type: none"> a. Turn washing machine on. b. Administer proper amount of laundry soap, checking label 3x. c. Shut lid when assured of right dose, right route, right time, right soap. 	<p>R1- Assisting Family in learning new skills promotes self esteem and allows the Maternal Figure to study for upcoming exam and final care plan that was not fully accomplished at The NSNA convention due to a lovely dinner with Mrs. LaCava, classmates and fellow nursing student from Mississippi at Bubba Gump's restaurant in Daytona Beach.</p>	<p>E1- Family appears confused and stand around washing machine with puzzled looks on faces. Pain is 10/10. No laundry load accomplished. Maternal Figure still satisfied with opportunity to attend specialty nurse showcase that included forensic nursing, nurse anesthesia, psychiatric nursing, long-term care nursing, and nephrology nursing.</p>

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2.) Extreme accumulation of dog hair due to vacuuming deficiency	2.) Learn to vacuum by next nursing convention in Long Beach, Ca. 2005.	N2- (C) Assess families' understanding of vacuums placement and vacuuming process. Teach family how to use washing machine as indicated. Have family demonstrate process Q week prior to next nursing convention convention. a. How to locate vacuum b. How to access local plug and plug vacuum into outlet. c. How to turn on and push around living area. Return vacuum upon completion.	R2- Families benefit greatly from the reduction of dog hair in home. Maternal Figures benefit from not worrying about dog hair in home while receiving free goodies that make luggage weight an issue and learning of all the opportunities available to RNs today at exhibit booths. Some of which include excellent programs for ADN to BSN. Although RCC offers an excellent satellite program through Cal. State Fullerton.	E2- Family appears indifferent to dog hair and the need for use of vacuum. Happily receive Maternal Figure at airport as a special surprise, making good friends and fellow classmates cry. Leaving view of ocean in graciously provided hotel room worth it.

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		<p>N3-(C) Assess families' understanding of grocery store process and local locations with detailed directions. Teach family as indicated Q week prior to next nursing convention.</p> <ol style="list-style-type: none"> a. Teach family to make a list of items that will be needed such as food that is nutritious, making sure to include essentials such as toilet paper and toothpaste. b. Supply knowledge of check writing or ATM swiping as indicated. c. Teach patient about the need for use of aseptic technique in opening lids and scooping food onto paper plates. 	<p>R3- Nutrition is essential to health maintenance. Families must remain healthy to allow Maternal Figures to care for ill friends with flu in hotel rooms. This practice also promotes new relationships with fellow students such as Greg and Harrison from Golden West and students who share the same passion but remain nameless except for state of origin such as "Kansas." (Nice Fellow)</p>	<p>E3- Family states that pizza is essential to their well being while Maternal Figure is away buying nursing t-shirts and sweatshirts from nursing students raising money for their pinning. Family states it is affordable, and this must be considered because the next NSNA convention in Salt Lake City, Utah will leave family with financial deficit and Maternal Figure wouldn't miss it.</p>

*Attach 1 M.E.T.H.O.D. Teaching tool for each patient

NSGCAREPLAN:17-19:6/02

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Nursing Diagnosis	Desired Outcomes	Interventions (I)-Independent (C) - Collaborative	Rationale & APA Reference	Evaluation of Interventions
		N4-(I) (C)	R4-	E4-
		N5- (I) (C)	R5-	R5-

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Nursing Diagnosis	Desired Outcomes	Interventions (I)-Independent (C) - Collaborative	Rationale & APA Reference	Evaluation of Interventions
		N6- (I) (C)	R6-	E6-
		N7- (I) (C)	R7-	E7-

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Nursing Diagnosis	Desired Outcomes	Interventions (I)-Independent (C) - Collaborative	Rationale & APA Reference	Evaluation of Interventions
		N8- (I) (C)	R8-	E8-
		N9- (I) (C)	R9-	E9-