GOOD BYE DEAN MARSHALL

By Denise Mann
Since 1999, Dean Elaine Marshall has been working with students and faculty of the College of Nursing providing leadership and ensuring excellence. We are sad to say that she will be leaving us, but grateful for the legacy she leaves behind.

In an interview, Dean Marshall reflected on her time at BYU as well as her hopes and plans for the future. Marshall expressed that coming to BYU was a very positive step of spiritual importance in her own life that has made an impact on the life of her family.

She emphasized that she has been so impressed by the growth in stature of the college of nursing through the years. She has seen enrollment increase, entrance GPAs remain among the highest in the university, and see current and former students grow to be leaders in the nursing community.

When asked about her greatest memories of her time here at BYU, she said that they include seeing new students start the program and then watching how much they have grown by graduation day. She also really notices how each class has a distinct personality and feeling about it. She has really enjoyed the time she has spent working and serving with the students and faculty.

Dean Marshall plans to take a sabbatical when the semester is over to renew her own scholarship and do some writing. She will also spend that time deciding what the next step in her life will be.

As one final message to the students, the Dean said she wishes that all students in the college of nursing will realize their own greatness and that we will then portray that greatness throughout our lives.

Thanks Dean Marshall for all your love, support and outstanding leadership! You have been a great influence for good in the College of Nursing as well as in our own personal life. Thank you and good luck!

SNA PRESIDENT RECOVERING WELL

By Hannah Schott
The past month will be one that few will forget in the College of Nursing. On November 19, SNA President, Holly Barnett, and her husband, Jared, were in a one-vehicle automobile accident on I-15. In the days and weeks following, family, friends, neighbors, and strangers alike have watched, holding their breath, in amazement as this couple beat the odds again and again.

The Barnett family was en route to a family dinner that Sunday afternoon, when their car veered off the road, crossing three lanes of traffic, and rolled sideways twice and end over end twice. Holly was ejected and Jared was trapped in the car. Jared’s sister was caravanning with them and called 911. Holly was flown to LDS hospital and placed in ICU. She was on a ventilator for a week. She sustained internal injuries, lung damage, a broken rib, and a fractured spine in a process. Her family stayed close by, cheering on every self-initiated breath and hand squeeze.

She recalls some of her hospital stay, “I remember Friday when I got the breathing tube out and I remember wondering when I could go see my husband. I had two chest tubes and surgery on my pelvis. I can’t walk for 6 weeks and I have to wear this neck brace for two months. I had 21 staples in my surgery scar...it was an open wound from the neck to the hip. I can have 14 pins in my my hip now. I was out of the hospital by Thursday, not needing to take my pain medicine because I have no pain. I went straight over to see Jared.” Her cooperation with the doctors and determination to overcome allowed her to be discharged in record time.

Jared, who had been declared dead by highway patrol, was removed carefully with the Jaws of Life anyway. Holly explained, “They finally ‘stabilized’ Jared, and took him to the U of U with Life-Flight.” His family was called into the room because the doctors didn’t think he would live.... The doctors proceeded to work on him for 5 hours straight. He had broken ribs on his left side, a broken scapula, punctured lungs, pneumothorax and severely bruised lungs. For several hours, Jared’s O2 saturated in the 30% range. The doctors could almost guarantee brain damage at that point. He was on the ventilator for nearly three weeks, finally becoming somewhat responsive at the end of that second week. Finally, in one weekend, his tracheotomy came out, and he started walking and talking.”

Not coincidentally, Jared made the most progress the
DE-STRESS NOT DISTRESS!

By Megan Pope

Saturday, December 9, 2006, was a therapeutic day for nursing students as Glenda Christianens conducted a relaxation hour for stressed out and tense students. Upon entering the room, a “Biadot” was placed on everyone’s hand and all were instructed to change the color of the dot. At first, every dot was black, indicating cold hands, which is a sign of stress. It became a goal for everyone to begin relaxing so circulation could warm up their hands, which would change the Biadot to different colors, indicating the stress level of the person. Green meant ultimate relaxation.

To begin distressing the nerves and relaxing the muscles, Glenda turned up some music and got everyone dancing. The highlight dancer was Shem Miyamoto, who dazzled all with his break dancing moves! Who would have thought a nursing student could be relaxed enough to break dance for all? We can always count on Shem to liven up a party.

Back rubs, breakfast and, best of all, Glenda’s guided imagery were other techniques used to remind students how to train their bodies to focus, meditate, and relax. Helpful test taking tips were to take time in the testing center before taking a test to allow the body to adjust and relax. Try eating some chocolate when studying and then eat a little as you walk into a test. Your body will make a connection between the pleasure and relaxation it felt while studying and munching on chocolate to the chocolate you eat right before a test and help to calm you down. Last of all, when studying, be calm and have food in your stomach as this helps the long term memory work better and makes studying more effective. When tense and nervous, the mind does not retain information as well and your test taking abilities decrease dramatically.

Thanks Glenda for such a therapeutic and relaxing morning!

Recovery: continued from page 1

week Holly visited him everyday. As she was helping him go from a semi-comatose state to walking, talking, and passing cognitive tests with flying colors, an ICU doctor who worked at both hospitals was surprised to see her.

The two of them are still on the road to healing. Jared has been discharged from the hospital to continue with homecare and physical therapy. Holly says the doctors emphasized the miracle of their recovery as one the ICU staff will never forget. As a friend to both Holly and Jared, I agree completely. I know that the College of Nursing, the College of Accounting, and past and present church communities here in Provo and home states have offered many prayers and fasting in the Barnett’s behalf. In this holiday season, we are all reminded to show love and appreciation to those that matter most. We have seen and felt that prayer promotes healing. The College has begun to fulfill Holly’s goal as SNA president to become more united across the board. We definitely have drawn closer together as we rally behind Holly and Jared.

Holly, we love you and continue to hope for your speedy recovery!

HOW YOU CAN HELP

Donations are greatly appreciated with the huge medical costs the Barnett are facing. A charitable fund has been set up called the Holly or Jared Barnett Fund at ANY Wells Fargo Bank. Some tellers may not know how to make deposits to charitable funds, but just tell them to ask their managers. Holly and Jared’s names are on a “Memorial Donations Accounts” list accessible by any teller at any Wells Fargo in the country.

USNA CONVENTION ‘06 COMING TO BYU

By Melissa Pickett

We want YOU! Hundreds of vivacious nursing students, stimulating speakers and in-services, an NCLEX review, a buffet of 50 recruiters, and what more but free breakfast AND lunch! Where are all these amazing activities coming from??? Oh, you better believe it and get ready because the College of Nursing is hosting the 2007 Utah Student Nurses Association Annual Convention here at BYU.

So mark your calendars, fill in your planners, get off work, prepare your husbands to baby-sit, and do whatever you must do to come Saturday, February 10, 2007. The theme for this year’s convention is “Nursing: One Choice, Thousands of Opportunities.”

Several colleges all over Utah are headed to BYU for to partake of the day full of nursing activities. The day will open with registration, meeting the candidates, and a continental breakfast. Several exhibitors will be available for our future job seeking students. Throughout the day, you will be privileged to attend seminars covering everything from test taking strategies, preparation for grad school, getting help in labs, and NCLEX reviews. If there is any SNA activity to attend winter semester, here it is.

Remember, in order to receive a discounted price, you must be an NSNA member. Pre-registration begins December 9 and is $15 for members and $25 for students who are not NSNA members. Students who register the day of convention will pay $25 for members and $30 if you are not members.

If you thought the convention was exciting enough, elections for the new USNA officers for the next year will be held! We want as many BYU nursing students to run so that our school can have a greater voice in the mainstream for nursing students in Utah! Keep watching, because we will keep you posted how to run and all the positions available for next year! So, if you are one of the many dynamic nursing students, you know the convention is where you’ll be February 10, 2007.

Register for NSNA: https://nsnamembership.org/
Register for USNA convention: www.utahstudentnurses.org and just click on the convention link. You will be prompted to register.

Available USNA positions
President
Vice-President
Convention Director
Secretary
Treasurer
Communications Director
Regional Directors
Break Through to Nursing Director

To learn more about the duties of these officers, just aim your browser to www.utahstudentnurses.org and click on the officers link. Scroll down to “View the USNA Bylaws Here” scroll down to Article VIII.

Want to help make the “Stethoscoop” happen? Email your interest to hannahbelle7@gmail.com
SERVICE CORNER

By Cambria Jones

This semester’s service projects have been a success, thanks to participation of students throughout the program. Since our first project of sewing together 50 toy footballs at the opening social, students have colored picture books for orphans, written notes of thanks during Thanksgiving, and written letters to missionaries from the nursing program. Currently the students are collecting money to donate for two families we are helping through the Sub-for-Santa program.

Two families that we are assisting had a hard time. The other is an immigrant family from Mexico. We will be purchasing coats, pants, shoes, toys, and books for these children who really need it. Everyone who can is invited to participate in buying and delivering the items during finals weekend. This will be a great opportunity to escape some of the stress of finals and focus on the needs of others to get in the Christmas spirit.

Thanks again to everyone for making this fall’s service projects a success! We look forward to the service activities next year!

Favorite Books

The Four Feathers by A.E. Mason
The Three Trees
Eragon
Christmas Shoes & Christmas Blessings
John Grisham’s Skipping Christmas
The Scarlet Pimpernel
Following the Light of Christ into His Presence
Rifles for Watie
To Draw Closer to God by Elder Eyring
Max Lucado’s You Are Special
Gone With the Wind
Fablehaven
At the Journey’s End
The Road Less Traveled
Educating Zion
Mere Christianity
My Sister’s Keeper
A Tree Grows in Brooklyn
Da Vinci Code
Angels and Demons
A Tree Grows in Brooklyn
The Holy Temple by Boyd K. Packer
Man’s Search for Meaning by Victor Frankl
Fire of the Covenant by Gerald Lund
Harry Potter
Anita Stansfield
Saints at War
Grapes of Wrath
Enders Game
Princess Academy by Shannon Hale
The Goose Girl by Shannon Hale
The Alchemist by Paulo Coehlo
The Work and the Glory
Ring of Endless Light
Les Miserables
The Mixed Up Files of Basil E. Frankweiler
Pride and Prejudice by Jane Austin
Kitchen Table Wisdom
The Notebook
The Hiding Place
Little Women
Where the Wild Things Are
The Winner by David Baldacci
Ella Enchanted
Love, Medicine and Miracles by Bernie Siegel, M.D.

WINTER INTRAMURALS AVAILABLE

By Tricia Holmes

Hello! Fall semester is over, which means that Winter semester is almost here, and with that comes winter intramurals! The College of Nursing will be purchasing 2 intramural schedules and we need to know what schedules to buy! The options for winter semester are: women’s basketball, coed soccer, coed inner tube water polo, and coed Wally ball. Please email Tricia Holmes and let her know at conintramurals@yahoo.com what sports you are interested in participating. Tricia will then send out another email (probably over Christmas break) telling which sports schedules were chosen and ask for participants for the 2 sports teams—the rosters will then be filled on a first come, first serve basis.

WEB SITES WE LOVE!

www.realpages.com– Track Holly’s progress
www.parkcityoutdoors.com
www.ebay.com, goodssearch.com
movies.com, amazon.com
www.cougargate.com
http://www.foont.co.uk/facade/hapland
http://www.harrypotterandthefirstchapter.com/
foodnetwork.com, wikipedia.com
www.elfyourself.com
www.momsfonts4kids.com
www.homestarrunner.com
Digitaldeal.net, steepandcheap.com
www.espn.com, careerbuilder.com
epicurious.com, Mugglenet.com
like2learn.com, amanandjustin.com
gamehouse.com, boxerjam.com
www.virtual-bubblewrap.com/popnow.shtml
www.despair.com
www.callesoccer.com
sundog.net/carolofthechins/flash/index.html
www.pandora.com, www.youtube.com

NEIL’S JOKES

By Neil Peterson

Here’s a “healthy” sampling of some of my original nursing humor (humor = jokes, not bodily fluids!)

1. What does an incontinent, retired military officer need every 4 hours?
2. What did the constipated bowel say to the bowel of shredded wheat?
3. What prescription do you give depressed Russians?
4. What do nurse midwives say when they need research money?
5. What kind of magazines and TV programs do ears prefer?

Answers on next page

Neil, the comedian

ALL I WANT FOR CHRISTMAS...

Matching the Christmas spirit, a recent Stieh appliances survey discovered what both students and faculty want for Christmas. The reply run a gamut from ladies eager for a man to a new Lexus 460. Others wanted R&R, Holly & Jared’s complete recovery, Peggy’s hot pepper jelly, two front teeth, money, world peace, soccer victories, graduation, and snowboard bindings. It looks like many will go to great distances to reach these aspirations (goals, not inhalation of foreign bodies). Respondents plan to travel to many states coast to coast to see family, honeymoons abroad, and even starting DNP programs during the time off. Many Capstone students will be studying for the NCLEX. Just in case you still have downtime, participants offered their recommended books and websites for all of you. MERRY CHRISTMAS AND HAPPY NEW YEAR!
CONGRATULATIONS
ON BEING
SPOTLIGHTED AND MISSION BOUND!

Name: Megan Cutler
Semester: 2
Mission: Taiwan, Taichung
Language: Mandarin Chinese
Departure: Dec. 27

What do you know about the area? It is going to be stinkin' hot....apparently it is very humid there too, so the combination will be fun!

Do you have family that have served already? Brother- NY

Do you speak the language already? A little. I taught English in China for four months and picked some up there.

Why did you choose to go on a mission? I have always wanted to serve since I was little and it all just fell into place.

What are you most nervous about? I am most nervous for the MTC (Missionary Training Center). Sitting in classes for 12 hours a day for three months just doesn't sound appealing to me. I can barely make it through six hours of nursing classes on Tuesday! Aaah!

What will you miss most about nursing school? I'll miss clinical, tests, journals, three hour long classes...wait just kidding. I will definitely miss the friends I have made in my semester the most. They will all be graduated when I get back!

If your semester could describe you in one word, what would it be? Energetic?

Name: Lindsay Marie Pennock
Semester: Finishing up my first semester
Mission: Oklahoma City, OK baby!
Language: English
Departure: MTC bound Feb. 28, 2007

What do you know about the area? They eat Okra, the original Sonic is located in my mission, both the shopping cart and parking meter were invented there, and they legalized tattooing as of November 2006! Whale hunting is still illegal in this land-locked state.

Do you have family that have served already? Nope, first girl to ever go on a mission.

Do you speak the language already? Umm...technically...but I went into Nursing, not English, for a reason.

Why did you choose to go on a mission? Because I like stringent rules and cardigans...no seriously, I want to go on a mission because I was inactive in the Church until I was 16, and the Church completely changed my life when I was reactivated. This Church has brought me more joy and direction to my life than I could have ever hoped for. It has completely changed me and I wish to share that good news with anyone.

What are you most nervous about? Ok, not going to lie, the Bible Belt kind of scares me.

What will you miss most about nursing school? I’ll definitely miss the friends I’ve made, but getting the ventral gluteal shot is a close second.

If your semester could describe you in one word, what would it be? Chill.

Name: Jessica Cunningham
Semester: Second
Mission: Korea Daejon
Language: Korean
Departure: January 31

What do you know about the area? It gets cold! They eat a lot of fish. The language is difficult and the people are very humble :)

Do you have family that have served already? Not in this mission... I have a brother in Mexico City West who will get home a month before I do... yeah!

Do you speak the language already? Not a stitch

Why did you choose to go on a mission? I've always wanted to go since I was young. I'm grateful for the gospel and know that it has changed my life; I hope that I can teach of Christ and bring the same message of joy and peace to others.

What are you most nervous about? Not being able to relate to another culture

What will you miss most about nursing school? My friends!!! I love you guys! Second Semester rocks my world!!! I just wanna send a shout out to my amazing roommate Michelle Groesbeck, my clinical captain, Rachel Crop, Betsy, Megan (I'll see you in a month :) and all the girls... you're the best!

If your semester could describe you in one word, what would it be? That's tough... uh... Chill?

3rd semester student, Cara Norris, gave birth to this cutie, Spencer Dustin Norris, on Nov. 28. He weighed 6 lbs 13oz, and was 18 inches long. He has dark hair and looks just like his daddy Dustin! Cara said, "I never could have imagined how hard labor would be, but it was an amazing experience... Life changes immediately, and there is nothing that compares with the sweetness and joy that a little angel brings!"