"It was so much fun being able to start off the new semester with a blast! ALOHA! It was the biggest turn out I have ever seen. The entertainment was fantastic!" Joanna Clayton, 2nd Semester

Aloha! BYU College of Nursing

The opening social this year had a great turnout at Rock Canyon Park, larger than any before. The theme was a luau, evident from all of the palm trees, everyone wearing leis and the Hawaiian-style nametags. There was plenty of food to go around as different activities went on; coloring as a service project and fishing for the kids. The highlight of the evening was when Shem Miyamoto and his band played Hawaiian music for everyone followed by a hula solo. The opening social next year will have quite the challenge to out-do all the fun we had this year.

Thanks to BYU SNA and everyone who helped to make this year's opening social such a success.

David Alden, SNA Secretary

Learning the Healer's Art

Nursing is an art—requiring as hard a preparation, as exclusive a devotion as any painter's or sculptor's work. For what is the having to deal with dead canvas or cold marble compared to the living body, the temple of God's Spirit? It is one of the Fine Arts, I had almost said the finest of the Fine Arts.

Florence Nightingale
Welcome, Welcome: New Student Orientation

This semester 64 students were admitted into the nursing program, 48 under Program A and 16 under Program B. Most students never knew what life inside the nursing program entailed. Two years of concentrating on getting into the College of Nursing left students confused on exactly how one was to survive the life of a student nurse. This year’s orientation helped to alleviate some of the anxiety, confusion, and stress new students were feeling.

Orientation was held in two sections where students were able to get to know those they would be spending the next 5 semesters with. Students were introduced to faculty members and given the basics of nursing care. HIPPA, fire safety, and OSHA were some of the many topics covered to get students ready to enter the hospital setting. Presentations were given by ROTC, the advisement center, and SNA that showed students some of their options for the future as a Registered Nurse and how to get involved in nursing school. Students were given so much information at one time, it was hard not to be overwhelmed and intimidated by what lay ahead. “Orientation was a blur of schedules, deadlines, and new ideas that left me feeling overwhelmed with information,” said Rachael Nielsen, a first semester student. “Unfortunately, it took a few weeks for that information to sink in and for me to feel like I could actually make it through the program alive.” Although most students left orientation feeling this way, it was a good springboard for figuring out how to navigate through the unknown semesters that lay ahead. It gave the students a peek into what their next 4 months would be like and helped to clear up some of the anxiety. Overall, orientation allowed students to come together and support one another during the stressful, intimidating transition of beginning in the College of Nursing.

Andrea Whitaker, SNA Activities Director

Nursing Students Always Giving...

On September 24th, the College of Nursing kicked off their monthly service projects by sponsoring a blood drive on campus for the American Red Cross Blood Services. The blood drive was held in the Garden Court of the Wilkinson Center and was supported by nursing students of all semesters donating blood. Walk-ins were also welcomed. Over half of the blood drive’s participants were nursing students which contributed to accomplishing the goal of 70 units donated. A huge thank you comes from the American Red Cross for all who participated and helped in saving lives through donating blood! We look forward to continuing to serve with Blood Services each semester.

Mari Kjar, SNA Service Director
Colorful apple trees with bright foliage (green balloons) and big red apples (red balloons), made a delightful orchard from which real apples were distributed to spectators along the BYU Homecoming parade route September 22, 2007.

Symbolizing nurses throughout history who planted seeds of health and knowledge for the future, students of BYU College of Nursing dressed in nursing uniforms of the 70s and 80s, as well as in modern-day scrubs, and clapped in rhythm as they chanted,

“Planting seeds, along the way
Helping others, every day.
And the fruit of what we do,
Is great health care for me and you!
GO, NURSES!”

“Planting Seeds 4 the Future” won the Pioneer Award, which was the finishing touch to many hours of work (and fun) spent building and presenting the float! Congratulations to the Student Nurses’ Association (SNA) and faculty, Sondra Heaston, Peggy Hubert, and James Kohl.

Rose Ann Jarrett, CON Public Relations Supervisor

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**Getting To Know Your SNA Officers**

If you could be a superhero who would you be?

“Elastigirl so that I can reach around corners and grab supplies.” — Tricia Harris, President

“Hiro Nakamura: It would be cool to be able to stop time and enjoy certain things in life that pass us by too quickly. It would also be able to go back in time and see things first hand….just think of the unique opportunities that would afford us, as long as we do not disrupt the space time continuum.” — James Kohl, Advisor

“Mary Poppins. I know she isn’t quite a ‘superhero’ but she’s practically perfect in every way and who wouldn’t like life to be like a musical?” — Joanna Clayton, Newsletter Editor

If you could pick any celebrity to go to Disneyland with who would it be?

“NSYNC for sure… I would convince them to get back together and it would be one huge success!!” — Andrea Whitaker, Activities

“Josh Groban. He could be my prince charming.” — Amy Stringer, Publicity Director

“If you had a super power, what would it be?

“The power of instantly ‘dinging’ myself all ready in the mornings. Talk about a powerful time saver.” — Mari Kjar, Service Director

“I would like to be able to be more than one place at a time doing many things at once.” — Sondra Heaston, Advisor

“Apparition—then I could travel anywhere I wanted anytime I wanted. It would definitely make going home a lot easier and cheaper.” — Becky Peterson, 1st VP

“It would be so much easier being in the nursing program to be able to snap your fingers and instantly be somewhere else. One minute in my bed the next in report.” — Alicia Anderson, Membership
BYU Student Nurses,
Thank you all very much for your help in assisting the Teddy Bear Den! A special thanks to Mari for organizing the event. [With] your help we raised well over $1000 worth of baby supplies. We hope to work with your group in the future.

Thanks,
Steve Caywood

Operation Baby Bundle
marchofdimes.com

Oh baby! The College of Nursing greatly served the March of Dimes through our October service project. Baby items for the March of Dimes' Teddy Bear Den were collected in the Nursing Learning Center over two weeks. The Teddy Bear Den is a program to encourage high risk women to attend prenatal appointments and improve their birth outcomes. Student nurses and faculty donated baby clothes, toys, diapers, wipes, and blankets which greatly contributed to a huge success. Teddy Bear Den coordinator Steve Caywood sends a heartfelt thank you to the College of Nursing for taking on Operation Baby Bundle, to all those who donated, and for over a thousand dollars of donations. Mothers and babies all over Utah will be blessed by our effort to serve!

Mari Kjar, SNA Service Director

Team Squad

Who would have known that nurses could be amazing basketball players? Not only can we study, but we know how to play. Team Squad had a great season with a winning record of 4-1. The greatest opposition that our team faced was that we never had enough men show up to play. We played almost every game with one guy down giving the other team the advantage.

The amazing thing is that this didn’t stop Team Squad. In fact one game when we only had 4 players, and we still scored 96 points. We were moved up to the 2nd division for tournament. There are 4 divisions so to be in the 2nd division is an accomplishment. Although we didn’t win the shirt, our team had a blast playing together. It was a great building year and hopefully we can do some more recruiting of male nurses so that we have a greater chance of winning it next year. A big thanks to all of those who were on the Team Squad: Chad Allen, Jenny Miller, Betsy Larson, Ryan Bingham, Katie Powers, David Caceres, Angelynn Singley, Brett Singley, Eliza Tarcito, and Jocilyn Oler.

Betsy Larson, 4th Semester, Team Squad Captain
There is a New Dean in Town!

Beth Cole was announced as the new Dean of the College of Nursing last spring and has already started to make a difference. One of Dean Cole’s goals is to get to know the students because she is our voice. She has already worked on this goal by saying the opening remarks at the Opening Social, working with students to build the Homecoming Float, and attending the Munch N’ Mingle held in her honor this past November. As she is striving to get to know the students, we thought it would be a good idea for the students to get to know Dean Cole a little better. We interviewed Dean Cole and here is what we found…

Dean Cole was born in Big Rapids, Michigan. Her father taught pharmacy classes at Ferris. As a little girl, Beth wanted to be a movie star. She was a cheerleader in high school, and was the mascot her freshman year for the University of Cincinnati because she could do flips, splits, and kart wheels. Go Bearcats! Dean Cole is married to Dr. Boyd Cole and has 4 children—2 boys and 2 girls with ages spanning from 21 to 28. Beth met her husband on a blind date; her friend met Boyd on an airplane and set them up. In return, Beth and Boyd introduced that friend to her husband!! Dean Cole received a BSN from University of Cincinnati; a Masters degree in Child Psychiatry from Boston University; and a PhD in Family Studies from Brigham Young University.

Before becoming the Dean of the College of Nursing, Beth Cole ran a grief center up at the University of Utah (along with performing administrative and teaching duties for the university). Dean Cole took the position at the College of Nursing to have an opportunity to work with the faculty, staff, and students of BYU, as well as advance the profession of nursing. Dean Cole’s typical day consists of “meetings, meetings, and more meetings!” Her ideal day is talking with faculty and students and working to advance the College of Nursing. Dean Cole’s favorite treat is a banana fritter—a banana lightly dipped in pancake batter, deep fried, and then served with maple syrup. Beth’s favorite movies are: It’s a Wonderful Life, Secret Garden, and the Lord of the Rings Trilogy. Dean Cole’s hero is Christ and her favorite scripture is John 21:15-17. Dean Cole’s favorite part of being the Dean of the College of Nursing is that she is “passionate about being the voice for nursing—the profession as a whole and the patients we care for.”

Tricia Harris, SNA President

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November Service Activity

For the month of November, we had the opportunity to send on-line postcards to U.S. soldiers serving our country. What a neat experience it was to personally thank someone for their dedication, hard work, and service to our wonderful country. I can imagine the holiday season would be the hardest time to be away from friends, family, and a familiar home setting. I am grateful for the chance to show my appreciation and admiration, as well as possibly bring a smile to the face of a soldier.

Heather MacArthur, 3rd Semester
Notes of a Nursing Student: My Personal Confession

At the end of a 12 hour shift at U of U ICU, I walked into a patient's room who yes, unfortunately, was fully conscious and told her I needed to check her blood sugar with the pricker and glucometer. For a mere second I lost all sanity and grabbed the back of the woman's arm and poked her like it was my job. She screamed and said "OW! What are you doing?!!" I froze and immediately realized what I had done, but since the site was still oozing I decided it would be cruel to give her another poke and told her, "Oh... well sometimes we can do it that way if we have to..." So I gathered the blood, which was probably hideously inaccurate for a glucose reading and let the poor woman live in peace with a Band-Aid on the back of her arm. Yes I am a genius, in case you were wondering.

So if I get kicked out of nursing school, I will be pretty disappointed, but we know we've all done silly things, so hopefully this will make people laugh and not be disgusted. Have a good one!

Natalie Sammi, Capstone Student

Notes of a Nursing Student: To Canada and Beyond!

I had a magnificent opportunity to defer school for a year and half and serve as a missionary in the Canada Vancouver Mission (which takes in almost the whole province of British Columbia) from November 2005 to May 2007. It was an amazing experience, I never could have imagined what kind of opportunities to teach, learn, and serve awaited me. My testimony of the restored gospel grew tremendously as I developed my relationship with my Father in Heaven and served His children in BC. I loved every aspect of missionary work. I met some amazing people who touched and changed my life; I witnessed miracles. Naturally, although I wasn't actively involved in school, the part of me training to be a nurse never stopped learning. Things I had learned from my communications class, as well as from interacting with various patients in the hospital gave me a head start on developing the skill to talk to everyone I saw.

Occasions to "practice" nursing never seemed to pass me up either.... I learned what it's really like to treat lice after my companion picked it up from someone we taught. I guess news that I was studying nursing got around because I had an Elder call me up one evening to ask "Sister Murray, you're a nurse, right? What does scabies look like?" (As we discussed the appearance of the disease, he was slightly reassured). In talking to elderly investigators or members who gave discourses on their health I was able to follow the conversation and understand some of the impact this news had on their lives. I also had a companion with a health concern she tried to overlook. Upon discovering the symptoms, my added encouragement led her to finally see a doctor. Within a month the problem was cleared up.

The abilities and attributes I developed on my mission will help me as a nurse in school now and in the future. I learned quite a bit about other faiths and how important religion is to many people. Spiritual strength comes in many different shapes and sizes and influences the way people deal with health issues. I also became a more effective teacher, which skill has already proven to be an asset when educating patients. Lastly, one of the most beneficial skills I learned is to love unconditionally. Heavenly Father blessed me with an ability to love people I had never met before, and to love people as Christ does. I became less judgmental of others and learned to accept everyone as a loved child of God.

I am grateful for the opportunity I had to serve the Lord in Canada. Many life lessons I learned as a missionary could not have been learned by me in any other way. Though coming back to the Nursing program has been challenging at times, I am extremely grateful for my mission experience.

Coleen Murray, 3rd semester
Shannon and Jared Davis
Married August 11, 2007

Meredith and Ryan Slatzer
Married May 1, 2007

Nicole Maples had a baby girl, Brooke Ashlee Maples, on April 29, 2007.

Christie and Steve Naegle
Married August 17, 2007

Shelley and Hyrum Salmond
Married August 25, 2007

Lorette and Jeffrey Beck
Married August 17, 2007

Tricia and Andy Harris
Married November 17, 2007

Do you have an announcement you would like published in Stethoscoop?

Email byusna@gmail.com
Neil’s Nursing Humor

JOKES!

1. Why wouldn’t the white blood cell go out with the reticulocyte?
2. Where do polygamist alveoli go?
3. What do you call a clownfish in your lungs?
4. What book explains the relationship between guys and hemodynamics?
5. Why did the respiratory-depressed patient want his hero to visit him?


Save the Date: Upcoming Events

USNA Convention held at UVSC Student Center
This year’s Utah Student Nurses Association is going to be held at UVSC in the Student Center. It is from 8:00 am – 3:30 pm on February 9th, 2008. The Dean of the College of Nursing at the University of Utah will be our keynote speaker. Come and enjoy various breakout sessions, lunch on us (USNA), and vendors!! Come prepared to fill your mind with knowledge and your bags with goodies.

College of Nursing Photography Contest
Submit digital, high resolution photographs to Public Relations, roseann.jarrett@byu.edu by March 31, 2008. Photo criteria: Depicts the Healer’s art, student engagement, timely subjects relevant to nursing, faculty/student interaction, research, classroom and clinical experiences. Photos must be taken during the 2007-08 academic year. Submitted photos become the property of BYU College of Nursing for use in development publications, College magazine, etc. Prize for winning photo: $100 cash.

Mary Ellen Edmunds Nursing Endowment for the Healer’s Art
Save the Date for the Mary Ellen Edmunds Nursing Endowment for the Healer’s Art: Wednesday, April 9, 2008, Ernest L. Wilkinson Center Ballroom, 6:30 p.m. Last year was absolutely amazing. Details for the event will be announced later.

I’ve Been Glendafied! A Letter From the Editor

On Saturday December 8th, I was very fortunate to spend some time with fellow classmates, friends, and strangers being Glendafied (I made that up, unless you have seen Wicked). During her de-stress session we danced, did the train thing, gave and got back rubs, and then participated in some guided imagery of our perfect day. I must admit that for some reason I started to picture my perfect day as being one when I woke up not feeling tired, having all of my assignments completed for the week, time to make and eat healthy breakfast, my school bag already packed, and having started on studying for a test that wasn’t for weeks! UGH!!! Luckily, those thoughts were only briefly entertained. I was then able to re-focus and get real. The perfect day for me would be spending time enjoying the gorgeous nature Heavenly Father has blessed me with walking hand in hand with my husband. There would be no rush to be anywhere and I wouldn’t be distracted by other not so important issues. A friend once told me that “you make time for things that you think are important”. How true her words are. I recommend that as we continue on or finish up the nursing program we make time for what is important. Our travels through the nursing program will eventually come to an end and what we will have left are memories of how it went and what we did. I am grateful to be learning the Healer’s Art here at BYU and pray that I will keep an eternal perspective in all things. Good luck with finals and have a Merry Christmas.

Joanna Clayton, SNA Newsletter Editor