Christmas Closing Social

What: De-stress before Finals with a holiday movie, hot chocolate, and popcorn

When: Wednesday, December 10, 2008 at 7 P.M. Movie will start at 7:30 P.M.

Where: TBA—check your e-mail

Entry Fee: One toy from an ornament on the tree in the NLC or $3.00

See you ALL there!

Florence Nightingale, a “Hero of History”

The “Lady with the Lamp,” was spotlighted by BYU’s “Heroes of History” club on November 13, 2008. Florence Nightingale, quite possibly the most famous nurse, drastically reduced fatality rates in the Crimean and Civil wars through cleaner technique. She gave up a life in Italy’s upper class society to care for the injured and sick. She avoided public recognition, never married, and devoted all 90 years of her long life to the nursing profession. We can learn much about how to succeed as nurses from her mantra, “I attribute my success to this—I never gave or took any excuse.”

By: Karen Young
Hello Reno!

A handful of BYU nursing students attended the National Student Nurses' Association semi-annual convention in Reno, Nevada, November 14-15. Fourth semester student Kyra Trappett shared following about her experience.

On November 14-15, 2008 I was among a small group of students who chose to attend the National Student Nurses' Association (NSNA) Midyear Conference in Reno, Nevada. Although this came at a busy time of year, there were many benefits gained from this unique opportunity. As with many experiences in life, we choose among our opportunities for those we feel are of most important and act on those, while sacrificing other potential areas of involvement. This trip was no different. Sacrifices of time, sleep, and study were made. It is no different than what I am sure many others go through for their passions and desires. However, I will enumerate the benefits of what I experienced for those who may disregard the possibility of their being said benefits in traversing yet another nursing function.

One of the first positive experiences to cross my path was the acquaintance of new friends. Karine Hachon and I made the exciting journey traveling I-80, Thurs Nov 13 from 8pm- Fri November 14 3am to Reno, NV via a little VW rabbit we rented. Although some might think this a crazy idea, we had many wonderful hours getting to know one another involving nursing experiences, future plans, background, even what kind of grocery food we ate. This was the first of many friends and acquaintances I was able to meet. I seemed to run into many people whom I had some connection with at the different conference events. It was wonderful to discuss our many different backgrounds and desires, even though we were all nursing students.

Next on my list of opportunities encountered, was being able to attend different breakout sessions where I learned about policy, pharmacology, career opportunities within nursing, among other great topics. I will share one little rhyme I learned which I greatly enjoyed, see if you can figure out what it is referring too: I was given 1 nose and 2 eyes; 3,4,6 makes my eyes do tricks. 5 rhymes with try. 7 goes across my face; 8 fits in my ear. 9 and 10 tuck under my chin, 11 (shrug). 12 makes me stick out my tongue (from Pharmacology Made Insanely Easy). It was a fun and informative way to learn.

Karine Hachon intubating... a mannequin! As part of the NSNA conferences, vendors- or companies/schools looking for nurses, were on hand promoting their hospital or school and answering many questions. One of the great perks, other than the hundreds of free pens, is some of the vendors offer a raffling prize. I was lucky enough to win a Kaplan review, so t definitely paid off for me! I know several of the BYU students who went were able to get interviews at the hospitals of their choice while some were able to give out resumes and get offered to be flown out to visit another hospital. The army recruiters let us practice intubating a mannequin (like our SAM). I am sad to say Karine knocked all of his teeth out. It was a skill I have never seen done and it was exciting to get to try it. The vendors added an exciting flair to the many informational sessions we were attending.

And to sum it up with one of the most important benefits- I had fun. Whether it was spending $30 at Smiths to save $.05/gallon of gas, getting upgraded to a hotel room with a Jacuzzi, watching others gamble, or just going out to eat with new friends, it was a relaxing way to spend my weekend. Of course, it was stressful when I came back and had to take an ICU test and finish a preassessment, but the opportunity to get away from it all was as MasterCard advertises: “priceless”.

So if any are out there debating about the benefits of extracurricular nursing related functions, I would argue it is worth it. It is not just about nursing, but about the reason we decided to become nurses: to better ourselves and to better the world around us. It is through the simple things we do, even if it is only joining an organization or whether you decide to run for office, it is what you can personally give that makes a difference. But however much you give, the benefits definitely repay with equal weight.
CONGRATULATIONS to the December 2008 Graduates! Good luck on the NCLEX and in your nursing careers!

Research Conference

It was wonderful to see all of BYU's student nurses interacting with Intermountain Healthcare professionals at the Research Conference on November 3, 2008. We were fortunate to have keynote speaker Linda Cronenwett, Dean of the School of Nursing at the University of North Carolina at Chapel Hill. She presented her ongoing research about "Quality and Safety Education: Visions and Realities." She emphasized that part of being a good nurse means being committed to safer techniques and procedures. As students, we can focus on patient-centered care, which involves the patient's preferences, knowledge, and family to give the best care.

Additionally, we should look for opportunities to interact with doctors so it is less intimidating when we are no longer students. Good nurses also use research as a foundation for the best current practices. Finally, she urged student nurses to be more proactive in finding learning opportunities during their clinical experience to gain the maximum benefit. Do not be afraid to ask questions, for that is how learning is accomplished!

BYU associate professor Erin Maughan also spoke on behalf of Sigma Theta Tau, the nurse's honor's association. She talked about "Nursing Around the World," and how healthcare in the U.S. compares to the rest of the world. Americans tend to focus on curative practices rather than prevention of disease. Breakout sessions were held throughout the day on topics such as Medical-Surgical Issues, Life Long Learning, Community, Women's Health, Pediatrics, and Hawaii. BYU students won the trophy for the Food Drive competition. Thanks to all who helped organize the Conference and all who attended—it was a valuable opportunity to see research in practice.

By: Karen Young

Nurstoons

NO... YOU GOT THAT ONE WRONG ALSO. YOU NEED TO STOP THINKING ABOUT THE QUESTIONS SO MUCH

IT SEEMS TO ME THAT BY MARKING THIS QUESTION WRONG, YOU'RE SHOWING ME THAT YOU ARE MORE CONCERNED WITH EVALUATING ME THAN TEACHING ME. THE ABILITY TO THINK SHOULDN'T BE INVERSELY PROPORTIONAL WITH THE ABILITY TO SCORE WELL ON AN EXAM

MAYBE YOU JUST NEED A TUTOR

MOLLY COULD TUTOR YOU... SHE NEVER THINKS TOO MUCH

by Carl Elbing

Good Luck on FINALS!
This newsletter's for YOU!

I would absolutely LOVE your input, ideas, and stories for future issues!
E-mail byusna@gmail.com with the subject line, "Stethoscope." Thank you!

Read more about what is going on in the College of Nursing at:
http://nursing.byu.edu

Coming next semester...

**MONDAY, January 5**
- First day of winter semester

**February 23-27**
- Campaigning for SNA officers next school year

**SATURDAY, February 28, 2009, 8 A.M.—3:30 P.M.**
- USNA Annual Convention
  - College of Eastern Utah Campus in Price, UT

**March 2-6**
- 2009-2010 SNA Elections

**April 15-19**
- NSNA Annual Convention

Just a thought...

SNA board members Candice Moriyama, David Caceres, and Kyra Trappett attended a University Leadership Conference on Saturday, November 8, 2008. Brother Randy L. Bott, a religion professor, shared the following poem, "Between You and God."

People are often unreasonable, illogical, and self-centered; Forgive them anyway.
If you are kind, people may accuse you of selfish, ulterior motives; Be kind anyway.
If you are successful, you will win some false friends and some true enemies; Succeed anyway.
If you are honest and frank, people may cheat you; Be honest and frank anyway.
What you spend years building, someone could destroy overnight; Build anyway.
If you find serenity and happiness, they may be jealous; Be happy anyway.
The good you do today, people will often forget tomorrow; Do good anyway.
Give the world the best you have, and it may never be enough; Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God; It never was between you and them anyway.

GOOD LUCK with Finals and enjoy the Christmas break. Travel safely, savor time with your family and friends, and do not be afraid to serve someone. We as a board are excited for another great semester—see you in January!

Karen Young, Editor