FESTIVAL OF TREES
Each year, SNA participates in a service project to decorates a Christmas tree to raise money for Primary Children’s Hospital. Students work together to design a cheery, festive tree.

The theme of this year’s tree was flight-inspired. Students made hot air balloon ornaments, pieced together planes from popsicle sticks, and decorated pine cones with red and gold glitter.

SNA board members met together to decorate the tree in Sandy. The tree has since sold, and every penny raised was donated to Primary Children’s Hospital.
STUDENT MENTORS ON FACEBOOK

We’ve got some exciting news! For about a year, SNA has been trying to get some sort of mentor program between semesters off the ground. And we finally have it figured out!

A couple students from each semester have volunteered to be mentors to the semester below them. These mentors will be added to the Facebook page of the semester below them, and anytime a student has a question, they can post on their page and tag the mentors. The mentors will then answer in the comments. This way you get a pretty quick answer (no more emails or meetings) and you’ll get answers from multiple mentors (more opinions, a broader perspective).

We hope you’re as excited as we are!

“Nursing is one of the Fine Arts, and it requires an exclusive devotion, as hard a preparation, as any painter’s or sculptor’s work; for what is dead canvas or dead marble, compared with the living body, the temple of God’s spirit?”—Florence Nightingale

ANNOUNCEMENTS!

Michelle Jensen is engaged to be married to Jordyn Dickey!

McKenna Ballard is engaged to be married to Caleb Thomas!

Lauren Durnford is engaged to be married to Nathan Kunz!
SNA TAKES HEALTHCARE TO NEW HEIGHTS

While creating this year’s homecoming float, SNA asked itself “What happened to Mr. Fredericksen (from Disney’s UP) when he got older?” The answer? His nurses took him UP in his nursing home, of course!

BYU’s 2014 Homecoming theme was “Take Flight,” and SNA played on that with their own theme of “Taking Healthcare to New Heights.” The float was a fun rendition of what the house from UP would have looked like as a Hospital, complete with yellow walls, a pink roof, and hundreds of balloons. It embodied the spirit of our theme—we wish we could take our patients to new heights in a pink, floating hospital (because that would be super fun) but we also intend to take the healthcare system to new heights as we prepare ourselves to be the most skilled and compassionate nurses we can be.

During the parade, nursing students and faculty members had fun passing out tons of candy to families watching. And when the candy ran out, students cut balloons off the float and handed them to delighted children on the parade route.

Following the parade, SNA worked with other volunteers to produce Hygiene and Newborn kits for families in need throughout the world—Ecuador, India, and here in Utah as well. Some of the kits will be personally delivered and distributed by BYU students during their Global Health/Study Abroad semester this Spring.

SNA was proud to win the Pioneer Award for their float. Thanks to everyone that came out to help build the float and participate in the parade!

Professor and SNA Advisor, Jim Kohl, played a convincing Mr. Fredericksen

Assembly line to put kits together.
NURSING FUNNIES

Student Nurses:

Saving the world one mannequin at a time

3 words every girl wants to hear:
I love you.

3 words I want to hear:
alert, oriented, independent.

#nursingproblems

BOTH B AND C ARE CORRECT

BUT B IS MORE CORRECT

WHEN I FIND OUT MY PATIENT IS
ON ISOLATION PRECAUTIONS

AFTER I'VE ALREADY BEEN IN
THE ROOM A MILLION TIMES.

HEY GIRL,
ARE YOU A
PULMONARY EMBOLISM?

CAUSE YOU'RE MAKING
ME BREATHELESS

Now I lay me down to rest, a pile of books upon my chest. If I die before I wake, that's one less test I have to take.
CPR CERTIFICATION

You have probably heard that the College of Nursing now requires all students to have an American Heart Certification for their CPR certification. Remember that this only applies to those who are becoming newly certified or are recertifying. In response to this change, SNA is offering an AHA BLS course at a reduced price to help students get the certification they need.

The next course will be offered on Friday, January 9th, 2015 from 9 AM-Noon or from 1 PM-4 PM. It will take place in the SWKT and will cost $30 for SNA members or $45 for non-members.

Email Jenna Bowles at jennabowles@gmail.com with any questions.

“Your profession is not what brings home your weekly paycheck, your profession is what you’re put here on earth to do, with such passion and such intensity that it becomes spiritual in calling.” —Vincent van Gogh

WE LOVE OUR NEW NLC! HERE’S WHY:

“I love how big the rooms are. They make it very easy to learn and practice on patients. I also love the new technology. With all the technology we are able to do so many new things!”

-Lizzy Bullock, 3rd semester

“I really like the new student study area. It’s nice to have our own microwave and refrigerator for lunches and snacks. It’s a great place to hang out with fellow students and study.”

-Jaclyn Evans, 5th semester

“I love that it’s now a one-stop shop for all things nursing school.”

-Emma Robinson, 3rd semester

“I love the NLC really looks like a hospital! Plus the technology is incredible. As simulation research assistants, we are capable of doing so much more to increase the knowledge and learning of students. Also the water bottle filter is a definite bonus!”

-Jenna Bowles, 5th semester

“I love that the walk-in lab is in the NLC and not the JKB!”

-Adelynn Schafer

“I love the computer room—there are always computer available and it’s so handy to have everything you need somewhere convenient.”

-Ali Smith, 1st semester
Thanks for reading! I would love to include your experiences in future issues of The Pulse. Just email byusna@gmail.com with the subject line “The Pulse.” Tell me your funny stories from clinical, spiritual experiences you have had as a student nurse, cool internships you have done, if you get married or engaged, receive a mission call, or have a baby!

LETTER FROM THE EDITOR

One lesson I’ve had to learn in nursing school is that you can’t do everything. You can’t set a ton of goals at once and perform each of them perfectly. I recently read this quote by President Lorenzo Snow and it really struck a chord with me:

“Do not expect to become perfect at once. If you do, you will be disappointed. Be better today than you were yesterday, and be better tomorrow that you are today.”

I love this! I think that is a goal we can all follow through on—to be a little better each day. But don’t expect too much of yourself. Don’t overextend yourself. Don’t expect perfection; setting a goal you are doomed to fall short of (and we are all doomed to fall short of perfection) leads to paralyzing disappointment, not productive behavior. I guess what I’m trying to say is something that I have to tell myself almost daily: give yourself a break. Keep doing the best you can, but you’re doing pretty awesome as it is. Take a step back and remember all the wonderful things you have going for you. Then turn around a be a little better tomorrow than you were today.

-Adelynn Schafer

Good luck during finals week, and have a wonderful Christmas break!