Splish! Splash! Heads up on the

CLOSING SOCIAL BASH!!

WHO: The BYU Student Nurses’ Association
WHAT: The CON Closing Social Swim Party
WHERE: The Legacy Swim Center located at 123 N Center St. Lehi, UT 84043
WHEN: On Saturday April 12th, 2008 from 9-11pm
WHY: 'Cause we can!!

EVERYONE including faculty, staff, and students along with family and friends are invited to come. There will be swimming, food, and fun! So mark your calendars!

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
January Service Activity: Miracle at the Temple

I'm searching for miracles here and now. That has been my positive affirmation for the year 2008. At the College of Nursing's temple night, on Thursday January 31st I discovered one. I arrived at the Provo Temple around 8 pm and was one of only a few to attend. As I waited in the crowded baptistry to perform work for the dead, I was struck by the miraculous nature of temple ordinances.

In the 124th section of the Doctrine and Covenants, the Lord declared to Joseph Smith, "a baptismal font there is not upon the earth, that they, my saints, may be baptized for those who are dead". Shortly thereafter, the Nauvoo Temple was built. Before it was built, however, the saints built a temporary wooden font in the newly excavated basement of the temple.

In November of 1841, six members of the Quorum of the Twelve performed baptisms for 40 people who had died, the first baptisms for the dead performed in the font (Teachings of Presidents of the Church: Joseph Smith, 2007, 468-478). The Nauvoo saints were so eager to begin this most important work. I wonder how often we, as saints, appreciate the hundreds of baptismal fonts we now have in temples worldwide. Do we fully comprehend our capacity to be Saviors on Mt. Zion?

President Hinckley has said that when we do temple work, we “become as saviors to those on the other side who have no means of advancing unless something is done in their behalf by those on earth”. He continues, “I encourage you to take greater advantage of this blessed privilege. It will refine your natures. It will peel off the selfish shell in which most of us live. It will literally bring a sanctifying element into our lives” (“Closing Remarks”, Ensign, Nov 2004).

The simple fact that you and I can save those on the other side is miraculous. It boggles my mind. Miracles are everywhere, you just have to look for them.

-Maisy Wilkinson, SNA Activities Director

Associate Dean Announced for BYU College of Nursing

The appointment of Patricia (Patty) K. Ravert, RN, PhD, as Associate Dean for Academic Undergraduate Affairs at BYU College of Nursing was announced December 14, 2007 by Dean Beth V. Cole.

Dr. Ravert earned her BS and MS degrees in nursing from BYU and her PhD from the University of Utah. For the past several years she has coordinated the Nursing Learning Center, a laboratory that provides students with hands-on learning via human patient simulators prior to working in actual clinical settings. Ravert’s extensive work in simulation was recently recognized by the National League for Nursing when they invited her to participate with seven other national simulation experts in a three-year project focused on the advancement of simulation in nursing education in the U. S. as well as in several international locations. She will continue her work in simulation in addition to her responsibilities as associate dean.

-Rose Ann Jarrett, CON Public Relations Supervisor
As a first semester student, I did not know what to expect during my first week of the program. I was still trying to figure out my schedule and make sure I was where I was supposed to be and at the right time. One event scheduled that week was an Orientation Dinner. I also was wondering what would be taking place that evening. I thought that this might be a dinner and mingle, but wasn’t sure. Upon arrival, I was happy to see a few familiar faces: Cara Wiley and Mark White. Other than that, I didn’t know anyone else. I sat down at an empty table and waited for others to arrive. The tables slowly filled as did mine. Barbara Heise sat next to me and answered a few questions that I had about the program until the dinner started. The dinner actually served as a wonderful opportunity to meet the Dean and other staff. From them, I learned about the various positions they occupied and the many roles that each person fulfilled. In addition, I learned about how each person was there to help me to succeed in the program. I also learned about BYUSNA as each member introduced themselves and explained their function as a whole and individually. The evening went great. I enjoyed a wonderful dinner in the presence of great company.

-Roel de los Santos, 1st Semester New Program

This past year the College of Nursing has undergone a lot of changes and will continue to do so as they strive to improve various aspects of the CON program. Of particular importance is switching from a program that required about two years of pre-requisites and two and half years in the nursing program, to a program requiring one year of pre-requisites and three years in the nursing program.

The table to the right should help give students a better understanding of the change. Also, in order to accommodate the changes to the program, acceptance for students on the Old and New Programs will go as follows:

**Fall 2007:** 48 OLD 16 NEW  
**Winter 2008:** only OLD  
**Spring 2008:** 24 OLD 24 NEW  
**Fall 2008:** 48 NEW 16 OLD

A big thank you to all those involved in bringing about the changes.

-Joanna Clayton, SNA  
Newsletter Editor

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### A Little Explanation: Changes in BYU’s College of Nursing Program

<table>
<thead>
<tr>
<th>Pre-Requisites</th>
<th>New Program</th>
<th>Old Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>♦ Nurs 180</td>
<td>♦ Engl 115 (Engl 150) OR Engl 200 OR Hon P 200 OR Phil 105</td>
<td></td>
</tr>
<tr>
<td>♦ MFHD 210 OR Psych 220</td>
<td>♦ Nurs 180</td>
<td></td>
</tr>
<tr>
<td>♦ Chem 285*</td>
<td>♦ MFHD 210 OR Psych 220</td>
<td></td>
</tr>
<tr>
<td>♦ PDBio 305</td>
<td>♦ Chem 152* AND Chem 281* = Chem 285*</td>
<td></td>
</tr>
</tbody>
</table>

*This class will not be used in calculating your GPA unless it helps

**NOTE:** While **First-Year Writing or its AP equivalent** is not a prerequisite you **must have it completed** before applying. In addition to the First-Year Writing class or its equivalent, students under the New Program must also have **28 credits completed** in order to apply.

<table>
<thead>
<tr>
<th>GPA requirements</th>
<th>OVERALL GPA is calculated using points earned in all University or College Classes on your official transcript</th>
<th>PRE-NURSING GPA is calculated using points earned in prerequisite classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recommendations</td>
<td>Not Worth Points</td>
<td>Worth Points</td>
</tr>
<tr>
<td>Personal Information Sheet</td>
<td>Required</td>
<td>Didn’t Exist</td>
</tr>
</tbody>
</table>
20 packages were sent to 20 nursing students presently serving missions all over the world.

Who knew we had that many BYU nursing students currently deferred and out sharing the gospel? Packages filled with candy and valentines from fellow nursing students went from Russia to Oklahoma to Taiwan and many more states and countries. For the College of Nursing February service project we took on spreading love and appreciation to our College of Nursing missionaries. Valentine boxes adorned the Nursing Learning Center for the month of February and soon were filled with greetings from current students. Through remembering the great efforts of our friends in the mission field during this month about emphasizing love, we can serve in a small way and give much needed encouragement and support. Our valentines for missionaries project was a chance for us all to serve and remember that “opportunities for service are limitless. Kind words and deeds can lift burdens and gladden hearts” (True to the Faith). This service project was able to involve everyone at the College of Nursing and hopefully “gladden the hearts” of our program’s wonderful 20 missionaries.

-Mari Kjar, SNA Service Director

CON MISSIONARIES:

Alexandra Warner- Las Vegas, NV
Cassidy Tomas- Elmhurst, NY
Amy Tolley- Samara, Russia
Aubrey Thorpe- Riga, Latvia
Amber Duffin- Brazil
Katie Thornton- Vizcaya, Spain
Amy Scnittag- San Antonio, TX
Aubri Root- Independence, MO
Lindsay Petlock- Oklahoma City, OK
Trista Jones- Lilburn, GA
Meredith Burt- Somewhere, World
Beth Heights- Salt Lake City, UT
Brianna French- San Bruno, CA
Christy Finlayson- Enchyberg, Sweden
Katie Bates- Birmingham, Alabama
Teralynn Hill- Philippines
Jennifer Stephenson- Somewhere, World
Tami Weiss- Goiania, Brazil
Megan Cutler- Taichung, Taiwan
Michelle Sorenson- Sao Paulo, Brazil

*Locations stated are taken from the most current information we were given. We were unable to attain addresses for two students.

Notes of a Nursing Student: Return Missionary

The summer after second semester of nursing school I went to the Texas San Antonio Mission, Spanish speaking. It was absolutely wonderful to be preaching the Gospel to the people of Texas. I was amazed at the connection between nursing and missionary work. Focusing on people and healing, listening, caring, and then relying on knowledge, experience and, most of all, the Lord to guide you. There really is a lot of similarity. I loved it and the Lord has blessed me along the way getting back into the swing of things in nursing school, since I just got home January 1st of this year. So girls, if you feel you need to go on a mission, don’t put it off because it will all work out for the best if you do.

-Teresa Hatch, 3rd Semester
Notes of some Nursing Students: Our Clinical Experiences

Here's something random:
This semester I got the opportunity of a life time - I cut a baby's cord right after he was born. Since this job is usually given to dads (our patient's dad was a bit weasy about the whole labor thing and wasn't about to do anything extra to make himself faint) this was a delightful surprise. Since it won't exactly be appropriate for me to do so during my own children's births, I'm glad I got this random opportunity.

-Ruth Rodrigues, 3rd Semester

The first day I was in Labor and Delivery I was so excited to see a baby born!!!!!

-Annie Marsh, 3rd Semester

Sixteen first semester nursing students spent the afternoon of March 13, 2008, eating, visiting, and learning with seventeen Japanese nursing students from Hakuho Women's College. The Japanese students made the trip to Utah to learn about nursing and the healthcare system in the United States.

After a tour of the NLC, the students enjoyed an American lunch of pizza, green salad and cookies with Glenda Christiaens' Introduction to Community Health class. Despite the language barrier, the girls formed fast friendships with the BYU students; and were laughing, taking pictures, and exchanging e-mail addresses. Two groups of Japanese students presented research from their college, and then watched a skit by BYU students on reporting abuse. Professor Christiaens used activities and stories to teach about family assessment, giving the students a taste of what nursing classes are like in the United States. Although they were jet-lagged from the long flight, the students were friendly, outgoing, and excited about making new friends, learning new things, and seeing new places.

-Karen Young, 2nd Semester
New Program
BYU CON Squad at it Again

I could feel the bags weighing on my sleepy eyes as I arose to start the day at 5 am. No, I wasn't going to clinical—I was headed to the RB to buy an intramural basketball schedule for nursing school. I entered the gym, only to be greeted by more baggy-eyed students determined to get their respective schedules for various sports. 45 minutes and $30 later, I had basketball schedule. Playing on BYU's basketball team, CON Squad, was a blast, even though we lost most of our games. It was a good way to release stress, as well as get to know girls from other semesters. I'm glad I had a chance to play, and look forward to next year!

-Maisy Wilkinson, SNA Activities Director

Success!

The annual Utah Student Nurses Association (USNA) convention was held on February 9, 2008 at Utah Valley State College and it was a wonderful success. Students from all over the state attended including schools as far south as Dixie State College and College of Eastern Utah, and as far north as Weber State University.

The opening speaker was Dean Maureen Keefe from the University of Utah College of Nursing. There were also breakout sessions that the students could attend. These classes were a great opportunity for nursing students and pre-nursing students to learn about the numerous opportunities available in nursing.

Vendors came from hospitals and nursing schools from across the state of Utah and across the country. The convention made it possible for the students to talk to and interview with these recruiters.

This year the USNA board decided to provide scholarship monies for the nursing students of Utah. Three $300 scholarships were provided to qualified students who were active members of USNA. The scholarships were a great way to assist the nursing students of Utah in continuing their education.

Last but not least, the USNA convention was pleased to hear from a leader who was in their shoes only a year ago. The current Miss Utah, who is a medic in the National Guard and a SUU nursing school graduate, spoke to the students about her experiences as a medic in her active duty tour in Afghanistan. She applied many of the principles she learned in helping the people in Afghanistan to nursing school. We were so excited to have her and appreciated her advice and example of being a strong nursing leader.

-Megann Peterson, USNA Treasurer

SNA Activity: The Price to Skate...One Can of Food

What do you get when you combine Accounting students with Nursing students? A fun, exciting ice skating activity! This February, the two colleges combined to have a good time getting to know others of a different major. In order to get a free ice skating ticket, participants were asked to bring a canned food to raise food for the Utah Food Bank. This got participants an hour and a half of free ice skating to fun music, while donating to a good cause. Not only did students and friends have the opportunity to skate, but cookies and milk were provided for a break from skating. This provided a place for socializing and meeting new people. It was a fun time for students to get away from the rigor of schoolwork and come together to relax!!

-Andrea Whitaker, SNA Activities Director
BYUSA Hosts
Meet the Dean-Beth Cole from the College of Nursing

Dean Beth Cole, from the College of Nursing, was the spotlight for an hour during the monthly "Meet the Dean" sponsored by BYUSA. On Monday, March 24th, before Dean Cole began speaking, BYUSA provided fresh fruits, vegetables, and cookies for all who came. After enjoying light refreshments, both nursing and pre-nursing students enthusiastically listened to the dean talk about her many experiences and accomplishments, which are too many to describe here. After speaking for a few minutes she opened up the floor to questions from students. Students asked her questions about her background, education, experience, and most importantly, about the BYU nursing program. If not already known before this activity, it was very obvious to everyone in attendance that Dean Beth Cole’s experience, kind heart, and uplifting personality will positively contribute not only to BYU’s nursing program but also to all the lives of students who go through it. We are truly blessed to have her as our dean and are grateful to BYUSA for inviting her to be the monthly highlight.

-David Alden, SNA Secretary

Dean Beth Cole

SNA Officers for 2008-2009

BYU SNA held it’s annual elections for the new ’08-’09 board in February and we congratulate the following students in their new positions on the BYU SNA board:

President: Joanna Clayton
First Vice President: David Caceres
Second Vice President: Candice Moriyama
Secretary: Taniel Lamb
Treasurer: Jane Leavy
Membership: Erin Zundel
Publicity Director: Andrea Whitaker
Service Director: Sonya Anderson
Activities: Maizy Wilkinson
Newsletter Editor: Karen Young
BYU/USNA Rep: Kyra Trappett

The election process began at the end of January and ran through mid-February where students campaigned in the NLC and then voted online. The USNA elections took place the weekend before the BYU/USNA voting began and a few of the candidates from the BYU/USNA election ran for positions on the USNA board and were elected at the USNA convention. We congratulate those who were elected to the new ’08-’09 USNA board and wish them luck in their new positions!

BYU SNA board members: four are from 3rd semester, four are from 2nd semester, and three are from 1st semester; board members were born in or raised in Oklahoma, Puerto Rico, Washington, Ecuador, Venezuela, California, Virginia, Utah, and Idaho; and three members are returning from the ’07-’08 board.

Serving on the BYU SNA board is an exciting experience that provides a lot of opportunities for service and leadership, and we have confidence in the abilities of these new board members! On behalf of the ’07-’08 BYU SNA board we thank all of those who participated in the election process and for making the 2008 BYU SNA election a success!

-Jana Hick, SNA 2nd VP

Here are some statistics about the new BYU SNA
This year the National Student Nurses’ Association held its 56th Annual Convention in Grapevine, TX during the last week of March. “Blazing Trails: The New Age of Nursing” was the theme. The 2008-2009 BYU SNA and USNA board members had the pleasure of attending and representing BYU’s CON and the great state of Utah.

During the convention Emily Vest, a BYU capstone student and the ’07-’08 USNA President, was honored with the Isabel Hampton Robb Award. It was a $1000 scholarship given to the state president that exemplified qualities similar to Isabel Hampton Robb who is a historical nursing leader.

Candace Biberston, a BYU third semester student and the ’07-’08 USNA Convention Director, was elected as the Director from the West for the NSNA. She will be chairing the Community Health Committee and sit on two others as an NSNA board member.

Our very own Glenda Christensen, an Associate Teaching Professor in the CON, is a sustaining NSNA member and focus session speaker. The topic she spoke on was none other than “Relax, Rejuvenate, and Recreate”. As a personal note every one who came out of her focus session had been officially “Glendafied”!

Lastly, the 2008-2009 BYU SNA board submitted an application and was approved in presenting a poster project titled “Going Forward by Giving Back”. The poster focused on emphasizing our role as student nurses in promoting community health. As we educate the community we not only advance our profession, but also empower those we teach to obtain a better quality of life.

We are so grateful to those who made it possible for us to attend the NSNA convention.

- Joanna Clayton, SNA Newsletter Editor

Major General Gale Pollock Addresses Nursing Students

Nurse and Lt. Major General Gale Pollock, Deputy Surgeon General in the Army Nurse Corps, opened the 56th annual National Student Nurses’ Association convention in Grapevine, Texas, with an address entitled, “Blazing Trails: The New Age of Nursing.” She used her years of experience in many aspects of nursing to teach how to be an excellent nurse without stretching yourself too far. Frequently the strengths that make good nurses can become weaknesses: for example, be diligent but not a perfectionist, be willing to help people without over committing yourself, and be loyal without focusing solely on pleasing the boss. Life is about balancing many responsibilities, and the most effective nurse takes time to recharge his or her batteries.

Major Pollock also encouraged the audience to become leaders and stressed finding and being a good mentor. She talked about giving our patients tough love, as a way to help them progress and not give up. Sharing a story about a soldier blinded in combat, she explained that she refused to take his pessimistic attitude and desire to leave the army, telling the audience, “This boy needed a kick in the butt!” She gave him a good talking to, and he recovered and went back into the army. Her genuine, no-nonsense, and humorous personality was evident in her many stories, depicting how her passion for nursing has developed. She was a captivating speaker and person, reminding nursing students from around the nation why they picked a sometimes thankless and tiring career.

-Karen Young, 2nd Semester New Program
(left)

Maren Dymock was born on October 3, 2007. She is the daughter of Leah (3rd semester student) and Ryan Dymock (senior in mechanical engineering at BYU).

(right)

Bethany Rice (4th semester) and Brian Davis were married on December 29th, 2007 in the Oakland, California Temple.

(left)

Kallie Morris was born to Stacey and Jacob Morris (capstone student) on March 2nd, 2008. 8 lbs 4 oz, 19 in.

(right)

Laura Stewart (2nd semester) and Brandon Hightower were married on December 28th, 2007 in the Denver, Colorado Temple.

(Left)

Jack Ryan Bartholomew was born to Ryan Bartholomew on March 5th, 2008. 8 lbs 13 oz, 20 in.
Semester Tips

1st Semester:
- Just take one day at a time and you will get through it....if you look at the whole, you will get too overwhelmed
- Concentrate more on learning than on your grades
- Make an all-in-one calendar of tests and assignments to keep yourself organized
- DON'T WORRY; you'll get used to the early classes, work load, etc.
- Try to still have balance in your life (social, church, sports, leisure time, personal hobbies) - even if it means spending a little less time on homework - it will save you. :)
- Take initiative for your own learning (especially in clinical) - be assertive, forward and go out of your comfort zone - you will have so many more cool, learning experiences than if you wait for someone to come get you

5th Semester:
- Start your capstone project early—keep on top of it throughout the semester because there are a lot of hours involved with clinical and the project and you won't want to get behind
- Take advantage of your clinical experience by asking questions and being assertive
- There's more to life than nursing—you're about to graduate—have some fun!!
- Build a good rapport at the hospital where you're doing clinical—you may want to work there after graduation
- Register for the NCLEX

2nd Semester:
- Get things done early (it tends to pile up at the end) (this means process paper, EBP paper for pharm, and the pharm fair stuff)
- Read the "key points" for pharm and then supplement with reading what you don't understand, or need more clarification on
- Know Peggy's Pointers
- Refer to the beginning of the semester tips handout

3rd Semester:
- RELAX!!!! L&D quizzes are hard, but everyone does poorly and they give you lots of free points at the end. People who averaged C's on them got A's in the class
- Peds - split up the study guide. Give people 4-5 questions and have them cover each one thoroughly. Then read the study guide you guys all put together to study
- Do as much of the reading as possible, especially in Mother/Baby because the quizzes in class (clicker questions) and the quiz at the end of each week

4th Semester:
- Listen in ICU!! - The teachers are great and explain things really well, its worth the effort
- Take time to ask questions in clinical, take advantage of your time with the instructors - the teachers are fantastic and really want you to learn. Get a firm grasp on things
- ICU book is unnecessary, teachers have said to us "use the book for clarification if you don't understand something, but tests come from notes and lecture
- Put all your energy into ICU and expect it to take a lot because it is the most challenging class of nursing school, reminds you a lot more of pre-reqs. There are not a lot of points to miss if you want an A.
- Start reading your ATI book ahead of time because you can't get through the fatty the night before and it has nothing to do with class. It is advanced med-surg instead of ICU.
Neil’s Nursing Humor

By Neil Peterson

1. What do Cops use for sedation?

2. What do you call dysfunction of the essay node?


Save the Date: Upcoming Events

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.

Registration Fast Approaching

Current 4" semester - Monday, April 21st at 6am - Register for N480, N490 Section 1 only. Register you for your clinical section in August.

Current 3" semester - Monday, April 21st at 6am - Register for Semester 4 Clinical and Lecture/Lab envelopes - there are 2 envelopes in this semester.

Current 2" semester - Tuesday, April 22nd at 6am - Register for Semester 3 envelopes AND N390, N399 Section 1 only (which is not in an envelope).

Current 1" semester (includes anyone in N297) - Wednesday, April 23rd at 6am - Register for semester 2 envelopes. For those in new program, also register for PDBio 365 if you haven’t already taken it. - You can do the PDBio 365 on your own priority registration date.

N390 and N399 sections will be opened on Monday, April 21st at 6am too.

A Little Note for Graduation

We have put in countless hours of studying, writing papers, preparing for exams, completing clinical work and assignments, and serving in various capacities. Each semester we have devoted our education to caring for patients physically, emotionally, mentally and spiritually. In turn we have been strengthened as our hearts have been turned to serving others. We have truly practiced the healer’s art as we have been taught to provide holistic care to those we are assigned to.

Through all of our experiences here at BYU we have been progressing one day at a time towards very important goals and are finally seeing the results of our efforts! Now as we each look forward to nurses, leaders, parents and friends we can feel confident in our abilities to take what we have learned and go forth to serve. We have learned both secularly and spiritually, and we are now prepared to share our knowledge, talents and gifts with the world.

-Emily Vest, capstone