NURSES AND ACCOUNTANTS???

As a female nursing student, have you ever gotten frustrated with your odds of meeting a guy in one of your nursing classes? Just look around: there might be two guys in your nursing classes, and they are most likely married. So to increase your odds of meeting guys, the College of Nursing holds joint events with other colleges throughout the year.

On Friday, February 20, 2009, the College of Nursing joined up with the Accounting program for their annual ice skating activity at Seven Peaks Ice Arena. Admission was one can of food, to benefit the Utah Food Bank. Hundreds of students from both programs came out and ice skated. Students took a break by sitting on benches and talking with friends or munching on cookies and punch. Everyone in attendance enjoyed the break from their intensive studies.

Thanks to all who attended for supporting the College of Nursing program and donating cans of food! See you next year!

By: Karen Young

COMING TO THE USNA CONVENTION!!!

The Utah Student Nurses’ Association is holding their annual convention this SATURDAY, February 28, 2009 from 8:30 a.m.–3:00 p.m. All nursing students are invited and encouraged to attend. Registration at the door is just $20.00 for NSNA members ($25 Non-NSNA) and includes lunch. The convention will be held at the College of Eastern Utah Campus in Price, UT. The theme is “Utah Unite: Empowering Student Nurses.”

There will be excellent speakers (including some of our very own faculty), vendors giving away free stuff, and the chance to run for office next year. You do not want to miss this wonderful opportunity!
CONGRATULATIONS!

Sarah Morris (3rd semester) and Calvin Simmons
November 25, 2008

Emily Stevens (4th semester) and Michael Gottfredson
November 22, 2008

Max Kaaukai Berry, born October 13, 2008 to Tyler and McKendra (2nd semester) Berry

Lyndsey (1st semester) and Cody Malone
June 21, 2008

BREAKTHROUGH TO NURSING

On Tuesday, February 10th, a local stake in Provo hosted a career night for 12-18 year olds. As part of the Breakthrough to Nursing program, a national program designed to educate kids and teenagers about the nursing profession, four members of SNA attended the event to encourage people to consider a career in nursing. For the first part of the night, there were a couple of speakers who talked about creating internet profiles in order to find out about colleges as well as determining career interests early on. For the second part of the night, there were several different booths representing different careers in the area such as wedding coordinator, sheriff, dentist, lawyer, graphic design artist, as well as nursing. The young adults visited each booth to learn about careers that interested them. At the nursing booth, students from BYU's nursing program handed out pamphlets, posters, and other free paraphernalia. They also explained about local programs, different nursing careers, answered questions, played a DVD about nurses during Hurricane Katrina, and taught people how to take blood pressures. Overall, the career night was a huge success. Students from SNA hope to continue to further the Breakthrough to Nursing program by participating in similar events in the future.

By: Candice Moriyama
SERVICE!

DECEMBER
A Christmas tree in the NLC encouraged students to donate specific gifts requested by members of a family in need. Thanks for your generous donations—you helped make one local family's Christmas brighter.

FEBRUARY
Students were invited to write Valentine letters to nursing students serving missions. Supplies were available in the NLC all month. Thanks for taking a moment to make our missionaries feel loved!

MARCH
Watch your e-mail for announcements about upcoming service activities. The University wide "Choose to Give" campaign is coming up in March, so look for activities and food encouraging your donations!

SNA ELECTIONS for the 2009-2010 school year are March 2-6. Please visit nursing.byu.edu and click on "SNA Elections" to learn more about the candidates and then VOTE!

PRESIDENT
Erin Zundel
Vadim Zhitnikov
1st VICE PRESIDENT
Jenny Mobley
Ashlee Manwaring
Julie Peterson
2ND VICE PRESIDENT
Jeff Brown
SECRETARY
Amie Ostler
TREASURER
Heidi Broadbent

MEMBERSHIP DIRECTOR
Tara Tanner
PUBLICITY/WEB DIRECTOR
Shea Heiner
SERVICE DIRECTOR
McKendra Berry
ACTIVITIES
Amy Monteverde
NEWSLETTER EDITOR
Jane Leavy
BYU/USNA REPRESENTATIVE
Melina Ghersi
NURSING SPECIALTY SPOTLIGHT SURVEYS

Read what some of our faculty had to say about their chosen fields within the nursing profession. Who knows? Maybe you’ll want to follow in their footsteps someday!

Name: Shelly Reed
Nursing Specialty: Family and Pediatric Nurse Practitioner
Job Description: Nurse Practitioner, OB Emergency Services, University of Utah Medical Center
Type of Patients Worked With (age, degree of sickness): Pregnant Patients over 20 weeks gestation (So, of course, no male patients!)
Stress Level (scale of 1-10, with 10 being the most stress): 5
How often do you work? Around two twelve hour shifts a month, and more in the summer
- Holidays? Weekends? Nights? Mostly always weekends and nights, because this is what fits in with my other job
How often are you on-call? NOT
What do you like about your area of specialty? I love so many things! I love talking with patients and their families. I love the time of life this is for a patient and her family—it is such a pivotal time. I love taking care of Spanish speaking patients—I usually have at least one per shift, and I get to practice Spanish, plus they are always so grateful. Also, most of the care I give is “well” care, as pregnancy, labor, and delivery are usually not sickness related, and it is a different view and way to practice nursing versus most traditional “sickness related” areas.
What do you recommend to students interested in this area? Just remember the impact you will have on patients and their families—you can really help to make the experience unforgettably positive for them.

Name: Barbara Heise
Nursing Specialty: Gerontology
Job Description: Nurse Practitioner
Type of Patients Worked With (age, degree of sickness): older adults, men and women, some severely ill
Stress Level (scale of 1-10, with 10 being the most stress): 7 or 8
How often do you work? Daily Monday through Friday 8a to 5p
- Holidays? Weekends? Nights? n/a
How often are you on-call? Never
What do you like about your area of specialty? This is a very vulnerable and complex population. Their activity, wisdom, resilience and insight is inspirational. Success does come to this population...it is often not a cure...but what an honor to work with older adults and provide comfort, care and concern as they make their last transition. Truly old age is a culmination not a termination.
Choosing to Act or Be Acted Upon?

Sit back and think about our nation’s current state. What feelings do you have? As you listen or read the news what emotions are stirred? Do you care about the direction our nation is headed? Do the future decisions of lawmakers directly affect you? The body of nursing students in this nation has the ability to be a powerful force. Even stronger, is the combined effort of nursing students and nurses, voicing their desires to governing bodies.

These governing bodies are founded on principles of representation by popular vote. Legislation in the United States of America is based on the desires of the public. The great derailment of the legislative process is when the people become too disinclined to make their voices heard. Policy makers are then left with a muddled slop from which they pull their stance. Let us hold our elected officials accountable to the avowal they committed when we chose them to represent us. How do I make my individual voice heard? You must become educated about the issues at hand. Once a person has become educated they must teach others. We can encourage our friends and colleagues to educate themselves.

The key principle is unity and numbers. The NSNA website and the ANA website have links that list issues being considered by local and national government. There are also sections that let you fill out surveys which are combined with other nurse’s and student nurse’s surveys to reflect opinions across the nation. These websites also give email addresses of elected officials you can contact with support or aversion of proposed legislation. Our voices can make a difference. The decisions our government makes will directly affect you one way or another. Our great and noble ancestors founded this country with the idea that we would choose the path we wished to take. They fought for their ideals, let us fight for ours.

By: Mike Fisher

CO-ED INTRAMURAL SOCCER TEAM SCORES!

Already trying to balance clinical, class, work, family, and other responsibilities, a handful of student nurses signed up to play on the Co-Ed Intramural Soccer team. The invitation to play on the team was extended to spouses and friends of nursing majors, providing the female-dominated college with plenty of male athletes.

I attended the team’s third game. Initially down 2-0, they pulled ahead in the second half, leading 4-3! With just a few minutes left, however, the other team tied it up, and the game ended 4-4. Everyone played very well, and is now ready for the win in their final game. The team could use your cheering support, so come to the Indoor Practice Facility on Thursday, March 5 at 8:05 P.M. to see the athletic talent of our nursing students!

By: Karen Young
I NEED YOUR HELP!

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

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

SAVE THE DATE!

FEBRUARY 28: USNA Convention, 8:30 A.M.—3:00 P.M.,
College of Eastern Utah
MARCH 2-6: SNA Elections for the 2009-2010 School Year
MARCH 9: Gerontology Health Conference
MARCH 20: Global Maternal and Child Health Conference
MARCH 23: Professionalism Conference, 8 A.M.—1:00 P.M.,
Wilkinson Student Center
APRIL 1: Mary Ellen Edmunds Endowment Dinner

Nurstoons by Carl Elkind

HERE COMES A NURSING STUDENT AND IT LOOKS LIKE SHE WANTS TO ASK A QUESTION... EVERYONE ACT LIKE YOU CAN'T SEE OR HEAR HER.

JUST A THOUGHT...

At this point in the semester, you are probably feeling overwhelmed with tests, Clinicals, care plans, patho trees, labs, work, and many other responsibilities. It is tempting to stop and ask if all the effort is really worth the goal of becoming a nurse.

Our late prophet, President Gordon B. Hinckley gave a talk in April 2004 entitled, "Stay on the High Road." In it, he talked about nurses. I love what he says:

"I visited the hospital the other day to see a dear friend. I observed the various nurses who were on duty. They were extremely able. They impressed me as knowing everything that was going on and what to do about it. They had been well schooled, and it showed. A framed motto was on the wall of each room. It read, "We strive for excellence."

What a tremendous difference training makes. Training is the key to opportunity. It brings with it the challenge of increasing knowledge and the strength and power of discipline."

We have been given a tremendous opportunity to attend school at Brigham Young University and to learn about providing medical care with a focus on Jesus Christ, the ultimate Healer. So when you get stressed or overwhelmed, try and remember how blessed we all are to have this experience. I hope we all make excellence our goal by giving our maximum effort in all that we do. We have so many exciting experiences ahead of us because of the training we are fortunate to be receiving now.

So keep up the hard work, keep smiling, and good luck with the rest of the semester!

~Karen Young, Editor