Crying Purple Tears—SNA Legislation

Do you want to save 300 babies this year? Do you want to prevent at least 1,000 babies from being hurt? Babies are our society’s most innocent victims. They have no voice unless through strong legislation. Shaken baby syndrome (SBS) is the leading cause of death in abusive head trauma (AHT) cases. An estimated 1,200 to 1,400 children are injured or killed by shaking every year in the United States. Actual numbers may be much higher as many likely go undetected. (Over 300 babies a year die from being shaken in the United States alone.) (National Center on Shaken Baby Syndrome).

Not one more baby should be a victim of SBS. SBS is 100% preventable in every single situation. Every harmful consequence from SBS could be prevented through education. Our BYU SBS Legislation focuses on mandatory education specifically promoting Period of PURPLE crying program in all hospitals and birthing centers. The Period of Purple Crying program is a program recently developed by the National Center on Shaken Baby Syndrome. It’s an evidence based SBS prevention program which includes an 11-page booklet and 10-min DVD intended to be given to parents of new infants.

See “Purple” on page 2

Nursing Students Around the World

During the summer of 2010, Kayla Hamrick (4th), was able to serve with the navy:

I travelled on a naval hospital ship called the USNS Mercy this summer. I volunteered through LDS charities and worked on the ship as a pediatrics CNA. I did blood pressure screenings on land in Cambodia and Vietnam as well. We travelled from San Diego to Hawaii, Guam, Vietnam, Timor Leste, Singapore, Cambodia, Indonesia, and Australia.
The main reason caregivers shake a baby, is due to inconsolable crying. The Period of PURPLE crying program approaches SBS prevention by helping caregivers understand the frustrating features of crying in normal infants that can lead to shaking or abuse. It’s critical that every parent needs to know this information. It is based on over 25 years of research conducted by pediatrician (Ronald G. Barr) and other scientists worldwide.

This preventative program gives parents an easy acronym to remember. PURPLE: see below

What to do?
1. Do everything you can to comfort the baby: change their diaper, feed them, bathe them, talk to them, etc. if it still isn’t working?
2. Set them down and WALK AWAY
3. Never shake your baby.

We will be writing a resolution to present at the National Student Nurses’ Association Annual Convention held in Salt Lake City, Utah this year in April. We would like to encourage all to attend this momentous occasion as well as see thousands of nursing students from across the country by becoming members of the National Student Nurses’ Association (nsna.org).

If you would like more information and to be involved in writing this year’s legislation please email byusna@gmail.com. To learn more about our legislation you can check out this website for more information on the program. http://www.purplecrying.info.

By Celeste Wouden

Purple

The Period of PURPLE crying program...[helps] caregivers understand the frustrating features of crying in normal infants that can lead to shaking or abuse.

Photo from the Florence Nightingale Museum in London, England

The Letters in PURPLE Stand for

<table>
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<tr>
<th>P</th>
<th>U</th>
<th>R</th>
<th>E</th>
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<tbody>
<tr>
<td>PEAK OF CRYING</td>
<td>UNEXPECTED</td>
<td>RESISTS SOOTHING</td>
<td>PAIN-LIKE FACE</td>
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<tr>
<td>Your baby may cry more each week. The most at 2 months, then less at 3-5 months.</td>
<td>Crying can come and go and you don’t know why</td>
<td>Your baby may not stop crying no matter what you try</td>
<td>A crying baby may look like they are in pain, even when they are not</td>
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The word Period means that the crying has a beginning and an end.

Called to His Service

This summer I was able to visit my sister in London and see the Florence Nightingale museum there. I was able to learn about her influence and how she was able to change the organization of nursing practice. She definitely had an iron fist of determination, but she still sincerely cared for others. I learned how she would write letters back home during the Crimean war to the wives of the soldiers she was caring for there. I believe that she took her duties as a nurse so seriously because she knew from whom her call came. When Florence was young she recounts that she knew that, “God had spoken to her and called her to His service.” This is a sacred service that we each have been called to in our own way to care for His children.

By Whitney Booth
Who’s been married?

Brandon Lewis (4th) married Lana Holt on June 26th
Regan McDonnel (3rd) married Josh Erickson on June 12th
Brooke Gibbons (1st) married Seth Merrill on June 12th
Emily Fisher (2nd) married Nathan Summers on July 31st in the Draper, Utah temple
Jasmine Sears (capstone) married Dave Bean on August 14th in the Bountiful, Utah temple
Tara Tanner (5th) married Tyson Oldroyd on August 18th
Rose Swenson (capstone) married David Forsyth on August 20th
Arielle Chambers (3rd) married Adam Muffler on August 14th
Heather Mitchell (2nd) married Dane Huggard on August 6th in the Salt Lake City temple
Emily Romesser (4th) married Tyler Brown on August 20th
Vanessa Barr (capstone) married Tyler Smith on August 26th
Kamille Hutchinson (4th) married Evan Fox on August 20th

Congratulations!
Congratulations to Brittany Chronister (2nd) and to Rachel Shaeffer (capstone) for the new additions to their families!

Left: Kendyl Irene Chronister was born on June 29th

Right: Ruby Catherine Shaeffer was born on July 6th; she was 9 lbs. 13 oz. and 21 in.

Pitter-patter or little feet...

Recently Returned

Jocilyn Oler—China Hong Kong
Rachael Nielsen—California San Diego
Ashley Ellison—Taichung Taiwan
Jessica Peterson—Kentucky
Sarah Ray—Porto Portugal
Nathaniel Robinson—South Korea
Lindsay Egbert—Colorado Denver
Sara Webb—Thailand Bangkok
Angela Astle—Chile Viña del Mar

How do you feel about the lecture/clinical divorce?

I haven’t really felt much of a difference so far but I think I will once grades start coming out. I’m a little worried that my lecture grades won’t be as great since I won’t have clinical performance to pull them up! Clinical is a lot easier than class because you just have to show up and work hard helping out...and do a good pre-assessment of course. Class requires reading (often over 100 pages), tons of memorization, assignments, and those darn tests.

By Kenzie Miller

If you’ve got a bone to pick, or some praise to dole out, let us know on our Facebook page.
The Purple Dash! - More than just Running

September 11th is a day to be remembered and reverenced in history. It was no different this year as students, faculty and friends met to not only run a 5k but to remember and support one another. The run was not an easy course, as many who ran it can attest to. There were a lot of steep inclines that challenged the strength of their quadriceps. Every participant was able to finish the course with the help of volunteers directing and cheering them on to the finish. It was a victorious feeling crossing to the finish line where everyone congratulated one another on a job well done. Those who participated in this event were also able to help support the Sigma Theta Tau Iota Iota chapter, which helps raise money for nursing scholarships and research. This race was also a symbol to me in how we are each running our own races that personally challenge each of us. When we remember this fact about one another and make the decision to support one another we all win.

By Whitney Booth

In a student nurse's free time

This past summer my cousin James and I backpacked through the untamed countries of Central America, traveling by taxi, bus, car, plane, boat, foot, and motorcycle. Having served my mission in Costa Rica my plans were to visit old companions and friends in the various countries. Exploring mysterious Mayan ruins and roasting marshmallows on a river of molten lava were our first adventures in Guatemala.

After hiking the green hills of El Salvador with my old mission president we made our way to Honduras. With a missionary companion as our tour guide, we swam in the ocean, laughed at clowns in a crazy circus, and experienced first hand the corrupt police force that they must deal with. Nicaragua came next, where after deep sea fishing with my missionary companion and his brothers, and motorcycling around a lush, "neverland"-like island made of two volcanoes, I felt that I had visited the most magical place on earth.

Crossing the border into Costa Rica brought me that warm feeling one experiences upon entering your family's front door. My mission friends and converts showered James and I with delicious food and gifts. Many of those I love were now sealed in the temple with their families, others had fallen away, but regardless of their circumstance I was filled again with the love that motivates missionaries to press on.

Finally we took a red eye bus to Panama City, our final destination. The Panama Canal, the colonial history, and the booming skyscraper city were yet another reminder of the role my own country has played, for better or for worse, in Central America.

When reflecting on my journey through these six countries I am motivated to be more politically active, continue serving those in my community, and stay connected with what is most important in life—relationships with those we love.

By Spencer Cahoon
Keep an eye out for…

Nursing clothing is coming soon!

Food drive in November vs. U of U.

Research Conference will be held on October 25th on the 3rd floor of the WSC

There will be caroling in nursing homes when Christmas time rolls around.

We'll be having activities with other colleges and we'll keep you posted.

The next newsletter will come out in Dec!

Add BYU SNA as a friend on Facebook

If you have any questions, comments, concerns, amendments, jokes, witty remarks of any kind, suggestions, praises, announcements, let us know at byusna@gmail.com

A little N-CLEX prep for you all, courtesy of Dr. Renea Beckstrand!

From Whitman-Price & Thomas, NCLEX-RN

1. The nurse is reviewing data collected from a client who is being treated for hypothyroidism. Which information indicates that the client has had a positive outcome?
   Select all that apply:
   a. Sleeps 8 hours each night.
   b. Has regular bowel movements two times a week while on a high fiber diet.
   c. Gained 8 lbs. since the initial clinic visit 7 weeks ago.
   d. Was promoted at work because of increased work production.
   e. Walks 2 miles within 30 minutes before work each morning.

2. A client is prescribed a heparin drip of 20,000 units in 1000 mL of 0.9% normal saline. The order is to infuse 20 mL/hr. How many units her hour is the client receiving?
   ____________ units/hr.

3. The following are known adverse effects of atorvastatin (Lipitor). Which of these should the patient be instructed to report to the health care provider immediately, if noted?
   a. Flatus
   b. Abdominal cramps
   c. Muscle tenderness
   d. Diarrhea

4. All of the following things might be found in a living will except:
   a. Refusal of CPR
   b. Refusal of artificial nutrition
   c. Refusal of a ventilator
   d. Refusal of pain medications

Answers: 1)a,d,e 2)400 u/hr. 3)c 4)d