Homecoming Parade A Success!

Nursing students combined their efforts in building a giant float for the Homecoming Parade on October 8th. The theme of the float: “Hold High the Torch of Good Health.” With hand-held signs saying things like “No Smoking, Eat Grains, and Exercise,” along with hundreds of colored balloons, and a mannequin dressed as an injured San Diego football player, enthusiastic nursing students marched along the parade route, promoting good health! Thank you to all who came and helped or cheered from the sidelines. Hold high the torch!
Q: Why would I go into geriatric nursing?
A: The short answer is that it’s the bulk of healthcare! It is going to be the bulk of healthcare because of the huge influx. 10,000 people a day are turning 65 in this country alone, and this will continue for the next 19 years. And there are a lot of opportunities not only to work with elders, but for advancement. Less than 1% of RNs are certified in gerontology, so this means more money, more credibility, and a much higher demand for people who have training in this area.

Q: Does working in gerontology mean that I will only work in a nursing home?
A: No. Not at all. You could work in a rehab facility, in a hospital setting. The majority of people in the hospital are above the age of 50. You could work in hospice or home health. There is a huge need for RN’s to manage end of life care. If you are looking for a position that offers autonomy, hospice is a great career path.

Q: Why are you interested in gerontology?
I am interested in gerontology because it is a very vulnerable population that is often neglected. They need advocates desperately. We all went into nurses to make a difference, and you can really make a difference in an older person’s life.

A: What should students know about the gerontology minor offered at BYU?
I have nursing graduates come back to me telling me they got the job they wanted in ICU, and it’s because they had the gero minor! They were up against 20 or 30 other applicants, but the majority of patients on med/surge floors, the ER, and the ICU are people over the age of 50, so they got the position.

HOW TO GET THE GERO MINOR
If you would like to learn more about the gerontology minor that BYU offers, you can visit gerontology.byu.edu.

For student nursing students: You need to take ONE of the following core courses: HLTH 466 Health and Aging, NURS 333 End-of-Life Care, RMYL 307 Accessible Recreation, SFL 344 Aging in the Family, or SOC 365 Sociology of Aging.

Lastly, you will do your capstone in a population where most are over the age of 50 (basically anywhere but pediatrics and OB).

For more information on geriatrics, please contact Barbara Heise: Barbara-heise@byu.edu;

A great opportunity in get involved is the Adopt-A-Grandparent program through Y-Serve at BYU!
Experiences around the world in N400

My favorite part about going to Tonga, besides the beautiful palm trees and amazing scenery, was the people. Never before in my life had I met a people so united, so giving, and so caring. There was not a single homeless person in sight. Tongans care about each other. When there is a need, they fill it, they make sure everything and everyone is taken care of. They live a very laid back lifestyle. There is no rush, and healthcare is the same way. Surprisingly this works to their advantage. Because of their devotion to each other, their family takes care of most of the daily activities for the patient and this allows the nurse more time to focus on more important activities such as giving medications and doing dressing changes. One of the things I was most impressed with considering their healthcare is their resourcefulness.

-Laurie Halladay

There were many humbling, beautiful experiences while I was abroad in India. However, I will never forget one particular moment. My little group had been working at a leprosy colony one day and we took a break in the afternoon to visit a clinic where Mother Teresa had worked. We walked into a room where there were 10 or so beds and about 6 men afflicted with leprosy. We could not communicate very well so we decided to sing. At first we sang fun songs with hand movements and actions, Primary songs, and Hymns. As we neared the end of our time there we sang A Child's Prayer and Love Is Spoken Here. The Spirit was so strong and it felt as though angels were singing with us. All of us girls had tears streaming down our faces as the song ended. We could feel our Savior's love for these men. It was a truly special moment.

-Jessica Vandermark

I went to Ghana for N400. What an amazing experience! It was so wonderful to be with people who have different customs, cultures, and beliefs. They taught me so much about appreciating what I have, being kind and welcoming to others, and finding joy everywhere. My best experiences were interacting with the children. They would drop whatever they were doing and run up to see us! It made us feel so welcome.

-Lindsay Chandler
**Events**

- **October** - Blood Drive - we donated 97 units of blood!
- **November 16th** - Festival of Trees service activity
- **December 1st** - Christmas dinner with Chemical Engineering students
- **January** - Ice Skating

**The Scholarship Binder**

Short on cash for school? Be sure to check out the binder above the mail cabinets in the NLC. It contains info on dozens of scholarships specific to nursing students!

**New Faculty in the College of Nursing!**

**Debbie Edmunds**

Debbie grew up in Midvale, Utah and currently lives in South Jordan. She is married with 7 children and 12 grandchildren. Her research interests include nursing education and women’s health. She has worked as a nurse in Labor and Delivery, Postpartum, and in a Women’s Health Clinic. Before teaching here, she taught at the U of U, UVU, and MATC (a technological college in Orem). She teaches Capstone and OB. A fun fact about her is that she loves four-wheeling and snowmobiling and wishes she could go everyday!

**Linda Mabey**

I graduated with my BS in Nursing in 1976 and went into Labor and Delivery as my area of focus. Later, I decided to pursue psychiatric nursing since I enjoyed my undergraduate rotation in psych so much. I have taught psychiatric nursing at Westminster College, the University of Utah (both graduate and undergraduate), and now BYU students. I love my private practice, where I provide both counseling and prescriptive service.

**Janelle Macintosh**

I am a recent graduate of the BSN to PhD program at the University of Utah, College of Nursing. I did my undergrad in Virginia (Radford University). I have lived in Utah for 10 years. I have been a Newborn ICU nurse for 10 years… the best nursing job EVER! I am married and have 2 teenage step-kids, whom I adore. My super cute husband is also in the BSN to PhD program at the U-- that is where we met. I am currently teaching in Ethics in Nursing and Pediatric clinicals.

**Susan Bramwell**

New Community Health Nursing Faculty.
BSN at BYU, MN at University of Washington, DNP at University of Utah. I am an Occupational Health Nurse Specialist. Most of my career has been ensuring the health and safety of healthcare workers. I have done a lot of work with corporate influenza immunization and medical surveillance programs. I love audiobooks and the outdoors.

**Julie Valentine**

From nursing on a wide variety of hospital, to insurance consulting and forensic nursing to reporting on channel two and more, Julie has expanded her nursing degree to its max. After exploring these many fields of nursing, all the while with eight children, Julie got her masters degree from the U of U in nursing education and has become one of the newest staff members here at the BYU College of Nursing. She is teaching adult med-surg and global health and human diversity. Julie has worked in forensic nursing for the past six years and is looking forward to applying to the PHD program next year in forensics.
Student Opinions
Controversy and Ethical Dilemmas in Nursing

What are your thoughts on men in nursing?
I think it is not only great, but essential to have male nurses. They can offer a different dynamic and great balance to an intimate workplace. There is by no means a "type" for a nurse that men and women should try to fit. Each individual nurse offers strengths to a team and fulfills different needs of patients and can bless their lives in unique ways. - Alexa Smith

Like any profession, having both men and women in a workforce adds a different and sometimes overlooked dimension. I have only had positive experiences with male nurses, and I feel that they provide almost a certain amount of efficiency and warmth, and they tend to gossip less among coworkers. - Chanele Solorio

Should your patient who is a recovering alcoholic be eligible to receive a liver organ donation? Why or why not?
A patient who has chosen to fight one of the hardest diseases of their life, Alcoholism, needs to see that the world supports and has hope that he/she can do it. I believe that it is the right choice to allow a recovering alcoholic be considered as eligible to for a liver transplant in the same way that a man who is finally losing the weight that predisposed him to having heart problems is eligible for getting a heart transplant. Everyone deserves a chance to change. Everyone deserves to live. - Chelsea Juhl

You recognize the signs of child abuse in your neighbors next door. As a nurse in the hospital you are required by law to report abuse. Is there a difference when you are off the clock?
You do not have an obligation as just a nurse, you have an obligation as a citizen and neighbor. That child is not old enough to fight for themselves and you as a neighbor need to be the person to step up. At first the child might resent you or other neighbors may think you are overreacting but if you can prevent a child from being abused then it is your obligation to report it whether you are on or off the clock or whether you are a nurse or a stay-at-home mother the obligation is still the same. - Kelsey Sax

You work as a nurse in Oregon, and your patient who is terminally ill wants to end his life early. He qualifies, under the Oregon Death With Dignity Act, to receive physician-assisted suicide and will undergo the procedure next week. How do you feel about this?
I would not participate. I think as a nurse, I have a right to decide if I will participate in certain procedures. I have to maintain my moral integrity as well. - Celeste Wouden

As long as the patient is rational, the decision is well-thought out, and the procedure is legal (as it is in Oregon), I feel it is appropriate to support the decision of a terminally ill patient to end their life on their own terms. We are taught to allow dying patients a great measure of choice regarding the treatments they do or do not receive and the way they pass from this life. Physician-assisted suicide is another way to respect individual choice. With that said, it should be taken very seriously and require planning and care on the part of the patient, family, and healthcare team to ensure that it is the best decision. - Sophie Wilson
Mentored Research and YOU!

Opportunities for growth and experience are found in student research

By Deina Ige

As a student nurse, how many times have you asked yourself, “why do we do it this way?” or “what would happen if…?” Often times the answers to questions can be found in textbooks but there are also many questions through which research is necessary to find the answer. Research is the forefront for furthering the nursing profession and developing better practices. Through evidence based research and application of that knowledge nurses can provide excellent patient care.

Cool story…

Years ago, when coronary artery bypass graft (CABG) surgery was becoming common, many bedside nurses observed that patients seemed depressed during the recovery period, even when surgery had gone well. But this discovery remained in the realm of intuition until a nurse named Carol Saur demonstrated that many patients recovering from CABG surgery do indeed suffer significant depression. Acting on her observations, she provided evidence to justify nursing and medical interventions on behalf of these vulnerable patients. Thanks to her research, depression after CABG surgery is now more readily

Continued on next page
recognized and treated. (Granger, Bradi B "How to make nursing research work for you")

For many student nurses the thought of undertaking a research project or getting involved in research is daunting. For others it may not seem like it applies to them because they are still students. This however is far from the truth. Amy Pulsipher, a capstone student involved in various nursing research projects said, “Nursing research has opened up so many opportunities for me. Working with various nursing professors and seeing their passion for their specialty has really inspired me to find a passion in nursing.” Amy has traveled to various nursing research conferences, including Washington D.C. and Las Vegas where she presented on reducing perceived pain and anxiety during childhood immunizations. “Being involved in nursing research has helped me see the direct influence that it has on current practices and procedures.”

“So get involved! Nursing research in any given area is valuable and necessary to make improvements and further practices and policies. At BYU there are numerous opportunities for undergraduate nursing students to get involved. Some of these opportunities include ORCA grants and working alongside a professor as a research assistant. Taking advantage of the opportunities to participate in research as an undergraduate student can give you an added edge to your resume and a wealth of knowledge that will help you as you continue your path throughout nursing.

To get involved in mentored research, please contact Renea Beckstrand: renea@byu.edu.
### Missions, Brides, and Babies

- **Courtney Alsup** reports to the MTC on January 4th, Canada Calgary mission.
- **Melanie Alvord** had a baby boy, William Alvord, on July 17, 2011.
- **Brooke Allegar** married Jason Allegar on August 13th, 2011.
- **Amy Herrmann** married Sean Herrmann on August 6, 2011.
- **Jordyn Whiting** to Tyler Whiting on August 10th in the SLC temple.
- **Kaitlin Goldthorpe** had a baby boy, Landon Scott Goldthorpe, on April 4, 2011.
- **Becky Thacker** married Nick Thacker on April 22nd in the Mesa Arizona temple.
- **Nicole Reyes** had a baby boy, Benjamin, on August 8, 2011.
- **Jeanie Horsley** is getting married to Noah Driggs on December 17th.
- **Ashley Woodside** married Ross Woodside on June 24, 2011.
- **Christa McGrath** had son, Maxwell William McGrath, on September 15, 2011.
- **Sara Johansen** got married to Jordan Johansen on May 14, 2011 in the SLC temple.
- **Carissa Lewis** married KJ Lutes on August 20th in the SLC temple.
- **Whitney Asay** had a baby boy, Calvin Joshua, on July 4th, 2011.
- **Julie Lamb** married Leonardo Almeida on June 30th, 2011.
- **Jessica Vandermark** married Kevin Severts on July 22, 2011.
- **Rachel Bergeson** had a little girl on June 12, 2011.
- **Brandon Lewis and his wife welcomed Carson into their family, born June 7th, 2011.
- **Heather Mitchell** had a baby boy, Jonathan Eric Huggard, on September 8, 2011.
- **Lyndsey Malone** had a baby girl, Emery Ann Malone, on February 18th, 2011.
- **Meagan Hull** had a baby boy, Kaiden, on October 23, 2010.
- **Lily Hokanson** was born on June 30th to Lex Hokanson and his wife.

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**The Pulse**

**Missions, Brides, and Babies**

Learning Outside the Classroom: A semester in France

Cami Schiel spent two months in Avignon, France where she had an internship on the oncology-hematology floor at Avignon Central Hospital. She followed the nurses, nurses’ assistants, and other medical personnel and learned about the hospitals in France. She watched bronchoscopies, bone marrow biopsies in the sternum, lumbar punctures, and nurses accessing port-o-cath's for cancer treatments.

In addition to the oncology-hematology floor, she also got to see the outpatient center for cancer patients, and the isolation rooms for the immunocompromised patients. She was very impressed with how eager the nurses and doctors were to teach her and make her feel welcome. A French minor, Cami was very excited to use both the French and nursing skills she has learned and experience nursing in a whole new way.

This concludes the Fall 2011 edition of THE PULSE. Thanks for reading! Please feel free to contact us for future Pulse ideas or SNA activities!

Student Nurses On the Rugby Field

Kristi & Monica Jackson, Stephanie Kearl, and Chantal Marshall are part of “Women’s Cougar Rugby,” BYU’s club rugby team. The team recently shut-out all three of their conference games. In fact, a few weeks ago they traveled to Colorado to play Colorado State-Boulder and Air Force, and they won 53-0 and 63-0. The games set them at a record this season so far with over 150 points scored and none scored against them. Pretty impressive, eh??

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