

Spring Forward

NCANS Hypodermic

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Editorial

My class was recently taught about the signs and symptoms of burnout so that we could avoid such a syndrome when starting our first nursing job, but it got me thinking - extreme fatigue, anxiety, sleeping problems, overeating, and mood swings- this all sounds quite familiar. Yes, like most of you I diagnosed myself. Burnout related to nursing school as evidenced by anxiety, insomnia, and headaches.

Thankfully, the end of this semester is soon approaching and those symptoms of burnout will subside (for at least a little while). I know you all have what it takes to finish up this semester of nursing school strong and I wish you the best of luck as you continue to strive forward in your lives. So dig deep, find that last bit of motivation you need to hit the books... (after you read this issue, of course!!)

This issue of the Hypodermic reflects back to NCANS Mid-year conference in Wilmington. Zone into the articles of this issue: "Note from NCANS President" "We missed you.." "Teaming Up" and "The Future impact of NCANS." Also, don't forget to look at NCLEX review tips and read the Comical Clinical. I hope this issue will strike an interest within you to become involved in future NCANS events and remind you of the reasons you chose to become a nurse.

Good Luck with the rest of your semester!

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Note from NCANS President

Thanks to everyone who came to the NCANS Mid-Year Conference in Wilmington - we had a wonderful event! We heard that you loved the focus sessions; we packed as much into one day as possible! We heard that

you had hoped to see more hospitals in the exhibit hall. We work hard to bring recruiters from as many agencies as possible to our events, and some agencies' have a reduced budget for travel this year. Our Annual Convention, held October

1-4, 2009, at the Sheraton Imperial near Raleigh, will be longer, with a three day schedule full of focus sessions, elections, resolutions and of course, the exhibit hall and mini-NCLEX review! Can't wait to see you there!

- Kati Bloedau

Future Events:

- NCANS 2009 Annual Convention October 1-4 in Durham, NC
- NCANS 2010 Mid-Year Conference March 5-7 in Ashville, NC
- NCANS 2010 Annual Convention October 7-10 in Greensboro . NC

We missed you in Wilmington...

"Every nurse is a leader of patient care. Every nursing student is a leader. Every nurse has to have a professional and personal vision for future growth and development"

- Loretta Manning
Geriatric Nurse Practitioner



"Any opportunity a nursing student has to learn about nursing outside the school setting is one that every student should take! Nursing is fun! And there is more to it than being stuck behind books."

- Scott Van
Northwick
SNA President of Wake-
Tech Community

Thanks for adding your beautiful smiles to our group picture – I hope it becomes a tradition at NCANS events!



"Nursing students feel overwhelmed at times with the amount of work involved in just keeping your head above water. I do feel that NCANS is a great way for students to be successful at this endeavor and starts them on the right path for becoming an RN."

Students are taught good professionalism by attending these conferences and I can't stress the networking opportunity enough!"

- Deborah Parnell, Johnson
Community



...Hope to see you in Durham!

Teaming Up

Imagine that you and a fellow nurse are working alongside each other during those long 12 hour shifts. You are giving each other a hand with turning patients, looking up drug information, determining illegible orders, verifying insulin dosages and often sharing a laugh or two. Those are times full of struggles and triumphs and you are not only sharing them with a fellow nurse, but with your mother! For Kirsten Stephenson (22) her relationship with her mother, Barbi Hyatt (43) has always been one of the most important relationships to her. While talking with Kirsten and Barbi I was able learn their reasons for becoming nurses and the qualities they see in each other that will make them both successful patient advocates. Join me now as we see what sparked these two women's desire to be nurses.

Why Nursing School?

Barbi – "I have always wanted to be a nurse! I chose to have a family first and now I am continuing with my dream."

Kirsten – "I like people and I want to feel like I have impacted someone's life at the end of the day - give back to the community. My mom raised me to be very giving and compassionate, like herself, and I was inspired by her."

Do you both attend the same college?

Barbi – "No, I attend Johnston Community College and will graduate this May and Kirsten attends Wilson Community College and will graduate May 2010."

Being at different colleges, how much time do you guys spend together?

Kirsten- "My mom is the first person I talk to in the morning. We share everything and keep in touch despite our busy schedules."

Barbi – "We also work at the same hospital, Kirsten in Peds and I work on the med-surg unit... We love this conference because we get to spend time together away from our busy schedules."

Barbi, what is it about your daughter that will make her a good nurse?

Barbi – "My daughter is a driven individual; she is a beautiful person with a great heart and personality. She will always come to your aid no matter what she is in the middle of and her patients will be lucky to have her as their nurse."

Kirsten, what is it about your

mother that will make her a great nurse?

Kirsten – "My mom knows how to talk to people. I can go to her about everything and it's not just because she is my mother. I have seen her with patients and she is personable. People feel safe around her and know that they can trust her."

Being in nursing school at the same time, is there ever any rivalry or competition between the two of you?

Kirsten – "My mom is always my teammate. It is important to her to be successful, to be that nurse she has always wanted to be and I could never compete with that."

As one can see, Kirsten and Barbi have a special relationship that is not overly common between a mother and a daughter. To anyone who sees this mother-daughter team, their relationship is no different from a best friend bond. Patients will be more than lucky to have Kristen and Barbi as their nurses!

Kirsten and Barbi, thank you for attending NCANS Mid-Year conference and we wish you both the best of luck in nursing school and in the future!



By Tiffani Broderick

What kind of impact do you think organizations, like NCANS, have on the future of Nursing?

"It's the training ground for us as future nurses to get our feet wet in the profession amongst our peers across the state."

- Michelle Cordova
SNA President of North Carolina Central University in Durham

"Definitely spreads knowledge about nursing, and spreads awareness about the news! Now is the best time to get involved."

- Mary Dayton
Nurse Recruiter of Cape Fear Valley

"NCANS encourages us to have an active voice in promoting change and working together as a body of nursing students."

- Leah Pursel, ANA President & Jenny Curry, ANA Vice President of University of North Carolina at Wilmington



"Shows that nursing students have a voice in the profession and it is never too early to become politically active and it is a great opportunity for networking with hospitals and other students"

- Joan Bailey
University of North Carolina at Greensboro ANA Junior Class Representative



"Life is not about finding yourself. Life is about creating yourself."
- unknown

Special Thanks To
Conference Sponsors

UNC- Chapel Hill School
of Nursing for
Sponsoring Breakfast

Pitt County Memorial
Hospital for sponsoring
breakfast

ATI for sponsoring lunch

Cape Fear Valley for
sponsoring a snack break

8 Steps to Passing NCLEX

1. Find a quiet place to study!
2. Study at least 4 hours per day
3. Get into the Zone
4. Answer lots of questions!
 - If you miss a question write the content missed then go to a NCLEX review book and look it up
5. Ask for help
 - Family members
 - Professors
6. Control that test day
 - Know where you are going (touch the door the day before you take the test)
 - Take it at a time that best fits you
 - Eat a good breakfast
7. Self Confidence!!
8. THINK POSITIVE!

Where to look
for...

Good Luck!

Summer Nursing Opportunities

- Local Hospital
- Summer Camps
- allnurses.com

NCLEX Practice

- ATI resources
- Saunders Comprehensive Review for the NCLEX
- Kaplan review course
- Prentice Hall Nursing NCLEX-RN reviews & rationales



Comical Clinical

By: Natasha Williams, Johnson Community College

I was at the nurses station during clinical and saw a man walking the halls. His IV pump was going off and I offered to fix it. When I asked him to show me the IV site he showed me a central line. The bandage needed changing and I needed to demonstrate this skill. I asked the man if I could change his bandage and some of

my classmates asked if they could watch. All 7 of my classmates and instructor marched in behind as I entered the man's room. I washed my hands and put on clean gloves, as I pulled the old bandage off, the man suddenly let out a scream! We all jumped, even my instructor. Then the man looked over and

said, "**Got you!**" I will never forget how he helped me relax!



Share your Story!

Send in your own
experience from
clinical to

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