



NCANS Hypodermic

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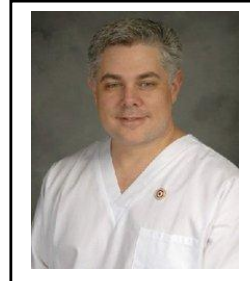
Turning Over A New Leaf

Dear Fellow Students,

Happy fall to all the North Carolina nursing students! I hope everyone has settled back in for another semester in Nursing school. I am really excited to put this issue out to you one reason being the fall issue means the NCANS annual convention is coming and I hope to see many old, familiar faces as well as meet many new students. This is the time of year we have elections for a new board of directors and the current board will be completing the past year of a lot of hard work. I am especially proud to have been a part of this years board. We had many great accomplishments to be proud of and i am sure at the top of most of the board members list is graduating and passing the NCLEX. I will look forward to that as well in the near future, but in the meantime I truly love working with and for the nursing students in North Carolina. I know my experience the past two years on the NCANS board has truly opened my eyes to many things that you cannot get in the classroom and reading textbooks. I hope many more of you will get involved and join me next year in helping to continue the success of NCANS.

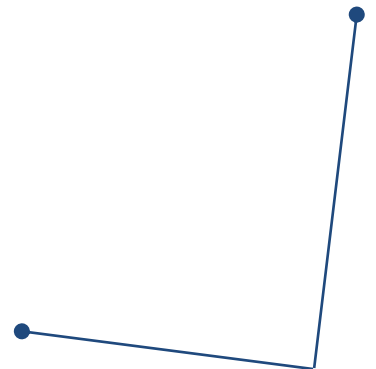
I look forward to seeing you in Greensboro

Scott Goodsite
NCANS Publications Director



Future Events:

- **NCANS 2010 Annual Convention**
October 7-10 in Greensboro, NC
- **NCANS 2011 Annual Convention** October 2011



Preparing for NCLEX-tips from a recent graduate

Amanda Mullins, District 5 Director

You are either just starting your exciting adventure as a nursing student or you are very close to ending the journey, and with that being said a very common thought for all of you is the NCLEX. I know that those five letters seemed to drift in and out of my mind quite often throughout my time as a nursing student. The best thing to remember is the best advice that I was ever given, "You are all being prepared for this last step in the programs you are in." The most important thing to have with you when you walk into your testing center is confidence!

During my last semester I began taking measures to help better prepare myself for the NCLEX. Depending on the way you learn best will depend on the measures that are best to help you prepare for the NCLEX. I felt that taking an NCLEX review and studying NCLEX questions with rationales helped me. If you are studying for the NCLEX and already have registered to test, keep in mind the studying you do should be a review. I would read questions and go straight to the answer with rationale instead of wasting my time choosing an answer and possibly confusing myself if I was wrong. This is a way to not only familiarize yourself with NCLEX type questions but also to reiterate the answers with their rationale. If there are areas that you feel are your "weakness" then spend a little extra time reviewing that information. By the time you are ready to take your boards you should already know how you study best, which will help for this exam as well.

Some IMPORTANT tips:

If you plan on reviewing daily prior to your testing date, give yourself the day before the test off. This will allow you to relax (or at least try) and rest your brain!

Ensure that you get enough sleep the night before your exam.

Eat a healthy breakfast on test morning.

Know where your testing center is ahead of time.

Know your testing center's rules. (This information should be given to you when you schedule your test.)

Community Health News



NCANS will be rewarding individuals that participated in the 2009 Community Health Project: NIMS Certification. During check-in you will receive a special ribbon recognizing your completion of these NIMS certifications when you bring copies of each certificate to the 2010 NCANS Annual Convention in Greensboro, NC.

If you are not NIMS certified visit our website www.ncans.org and click on the Community Health Projects link for information and instructions on becoming certified.

The NCANS Community Health Committee proposes that NCANS adopt "Immunization Awareness" as the Community Health Project for 2010-2011. Controlling the spread of infectious diseases through immunization is one of medicine's most significant accomplishments. Please visit our website www.ncans.org and click on the Community Health link for more information and to learn how you can bring immunization awareness to your community.

Carla Nuesmeyer
District IV Director
Community Health Chair



Time for Clinical!

By: Meghan Lowrance, District I Director

Beginning a new semester in nursing school means starting those clinical rotations! If you have never had a clinical, here are a few pointers in how to be prepared and how to interact with others during your clinical this term!

- Be sure you have all of the items you will need while completing your assignments during clinical: black ink pen, a penlight, a basic stethoscope, bandage scissors, pocket-sized drug guide/clinical procedures handbook, a watch, comfortable shoes, and maybe even a snack! A pocket-sized notebook to keep your patient info and schedules will be helpful, along with index cards for drug information!
- Make sure your uniform is complete and clean without wrinkles. Remember, you're not only representing yourself as a nursing student, but also your school!
- You will be spending much of your time with your clinical instructor, whom you should treat as a mentor. Use this time to get to know your instructor by asking them questions about their nursing career and experience, which is an excellent resource!
- When assigned to a member of the nursing staff during clinical, use them as a resource as well! Most of the staff enjoy teaching nursing students and can possibly give you tips on certain patients and situations that you will encounter. While using the staff to learn, also realize that they must also complete their work assignments as well!
- Your fellow nursing students are a great source of peer support-they are in the same position as you are! They can be your best collaborators during clinical and you may call on them for help when you need an extra hand!
- Most importantly, maintain your patient's privacy! Do not discuss a patient's record in front of other patients and other students. It is okay to discuss how to handle situations, but be careful what you say and where you say it!

Be confident during clinical and apply what you learn in the classroom to your patients. Don't be afraid to ask questions or ask for help. Your clinical rotations will give you a real taste of what being a nurse is really like and are excellent learning experiences!

Source: <http://www.nursezone.com/default.aspx>

BTN PROJECT

NCANS 2010-2011 Breakthrough To Nursing Project, Nursing: Finding Your future, focuses on advancement of education. The 2010-2011 elected Breakthrough to Nursing Director and BTN committee will work with local schools to speak to CNA and LPN students about the benefits of advancing their education. North Carolina is still experiencing a nursing shortage. Promoting the advancement of education is fundamental to the growth of our profession. The focus is to share with students the benefits of a career in nursing and to provide resources and contacts needed to enter a school of nursing and eligibility for obtaining a North Carolina registered nurse licensure. Together, we want to assist, motivate and encourage dedicated individuals in becoming registered nurses.

If you have any questions, please feel free to contact me. I look forward to seeing everyone at the 2010 Annual Convention in Greensboro! Thank you.

Elizabeth Henderson
BTN Director 2009-2010



A Time of Transition

Turning over the new leaf and becoming a practicing nurse (yes, there will be life after NCLEX!) is an intense transition period! Remember how overwhelming your first day in Med-Surg Clinical was? Imagine that over and over again, several days a week, for up to a year!

Many new nurses express surprise at how much they dislike the first few weeks of life as a "real nurse". It stands to reason that if you've been in nursing school for 2 years, you've gained familiarity with the routines and the procedures. Even if you don't have the best GPA in your class, you've still become good at being a student. Moving into a new realm, with new rules and procedures, is uncomfortable for most, and quite upsetting for many. You've gone from something you're good at, to something that you don't know how to do yet. It's okay to hate it for a little while. Take some deep breaths and try again!

Experts encourage new nurses to use the coping techniques that have helped them in other situations of transition. Find peers to talk with, either your old classmates or other new nurses at your workplace. Do not allow your discomfort to entice you to call out of work - save the PTO for when you really need it, and work harder at relieving stress on your scheduled days off. Pull your old textbooks off the shelves after a difficult shift; it may calm the swirl of questions that will keep you from getting to sleep, such as, "Why did the NP order only a 250mL normal saline bolus this afternoon?". Pay attention to how your coworkers treat each other; you'll quickly learn who to approach for help, and who deserves a polite nod and smile.

When you feel a bit more comfortable and settled into a bit of a routine, after you have a few months under your belt, begin watching out for opportunities to step forward on your unit and catch your manager's notice. Evaluations may occur sooner than 12 months after you were hired, depending on your institution's HR policies, and you'll need to be ready to talk confidently about what you're proud of, what you're working to improve each day, and what you feel passionately about. Hint - that passion is what you must capitalize upon to succeed in this field. Find the thing that excites you in your new job, and find a way to do more of it. Conversely, you can find a way to perfect the task that you dread and you will achieve an equal amount of professional and personal growth.

This summer, I had the chance to precept a senior nursing student doing his externship. It was a fabulous experience, because I'm close enough to the stress and strife of nursing school to remember his perspective, but far enough from my own first day on the floor by myself that I benefitted from his close observation of my practice and his questions. I am shaping the kind of nurse I choose to be with each moment I spend with patients, with families and standing at the med cart. Though I'm still a "baby nurse" in many regards, I'm beginning to envision what kind of an experienced nurse I will be. I'll encourage you to spend some time thinking about that yourself, even if you're spending most of each day checking Blackboard and gathering more sources for your Critical Incident Paper.

Best of luck to all of you!

Katie Bloedau, RN, BSN

NCANS Executive Consultant, NCANS Past President

When You Find Yourself Suddenly Secretary..



If you've ever unearthed yourself from piles of letterhead adorned paper, found yourself researching minute templates, or Google searching "constituency", you may be a secretary. Serving as the sole record keeper for your chapter can be overwhelming and discouraging sometimes. Here are a few tips to not only make your position effortless, but fun!

1. **Get organized!** Whatever you need to buy to organize yourself, get it! Any great Secretary knows that a color-coded planner is their second Bible! Utilize post-it notes and highlighters for EVERYTHING. Don't forget to nit-pick your computer either. Create new folders for every kind of document (i.e. Minutes, Agendas, Legalities, etc.). It is always a good idea to keep a copy of everything on a USB drive as well. You are not expected to know everything, but you are expected to know how to find it!
2. **Be Peculiar.** If you aren't going to cross every "t" and dot every "i", no one else will. You are the only hope your chapter has of keeping records alive! Make this easy on yourself though. Keep a template of your minutes and utilize that at each meeting. Bold the important material such as motions and amendments. Your minutes need to be sufficient. Your great-grandchild, RN should be able to read them 50 years into the future and know what happened at your meeting.
3. **Keep in Touch!** As Secretary, you are responsible for your chapter's correspondence. Ensure that you are writing Thank-You letters not only to sponsors and hosts, but also to your chapter members as well. Aid your President in keeping your chapter morale in top shape! Ensure that your Constituency form is mailed to NSNA each year around January. This must be signed by the President to ensure that your chapter can have delegates seated at NSNA House of Delegates. You will also want to keep a current roster of members in your chapter including their phone numbers, addresses, and emails for communicating.
4. **Enjoy!** Take time to smell the roses, or the coffee, or whatever it is that you prefer! Your term will be over before you can say Graduate! Don't forget to find delight in the time that you spend with your Board and Chapter members. Even perfection can be fun!

I hope that these tips will help bring a bit of structure and peace to your term. Please do not hesitate to contact me with any questions, concerns, or ideas. I want to thank all of you that serve as leaders not only in the Secretary role, but as members also. NCANS appreciates your dedication to preserving the history of each and every chapter.

Jessica Outlaw, NCANS Secretary

NCLEX Hints from I CAN Publishing, Inc. and Sylvia Rayfield & Associates;

Written by Loretta Manning, MSN, RN, GNP,
rmann25625@aol.com or www.icanpublishing.com or 866.428.5589.

Nursing School Made Insanely Easy! For the Nursing Students in North Carolina

What would you say if I told you “Nursing School can be Made Insanely Easy?” I am confident that you would say this is an oxymoron! Nursing school is anything but INSANELY EASY!! In reality, if you understand how you learn you can simplify the process of learning. For example, if I ask you to close your eyes and think about an elephant for one moment, “What comes to your mind?” Do you think about the word elephant, or do you see an image. Most of us saw an image; however, when you study for nursing exams what do you read in your books? I imagine you would say lots of words, charts, graphs, etc.

As you are preparing to be nurses, it is important for you to learn how to study smarter versus harder. The novice brain does not know how to distinguish relevant versus irrelevant information, so the brain tries to learn everything, when in reality this is impossible. A word I do NOT like to use! I am a **possibility** thinker, and know you **CAN** be successful with the right strategies and tools to learn from. I have some choices to make here..... I could go on and give you 3 paragraphs of words, or I can demonstrate some strategies to you. I believe a “Picture paints a thousand words”, so let’s put these “EASY” facts to the test!

The concept I want you to review is “**Aminoglycosides**”. Here is what I want you to learn.

- Easy strategy to remember these drugs
- Application to NCLEX® style questions
- Side effects / adverse effects
- Yes, review labs



Please note that these aminoglycosides, for the most part, have a “MYCE” in them, and there are **3** major facts I want you to know at the end of this review. I want you to know that these drugs can affect the **8th cranial nerve** (hearing), the labs that need to be monitored (**BUN, creatinine**), and the client may develop **paresthesia** (inability to feel). If you are not a visual learner, then we wrote a song to assist you in connecting the concepts. If you are a kinesthetic or auditory learner, then this next strategy will be appealing to you. It is sung to the tune of “*3 Blind Mice*”. Refer below. *Let’s sing this together! I wish we were in the same room!!! It would be so much more fun!!!*

THREE AMINO MICE
(sung to the tune of “Three Blind Mice”)

One can’t feel,
One can’t hear,
One can’t pee —
They’re toxic mice, all three.

Vestibular function and audiograms
Should always be studied in patient
care plans *[for “as part of your
plan”]*

Grab BUNs and creatinine quick as you
can,
Yes! Three amino mice.

©2008 I CAN Publishing, Inc.

In review these drugs have a “MYCE” in the drug name and can affect the **8th cranial nerve** (hearing), the labs, (**BUN, creatinine**), and may develop **paresthesia** (inability to feel). Note, in the first verse, there is a focus on the undesirable effects and in the second verse the focus is on the general nursing care.

New Graduate Benefits

North Carolina Association of Nursing Students (NCANS) members can join North Carolina Nursing Association (NCNA) at the **Discounted Rate** of \$35 your first year! And then take advantage of the three-year sliding scale for dues payment!!

NCNA Application available at:

www.ncans.org/membership



NCANS Members

Don't Forget to Renew Sustaining Membership!

www.ncans.org/membership

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Written by Loretta Manning, MSN, RN, GNP,

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Learn to Now let's take a look at applying the knowledge.

Which statement made by the UAP indicates the nurse should intervene with a client who is taking Streptomycin?

1. "The client's temperature is 99.1 degrees F."
2. "The client does not seem to hear me."
3. "The client is requesting to walk."
4. "The client is drinking a lot of water."

Answer: 2 (8th cranial nerve damage)

What should be the priority plan for a client who is taking streptomycin?

1. Monitor the vital signs prior to administering the medication.
2. Monitor the AST / ALT.
3. Monitor the BUN / creatinine.
4. Monitor the serum glucose.

Answer: 3

The NCLEX - RN® represents 13-19% pharmacology. The key to your success is to know how you "LEARN"!

organize your meds for successful thinking, testing, and clinical practice.

Excel in test taking for the drugs most frequently on NCLEX®, nursing and exit exams.

Associate learning by using mnemonics, music, images, color, etc.

Remember to review newly learned information every 50 minutes.

NCLEX-RN® activities are the focus of your study .

I wish you success on your journey through nursing school, and remember "Nursing school can be **Insanely Easy**" with the right strategies and tools! No one strategy fits all! Some of you learn by images, others by connecting to physiology, still others by mnemonics, songs, and / or exam questions to assist with linking, etc. There is no right or wrong way to learn. We just have to identify what works for you!

Oh yes, and please do remember to be a possibility thinker. Whether you think you can or cannot, you are RIGHT, so choose the positive journey and enjoy the endless possibilities in front of you both as a student and a nurse.

For information about our books and tools, please go to www.icanpublishing.com or call 866.428.5589 to order your "Insanely Easy" books or register for your Pharmacology NCLEX® review or general NCLEX – RN® Review. performance in the classroom and clinical setting and would recommend to all students to get involved, if not at the state level, at your school level.