

College of San Mateo

# VITAL SIGNS

Nursing Newsletter



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*Hooray, finals are finished!*  
*Congratulations first and second years!*





## Joanna's Special Nursing Delivery

By: Lena Ngo



**J**oanna Garcia, an LVN for almost three years now and is currently working full time at St. Francis Heights Skilled Nursing and Rehab facility. She, as most of you already know, is also a second year nursing student at the College of San Mateo. Her story is one that would amaze most. She entered the nursing program this past fall 6 months pregnant. She delivered her baby during the semester and was able to bounce right back within days. How did she do it? Here is a little glimpse of her baby tale:



### Tell us a little about your new baby?

I have 2 children, a girl named Jazmynn (5 years old) and my newborn baby boy, Jeremiah Jaxon. I delivered October 13, 2010 at 11:42pm at Kaiser Redwood City; he weighed 5.3 lbs, 18 inches. I would say I was in labor for about 2.5 hours, but the nurses said it was about an hour.

### How was it being pregnant during school? Clinicals?

My entire pregnancy was easy. I'm one of the lucky ones who didn't get sick or sensitive to things. Staying active during my pregnancy was important to me, especially because I was in school, so I felt okay about getting up early in the mornings; however, it wasn't always easy.



### Tell us the about the weekend when you gave birth. How were you able to bounce back so quickly after giving birth?

During my entire labor and delivery process, I didn't want people around. There was just something about being in labor that made me not want to talk to people or have people to talk to me; I guess I was in a different state of mind. After giving birth, when people asked if they could visit, I asked if they could wait a few days because I was tired and needed my rest to come back to school.

I bounced back so quickly because I really want to be in school. My drive to become a nurse is NOW, so it was enough for me to want to get right back into the game. And with the support of my family and friends, I was able to do so.



### What is your favorite part of motherhood?

I LOVE being a mother and the struggles and rewards that come with it; it sure isn't easy, especially being in school, but I try to do my best. I love being with my kids, although my time with them is limited right now because of school.

### Do you have any advice for women who are pregnant and also in school?

Yes! Continue on with school and hang in there as long as you can.

### What part of nursing would you like to enter after graduation?

I would like to work as a med-surg nurse. I think that's where I will learn the most and build my skills more and it will be a good foundation for me to start. But eventually, I would like to dip into other areas such as OR, L&D, or even ER.



## NCLEX Review Questions

By: Michelle Nerona

1. A client with cancer is being evaluated for metastasis to the bone. Which laboratory value would correlate with the suspected metastasis?
  - A. Serum phosphorus of 3.5 mg/dL
  - B. Alkaline phosphatase of 70 units/L
  - C. Serum calcium 16.0 mg/dL
  - D. Aldolase 3.5 units/dL
2. The nurse is assessing a client who is complaining of numbness in her hands and wrist from carpal tunnel syndrome. Which test is measured by placing a blood pressure cuff on the upper arm and inflating to the systolic pressure?
  - A. Phalen's maneuver
  - B. Tinel's sign
  - C. Chevotsky's sign
  - D. Turner's sign
3. The nurse is assessing traction of a client with a fracture who is in skeletal traction. Assessment reveals a loosened pin on the bone. Which action is appropriate?
  - A. Notify the physician
  - B. Remove the weight to release the pressure on the pin
  - C. Reposition the client to the supine position
  - D. Try to remove the pin for examination
4. A client has a fractured tibia from a football injury. A cast was applied to the leg. Assessment reveals complaints of pain unrelieved by pain medication, restricted toe movements, edema, and slow capillary refill. What is the nurse's best action?
  - A. Elevate the extremity on a pillow
  - B. Administer pain medication
  - C. Notify the physician of the assessment findings
  - D. Perform a neurovascular reassessment



5. The nurse is performing discharge teaching on a client with rheumatoid arthritis who has been prescribed hydroxychloroquine (Plaquenil). Which statement by the client indicates that he understood the instructions given?
  - A. "I should report any blurred vision or headache."
  - B. "I have to take folic acid with this drug."
  - C. "I should expect results in six months."
  - D. "I should take this medication on an empty stomach."



### One on One with Wilson Udeji

By: Mike Palapinyo

#### So Wilson, what is the meaning of life?

The meaning of life is relative. To me, it has a lot to do with having sound relationship with the almighty God, which then trickles down to doing things that are right in uplifting mankind. Making the world a better place to live is ideal.

#### Wilson, I've known you a while now, is there anything you would like to share about yourself with your fellow classmates?

Well, Wilson is an easy going person. I'm always jovial and like to interact with people which put me in the position of learning other cultures. One advice that I would like to share is for people to put on a cheerful face in any situation, because it is a health therapy that is good for the heart and relationship with people.





Continued from page 3- One on One with Wilson Udeji

**As we approach the end of our first semester what have you enjoyed most about the program so far?**

Well, first and foremost I would like to thank almighty God for giving me the opportunity to be here, as a nursing student. The program has been interesting and encouraging as well. We have seen, learned and been through a lot. So in general, I would say that all the integral parts of the program from the hard working instructors through to the students are awesome and I did enjoyed being around the instructors and the students.

**As a nursing student, what do you feel are your strengths, weaknesses, and what do you want to improve?**

In this program, I feel that my strength lies within calculations! Like in the medication dosage, I LOVE THAT! (Wilson laughs). And for my weakness, MCQ! I don't like multiple choice questions; they throw me off balance but I am working on being able to master my weakness.

**We can all say the nursing program has been stressful, so what do you do to deal with the stress?**

You can say that again! The program is VERY stressful from all ramifications. I don't think there is anybody both students and instructors who has not felt the heavy loads of this program. It is stressful. But then, it is something that demands excellence and commitment as it pertains to health, the bedrock of life. The end reward balances out with the struggles. Now, talking about managing stress, I always ask God for a bright new day and try as much as possible to schedule myself in ways that would not conflict nor pose greater stress with class activities.



**What do you like to do for fun outside of the program?**

I take my family around, to the mall, and on weekends we attend church service and any Nigerian occasion. During the period I try to cool off and forget about the worries of the day!

**If you could travel anywhere in the world where? Why?**

Home is home! I would like to travel to Nigeria, to see my loved ones and there I will be received and treated as a son of the soil! (Wilson laughs joyfully!)

**Based on what you've experienced so far, what type of nurse would you like to be and why?**

So far I have worked in two departments and one which basically deals with the elderly clients. From day one I've always loved to interact with the elderly, which started with my late grandparents and thus feel that it is appropriate for me to give back to the older people. They are more understanding, although they have a lot of health complications, which makes it challenging. So caring for the elderly will be my main goal.

**What has been one of your favorite memories of the program so far?**

It would be the privilege of being a student to willful and committed teachers, whom I enjoyed their sacrifices of leaving behind hospital jumbo salary, for classroom work. They are the greatest memory.

**If you could hangout with anyone in history for one day who would it be?**

I would like to meet with Barack Obama, the president of the United States. He made history in this country, and I am very proud of him!

**How do I become a genius like you?**

Interact with the elderly, therein you will find wisdom.





Continued from page 4- One on One with Wilson Udeji

**Any last words of advice you have for your fellow students?**

First and foremost, I think everyone needs to realize that we all have an end target, which is to complete this program, take the NCLEX, become RN's and get a job by God's grace . Having said that, I think it is important that you forget about the worries of today and focus on the gains of tomorrow, and that should be the motivating factor.



**Advice about Pediatrics/Maternity**

By: Sara Recinos

**H**ere are some helpful tips to review over the winter break to prepare for pediatrics and maternity:

- ❖ Review dosage & calculations, including equivalents for units of measure (conversions)
- ❖ Review the stages of development in children. ATI Fundamentals for Nursing chapters 15-19 gives a great review of the stages of development from an infant to the adolescent
- ❖ Our pediatrics rotations will be at UCSF medical center where parking is difficult to find and the garage can be quite expensive. I recommend carpooling and plan to arrive at least 15 minutes early
- ❖ Review and be familiar with knowing emergency situations for infants and children. Here are some examples:

**CPR for Children:**

- For very small children you may use either 1 or 2 hands for chest compressions.
- Press down 1/3 to 1/2 the depth of the chest with each compression
- Perform cycles of compressions & ventilation (30:2 ratio) at a rate of 100 compressions/min

**Severe airway obstruction in an Infant (Signs):**

- Poor or no air exchange
- Weak, ineffective cough or no cough at all
- High pitched noise while inhaling or no noise at all
- ↑Respiratory difficulty
- Possible cyanosis
- Unable to cry/unable to move air

**CPR for Infants:**

- Draw an imaginary line between the nipples.
- Place 2 fingers on the breastbone, just below this line. This will allow you to compress on the lower half of the breastbone.
- Do not press on the xiphoid process.
- The following is the same as for children





Time for a picture break!





## Getting to Know Alma

By: Alice Yee

Whether it's immunization documentation to TB skin tests to MPOL completion to drug and background checks, we all despise the requirements but are utterly grateful for this coordinator who gets us to where we eventually want and need to be and that is the end of our two-year nursing program! We must admit, we see Alma the most out of all the staff and faculty and she probably knows more about us than we know of each other but the one common lingering question that may not have crossed our minds yet is nonetheless quite intriguing – Who Alma Gomez really is? Let's get to know her a bit before she starts hunting someone else down for not meeting one of her deadlines=)

**Can you describe yourself in 7 words?** A moss-covered rock, content with tranquility.

**Are there any misconceptions about you by other people? What is one thing that you would like to let others know about you?** I honestly don't know what other people think of me. My friends think I'm a good person. If people who are not my friends think otherwise, they haven't said anything to my face. Sure, I've done things I regret, but I am doing my best to be a decent human being. When I die, that's how I want to be remembered.

**How long have you been a vital part of the CSM Nursing Program?** I've been with CSM nursing for 4 years. I started working here after I got laid off at a foundation I worked for. Getting laid off was devastating at the time especially because I'd left a well-paying job to get the lower-paying foundation one and they let me go after 3 weeks. Now looking back, it was the best thing that happened to me because it brought me to CSM.

**Which is your most favorite book ever?** The Lord of the Rings.

**What time of the school year is usually the most hectic and frantic for you?** The worst time of the year is January. We start accepting applications for the nursing program on January 2 and the phone rings almost nonstop during that first week. This, year, I came back from winter break and had more than 200 phone messages and emails, not counting the calls that came in when I was actually sitting at my desk. Then applications start pouring in and applicants start calling to confirm we received their packets. At the same time, I am trying to reach current students to update their immunizations and complete the requirements for clinical rotations and of course, they're on vacation and not checking emails. In the meantime, clinical agencies are threatening to throw us out because they don't have the complete packets. It's a nightmare.



**What are you most looking forward to during the winter break? Any vacation plans?** Winter break means sleeping in and cuddling up to kids and dogs when it's cold and wet out, books galore, listening to audio books till my ears burn and I get the book plots all mixed together in my head, movie marathons until I'm catatonic, knitting till all my bones are stiff and all my muscles are sore, starting seeds indoors for planting out when the weather warms up, family get-togethers in Southern California.

**Are you single or married? Do you have any kids or pets (how many, what kind)?** Married, 2 kids, 1 Anatolian shepherd dog and 2 foster dogs right now, a Maltese poodle and a cocker spaniel. The big dog is smart and very well trained. The foster dogs? Now I know why they end up at shelters, bad little pooches!





Continued from page 7- Getting to Know Alma

**Which is the one television character that you simply adore and have fond memories of?** I stopped watching TV on a regular basis after I went off to college in the 1980s (dormitories back then only had 1 communal TV and I've never been the communal TV watching type). I don't even remember what shows I watched then so you kids definitely won't recognize any names. If they're still around, the actors/actresses are probably all living in retirement homes by now.

**What is your taste in music? Favorite song(s)?** I don't listen to music much but when I do tune in, it's to KOIT.

**Which is your favorite genre of movies? (Comedy/ Romance/Suspense/Action/Horror) Favorite all-time movie?** I like action movies as long as they're not too gory. My favorite all-time movie is The Return of the King. I buy the whole Lord of the Rings trilogy every time they come up with a new version – extended, HD, etc.

**What do you do when you are feeling very sad or depressed?** Like a lot of women, I go shopping!

**Which is the best vacation you've ever had in your life?** Christmas in the Philippines in 2002. I was fat and pregnant when I left San Francisco and was way much fatter when I waddled back. I went to misa del gallo, was at the mall every day, ate out almost every day for 2 weeks, gorged on fruit and food I don't get here, met up with very good friends I hadn't seen in a while, spent a fortune on fireworks for New Year's Eve – it was heaven, but too short. A close runner up is a vacation at a Palm Springs resort a couple of years ago. Most of my family was there. Went swimming, read a lot, ate a lot, and the best thing of all was that I didn't have to do all the cooking (which I hate!)

**If given a complete freedom to start afresh, what profession would you choose and why?** I would want to be an archaeologist. I am fascinated by the past and can't go past a book on Egypt or other ancient civilizations without wanting to buy it. Being of a retiring nature and loving peace and silence, I wouldn't mind scrabbling around in sand all day digging up potsherds.

**What is your idea of fun? If given a choice to skip work for a day, how would you spend the entire day?** Listen to audiobooks while knitting or working in the garden or working on other crafts like soapmaking or papermaking. Shopping would be nice too, if it was after payday ☺

**What makes you angry? Do you get angry quickly? How do you overcome it?** Rude, inconsiderate people make me angry. I used to be a lot more patient, but I'm getting crabby in my old age. I don't really vent in public; I'm more a "keep it in till you burst" person. My family knows I'm angry when I don't talk.

**What is the craziest thing you have ever done?** Who, staid, shy, timid ole me doing crazy things? I've been a goody two-shoes most of the time, "crazy" isn't in my repertoire.

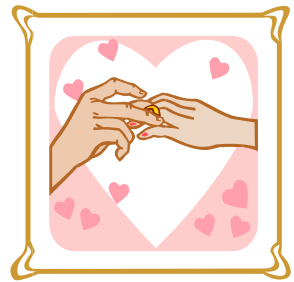
**If given a choice, which animal would you want to be? Why?** I wouldn't mind being a pampered pooch: regular meals without having to work or kills for them, being a couch potato when there's nobody home, visits to the vet when I'm sick, family walks, car rides.

If you were given a year's supply of food, which cuisine would you choose and why? I would choose Filipino food. Years away from home and I still dream of this sweet red iced drink they sold at a little stand outside the Catholic school where I went that has never been duplicated anywhere else, fresh grilled fish, the sauce at a local barbecue place, tropical fruit.





*Congratulations on your Vows Kelly and Skyler!  
Cheers to a Lifetime of Happiness!*





# You get to decide who wins the pet contest!

Nookie!



Quinn!



Fatboy!



Jezzie Bell!



Ruby and Max!



Rusty!



Melissa Sharp's puppies!





# 2010 CSM NURSING CHRISTMAS PARTY AT CROWNE PLAZA!!!

