

College of San Mateo

**VITAL SIGNS**

Nursing Newsletter

Congratulations!!! You're officially half way through the semester!!! This newsletter is full of pictures for your enjoyment!

-Amber Rhodes

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**Pediatric School Teaching Project**

By: Sara Recinos



Our class attended Beechwood School in east Menlo Park for our pediatric teaching projects. It is a private non-profit school from kinder prep through eighth grade. It's also a special type of school because it's targeted to meet the needs for disadvantaged kids. My group and I chose to talk to pre-k students about the importance of dental hygiene. The students and teacher were both very welcoming and appreciated us taking the time to come and talk to them. The project I felt helped to prepare us as nurses for our role as teachers that we will become in our profession when talking to patients and families. Our main goals were to find out what the kids knew about dental hygiene, and to inform them on the correct ways to brush their teeth, yearly visits to the dentist, and foods that are better than others for dental health.



## ! Family and Friends, We Need You!

By: Sanjani Kumar

The nursing program at C.S.M is comprehensive, demanding, challenging, and stressful. It is a program geared to producing skilled, top quality nurses for tomorrow's world of medicine. Today's nursing student must be motivated, committed and ready to persevere against all obstacles.

Each arena of life will present its challenges. The academic and clinical environments of school are new and unfamiliar. The financial arena where juggling work schedules and navigating the financial aid jungle can be frustrating at times. Perhaps most importantly, the home can represent either a comforting refuge or a challenge to be overcome.

The family and friends of today's nursing student can play an enormous role in the support and encouragement of their future nurse. First, love them and express your confidence in their ability to succeed. When you observe a need that you are able to address, step up to the plate. It may be emotional support, it could be child care, and it could be transportation or a financial issue. It could be as simple as a bit of your time when they need someone to study with or practice on.

We are C.S.M nursing students. We can do this on our own if we have to. We've also got each other. Family and friends, we can sure use your help along the way.



## Interview with Quyen Lam

By: Rachel Cacanindin



*I* had the pleasure of interviewing Quyen Lam, RN a member of the Sigma Theta Tau International nursing honors society. As a MSN graduate from the University of San Francisco, I asked her to share her thoughts on existing and future trends in nursing. I enjoyed reading about her experience and would like to pass on the information, so without further ado, here is a part of the interview, which I felt, was interesting and helpful.

**Q:** Why did you choose to get your master's in nursing?

**A:** There are ways in which I could pursue nursing: AND, BSN, AND MSN. At the time, the University of San Francisco offered a master's entry option for people like me who already have a bachelor's degree in another field. A master's degree offers me a more formal training in evidenced-based research, nursing policies, and broader exposure to the management of internal/external healthcare systems.



Continued from page 2- Interview with Quyen Lam

While I did not know whether I want to focus on nursing research, policies, or management, I felt that understanding these concepts will help me be a better nurse at the bedside.

**Q:** What opportunities has a MSN provided for your career?

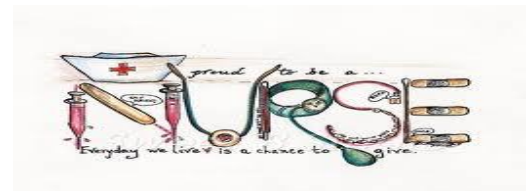
**A:** During my master's practicum, I worked with master's prepared nurses on quality improvement projects. It was a wonderful opportunity to see how QI projects get initiated and what factors are involved in the planning and execution of a nursing process. Something as "simple" as implementing the 5 rights of medication administration takes a lot of conscious effort and coordination from the healthcare team. These processes make it safer for patients and helps standardize the nursing process.

Understanding the internal/external factors that drives healthcare systems gives nurses the ability to recognize when there are opportunities for improvements on policies/procedures.

**Q:** What advice would you give a nursing student in an ADN program?

**A:** Complete your ADN program and pass your NCLEX. While there is a great need for new nurses, there is an even greater need for nurse faculties.

Gain clinic experience, volunteer, and network. While it may seem difficult when you are in school, it is the best time to establish connections and future work opportunities.



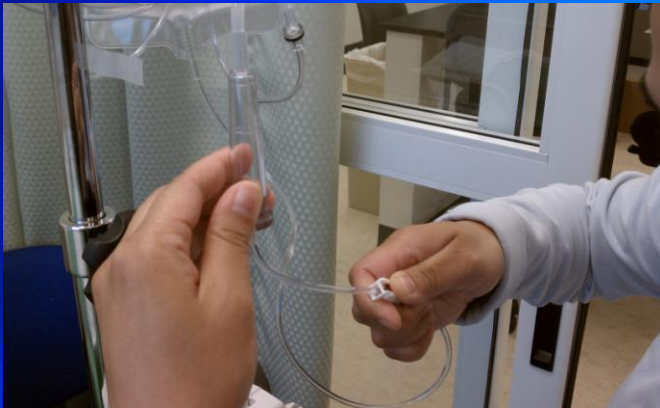
**Q:** I hear you're part of the Nursing Society. What does the Nursing Society promote?

**A:** Sigma Theta Tau International is a nursing honors society. We "support the learning, knowledge and professional development of nurses committed to making a difference in health worldwide." Our chapter gives \$1000 scholarships to undergraduate, graduate nurses, nurse leaders every year to students who demonstrate leadership initiatives in nursing.

**Q:** What future trends do you see for the nursing profession and how would it affect new ADN graduates?

**A:** While there is a nursing shortage, we are already seeing many healthcare facilities advertising for BSN prepared nurses. A good website to check out is <http://www.aacn.nche.edu/> (American Association of College of Nursing). There are many articles on this site that talks about the future trends of nursing.

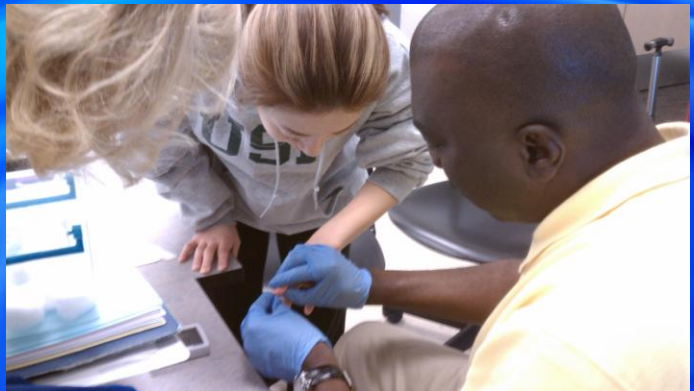


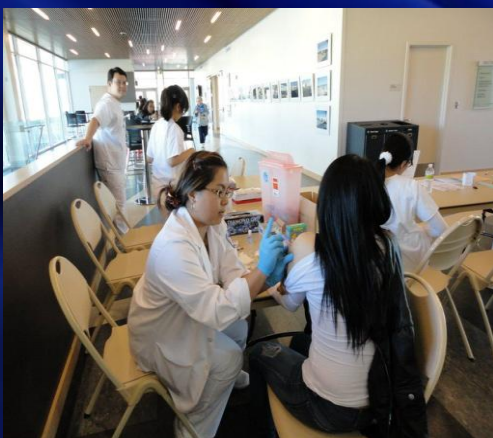
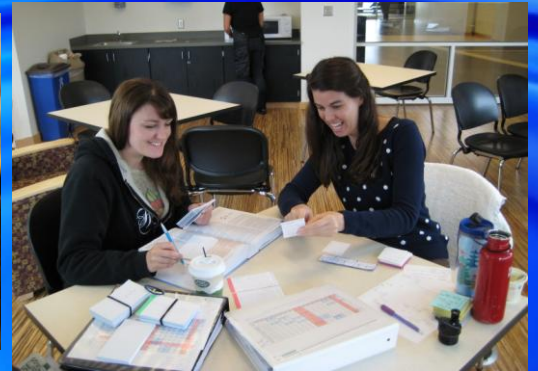


It's primetime for first years!



Mandy kindly lending her arm for a blood draw.

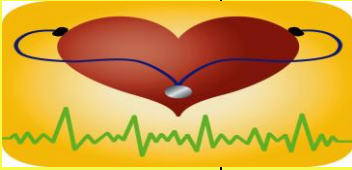



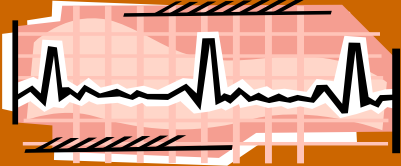






# EKG OLYMPIANS



<p><b>GOLD</b></p>	<p>Francisco's Group</p> 	<p>155/155 points (added up =11)</p>	
<p><b>SILVER</b></p>	<p>Susan's Group</p> 	<p>133/133 points (added up =7)</p>	
<p><b>BRONZE</b></p>	<p>Tanya's Group</p>	<p>124/124 points (added up =7)</p>	

Note:  
Look at the numbers 7 and 11, they're both lucky numbers!!!



Great job second year students!!!

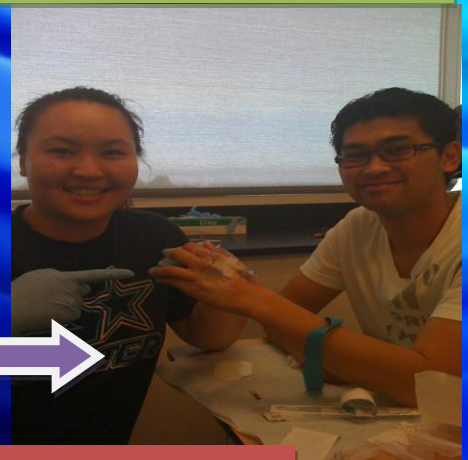




# WHAT HAPPENS IN SKILLS LAB, STAYS IN SKILLS LAB!



Drawing blood from a CVAD. Don't forget to discard the first sample!

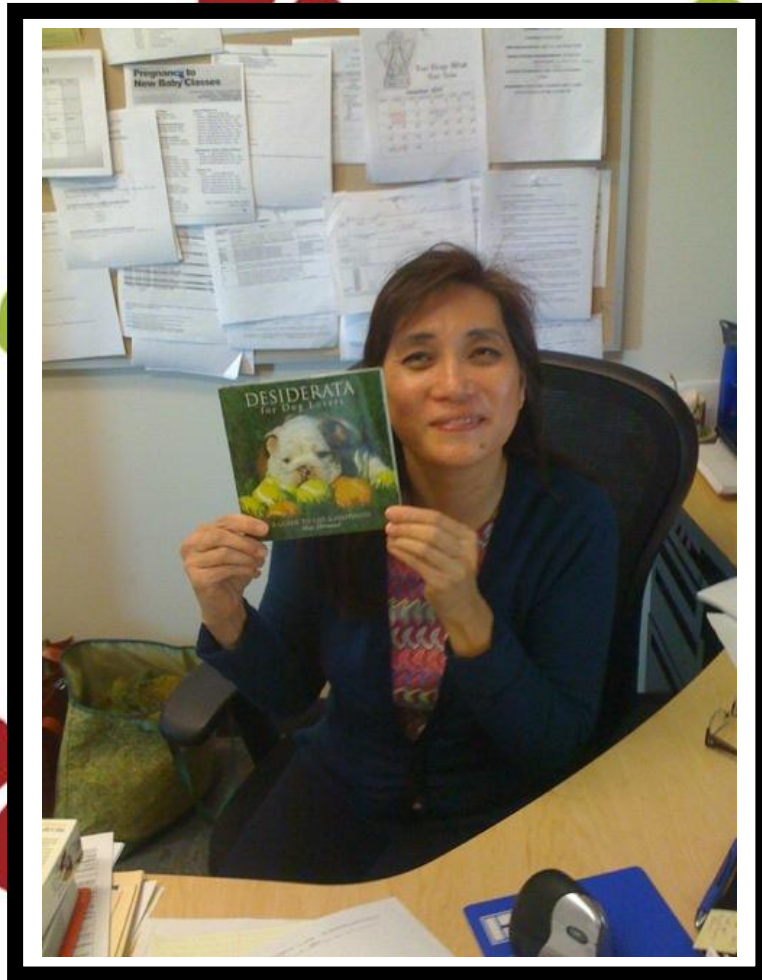


Great work Alice!!!





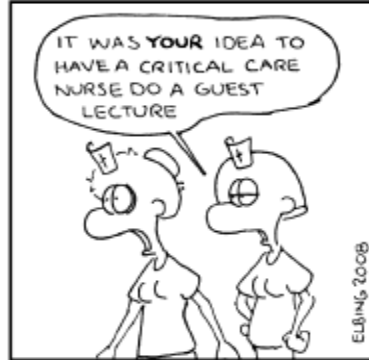
Alma really enjoyed her gift! We are all so grateful to have you Alma!





# Nurstoons

by Carl Elbing

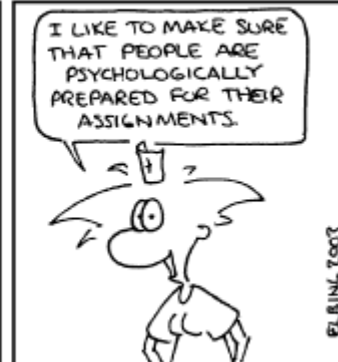


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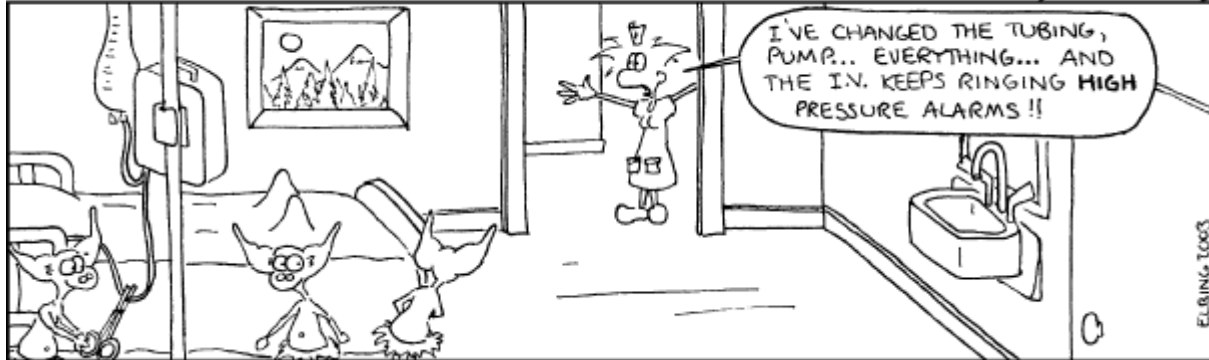


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