

NURSING NEWS



Western Area CTC LPN Newsletter

In this issue:

- Student SIM Experience
- NCLEX Knowledge Test
- A Word from Country Meadows
- New LPNs
- Christmas Party
- New Year's Resolutions
- Adopt a Grandparent Christmas Outreach
- Hiring LPN Instructor
- Knowledge Test Answers

Simulation Experience

On December 19, our 2nd year student's participated in another simulation experience. This time the focus was on a life threatening pediatric emergency and the aspects of support that the health care team use to help the family cope effectively with a loss, be it expected or unexpected.



For this scenario, the students were aware that the patient would code, but having a live actor as the "mother of the patient" made this activity more realistic and challenging than just taking care of ALEX. Special thanks to Jessica, the program secretary, for playing the part of "mother".

Dorica Mogire and Brittney Megyesy were assigned the role of LPNs, Brittnei Petros was a CNA and Kailey Chipps was the charge nurse. Shonia Hinton was the only observer for this simulation, but she did have the opportunity to participate during CPR to relieve her tired classmates who were doing chest compressions.

This simulation went very quickly. From the time that the students introduced themselves and began the assessments, to the time that the scenario ended only lasted about 30 minutes, and in that short amount of time, 7-year-old ALEX died.

As always, simulation is meant to teach difficult skills in a safe setting. The patient can not be hurt or die from treatments or lack thereof.

Unfortunately, due to the intensity of the simulation, we were not able to get any photos, but the students had the opportunity to practice assessment, vital signs, CPR, IV skills, calling a code, and the use of the crash cart.

Whether the outcome is good or bad, it is important that the students learn something new about nursing, each and every time simulation is assigned.

NCLEX Knowledge Test



A client admitted to the psychiatric unit for treatment of substance abuse says to the nurse, "It felt so good to get high." The nurse should then respond to this statement with which of these comments?

- A. "You are not to talk like that on this unit. You are here for rehab and this does not facilitate recovery."
- B. "You told me your girlfriend broke up with you due to your drug usage and that you lost your last job due to missing so many days also due to your drug usage."
- C. "Tell me more about how it felt to get high."
- D. "You know that it is illegal to do drugs. It probably is not a good idea to let everyone know on the unit that

2. Which of the following nursing activities illustrates disaster-related assessment at the secondary prevention level?

- A. Assessment of additional interventions needed in the aftermath of a disaster.
- B. Assessment of the community for specific plans to manage a local disaster.
- C. Assessment of local nursing home evacuation plans in the event of a disaster.
- D. Assessment of available housing for individuals affected by a recent disaster.

3. A terminally ill patient makes the following statement, "I am tired of living with my cancer. I am ready to go." Which of the following stages of Kubler-Ross does the nurse determine the patient is currently experiencing?

- A. Acceptance
- B. Anger
- C. Bargaining
- D. Depression



4. The nurse is caring for a client who has a signed Do Not Resuscitate document (DNR). The patient is becoming increasingly anxious and is moaning in pain. What is the nurse's priority action for this patient?

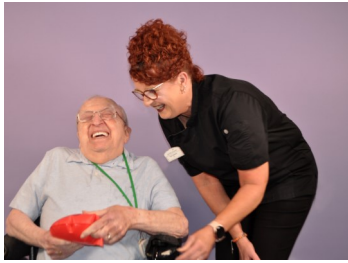
- A. Do nothing because of the DNR order
- B. Ask the family to leave the room
- C. Provide the patient with pain and or antianxiety medication
- D. Call the physician to reverse the order so pain medication can be given

5. Immobilized patients frequently have hypercalcemia, placing them at risk for which of the following?

- A. Osteoporosis
- B. Renal calculi
- C. Pressure ulcers
- D. Thrombus formation



A Word from Country Meadows



At Country Meadows Retirement Communities, your title is just the beginning of what you are to our residents. Here, you serve a position and a purpose. Every interaction could lead to a brighter smile, a taller stance or a better day. For both the residents *and* you.

We know every day isn't perfect. And aging doesn't come without hardships. But our goal as an organization simply is to help make life better for each of our residents in exactly the way they need.

And here, we look for co-workers with a skill in their profession or the desire to learn one, but also a genuine motivation for making a difference. So, at the end of the day, we ask ourselves, "Did we make life a little better for our customers today?" And when the answer is "yes," our lives get a little better too. It's just that simple.

We have been certified once again as a "Great Places to Work" by our amazing co-workers and are forever grateful and humbled. This honor only motivates us to continue to support and recognize them with competitive wages, excellent and affordable benefits, career paths and even performance-based bonuses.

We are looking for even more great co-workers to make a difference in nursing, direct care and dining service and would love the opportunity to connect with you.

For more information, please visit [CountryMeadows.com/Careers](https://www.countrymeadows.com/Careers). Thank you for your consideration.

3570 Washington Pike,
Bridgeville
(close to I-79 in South Fayette Twp.)



"Insanity is doing the same thing over and over and expecting different results." ~ Albert Einstein

Congrats Steph & Kenzie!

Congratulations to Stephanie Svecnik who took the NCLEX on Tuesday, November 29 and Mykenzie Tripp who sat the exam on Friday, December 2. They both passed on the first attempt, and will receive a \$200 reimbursement for the cost of the exam!



Steph (at left)



Kenzie (at right)

Here are some suggestions from these new LPNs on passing the NCLEX. Mykenzie says to do 75 NCLEX questions everyday and that working as a GPN made the knowledge stick. Her biggest piece of advice when answering questions is "to keep the patient safe"! Stephanie says that the test will not be what you expect, but don't give up! Utilize Kaplan, there are so many resources there that will help you break down and understand the questions. Most importantly, get a buddy! Having someone to study with can make a great difference!

Christmas Dinner

On Tuesday, December 20, 2022 our students had a lovely dinner catered by CountrySide Deli in Washington. The students had a gift exchange and enjoyed some downtime before the winter break.



Resolution Tips

Every year thousands of American's make New Year Resolutions, but few actually keep them. As a student, a resolution to do better is a good idea! Here are some practical tips to help make and keep a New Year's Resolution.

- 1) Choose a Specific Goal
- 2) Limit Your Resolutions (Focus on 1 goal at a time)
- 3) Put Time into Planning
- 4) Start with Small Steps
- 5) Avoid Repeating Past Failures
- 6) Remember-Change is a Process

- 7) Get Support
- 8) Renew Your Motivation
- 9) Keep Working on your Goals
- 10) Learn and Adapt

For more detailed information check out [verywellmind.com](https://www.verywellmind.com/how-to-keep-your-new-years-resolutions-2795719) at <https://www.verywellmind.com/how-to-keep-your-new-years-resolutions-2795719>



The faculty and staff wish you all a very Happy New Year! Here's to starting 2023 on the right foot!

Adopt a Grandparent

Christmas Outreach

This year our students were asked to spend a minimum of 1 hour with a resident from one of our affiliated clinical sites. Here, a few of our students share their thoughts about the outreach.

My experience with the Adopt A Grandparent community outreach was wonderful. Approaching this activity I was very nervous as to what activity I was going to do and what I would say to the person I was visiting. This experience definitely taught me that all that was needed was just my time. The time around the holiday can be such a gloomy time for people who do not have family to visit or spend time with. I'm happy I was able to give a small amount of my time to someone who truly appreciated that single hour. The person I visited actually asked me to return soon! I really enjoyed this experience and it provided me with a different perspective than I started with. ~Jordan White-1st Year Student (The Greenery)

Have you ever wondered about what it would be like to have a grandparent in which you've never met? I say this as growing up I only had the experience and pleasure of knowing my maternal grandmother. Western Area Career and Technology center as well as Southmont provided me with the opportunity to adopt a grandparent during the holiday season in which I overly enjoyed as well as my "grandparent". Upon arriving I witnessed a woman with a past and a story to tell. I had the pleasure of hearing details regarding her childhood and her desire for art. As we sat in her room and colored a photo from her coloring book she thanked me for being there. She later took me to a room filled with art in which she pointed out all of the art work she had completed as each piece had a meaning behind it. My "grandparent" has no children and was never married, she states she is still looking for "the one". Both her father and brother had been killed in the Texas City Explosion's in 1947 when she was only 6 years old. Her mother later passed away. It's unclear as

to how she ended up here being from Texas although it was a pleasure to meet her and cross paths I'm glad she's here. When my schedule allows I will be back to visit, hoping to brighten her day as she did mine. ~Shonia Hinton 2nd Year Student (Presbyterian Senior Care)

During the time of year that is about giving without receiving, I was extremely fortunate to be able to participate in giving in a way that no gift could have. I was able to give my time during our "Adopt a Grandparent" to a very appreciative woman whose closest family member was in Florida. Seeing how much she enjoyed my company and conversation was more of a gift to me than I could have ever given her. ~Brittney Megyesy 2nd Year Student (Transitions Healthcare)



As the holidays near, a time of family and joy surround the world. This holiday I had the great pleasure of spreading joy to a resident at Presbyterian Senior Care. My resident is a huge Steelers fan and loves to play cards and he

had a good poker face which I learned very quickly! I was honored to play cards and discuss sports as we shared many common interests. Even though this was all about the resident I think this experience has made me further realize that helping others helps me more than it actually helps them. There is nothing more rewarding than knowing a resident had an hour and half of worry free time playing cards and talking Steelers. The happiness that my resident expressed reassured why I am pursuing a nursing career. ~Matt Riggle, 1st Year Student (Presbyterian Senior Care)

We Are Hiring!

Full-Time Practical Nursing Instructor

- Must be graduate of approved school of professional nursing with current PA RN license
- Bachelor's Degree in nursing, Master's preferred
- Nursing experience involving direct patient care within two years of employment
- Mandated clearances and drug screening required

Send resume and request for application to:

Faith Morelli, MSN, RN
Western Area CTC, 688 Western Avenue
Canonsburg, PA 15317

Or telephone (724) 746-2890, Ext. 118

Applications accepted until suitable candidate is selected.



Contributions?

Share Your Thoughts

We welcome input from students, alumni, faculty and clinical institutions. Submissions can be made to the health sciences secretary, Jessica at jpettigrew@wactc.net or by calling 724-746-0467. Thank you in advance for your contributions.



To all of our Advisory Committee Members, new and returning, we want to give a sincere thank you! The meeting held on November 15 was very productive, and we look forward to seeing you all again in the spring.

~Practical Nursing Faculty & Staff

NCLEX Knowledge Question Answers:

1. **B.** This confronts the client with consequences.
2. **D.** Assessment of available housing for individuals affected by a recent disaster
3. **A.** The patient understands that they are going to die. He/She may complete unfinished business and try to help those around them deal with death. Patients will slowly get farther away from the world and other people.
4. **C.** The nurse still treats the patient with dignity respect and comfort care with a DNR
5. **B.** Renal calculi.