

NURSING NEWS



Western Area CTC LPN Newsletter

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Stress Management

Welcome to the second semester! In honor of stepping into the next level successfully, here are some pointers and tips to manage your stress and time more effectively.

First of all, remember, you are not alone. More than one-third of the college population in the United States are over the age of 25, and as an adult learner, you have many responsibilities to juggle on a daily basis.

- 4) ADAPT: Changing your standards and expectations can help you cope with stress. Don't strive for perfection, don't replay stressful situations over and over in your mind. Choose to focus on the positive aspects of your life.

SNU offers Time Management Tips for Adult Students:

- 1) Set Goals for each of your Roles: parent, employee, student, spouse, etc.
- 2) **SMART** Goal Setting: Is your goal **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**imely?
- 3) Make Planning a regular part of your life. Sketch out each day's schedule in advance.
- 4) Ask for Help from the important people in your life: spouse, kids, family and coworkers. Doing it all by yourself is a recipe for burnout
- 5) Monitor how you Use your Time: You could be wasting time on tasks that you don't enjoy or have little value.
- 6) Ask about alternative work schedules.
- 7) Organize by Task: Schedule specific time to email, make phone calls, run errands, study/homework, etc.
- 8) Prioritize: Doing important tasks first, prevents hurried work tacked on at the end of the day.

The Mayo Clinic offers the 4 A's of Stress Relief:

- 1) AVOID: take control of the stress that fills your day by finding ways to make it better. Create distance from what is causing stress when you can and say "no" when necessary.
- 2) ALTER: Communicate clearly and let other's know your expectations and state your limitations in advance.
- 3) ACCEPT: Accepting the situation when avoiding and altering doesn't work can ease the stress. Talk to someone about how your feelings (advisor, fellow student, support person). When the situation that is stressing you out is out of your control, you must learn to stop blaming yourself.

The right time management strategies can help you recognize your strengths and excel in school!

NCLEX Knowledge Test

1. The nurse is reviewing a patient's chart for significant changes and discovers that the patient has not voided in over 8 hours. The patient's kidney function labs are abnormal, and the patient's oral intake has significantly decreased since previous shifts. Which step of the nursing process should the nurse proceed to after this review?

- A. Diagnosis
- B. Planning
- C. Implementation
- D. Evaluation



3. A patient's plan of care includes the goal of increasing mobility this shift. As the patient is ambulating to the bathroom at the beginning of the shift, the patient suffers a fall. The nurse should revise the plan of care first by which of the following?

- A. Asking physical therapy to assist the patient because of the new injuries
- B. Disregarding all previous diagnoses and establishing a new care plan
- C. Reassessing the patient
- D. Setting new priorities for the patient

2. When establishing realistic goals, the nurse knows which of the following is accurate?

- A. The nurse should base the goals on the nurse's personal knowledge
- B. Family members must be consulted when constructing goals
- C. The patient must be physically and emotionally stable
- D. The patient should be consulted when establishing goals

4. When developing a nursing care plan for a patient with a fractured right tibia, the nurse includes in the plan of care independent nursing interventions that would include which of the following actions?

- A. Apply an ice machine to the tibia
- B. Check neurovascular status of the leg including pulse, temperature of skin and sensation
- C. Obtain x-ray of the leg prior to surgery
- D. Administer aspirin 325 mg every 4 hours as needed

5. A nurse is completing a skin assessment on a female patient who exhibits a purplish bruise. The nurse inquires about the bruise and the female patient states she sustained the injury after a fall. The nurse would document this finding most accurately using which of the following terms?

- A. Purpura
- B. Petechiae
- C. Ecchymosis
- D. Erythema



Nurse Aide at Western Area

The administration and staff at Western Area Career & Technology Center are excited to announce that we have a Nurse Aide program! Western Area CTC's Nurse Aide Program is designed to provide the student with the fundamental knowledge, skills and abilities essential for the provision of basic care to residents in varied settings.

Successful completion of the Certified Nurse Aide Program prepares graduates to take the National Nurse Aide Assessment Program Exam (NNAAP). Achievement of a passing score on this exam allows graduates to seek employment as a Certified Nurse Aide.

This 120 hours class will be held 3 days a week from 8:30 AM until 2:30 PM Tuesday-Thursday for 8 weeks.

A CNA, or certified nursing assistant, is an entry-level member of a patient's healthcare team, performing important patient-centered tasks under the supervision of licensed nursing staff. Although a CNA is not a nurse, they work very closely with nurses, physicians, and other healthcare providers.

Contact Jessica at 724-746-0467 or jpettigrew@wactc for more information and to schedule your TABE entrance exam.



Student Spotlight

The faculty and staff want to recognize DeShyia Wallace who achieved perfect attendance during Level 1 of the Practical Nursing Program! The Program Administrator, Faith Morelli, added a new attendance policy this year that allows a student who achieves perfect attendance, and is not failing, to add 1 percentage point to a course of their choice from that level.

Congratulations!

“MANY OF LIFE’S FAILURES ARE PEOPLE WHO DID NOT REALIZE HOW CLOSE THEY WERE TO SUCCESS WHEN THEY GAVE UP.” – THOMAS EDISON

Mental Health Education

STOP THE STIGMA

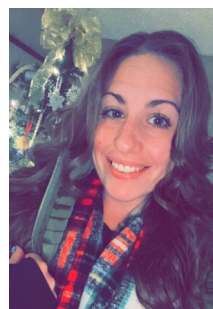
MARK YOUR CALENDAR
Tuesday, May 23, 2023
10:00 AM - 1:00 PM
Multi-Purpose Room

STUDENTS WILL TEACH ON THE FOLLOWING TOPICS:

- What is a crisis?
- Recognizing signs of depression
- Handling anger in self and others
- Handling violence in the workplace and/or school
- Avoiding the stigma associated with mental illness
- When stress is not normal
- Recognizing substance abuse in coworkers and/or peers
- Binge Eating Disorder

WESTERN AREA CAREER & TECHNOLOGY CENTER
PRACTICAL NURSING

Congrats Lacey!



Congratulations to Lacey Newman who took the NCLEX on Friday, February 3 and passed on the first attempt!

Lacey's biggest piece of advice is to utilize the study platform that the school gives you from day one!

Student Perspective

Elder Assessment

Our students have had several new opportunities this year that were connected to class, but could not be labeled as "clinical experience". One of our first year students was kind enough to share her thoughts about this experience

I completed my Elder Assessment at Country Meadows. I was very nervous heading into the assignment. I ended up having a really great experience that gave me confidence going forward into the clinical setting. Overall I think this assignment was very beneficial for skill and



NCLEX Knowledge Question Answers:

1. **A.** After a thorough assessment, the nurse should proceed to analyzing the data and formulating a nursing diagnosis before proceeding with developing the plan of care and determining appropriate interventions. The evaluation phase involves determining whether the interventions were effective.
2. **D.** The nurse collaborates with a patient and family (as appropriate) and the rest of the health care team to determine the urgency of the identified problems and prioritizes patient needs. The most important principle to learn about planning is the need to individualize a plan of care for the patient's unique needs.
3. **C.** A complete reassessment of patient factors relating to an existing nursing diagnosis and etiology is necessary when modifying a plan. If a nursing diagnosis is unresolved or if you determine that perhaps a new problem has developed, reassessment is necessary.
4. **B.** Checking the neurovascular status of the leg including pulse, temperature of skin, and sensation is the only independent nursing action.
5. **C.** Ecchymosis is a type of purpuric lesion and also is known as a bruise. Purpura is an umbrella term that incorporates ecchymoses and petechiae. Petechiae are pinpoint hemorrhages and are another form of purpura. Erythema is an area of redness on the skin.