

# NURSING NEWS



## Western Area CTC LPN Newsletter

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On Wednesday, March 1, 2023 our second year students and available staff had the opportunity to tour CORE, the Center for Organ Recovery and Education in RIDC Park in Pittsburgh. None of our students or staff have had this opportunity in the past, and all expressed their amazement at what CORE is capable of.

CORE is one of 57 federally designated not-for-profit organ procurement organizations (OPOs) in the United States. Our local CORE site covers 150+ Donor Hospitals and Health Care Centers and 7 Transplant Centers in Pennsylvania and West Virginia.

pancreas, lungs, liver and intestines can all be transplanted as life-saving organs.

•Tissues such as bones, ligaments, and tendons are needed for vital surgical procedures to repair injured or diseased joints and bones.

•Corneas, heart valves and skin are also able to be donated.

•Organs are matched according to height, weight and blood type, followed by medical urgency and time on the transplant list. Those awaiting a transplant in that OPO's service area are offered the opportunity for a transplant first. Following this, if there isn't a match, the organs are offered regionally and then nationally based on need.



Some of the facts that were presented during the 3 hour tour included:

•By donating organs, one individual can help up to eight people, while tissue donors can improve the lives of up to 75 people.

•The heart, kidney,



CORE's mission is to educate the public about donation to help eliminate the myths and increase the number of life saving donations annually.

## NCLEX Knowledge Test

1. A nurse caring for a client who is wheezing and gasping for breath just after receiving a dose of amoxicillin. Which of the following actions is the nurse's priority?

A. Administer epinephrine parenteral injection  
B. Provide reassurance to the client  
C. Initiate an IV infusion of 0.9% sodium chloride  
D. Place client on a cardiac monitor

2. A nurse is planning care for a client who has bipolar disorder and is experiencing an acute manic episode. Which of the following is the highest priority intervention the nurse should include in the plan of care?

A. Give the client simple directions for completing ADLs  
B. Offer the client high-calorie fluids frequently  
C. Provide the client with structured solitary activities  
D. Keep the clients valuables in a locked area

5. A nurse is caring for a client who has peripheral artery disease. Which of the following findings should the nurse report to the provider immediately?

A. Report of intermittent claudication  
B. Shiny, hairless lower extremities  
C. Absent dorsalis pedis pulse  
D. Dependent rubor

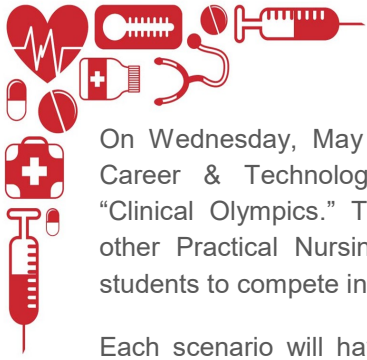
3. A nurse is planning care for a client who is experiencing acute alcohol withdrawal. Which of the following medications should the nurse plan to administer first?

A. Disulfuram  
B. Lorazepam  
C. Clonidine  
D. Atenolol

4. A nurse is caring for an adolescent who is to undergo an open reduction and internal fixation of the ankle following a sports injury. The client is extremely anxious and having difficulty sleeping. Which of the following is the priority intervention?

A. Provide dim lighting in the client's room  
B. Allow the client's family to spend the night with him  
C. Offer music as a distraction  
D. Ask the client to tell you what he knows about the procedure





## Clinical Olympics



### We Need Your Help

On Wednesday, May 10, 2023 Western Area Career & Technology Center is hosting a "Clinical Olympics." This is an opportunity for other Practical Nursing schools to bring their students to compete in team skills scenarios.

Each scenario will have a time limit, unbiased judge volunteers from local clinical facilities, prizes will be awarded, and lunch will be provided, all for a small entrance fee for each team who attends.

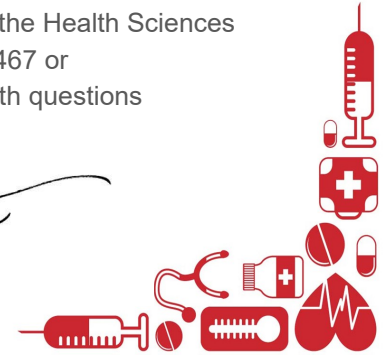
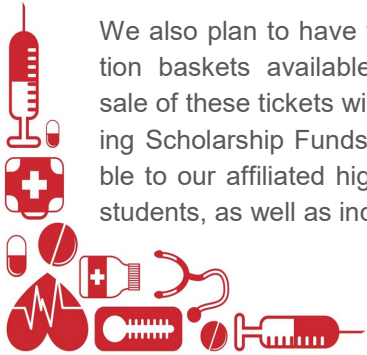
We also plan to have ticket sales for silent auction baskets available. All proceeds from the sale of these tickets will go to our Practical Nursing Scholarship Funds. Scholarships are available to our affiliated high school health Assistant students, as well as incoming first year students.

We are seeking volunteer nurses from our affiliated clinical sites to be the unbiased judges. Judges will be needed from 10 AM until 12:30 PM, but are welcome to stay for lunch and the award ceremony at 2 PM.

We are also looking for donations for the silent auction baskets! Any gift certificate, service, merchandise, or monetary donation is welcome!

Please contact Jessica, the Health Sciences Secretary, at 724-746-0467 or [jpettigrew@wactc.net](mailto:jpettigrew@wactc.net) with questions or donation offers.

*thank you*



## Mental Health Fair

On Tuesday, May 23, 2023 our 2nd year students will be hosting a Mental Health Fair in the Multipurpose Room at Western Area Career & Technology Center.

Students will be at individual stations and will offer teachings on subjects including handling violence in the workplace, recognizing signs of depression, when stress is not normal, and many others.

We want to extend an invitation to the staff and students here at Western Area, the staff at our clinical sites, the staff at the local sending schools, and the members of our advisory board to attend if they are able. If you have any questions, please do not hesitate to reach out to Jessica, the Health Assistant Secretary at 724-746-0467.

**WACTC**  
Western Area Career & Technology Center

You Are Invited to Attend:

**STOP THE STIGMA**  
Mental Health Education Fair

RSVP by May 17, 2023

**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

When: Tuesday, May 23, 2023  
10:00 AM - 1:00 PM

Where: Western Area CTC  
Multipurpose Room

Address: 688 Western Avenue  
Canonsburg, PA

Questions: Call Jessica @  
724-746-0467

## Nurse Aide Program

Western Area Career & Technology Center is excited to announce that we now have a CNA Program!



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.

The program includes lecture, SIM labs and clinical components.

This course is held 3 days a week for 8 weeks from 8:30 AM until 2:30 PM. Applicants must complete the TABE entrance exam, which is a basic math and reading comprehension exam. The cost to sit the exam is \$25.

A TABE practice exam can be found here: <https://www.mometrix.com/academy/tabe-practice-test/>

For more information on the program, check out our website at [www.wactc.net](http://www.wactc.net) under the Health Sciences tab.

To ask questions or to schedule a TABE exam, contact Jessica, the Health Sciences Secretary at 724-746-0467 or [jpettigrew@wactc.net](mailto:jpettigrew@wactc.net)



# Health Assistant SIM Experience

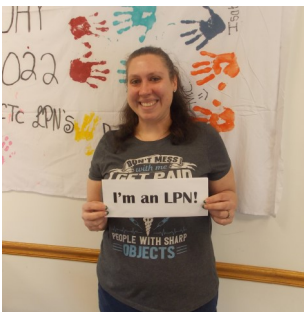
On Thursday, March 23 the Health Assistant students who attend WACTC as part of their high school curriculum had the opportunity to experience a simulation lab with Faith Morelli, the Health Sciences Administrator. There were 4 volunteers from each class who participated in the simulation. The AM volunteers included Raven Porto, Savanna Laschinsky, Alaya Reed, Catherine McGowan, and Alexa Buel. The PM volunteers were Darbee Phillips, Shelby Loar, Maura Lander, and Mimi Collins-Dawkins.

Each session, morning and afternoon, had about 1 hour to assess the patient and perform treatments. Mrs. Morelli also took a few minutes to talk to the students about our programs, Practical Nursing, Phlebotomy, and the newly instated Nurse Aide program. Our hope is that some of these young people will join our ranks after graduating from high school!



“Let us never consider ourselves finished nurses ... we must be learning all of our lives.” ~Florence Nightingale

## Congrats Amanda & Carrie!



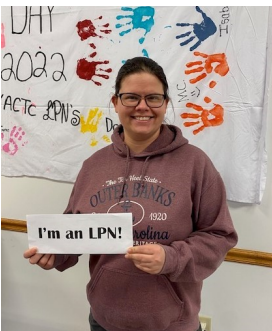
Amanda Johnson

Congratulations to Amanda Johnson who took the NCLEX on Friday, March 3 and Carrie Voytek who took it on Tuesday, March 14. They both passed on the first attempt! I don't know if you're counting, but so far our students are 8 for 8!

Amanda's advice to future test

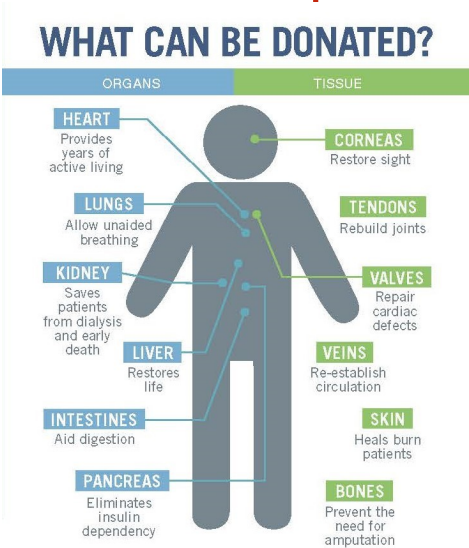
takers is to read the test questions carefully and don't over study. She also listened to Mark Klimek's lecture on YouTube to help break down understanding of the questions.

Carrie says to answer as many questions as possible before you test.



Carrie Voytek

## April is National Donate Life Month



Observed in April each year, National Donate Life Month helps raise awareness about donation, encourage Americans to [register as organ, eye and tissue donors](#) and to honor those that have saved lives through the gift of donation.

In 2022, across the United States there were a total of 21,370 donors who contributed to a total of 42,888 transplants. Approximately 70% of those donors were deceased. Over the last 5 years the number of donations from the deceased has increased by 39%, but the need is still great with a waiting list of 104,056 nationally.

More than half of the national transplant waiting list is made up of multicultural populations. Although it is possible for a candidate to match a donor from another racial or ethnic group, transplant success rates increase when organs are matched between members of the

same ethnic background.

In Pennsylvania there are over 8,000 people waiting for an organ transplant. Sadly, someone from PA dies every 18 hours still waiting for a life-saving organ transplant. Even though 95% of Pennsylvanian's support organ transplant, less than 1/2 of are registered as organ and tissue donors.

Each donor can save up to 8 lives with organ donation and can heal up to 75 more through tissue donation.

**Myth:** Doctors will let me die if I'm a registered donor.

**Fact:** Medical Teams and Transplant Teams are NOT the same. A medical team will do everything to save your life.

**Myth:** My religion doesn't support organ donation.

**Fact:** Most major organized religions not only support donation, they see it as the "greatest gift" you can give.

**Myth:** I'm too old or sick to be a donor.

**Fact:** Age and past medical history do NOT affect your ability to be a donor.

<https://www.core.org/about-us/newsroom/fast-facts/>  
<https://unos.org/data/>



# Student Perspective

## CORE Tour

On Wednesday, March 1 our 2nd year students and staff had the opportunity to see CORE (Center for Organ Recovery and Education) in RIDC Park. The center does an amazing job of educating people about all aspects of organ recovery. Here, some of the students and staff reflect on the experience.



“I personally, as of today, am not an organ donor. I actually was one of them individuals who thought if you was an organ donor they wouldn't try to save your life, never taking into consideration that if I die so do my organs! I thought the CORE experience was very educational, I never realized how much went into organ donation even down to after the donation happens. They try to keep the family of the donor connected with the organ recipient.! I thought that was amazing.! I also never knew how many people needed organs or they fact that so many organs are not viable for transplants and it was less than 400 organs last year that were able to be donated.! After the CORE experience I will be changing my status to be an organ donor, even though my organs probably aren't worth anything my skin, tissue and eyes may be able to be used.” ~Brittni Petros, Student

“They showed us all aspects of organ donation, not just

physical. Well organized tour and question and answer session. They seemed to genuinely want us there to explain their philosophy. The presenters were open and honest. Great experience!” ~Theresa McCurry, Instructor



“My experience at CORE was a good experience! I learned so much in such a little time it was interesting! I learned everything from you can donate your cornea to your skin! I was able to see the corneas that they do have for cornea transplants, I was able to see where they keep the organs they retrieve and I was able to see the room where all the work is done! They are able to put the lungs and kidneys on pumps to see how it would act in the patients body, and to see if they are even functional! The people speaking definitely had a heart for CORE! I was able to hear a recipient talk about her kidney transplant luckily for her she only had to wait 30 days for her transplant! Most people have to wait 3-5 years!!! She was overwhelmed with relief and so happy! Her story was amazing! Overall it was a great learning experience for me! I enjoyed it!” ~Payden Brown, Student



“The experience was both humbling and eye opening and the awareness of exactly what occurs at CORE would benefit so many in our South-western area of PA let alone others all over the country. They are the true experts and shared so much needed insight into what they do daily. It was an exceptional experience.” ~Brenda Widows, Instructor

## New Addition



Congratulations to 2nd year student, Shonia Hinton and her husband Scott on the birth of their daughter, Paisley Mae. She was born on 03/15/2023 at 1:50 P.M. 7 pounds, 12 ounces, 21 inches long!

# Student Experience

## Friendship Village Fit Testing

Friendship Village and Select Rehab have collaborated to bring Be Active- a person and purpose-centered wellness program to the residents at Friendship Village, and they asked if we had any students who might be willing to lend a hand in administering the fitness tests.

On Wednesday, March 8 two of our second year students, Kailey Chipps and Brittney Megysey were excited to have the opportunity to assess physical function in terms of gait, balance, flexibility, and strength.

“I had a great time volunteering to help with todays fitness test. It's my first time participating and it was awesome to see a lot of seniors coming in to test their endurance,

flexibility, and strength. Friendship tries their best to hold these events annually or monthly (they aim for) and I think it gives the seniors accountability to keep their health in check, so they can keep showing up and doing good on the fitness test! Some of them remembered a lot of the tests and knew their limits and some of them surprised themselves today.” ~Kailey Chipps

“Friendship Village is a beautiful facility! The staff and residents are so pleasant and welcoming. I got to experience working each and every station of the fitness test and it was quite interesting.” ~Brittney Megysey

Thank you for the opportunity Friendship Village!

## NCLEX Knowledge Question Answers:

1. **A.** Using the airway, breathing, circulatory priority framework, the nurse's priority is to give the client an injection of epinephrine, which will counteract the bronchoconstriction.
2. **B.** The priority action for a client who is experiencing an acute manic episode is to meet the client's physiological need for food and water. Therefore, the priority intervention is to offer the client high-calorie fluids frequently to prevent calorie deprivation and dehydration.
3. **B.** The greatest risk to the client during acute alcohol withdrawal is seizures. Therefore, the nurse should administer lorazepam to control or minimize seizures.
4. **D.** The first action the nurse should take is to assess the client. By determining the client's understanding of the procedure, the nurse can provide information needed to help decrease the client's anxiety.
5. **C.** The nurse should recognize that an absent dorsalis pedis pulse can indicate acute arterial occlusion, which requires immediate intervention.