

NURSING NEWS

Western Area CTC LPN Newsletter



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Paramount Health Fair

On Wednesday, August 2, our 2nd year students, who are preparing for graduation, hosted a health fair at Paramount Senior Living in McMurray. These presentations were part of the Leadership & Transitions coursework, and contributed to a large portion of this grade. The 9 students spoke on subjects like healthy eating, exercises to help prevent osteoporosis, humor, hydration, and stress management.

The residents and staff all seemed to enjoy the interaction with our students, and we look forward to working with Paramount in the future!



NCLEX Knowledge Test

1. A client with tuberculosis has a prescription for Myambutol (ethambutol HCl). The nurse should tell the client to notify the doctor **immediately** if he notices:

- A. Tingling sensation in the feet
- B. Changes in hearing
- C. Red discoloration of bodily fluids
- D. Changes in color vision



3. A patient is admitted to the hospital with a diagnosis of primary hyperparathyroidism. A nurse checking the patient's lab results would expect which of the following changes in laboratory findings?

- A. Elevated serum calcium
- B. Low serum parathyroid hormone (PTH)
- C. Elevated serum vitamin D
- D. Low urine calcium

4. A patient with Addison's disease asks a nurse for nutrition and diet advice. Which of the following diet modifications is **not** recommended?

- A. A diet high in grains
- B. A diet with adequate caloric intake
- C. A high protein diet
- D. A restricted sodium diet



2. A 21-year-old male with Hodgkin's lymphoma is a senior at the local university. He is engaged to be married and is to begin a new job upon graduation. Which of the following diagnoses would be a priority for this client?

- A. Sexual dysfunction related to radiation therapy
- B. Anticipatory grieving related to terminal illness
- C. Tissue integrity related to prolonged bed rest
- D. Fatigue related to chemotherapy

5. A patient with a history of diabetes mellitus is on the second postoperative day following cholecystectomy. She has complained of nausea and isn't able to eat solid foods. The nurse enters the room to find the patient confused and shaky. Which of the following is the **most** likely explanation for the patient's symptoms?

- A. Anesthesia reaction
- B. Hyperglycemia
- C. Hypoglycemia
- D. Diabetic ketoacidosis



<https://www.facebook.com/westernareactc/>

Quality Improvement Project

Our graduating students were given another assignment as part of their Leadership & Transitions course. For this project they were required to work as a team to analyze how professional and clinical team performance affect quality of patient care and safety in a specific facility. They then had to schedule a time with that facility to present their ideas for a solution.

Here, the facilities share their feedback regarding these presentations.

The ladies were here this morning to present their QI project to me, DON, and NHA. They did great ~Magan Craig, McMurray Hills Manor

I just wanted to take a moment to compliment a few of your SPNs. Alana Morris, Brittnei Petros and Doricah Mogire. These ladies really took their assignment to heart. They had good interventions, suggestions and identified that lack of agency staff education may play a role in fall interventions being carried out. They will make great nurses! ~Leah Anne McPeake, Greenery Center for Rehab and Nursing

I just wanted to let you know that Shonia and Brittney were at my facility yesterday to do their presentation on Storage of Biologicals.

Shonia and Brittney did an amazing job with this presentation. They had identified a problem, had a detailed focus, and interventions that were spot on. It was clear they had done in-depth research on this subject and knew the content very well. I will be utilizing their Expiration Guidelines Sheet in our med carts to assist the staff with the proper Storage of Biologicals and improve upon our current process.

I cannot thank them enough for their thoroughness and knowledge of this issue. They will certainly make excellent nurses and I hope both will further their education in the near future. You did an excellent job and gave these nurses an excellent foundation on which to build their nursing careers. ~Sharon Kaufman, Transitions Washington

“Constant attention by a good nurse may be just as important as a major operation by a surgeon.” -Dag Hammarskjold

New Student Orientation

On August 16 & 17 we held our new student orientation. This year we are enrolling 38 students between our part-time evening and full-time daylight programs.

Day 1 included a support person and covered staff introductions, a tour of the school, financial aid, the rigors of the program and what to expect.

Day 2 included most of the specifics about expectations and requirements including the importance of scheduling & being organized, incivility, test anxiety, how to handle stress, Kaplan and NCLEX training, review of the handbook, ordering uniforms, and finalizing admissions requirements.

Thank you to everyone who attended: students, family, friends, and guest presenters!



Scholarship Winners

Over the past year with the help of many endeavors, including silent auction baskets, Sarris chocolate sales, soda sales, and funds raised by the graduating classes of 2022 and 2023, we were able to collect enough money to present scholarships to 2 of our incoming students. We had 12 applicants, and with much deliberation the chosen winners were selected, and presented with their awards at orientation on August 17.

Please help us congratulate Stephanie Lucchino, accepted into the part-time program and Erica Matten, accepted into the full-time program!



Erica Matten pictured with Faith Morelli, Program Administrator; Madison Washabaugh and Ashley Green, both new instructors



Stephanie Lucchino pictured with Faith Morelli, Program Administrator; Madison Washabaugh and Ashley Green, both new instructors

Mock Interviews

On Monday, August 21, as part of their leadership and transitions course, our graduating students participated in mock interviews hosted at Western Area.



Thank you to Lynn Lunardini from Friendship Village of South Hills, Angela Carter and Rae Schell from Country Meadows, Norm Affinito from Presbyterian Senior Care, Tara Keirn from Bayada Healthcare and Stacy Kraugh from Angels of Care for attending our event and taking the time to speak with our students, and present to them interview expectations.

Thank you

NEWS ALERT

From the Pennsylvania State Board of Nursing: As of Sept 5, PA will be part of the national-compact nursing license, joining 41 other states for RNs and LPNs. And a survey was conducted in November 2022 found that PA has a 30 vacancy of bedside RN's, thus predicting that by 2030 the demand for LPN's in PA will exceed the number of available workers by 27.8%



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.

Self-Care Awareness Month

The World Health Organization (WHO) defines self care as “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.” WHO’s definition of self-care recognizes that individuals have varying levels of active agency in managing their own health in a number of ways.

In more lay terms, Mental Health Match calls self care “anything we deliberately do (or refrain from doing) with our own well-being in mind.”

Certainly, this can include a pedicure or a luxury vacation, but it also sometimes means touching wet food in your sink while you do the dishes, setting important boundaries with the people in your life, or starting a new medication, even though it all feels uncomfortable and scary.

Self care is also a way to do more good in the world. Think of it this way: when you have the tools to take care of yourself and live a life that feels good and uplifting, you can better show up for your community, your relationships, and the causes you care about.

Here are 101 ways to help you feel good and be the most *you* you can be!

<https://www.goodgoodgood.co/articles/self-care-ideas>

JOB FAIR
MCMURRAY HILLS MANOR
SEPT 27TH

OPEN INTERVIEWS 2:00-6:00
DIETARY
NURSING, INCLUDING NEW GRADS
ACTIVITIES
HOUSEKEEPING
CNA

249 W MCMURRAY RD
MCMURRAY PA 15317
724-941-7150
GIVEWAYS, PRIZES, REFRESHMENTS & SNACKS

Graduation Ceremony

Our graduating class attend their pinning ceremony on Thursday, August 24 at 6 PM. The ceremony was held at the Chartiers-Houston High School Auditorium, and was attended by the graduate's family and friends.

We want to give a very special thank you to Jill Tomasyk, RN, who graduated from our LPN program in 2012-she was this year's guest speaker.

Congratulations



Meet the New Instructors

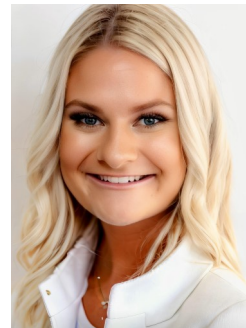


Ashley Green, MSN, RN

I attended Carlow university from 2012-2016 where I received my BSN. During that time, I worked at UPMC Presby as a PCT on the trauma step-down unit. That is where I learned I loved a fast-paced environment. When I graduated, I began working at Jefferson Hospital as an emergency room nurse. I have been there 7 years now and will continue to work there casually. I have always enjoyed teaching and orienting the new nurses on the unit. I decided to go back to school and obtain my master's degree in nursing education in 2020 and graduated from Capella University in 2022. I am very excited to begin this new chapter of my career with the students and staff of WACTC!

Please help us to welcome our two new instructors who started with Western area at the beginning of August! These ladies will be teaching both the full-time and part-time classes.

Welcome to WACTC!!



Madison Washabaugh, BSN, RN

I attended Waynesburg University for my bachelors in nursing. Since then, I gained training at UPMC's Children's Hospital in their level 4 NICU. Upon completion of that training, I've been a full time RN at St. Clair's birthing center. At the birthing center I am a Level 2 RN, which includes being the sole NICU nurse when working, attending all deliveries, including high risk with pediatricians. If the NICU is closed, I work postpartum in between attending deliveries. I am excited to be in the position now, where I can share my experience with these students.

NCLEX Knowledge Question Answers:

1. **D.** An adverse reaction to Myambutol is a change in visual acuity or color vision.
2. **A.** Radiation therapy often causes sterility in male clients and would be of primary importance to this client. The psychosocial needs of the client are important to address in light of the age and life choices. Hodgkin's disease, however, has a good prognosis when diagnosed early. Know the importance of sex to individual, partner, and patient's motivation for change. Because lymphomas often affect the relatively young who are in their productive years, these people may be affected more by these problems and may be less knowledgeable about the possibilities of change.
3. **A.** The parathyroid glands regulate the calcium level in the blood. In hyperparathyroidism, the serum calcium level will be elevated. The chronic excessive resorption of calcium from bone caused by excessive parathyroid hormone can result in osteopenia.
4. **D.** A patient with Addison's disease requires normal dietary sodium to prevent excess fluid loss. Patients should eat an unrestricted diet. Those with primary adrenal insufficiency (Addison disease) should have ample access to salt because of the salt-wasting that occurs if their condition is untreated. Infants with primary adrenal insufficiency often need 2-4 g of sodium chloride per day.
5. **C.** A postoperative diabetic patient who is unable to eat is likely to be suffering from hypoglycemia. Confusion and shakiness are common symptoms. Reduction in cerebral glucose availability (ie, neuroglycopenia) can manifest as confusion, difficulty with concentration, irritability, hallucinations, focal impairments (eg, hemiplegia), and, eventually, coma and death.