

NURSING NEWS

Western Area CTC LPN Newsletter



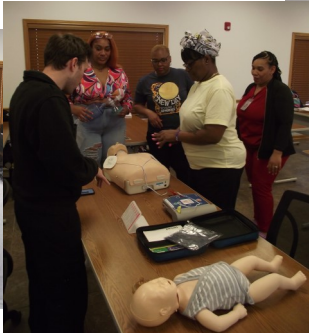
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CPR Class

On Thursday September 28, our full-time daylight class had their BLS CPR class requirement hosted by Canonsburg Ambulance.

This 4 hour course covered medical grade adult and child CPR, AED and Choking assistance. Thank you to JT, Angela and Mark for showing our class proper CPR technique!



"Success is not final; Failure is not final; It is the courage to continue that counts." ~ Winston Churchill

NCLEX Knowledge Test

1. The recommended daily caloric intake for sedentary older men, active adult women and children is:

A. 2400 calories
B. 1600 calories
C. 1200 calories
D. 2000 calories

4. What can help reduce a patient's anxiety and post surgical pain?

A. Preoperative teaching
B. Preoperative checklist
C. Psychological counseling
D. Preoperative medication

2. Which of these opportunistic infections adversely affect HIV/AIDS infected patients? *Select all that apply*

A. Visual losses
B. Kaposi's sarcoma
C. Wilms' sarcoma
D. Tuberculosis
E. Peripheral neuropathy
F. Toxoplasma gondii

3. When caring for an infant during cardiac arrest, which pulse must be palpated to determine cardiac function?

A. Carotid
B. Brachial
C. Pedal
D. Radial

5. Rh negative maternal blood indicates:

A. An incompatibility in the blood between the mother and fetus.
B. That antibodies in the mother's blood are attacking her baby's blood.
C. The mother will require a blood transfusion at the time of delivery.
D. The mother does not have a specific marker on her red blood cells.

6. Which patient is exercising their right to autonomy in the context of patient rights?

A. An 86-year-old female who remains independent in terms of the activities of daily living
B. An unemancipated 16-year-old who chooses to not have an intravenous line
C. A 32-year-old who does not need the help of the nurse to bathe and groom themselves
D. A 99-year-old who wants CPR despite the fact that the nurse and doctor do not think that it would be successful

Practical Nursing Students

We are happy to introduce our first Full-Time daylight class since 2020! Congratulations to these 11 ladies who've committed the next 14 months of their lives to graduating as practical nurses!



I'm also happy to announce that we have 23 Part-Time evening students who started this year!



All of these students are balancing school, work, and family life to improve their futures in health care. We wish you all the best of luck!

Nurse Aide Students

On Monday, September 18, we started our second Nurse Aide cohort. These 7 students come from multiple backgrounds. Some are currently working with Friendship Village, who is paying for tuition, and some have come to us of their own accord to increase their skills for a better future in healthcare!

Congratulations!



Breast Cancer Awareness Month

Breast Cancer Awareness Month, held in October every year, aims to promote screening and prevention of the disease, which affects one in eight women in the United States every year and 2.3 million women worldwide.

Known best for its pink theme color, the month features a number of campaigns and programs — conducted by groups ranging from breast cancer advocacy organizations to local community organizations to major retailers — aimed at:

- supporting people diagnosed with breast cancer, including metastatic breast cancer
- educating people about breast cancer risk factors
- stressing the importance of regular screening, starting at age 40 or an age that's appropriate for your personal breast cancer risk
- fundraising for breast cancer research

October 13 is nationally recognized in the United States as Metastatic Breast Cancer Awareness Day. About

30% of early-stage breast cancers eventually metastasize (spread to parts of the body away from the breast), and the day is intended to drive awareness of the need for more research about metastatic disease.

Breast Cancer Awareness Statistics:

- Breast cancer is the most commonly diagnosed cancer among American women
- Black women are most likely to die from breast cancer than women of any other racial or ethnic group. Experts believe that it's partially because about 1 in 5 Black women is diagnosed with triple-negative breast cancer, more than any other racial or ethnic group
- About 85% of breast cancer occurs in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.

NCLEX Knowledge Question Answers:

1. **D.** Sedentary older men, active women and children should all have 6 ounces of grains, 2 1/2 cups of vegetables, 2 cups of fruits, and 3 cups of milk to help make up their 2000 calorie requirement.
2. **B,D,F.** Kaposi's sarcoma, tuberculosis, toxoplasma gondii, mycobacterium avium, herpes simplex, histoplasmosis and salmonella infections are HIV/AIDS associated opportunistic infections.
3. **B.** Since infants don't have much of a neck, finding the carotid artery can be difficult, which is why we have to use the brachial artery instead.
4. **A.** Patient teaching before surgery not only helps to reduce a patient's anxiety and postsurgical pain but it also decreases the amount of anesthesia needed and a lack of anxiety additionally speeds up wound healing.
5. **D.** The mother's red blood cells lacking a specific marker indicate that she is Rh negative. However, incompatibility only occurs if the baby is Rh positive and the mother is Rh negative.
6. **D.** The 99-year-old is exercising their right to autonomy. Autonomy means that all competent clients have the right to make their own decisions without any coercion or interference even if any or all of their healthcare providers do not agree with this decision