



In this issue:

- Practical Nursing Christmas Dinner
- NCLEX Knowledge Test
- New LPNs
- Student Perspective: Adopt a Grandparent
- LPN Apparel Site
- New Instructor
- PN Program Admissions Testing
- Part-Time Evening Fundamentals Lab
- Knowledge Test Answers

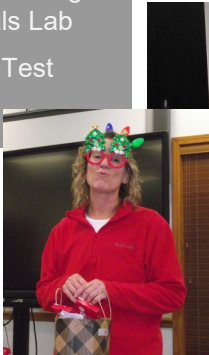
Christmas Dinner

On Tuesday, December 19, all 3 of our current classes came together to celebrate the holiday season along side the faculty and staff.

This year Philomena’s Catering provided a lovely buffet which included carved turkey breast, herb roasted potatoes, green beans almandine, Italian meatballs, baked penne, tossed salad, and rolls.



Merry Christmas!



NCLEX Knowledge Test

1. The nurse is taking the health history of a client being treated for Emphysema and Chronic Bronchitis. After being told the client has been smoking cigarettes for 30 years, the nurse expects to note which assessment finding?

A. Increase in Forced Vital Capacity (FVC)
B. A narrowed chest cavity
C. Clubbed fingers
D. An increased risk of cardiac failure

2. A female client with atrial fibrillation has the following lab results:
Hemoglobin 11 g/dL
Platelet count 150,000
INR 2.5
Potassium 2.7 mEq/L

Which result is critical and should be reported to the physician immediately?

A. Hemoglobin 11 g/dL
B. Platelet of 150,000
C. INR of 2.5
D. Potassium 2.7 mEq/L

3. A man is prescribed lithium to treat bipolar disorder. The nurse is most concerned about lithium toxicity when he notices which of these assessment findings?

A. The patient states he had a manic episode a week ago
B. The patient states he has been having diarrhea every day
C. The patient has a rashy pruritus on his arms and legs
D. The patient’s lithium level is 1.3 mcg/L

4. A nurse is caring for a client after a coronary angiogram. Which of these actions taken by the nursing assistant would most require the nurse’s immediate intervention?

A. The nursing assistant fills the client’s pitcher with ice cold drinking water
B. The nursing assistant elevates the head of the bed to 60 degrees for a meal
C. The nursing assistant refills the ice pack laying on the insertion site
D. The nursing assistant places an extra pillow under the client’s head on request

5. In educating clients on ways to manage pain, which topic can be appropriately delegated to the LPN who will continue under supervision?

A. Acupuncture
B. Guided Imagery
C. Alternating Rest/Activity
D. Over the Counter medications



New LPNs

Congratulations to Brittney Megyesy and Britti McGrady who took the NCLEX exam in late November and early December. These ladies passed on the first attempt and within 3 months of graduation, therefore, they will each receive a check for \$200 to reimburse the cost of the exam.

Here are some words of advice from the graduates regarding the exam.



Brittney used uWorld. She says it worked the best for her. Even though she tried Mrs. Morelli's exams, she became discouraged because she didn't score very well. She says Mrs. Morelli's exams are very hard! She also advises not to wait. Take the NCLEX while the information is still fresh!



Brittney says, "The best advice I can give anyone is study! Do as many questions as you can leading up to the day before your test! Find your weaknesses through the course of your studying and focus on those subjects. I didn't study the day of much or much the day before. I did uWorld and the practice exams and daily questions that were sent to us.

I have to say, I think we all thought Mrs. Morelli was a little hard on us at clinical and her tests were hard, but she really was just preparing us for our boards!

Just keep your head up and focus on the end goal of this journey!"

"It's not how much you do, but how much love you put in the doing." – Mother Teresa

Student Perspective

Adopt a Grandparent Outreach

During the month of December all of our students participated in the "Adopt a Grandparent" outreach in partnership with a few of our clinical sites.

Here, a few of our student's share their thoughts about this initiative.

I recently completed my visit with a resident at Friendship Village in the Health Center. While visiting my resident made sure to tell me several times that he appreciated me scheduling a visit with him. When we started our conversation, he stated to talk about the pictures hanging on his wall. The one photograph that stuck out to me was a beautiful view of the Monongahela River, where he grew up. I told him I live nearby! He stated "my life was once being and now it's so small!" While the days go on, he often stares at the calendar hanging on his wall and just watches the days go by. His wife comes to visit him daily. Sometimes when the kids come, they take him over to the apartment to visit. Previously, he lived with his wife at Friendship in an apartment and recently came to the health center for more assistance. He shared with me some of his favorites: color is red (just like his blanket), candy is chocolate, turning on the tv in his bedroom (so he can pick what's on), and sometimes just listening to the radio. I'm truly grateful for this assignment and it makes me feel honored to know just how much he appreciated my visit. ~Stephanie Lucchino, Part-time 1st year student

On Saturday, I had the pleasure of spending my afternoon with Grandpa Alan at McMurray Hills Manor. I absolutely loved this experience and would recommend that more nursing schools do this! It's a great way to give back to the community especially near the holidays. I got to learn so much about him and even had the opportunity to teach him a card game that my grandpa showed me when I was little! He even let me take a picture of us together! It really made me miss my grandparents, with me living so far and only seeing them occasionally. And I think sometimes many of us take our grandparents for granted.



I'm so glad I was able to spend this time with Grandpa Alan. "A grandpa is ears that truly listen, arms that always hold, love that's never ending and a heart that's made of gold." ~Caitlin Hartle, Part-time 1st year student

On the 15th of December, I had the pleasure of meeting Gina. She was a little lady with dark hair and a beautiful smile. She rides around in a wheelchair but could stand very well. She asked for help with simple things. She loves puzzles, coloring, going on trips to the zoo and is all about friendships. Gina does not have any children, but has a few siblings. She was very excited to show me things she loves about Christmas and a little tour of McMurray Hills Manor, where she lives. In conversation, Gina told me she had many friends there, and liked everyone. She loved asking if I liked things and if I was her friend. I got her gifts for Christmas, and she was very thankful. She gave me a page out of her coloring book after asking if I liked it. Gina's affection towards others is something I admire about her. She loved giving hugs and shaking other's hands in appreciation of something they said or did for her. She loves to make people laugh with stories she has or by simply yelling "boo" when someone would walk by. I learned in the little bit of time I spent with her that Gina feels deeply about her friends and family. Her life growing up may have been different from others, but she still made a way to be happy on her own. I plan to go visit with her again soon, because she simply was a kind person, and she deserves happiness too. I enjoyed meeting Miss Gina and would live doing it again, even with a different resident. It might mean a lot to these people to have visits, but it also means a lot to me. ~Sariah Adkins, Full-time student

WACTC Health Sciences Merch

Don't forget to order your Health Sciences Merchandise! We are selling tee-shirts, long-sleeve tees, hoodies, zip-hoodies and sweatpants in 3 color options! The best part is that 10% of sales will come back to the program to add to our scholarship funds! Stay tuned for additional clothing options!



<https://wactcfundrais-er.myshopify.com/>

You can expect your order to be delivered in 2-3 weeks!



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BURGUNDY

WHITE

Color Ink

BURGUNDY

APPAREL ADULT SIZES

ASAMALXL2XL3XL

Items

X \$20.00

Product ID

01GD800A028

Design Number

WACTC_HS_01_GB

Print Position

SHOP #

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28_HEA

Web Price

Item Total

Unisex 50/50 Long Sleeve T-shirt, 5.6-ounce Seamless Body, Dryblend Fabric Wicks Moisture Away From The Body. Double-needle Stitching Throughout, Taped Shoulder-to-shoulder, Ribbed Cuffs. Available From

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BURGUNDY

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Color Ink

BURGUNDY

APPAREL ADULT SIZES

ASAMALXL2XL3XL

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02GD840A028

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Print Position

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28_HEA

Web Price

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Unisex 50/50 Hooded Pullover Sweatshirt With Pill Resistant Fleece, Front Pouch Pocket, Ribbed Cuffs And Waistband. Double Lined Hood With Matching Draw Cord. ~ Sizes Available From Adult Small Through

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BURGUNDY

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Color Ink

BURGUNDY

APPAREL ADULT SIZES

ASAMALXL2XL3XL

Items

X \$33.00

Product ID

03GD185A028

Design Number

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Print Position

SHOP #

LEFT CHEST

28_HEA

Web Price

Item Total

Unisex 50/50 Hooded Full Zip Sweatshirt With Pill-resistant Fleece. Front Muff Pockets. Ribbed Cuffs. Coverseamed Ribbed Waistband. Single Ply Fleece Hood. ~ Available From Adult Small Through Adult 3XL.

GRAY

BURGUNDY

WHITE

Color Ink

BURGUNDY

APPAREL ADULT SIZES

ASAMALXL2XL3XL

Items

X \$35.00

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New Clinical Instructor

Please help us to welcome the newest addition to our faculty- Jeanna Brewer who is starting as a PRN Clinical Instructor this month.

Jeanna was kind enough to share a little about herself so we can get to know her better.

My BSN is from Waynesburg University and I am working on my MSN from Waynesburg as well. I have been a

nurse for 6 years. I work as a Nurse Care Manager at an independent living community called Masonic Village Sewickley. I love that nursing allows me the creative ability to promote wellbeing and healing by using my knowledge of medical science. Applying medical knowledge to the care, education, and coordination of my community members prevents hospital admissions. I have two dogs, Millie and Pumpkin. My new favorite show is Ghosts on CBS. I also like to watch basketball on TV. I have two siblings, parents, a grandma, and a sister-in-law. I like spending my time with my dogs and my family when I am not working.

Student Perspective

Continued from Page 2

This is my second year having the pleasure of being involved in the Adopt a Grandparent experience. I was looking forward to this year, as last year I had a wonderful experience. Unfortunately, my resident from Presbyterian Senior Care-Southmont, was unable to meet with me so I had a last-minute change, and I couldn't be anymore thankful to have met and spent time with the resident that I did. Christmas is my favorite time of the year, and my grandparent also enjoys Christmas just as much as I do. We had a wonderful time, and I was even able to teach her how to play UNO. I think this experience is such a great idea for community involvement and giving back. I know that I left this years' experience with a full heart, and I look forward to continuing this in the future! ~Jordan White, Part-time 2nd year student

Class Starts Soon!

The health sciences programs here at WACTC are gearing up to begin classes for our short-term programs! Contact Jessica at 724-746-0467 or jpetti-grew@wactc.net for more information and the application process for each of these courses.



Nurse Aide— 8 week daylight course
3 days per week
cost: \$1,011



Phlebotomy—12 week evening course
1 evening per week
cost: \$895



IV Certification—6 week evening course
1 evening per week
cost: \$250 (\$150 for WACTC alumni)



Medical Terminology—12 week course
1 day per week
cost: \$150 (\$100 for WACTC alumni)

Admissions Testing Schedule

We have scheduled our Kaplan entrance exam dates for admittance to the September 2024 Practical Nursing Program. If you plan to enroll in the fall program, you must attend one of these dates to be considered for the program as this is the first step of the admission process. All tests are administered in person at our Canonsburg Campus, and begin promptly at 9:00 AM.

Optional Testing Dates:

- Tuesday, January 9, 2024
- Thursday, January 25, 2024
- Tuesday, February 6, 2024
- Wednesday, February 21, 2024
- Wednesday, March 10, 2024
- Thursday, April 11, 2024
- Wednesday, April 24, 2024
- Thursday, May 9, 2024

- Wednesday, May 22, 2024
- Thursday, June 13, 2024
- Wednesday, June 26, 2024
- Thursday, July 11, 2024
- Wednesday, July 31, 2024

Please RSVP to Jessica at 724-746-0467, to reserve your preferred testing date. Space is limited, so please reply promptly.

The testing fee of \$45.00 (cash, debit/credit card, check or money order payable to WACTC LPN Program), must be paid BEFORE your scheduled exam date. If you do not pay, you will not be permitted to sit the exam.

If you have a certification as a Medical Assistant or Nurse Aide, we will waive the entrance exam. Please contact Jessica directly if this new policy applies to you.

Fundamentals Lab

The part-time, first year evening class had five days of Fundamentals lab early in December. In these labs they had the opportunity to practice things like personal hygiene, bed making, ambulation, infection control (personal protective equipment), how to use a bed pan, inserting a catheter, blood pressure, temperature, and respiratory rate.



Courtney & Cindy restrain ALEX



Dana assesses Brooke



Brooke & Christina restrain ALEX



Sharee assesses Taunese



Chelsea assesses Stephanie



Caitlin & Denise wash ALEX



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.



NCLEX Knowledge Question Answers:

- C.** Clubbed fingers are a sign of a long-term, or chronic, decrease in oxygen levels
- D.** A potassium imbalance for a client with a history of dysrhythmia can be life-threatening and can lead to cardiac distress
- B.** Persistent diarrhea can lead to dehydration, which can increase the risk of lithium toxicity
- B.** For 3-6 hours after a coronary angiogram (depending on the insertion site), the client should have their bed no higher than 30 degrees and be on bedrest
- B.** Guided imagery is correct, but also requires additional training or education