

NURSING NEWS



Western Area CTC LPN Newsletter

In this issue:

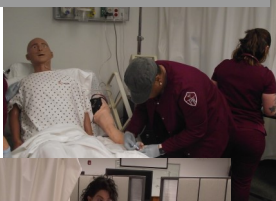
- SIM Lab
- NCLEX Knowledge Test
- Pediatrics SIM Lab
- Pharmacology Lab
- Simulation
- PN Program Admissions Testing
- Managing Stress
- Knowledge Test Answers

SIM Lab

On Thursday, February 1, three of the seven full-time daylight class participated in a simulation lab with Mrs. Morell. In this simulation our high fidelity manikin, ALEX, was Mr. Charles Goldstein, who has left-sided weakness and is confused.

For this experience, Stacyann Parkin-Dixon was the charge nurse, Sariah Adkins was the LPN, and Jessica Ahl was the CNA. During assessment the students realize that Charlie has had a cerebral vascular accident (CVA) or stroke, in laymen's terms, and have to complete many procedures to determine his health status including vital signs, blood draw, IV and catheter insertion.

Simulation can be intimidating to new students who don't have much experience, but it is one of the best ways to gain hands on experience because no one can be hurt in the process.



NCLEX Knowledge Test

1. While receiving normal saline infusions to treat a GI bleed, the nurse notes that the patient's lower legs have become edematous and auscultates crackles in the lungs. What should the nurse do first?

- A. Stop the saline infusion immediately
- B. Notify Physician
- C. Elevate the patient's legs
- D. Continue the infusion, findings are normal



2. A 65-year-old man is prescribed Tamsulosin for Benign Prostatic Hyperplasia, The patient lives in an upstairs apartment. The nurse is most concerned about which side effect of Tamsulosin?

- A. Tachycardia
- B. Hypotension
- C. Back Pain
- D. Difficulty Urinating

3. Which disease decreased the metabolic rate?

- A. Cancer
- B. Cardiac Failure
- C. Hypothyroidism
- D. Chronic obstructive pulmonary disease

4. A female patient is prescribed metformin for glucose control. The patient is on NPO status pending a diagnostic test. The nurse is most concerned about which side effect of metformin?

- A. Diarrhea and Vomiting
- B. Dizziness and Drowsiness
- C. Metallic taste
- D. Hypoglycemia

5. The nurse is caring for clients in the pediatric unit. A 6-year-old patient is admitted who has 2nd and 3rd degree burns on his arms. The nurse should assign this patient to which of the following roommates?

- A. A 12-year-old with chickenpox
- B. A 6-year-old undergoing chemotherapy
- C. A 4-year-old with sickle-cell disease
- D. A 7-year-old with a high temperature



6. A nurse is giving discharge education to a patient who has been diagnosed with epilepsy. Which of these teachings would she stress the most?

- A. Avoid doing alcohol and drugs
- B. Do not stop taking anticonvulsants, even if seizures have stopped
- C. Follow up with the neurologist, physician or other healthcare provider as prescribed
- D. Wear a medical alert bracelet or carry an ID card indicating epilepsy



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



Pediatrics SIM Lab

On Monday, February 12, our part-time evening 2nd year class had a pediatrics simulation with Bayada Home Health Care located in Sourthpointe—Canonsburg, PA. Here is some feedback from those students regarding this brand new experience.

It was a really good experience. We learned a lot. The nurse went through all the most common pediatric issues they see and explained all the equipment and how to troubleshoot through issues that could arise in the field. I think it was one of the best clinical experiences I've had so far. ~ Meghan Mannella

Bayada SIM was a fun experience! The session was very informative and a great hands on experience in a lab type of setting. We spent the day with Ms. Jenn and she was so knowledgeable of the pediatric field. Overall great experience! ~Jordan White

Bayada pediatrics home health simulation was a unique experience. The hands on training provided me with comfort, that if I choose to be a home health nurse, I would be prepared to care for a child with special needs. The pediatric simulation lab is amazing. We were able to learn what a complete system focused assessment on a pediatric patient involves. The instruction was extremely informative and really explained what goes into being a home health nurse. ~ Chelsea Jones

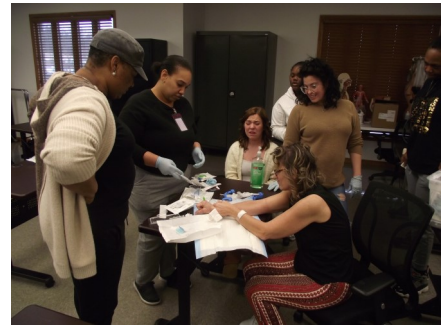
“Wherever the art of Medicine is loved, there is also a love of Humanity.” - Hippocrates

Pharmacology Lab

On Tuesday, February 6 and Tuesday, February 20 our full-time daylight class had an opportunity to practice some of the medication administration applications they have been learning about in class.

The part-time first year class also had their first pharmacology lab on Monday, February 26. You may not be aware, but medication administration can be as simple as making sure a client receives the correct medication and dosage at the correct time of day, and as complicated as calculating an IV medication to be given.

Its important for student nurses to learn how to administer medications properly to their clients so that the client has the best chance to recover from illnesses or injuries!



Top: Rodeshia attempts to draw blood from the IV she just inserted on Mrs. Morelli's arm while the class observes.

Bottom: Sariah attempts to insert an IV while Amari observes.



Top Left: Amari administers ear drops while Mrs. Morelli instructs

Top Right: Shawnelle reviews the Med Cart with Mrs. Morelli while the class observes

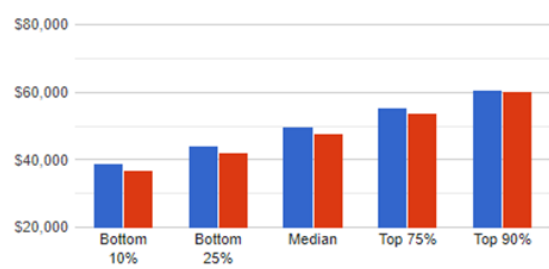
Bottom: Amari learns about administering an albuterol inhaler to the client



Pennsylvania LPN Employment and Jobs Outlook

The median income for LPNs in the state of Pennsylvania is about \$48,000. According to the Occupational Profile for the state of Pennsylvania, state and national trends predict a 9% increase in LPN jobs in Pennsylvania by 2026. This prediction translates to approximately 3,200 job openings per year, consisting of both regular turn-over and new job growth. Here are the most recent figures published by the [Bureau of Labor Statistics](https://www.bls.gov).

LPN Salary: Pennsylvania vs National Salary Comparison



Simulation

On Thursday, February 29th, four students from the full-time daylight class experienced a simulation related to their Care of the Older Adult course. In this simulation ALEX, our high fidelity manikin is a 68-year-old female patient with type 2 diabetes mellitus named Beverly Cavalier. She recently fell and broke her hip, and has had surgery to repair it. Beverly is 18 hours post-op, and is not making sense when speaking. For this experience, Stacyann is assigned the role of Charge Nurse, Amari is the Practical Nurse, Rodeshia is the Nurse Aide, and Jessica is the observer. The observer's responsibility is to take note of what classmates do well, and what they can improve upon.

During the debriefing, It is determined that Ms. Cavalier is hypoglycemic. This was a very challenging simulation, putting together many pieces of nursing care. With each simulation, students gain experience and training.



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 Cansburg Campus, and begin promptly at 9:00 AM.

Optional Testing Dates:

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.



Congratulations!

On Wednesday, February 28, we said farewell to Theresa McCurry, RN, BSN, who retired today. She has been an instructor with the Practical Nursing Program since 2013. She started as a PRN clinical instructor, but has gone so far as to fill in as a temporary Program Administrator when needed on multiple occasions. She was a firm instructor, but graduating nurses have always been grateful for her teaching methods, making it clear on clinical rotations what was taught in theory.

Theresa will be missed by the administration, faculty, staff and students, and we all wish her the best in her retirement!



No Classes for Spring Break

Thursday, March 28— Monday, April 1

Classes will resume on Tuesday, April 2

Enjoy your time with family and friends!

Managing Stress

Over the next few months, we plan to publish healthy suggestions for managing stress. In this first article, we explain what stress is, and how it can affect you.

Long-term, low-grade or acute stress takes a serious toll on your body and mind, so don't ignore feelings of constant tension. Stress is a natural part of life. However, too much stress can harm our health, especially if it continues every day. This is chronic stress and can put you at risk for heart problems like heart disease and depression.

There are two types of stress:

Emotional – types of emotional stress are relationship problems, pressure at work, financial worries, experiencing discrimination or having a major life change.

Physical – Examples of physical stress include being sick, having pain, not sleeping well, recovery from an injury or having an alcohol and drug use disorder.

If constantly under stress, most of us will eventually

start to function less well. Multiple studies link chronic stress to a higher risk of heart disease, stroke, depression, weight gain, memory loss and even premature death, so it's important to recognize the warning signals.

Talk to your doctor about ways to manage stress if you're experiencing any of these symptoms:

- Prolonged periods of poor sleep.
- Regular, severe headaches.
- Unexplained weight loss or gain.
- Feelings of isolation, withdrawal or worthlessness.
- Constant anger and irritability.
- Loss of interest in activities.
- Constant worrying or obsessive thinking.
- Excessive alcohol or drug use.
- Inability to concentrate.

It's key to recognize stressful situations as they occur because it allows you to focus on managing how you react. We all need to know when to close our eyes and take a deep breath when we feel tension rising.

Tip for the Month: Get Regular Exercise

Moving your body on a regular basis balances the nervous system and increases blood circulation, helping to flush out stress hormones. Even a daily 20-minute walk makes a difference. Any kind of exercise can lower stress and improve your mood — just pick activities that you enjoy and make it a regular habit.

For more information visit www.sutterhealth.org

<https://www.sutterhealth.org/health/mind-body/10-simple-ways-to-cope-with-stress>



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:

1. **A.** Stop the infusion-the patient has fluid volume overload as a result of overly rapid fluid replacement. The nurse should stop the infusion and notify the physician.
2. **B.** Hypotension can lead to dizziness and a risk for injury to the patient.
3. **C.** Hypothyroidism causes a decreased metabolic demand, so fewer calories are required. Other answers increase the metabolic demands and the need for added calories.
4. **D.** Hypoglycemia-the patient is at risk because she is on NPO status and continuing to take an anti-glycemic drug.
5. **C.** The nurse should be concerned about the burn patient's vulnerability to infection. Sickle cell disease is not a communicable disease.
6. **B.** Stopping anti-epileptic drugs suddenly can cause seizures and an increased chance of status epilepticus.