

NURSING NEWS



Western Area CTC LPN Newsletter

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health care facilities to deliver the gift of life by coordinating the surgical recovery of organs, tissues and corneas for transplantation. CORE also facilitates the computerized matching of donated organs, tissues and corneas.

With integrity and compassion, our goal is to bridge the gap between donor families, health care providers and transplant recipients so that we may forever transform lives.

To learn more about CORE or register to be an organ donor, please visit <https://www.core.org/>.

On Wednesday, March 6 both the full-time daylight class and the part-time second year evening class took a tour of CORE, the Center for Organ Recovery and Education in RIDC Park in Pittsburgh.

The Center for Organ Recovery & Education (CORE) is one of 57 federally designated not-for-profit organ procurement organizations (OPOs) in the United States. CORE partners with more than 150 hospitals and

NCLEX Knowledge Test

1. 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

2. The nurse is reviewing the lab results of a patient taking lithium for schizoaffective disorder. The lab results show that the blood lithium value is 1.7 mcg/L. What would the nurse take as the priority action?

- A. Induce vomiting
- B. Hold the next dose of Lithium
- C. Administer an anti-emetic
- D. Give the next dose of Lithium



3. Ill health, malnutrition, and wasting as a result of chronic disease are all associated with:

- A. Surgical sepsis
- B. Cachexia
- C. Catabolism
- D. Venous stasis

4. A nurse is caring for a patient scheduled to have cataract surgery. The patient asks why they developed cataracts and how they can prevent it for happening again. What is the nurse's best response?

- A. "Age is the biggest factor contributing to cataracts."
- B. "Unprotected exposure to UV lights can cause cataracts."
- C. "Age, eye injury, corticosteroids, and unprotected sunlight exposure are contributing factors to cataracts."
- D. "Unfortunately, there is really nothing you can do to prevent cataracts, but they are amongst the most easily treated eye conditions."

5. A nurse is caring for a patient undergoing a stress test on a treadmill. The patient turns to talk to the nurse. Which of these statement would require the most immediate intervention?

- A. "I'm feeling extremely thirsty. I'm going to get some water after this."
- B. "I can feel my heart racing."
- C. "My shoulder and arm is hurting."
- D. "My blood pressure reading is 158/80."



High School SIM Experiences

On Thursday, March 7, and Friday, March 15, some of the students from Health Occupations, Rehab Aid and Emergency Med Tech at Western Area had the opportunity to participate in a simulation with Mrs. Morelli, as well as, hear a presentation about our practical nursing program. Our hope is that some of the high school students from these programs will join the ranks of our Practical Nursing, Phlebotomy or Nurse Aide graduates!

Each simulation is different and focuses on skills the students should be prepared for in an actual patient setting. Simulation is a safe way to practice skills, as there is no danger to the patient or students. Some of the high school students share their thoughts about the simulation experience:

"We thought that Ms. Morelli was a very upbeat and fun instructor! She really did a great job with our SIM experience. We were impressed with the inclusion of a real-life scenario with hands on opportunities and smells of a nursing home to prepare you for a day in the life of an LPN." ~Caira McAdoo and Brenna Henry of the Sports Medicine AM Class.

"Learning in the simulation lab is like practicing in a safe bubble; we can make mistakes, learn from them, and grow without the pressure of real-life consequences." ~Mackenzie Schrader, of the Health Occupations AM Class.



"America's nurses are the beating heart of our medical system." – Barack Obama

April is National Donate Life Month

Donate Life is the national symbol for the cause of organ, eye and tissue donation. National Donate Life Month is celebrated every April. It features local and national activities to educate and encourage Americans to register as donors and consider living donation, as well as to celebrate those who have saved and healed lives through the gift of donation. To learn more or to register as an organ

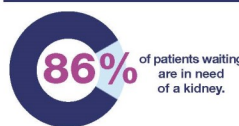
Deceased Donation



1 Organ, Eye and Tissue Donor

Saves up to **8** lives | Restores sight to **2** people | Heals the lives of more than **75** people

Living Donation



86% of patients waiting are in need of a kidney.



Living donors can provide a kidney or a portion of their liver to a waiting patient.*



10% of patients waiting are in need of a liver.

*Living donation is not included in your donor registration.

? Top 5 Frequently Asked Questions

- Does registering as a donor change my patient care?**
No, your life always comes first. Doctors work hard to save every patient's life, but sometimes there is a complete and irreversible loss of brain function. The patient is declared clinically and legally dead. Only then is donation an option.
- Does donation affect funeral plans?**
Funeral arrangements of your choice are possible, including a viewing. Through the entire donation process the body is treated with care and respect. Following donation, funeral arrangements can continue as planned.
- Does my religion support organ, eye and tissue donation?**
All major religions support donation as a final act of compassion and generosity.
- Does my social and/or financial status play any part in whether or not I will receive an organ if I ever need one?**
No. A national system matches available organs from the donor with people on the waiting list based on blood type, body size, how sick they are, donor distance, tissue type and time on the list. Race, gender, income, celebrity and social status, sexual orientation, gender identity or expression does NOT prevent someone from registering as an organ donor.

What can I do to increase organ, eye and tissue donation?

- 1** Register your decision to be a donor at RegisterMe.org.
- 2** Tell your family and friends about your decision to [Donate Life](http://DonateLife.net).
- 3** Visit DonateLife.net to discover ways you can be a champion of the cause.
- 4** Ask others to visit DonateLife.net to learn more and register.

Data from Donate Life America EOY 2022 Registry Overview Report and Organ Procurement and Transplantation Network (OPTN), as of January 2024. National Tissue Recovery through Ultrasensitive (NTRUS) will begin in 2022. See the Living Statement Report, Washington, DC: The Bank Association of America, 2023. Donate Life™ is a registered service mark of Donate Life America. © 2024 Donate Life America.

National Donate Life Blue & Green Day – April 12, 2024 On National Donate Life Blue & Green Day, the public is encouraged to wear blue and green and to engage in sharing the Donate Life message and promoting the importance of registering as an organ, eye and tissue donor.

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National Donate Life Month is celebrated every April. It features local and national activities to educate and encourage Americans to register as donors and consider living donation, as well as to celebrate those who have saved and healed lives through the gift of donation.

DONATE LIFE BLUE & GREEN DAY is April 12!

The public is encouraged to wear blue and green to help share the Donate Life message.

Did You Know?

60%+ of organ, eye and tissue donors are authorized by donor registration.

National Pediatric Transplant Week



The final week of April focuses on the powerful message of ending the pediatric transplant waiting list.

More than **2,100** children under the age of 18 are on the national transplant waiting list.

More than **1,900** children were saved by the generosity of donors & donor families in 2023.

The Need is Great

More than **100,000** people are waiting for lifesaving organ transplants.



More than **46,000** organ transplants from 23,000 donors brought new life to patients and their families in 2023.



More than **79,000** corneal transplants helped to restore sight in 2022.



More than **2.5 million** tissue transplants heal lives each year.



More than **170 million** people are registered organ, eye and tissue donors.

Thank you to all donors, donor families, registered donors and champions of the Donate Life cause!

Stress Management

This month we are going to discuss Meditation. Much of this information came from the Mayo Clinic. To learn more click on the following link. <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

Meditation can wipe away the day's stress, bringing with it inner peace, and has been around for thousands of years. During meditation, you focus on one thing, and get rid of the thoughts that may be crowding your mind and causing stress. The emotional and physical benefits of meditation include:

- Giving you a new way to look at things that cause stress.
- Building skills to manage your stress.
- Making you more self-aware.
- Focusing on the present.
- Reducing negative feelings.
- Helping you be more creative.
- Helping you be more patient.
- Lowering resting heart rate.
- Lowering resting blood pressure.
- Helping you sleep better.

There are many types of meditation and ways to relax

that include parts of meditation which include:

- Guided Meditation—uses imagery
- Mantra Meditation—word repetition
- Mindfulness Meditation—focusing on the present
- Qigong—includes movement and breathing exercises
- Tai Chi—gentle martial arts training and deep breathing
- Yoga—postures with controlled breathing

Guided Meditation is also referred to as guided imagery or visualization, and is used to help you form mental pictures of places and things that help you relax. Here is a link to a YouTube guided meditation video session that is intended to help you be relaxed and alert.

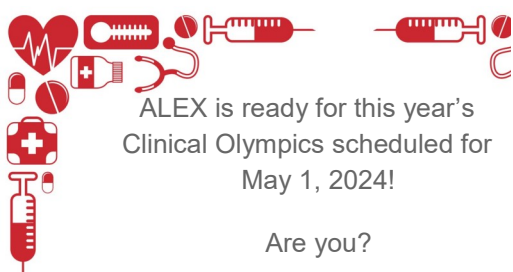
<https://youtu.be/FN4gV5SU2zk>

Don't let your thoughts about meditating the "right" way add to your stress! There are videos and apps that can help you get started, such as the one mentioned earlier, but you can also practice some simple behaviors such as deep breathing, scanning your body, repeating a mantra, walking while meditating, praying and focusing on love and kindness. There is no right or wrong way to meditate. What matters is that you are taking steps to reduce your stress!

Part-Time First Year Simulation

On Wednesday, March 13 some of the part-time first year evening students experienced their first simulation with Mrs. Morelli for their Care of the Older Adult course.

In this simulation, ALEX had the role of Miss Bloom, a 60-year-old female with symptoms related to congestive heart failure (CHF). In this exercise, Cindy Kappeler is assigned the role of Charge Nurse, Jamie Wilson and Skyla Kelley are the LPNs and Brooke Avolia is the nurse aide. Briana Barnhart, Taunese Brown, and Stephanie Lucchino observe the simulation and their classmates interactions with the manikin. Their responsibility is to take note of what is done well and where their peers can make improvements. This is all discussed post-simulation during the debriefing when Mrs. Morelli explains how the scenario should have played out.



ALEX is ready for this year's Clinical Olympics scheduled for May 1, 2024!

Are you?



We can't wait to see what this year's event will bring!

Thank you in advance to everyone who has signed up to help out with the event, and to all the companies who donated for our auction fundraiser!

Student Spotlight



On Friday, March 8, Cindy Kappeler and Courtney Reis, both part-time first year students who were elected to be class officers, took time to speak with a WACTC high school senior who is interested in continuing her education as an LPN after graduation. This particular student took the time to sit in and observe practical nursing classes in action, and overheard some negative feedback. Cindy and Courtney wanted to reassure her that what she heard is not how all students feel, and to let her know she is welcome!

Thank you ladies for your dedication to this program!



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:

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.

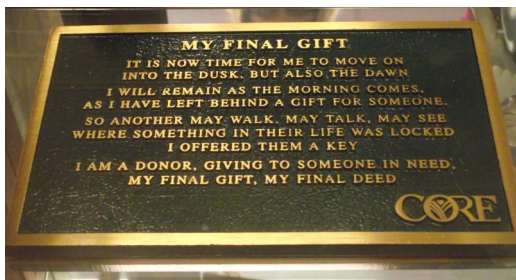
The testing fee of \$45.00 (cash, debit/credit card, check or money order payable to WACTC LPN Program), must be paid BEFORE your scheduled exam date. If you do not pay, you will not be permitted to sit the exam.

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.

Student Perspective

CORE Tour

On Wednesday, March 6 our Full-Time and 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.



someone to get something they need to live. If there are more people willing to give, more people would be able to live a happier, healthy life that their body is struggling to give them, even while living.

Learning everything that they do, and going the extra mile to console the

“Core was an experience to remember. I was unaware of what CORE was until this day. The building was huge and all hands are on deck preparing for the next call of donation. I can describe it as bitter sweet, someone’s life is taken but up to 8 different peoples lives can be saved. It’s an honorable decision to be an organ donor.” ~Jessica Ahl, Full-Time Student

families that are losing a loved one is so touching. They don’t just look at the people as a donor but so much more than that. Since the tour, I’ve changed my thoughts on organ donation, and I believe that I may want to be an organ donor myself. Not only wanting to be nurse to help save people, but even when its my time to go, I would love to be the reason someone, or multiple people get to live life a bit longer with the help of organ donation. Thank you CORE.” ~Sariah Adkins, Full-Time Student

“I was the typical person that thought of organ donation to be that medical providers would not do life saving measures for a person that was an “organ” donor due to the high needs of organ donation across the world. The education given in such a short period of time between all the speakers, was jaw dropping.

“I really enjoyed our experience at CORE. We toured the facility and spent some time learning about what CORE is and their mission. The seminar was very informative and being able to meet and listen to an organ recipient and her journey with CORE was very special. I'm glad we had this experience and were able to learn about what they do and what a nurse's role would look like within the organ recovery process. One of a kind experience!” ~Jordan White, Part-Time 2nd Year Student

Jen, a speaker at our tour, was a heart transplant patient. Her story made you look at it in a different glance, at its entirety. Very emotional if I might say, she didn’t know what the next day would bring for her. The fact that one person that is an organ donor can save up to 8 people in one moment, that is astonishing to me.

“I really liked CORE! I thought it was a great learning opportunity for the students and uncovered another dimension of the nursing field available to them after graduation. They all appeared to be very fascinated by CORE’s responsibilities and day-to-day work. I truly believe they now have a different and better understanding of organ donation. I hope to see this out rotation continue in the future!” ~Ashley Green, Instructor

When you hear “organ” donor, you think of a liver, kidneys, or heart but that is not all you can donate. You can donate skin, parts of the eye, and tissue of all sorts which I never knew until that day. The way the CORE representatives explained the way organ donation happens and the process of it, you would never realize how hard it really is for

NCLEX Knowledge Question Answers:

1. **D.** The patient is at risk for hypoglycemia because she is NPO status and continuing to take an anti-glycemic drug
2. **B.** Lithium’s therapeutic range is 0.5-1.5 mcg/L, and begins toxicity at 1.5 mcg/L
3. **B.** Cachexia is a “wasting” disorder that causes extreme weight loss and muscle wasting, and can include loss of body fat. Cachexia can also result from dehiscence of a surgical incision or rupture of wound closure.
4. **C.** This answer covers the most common contributing factors for cataracts and includes preventable risk factors.
5. **C.** Unilateral arm and shoulder pain is one of the classic symptoms of myocardial ischemia. The stress test should be halted.