

# NURSING NEWS



## Western Area CTC LPN Newsletter

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## Clinical Olympics

On Wednesday, May 1 our full-time day-light and part-time second year classes participated in our second Clinical Olympics event. Teams of 4 or 5 students randomly selected a simulation exercise and had a total of 15 minutes to prepare and perform the assigned simulation. After time expired, our panel of guest judges, RNs and LPNs from local clinical sites, rated the simulation based on predetermined criteria.

Congratulations to Somerset County teams "Nitro Nurses" and PureWicks" for placing 3rd and 2nd respectively, and to Western Area "WWMD" for placing 1st!

Thank you to the guest judges, high school staff and students, WACTC maintenance staff, and everyone who donated items for our Silent Auction which raised \$655!



## NCLEX Knowledge Test

1. Select the tactile sensation that is accurately paired with its description or procedure for testing.

- A. Fine motor coordination: The use of the fingers
- B. Stereognosis: Equal hearing in both ears
- C. Two point discrimination: The nurse gently pricks the client's skin
- D. Gross motor function: The use of the lower limbs



4. The wound irrigation process cleanses the wound and:

- A. Allows for the introduction of medications in solution form
- B. Reduces the potential of pain in the wound region or area
- C. Stops the spread of infection by way of magnifying the "clean" area
- D. Pushes extravagated blood from a hematoma into nearby healthy tissue

2. Your client has a doctor's order that reads "advance diet as tolerated". The client just returned from the recovery room after an appendectomy and states, "I'm hungry". What do you offer this client to consume?

- A. Cheese and crackers
- B. Chicken broth
- C. Apple sauce
- D. Peanut butter sandwich

5. Your client has been diagnosed with giant cell arteritis. What medication will this client most likely be given?

- A. High doses of aspirin
- B. High doses of prednisone
- C. Methotrexate
- D. Albuterol



3. Diabetes insipidus is the result of:

- A. A diet high in sugar and carbohydrates
- B. A complicated pregnancy
- C. A disorder of the pancreas
- D. A disorder of the pituitary gland

6. Select the type of skeletal fracture that is correctly paired with its description.

- A. Complete Fracture: fractured bone penetrates through the skin to the skin surface
- B. Pathological Fracture: fracture results from physical trauma
- C. Greenstick Fracture: bends but does not fracture the bone
- D. Avulsion Fracture: fracture that pulls apart the bone from the tendon or ligament



## High School SIM Experience

On Thursday, April 4, the Rehab Aid/ Sports Medicine afternoon class had the opportunity to experience a simulation with Mrs. Morelli and learn a bit more about the programs the adult health sciences have to offer here at WACTC!

In this scenario, ALEX is Beverly Cavalier, a 68-year-old woman with Parkinson's disease and early onset dementia. She has recently moved into a facility since her family is unable to continue her care, and she doesn't like being there! She tries to escape every time some one exits the unit and she is constantly begging staff to take her to the soda machine.

Students who volunteered to participate in this simulation had to clean up a very sick Miss Beverly who had vomit and diarrhea and was trying to leave the room to get a Pepsi!

And just for fun, another student volunteered to wear a

leather straight jacket for the duration of the simulation, which lasted approximately 20 minutes.

Thank you Rehab Aid for your participation today!



## Med-Surge SIM Experience

On Thursday, April 4, our full-time daylight class had their first medical-surgical simulation. For this experience ALEX was Alan Schmidt, a patient with pancreatitis.

Sariah had the role of charge nurse, Amari was the practical nurse, Jessica was the nurse aide, and it was Rodeshia's responsibility to observe and take notes on her classmates interactions with "Mr. Schmidt".

Simulation is a great way to learn client care and nursing assessment in a safe environment where no one gets hurt. Thank you again to Mrs. Morelli from bringing our SIM lab to life!



*"Nurse: just another word to describe a person strong enough to tolerate anything and soft enough to understand anyone." ~ Brittany Wilson*



## BAYADA®

## Pediatrics SIM Lab

On April 10 and 24, our full-time daylight class had a pediatrics simulation with Bayada Home Health Care located in Southpointe—Canonsburg, PA. Here is some feedback from those students regarding this brand new experience.

"Bayada was such a good learning experience. We went over the differences between a pediatric vs adult assessment and got to listen to different lung sounds and heart rates which was very knowledgeable. We also got a chance to see and change a mickey button! Everything was very hands on and engaging. They made sure we felt welcomed and comfortable as we got to ask as many questions as we needed. Very fun and informative!"~Amari Turner

"Bayada is an agency that accepts home care for children within the age range of a few months to the age of 26-years-old. They staff nurses, from certified nursing assistant, practical nurses, registered nurses BSN, and MSN nurses in homes or as needed by the client/family.

In simulation we practice pediatrics assessments by going through each system's disorder. We learned how to assess, insert, change, check placement, how to inflate

and deflate a mickey button. We went over the method used to suction nasogastric, and GI tube, and care for the mickey button. We were also shown how to set up feed through a pump, push feed and feed by gravity. I find it very interesting how some vital signs are only collected if ordered by the healthcare provider. I now know that pediatrics heart rate is way faster than in adults, blood pressure and oxygen level must be ordered by the healthcare provider, for them to be assessed. In my opinion, the nurses at Bayada are excellent professionals."~Stacyann Parkin-Dixson

"My experience at Bayada was exceptional. They welcomed us with open arms, snacks and beverages. Carrie was an angel. She was very informative, on what they do, how to get involved and taught us a lot of things we would not typically know without experience when it comes to pediatrics. She always made sure to get us answers if she was not positive on it and gave us information on careers, for now and the future. It was a great experience for nurses, especially nurses interested in the pediatric field. I love knowing they care for children until their adult life and they "never leave anyone behind." I think it's beautiful for these children to get the experience the things other children do, and not feeling different because their health issue is there normal."~Sariah Adkins

# Pediatric Assessment Day

On Tuesday, April 16, our full-time daylight class hosted a pediatric assessment day! Students from all 3 classes were invited to bring in their children to be assessed by the nursing students. As a reward for their participation, the children were given a small gift and participated in a sundae bar! Thank you to Mrs. Morelli for organizing this fun and interactive learning experience for our students.

Special thanks to first year students Briana Barnhart and Stephanie Lucchino for making a special trip to school to allow the full-time class to practice assessments on their kiddos!



## Student Spotlight

On Wednesday, April 10, Jessica Ahl, one of the full-time daylight students attended her scheduled shadow rotation at Trinity South Elementary School with Bea Bebout. Ms. Bea went out of her way to contact our program administrator, Faith Morelli, to sing Jessica's praises.

"I just wanted to let you know how awesome your LPN students have been this year, these ones particularly stand out. There is one that in particular was so wonderful. When I got busy, she pulled right in. She talked to the kids. She was just absolutely amazing. Jessica has kids my grandchildren's age and she actually gave me her phone number so that we could make contact and

have the kids do stuff together. So she was just exemplary. and I told her I know there is an amazing place in this world for LPN. I've been in RN 45 years . I want to see her go on in her education because she's just wonderful. Thank you so much for sending those students."

Thank you for sharing your thoughts about your experience with our students, and good luck with your retirement Ms. Bea!



## 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](mailto:jpettigrew@wactc.net) or by calling 724-746-0467. Thank you in advance for your contributions.

## New LPN

Congratulations to the Practical Nursing Class of 2023, who all sat the NCLEX exam and passed on the first attempt!



In late March, Annita Allotey, the final student from this cohort finally took her exam. Here are some words of advice from Anita in regards to the NCLEX exam: "If there is nothing preventing you from taking the NCLEX early, then don't wait as long as I did! Waiting adds lots of work because you have to study and read every day to remember what you learned. Just as my classmates stated uWorld helped a lot too!"

# Managing Stress

Everyone encounters stress on a regular basis, but if you are a nursing student, or work in a challenging occupation, you will encounter more stress on a daily basis than the average person.

The first step in stress management is to identify the sources of stress in your life. You know you are constantly worried about a deadline, but maybe it's your procrastination, rather than the demand of the project that is causing you stress. Learn to identify what is *really* stressing you out by looking closely at your habits, attitude and excuses:

- ⇒ Do you explain away your stress as temporary, even though you can't remember the last time you took a break
- ⇒ Do you define stress as an integral part of your life or as part of your personality?
- ⇒ Do you blame stress on other people or events, or view it as normal and unexceptional?

Now that you have identified what is causing your stress, it will be easier to implement some of these methods to help manage it!

Last month we talked about meditation as a healthy way to help relieve stress, but many of us feel so stressed that we resort to unhealthy and unproductive ways to cope.

In this article we want to address some of the unhealthy

ways people try to deal with stress, because even though you may temporarily feel better, in the long run, they can actually cause more damage.

- ⇒ Smoking, drinking too much, or using drugs to relax
- ⇒ Bingeing on junk food
- ⇒ Zoning out for hours in front of the TV or other electronic devices
- ⇒ Withdrawing from family, friends and social activities
- ⇒ Sleeping too much
- ⇒ Filling up every minute of every day to avoid facing problems
- ⇒ Procrastinating
- ⇒ Taking your stress out on others (verbally or physically)

If your methods of coping with stress are NOT contributing to your greater emotional and physical health, it's time to find a healthier way to feel calm and in control. Try using the 4 A's of stress management for example.

**AVOID** by setting limits and sticking to them!

**ALTER** by using compromise and finding balance.

**ADAPT** by looking at the big picture or adjusting your standards, and practicing gratitude!

**ACCEPT** by sharing your feelings, realizing that you can't control everything and looking for the upside.

For more information, visit:

<https://www.helpguide.org/articles/stress/stress-management.htm>

## Care of the Older Adult SIM

On Thursday, April 18 some of the part-time first year class had their first nursing care of the older adult simulation with Faith Morelli, the program administrator. For this experience Natalie Schroder was given the role of Charge Nurse, Courtney Kunkel and Dana DiDolce were the LPNs, Sharee Willis was the nurse aide, and Caitlin Hartle was assigned the role of observer.

In this simulation, ALEX was again Mrs. Bloom, a client hospitalized with CHF (congestive heart failure), and students are asked to perform the duties of the health care staff to care for and treat the client. Simulation is a great experience to learn as no one gets hurt and mistakes can be made without consequences.



## NCLEX Knowledge Question Answers:

1. **C.** Fine and gross motor coordination are not tactile sensations but indications of muscular function. Stereognosis is a tactile sensation but has nothing to do with hearing. A client would be handed a small familiar object such as a button or paperclip and the client is asked to identify the item without looking at it.
2. **B.** Clear liquids are the most appropriate choice for any postoperative patient. If tolerated the client may progress to full liquids, then solid foods.
3. **D.** Diabetes insipidus is a lack of antidiuretic hormone secretion from the pituitary gland.
4. **A.** Introducing prescribed medications in solution form can greatly reduce infection risks and facilitate proper wound healing.
5. **B.** Giant cell arteritis is an inflammatory condition that affects medium and large vessels and is treated with low doses of aspirin and high doses of prednisone.
6. **D.** Avulsion fracture pulls apart from ligament or tendon. Complete fracture is when the whole cross section of bone is fractured; compound or open fracture pierces through skin. Pathological fracture results from underlying disease. Greenstick fracture only affects one side of the bone.