



In this issue:

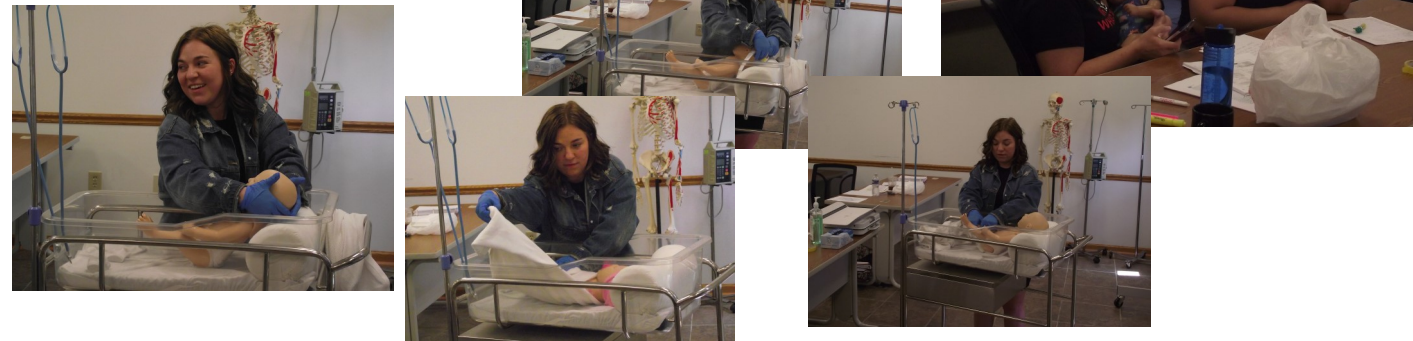
- Pediatric Assessment
- NCLEX Knowledge Test
- Mental Health Presentations
- Baby “Sprinkle”
- Pie in the Face
- Managing Stress
- Knowledge Test Answers

Pediatric Assessment

On Tuesday, May 7, the full-time class reviewed the steps to complete a pediatric assessment of a newborn.

The class borrowed two newborn manikins from the high school Health Occupations class, and Mrs. Morelli, the program administrator chose one student to complete the assessment.

Sariah Adkins was chosen to assess the infant, and Jessica Ahl and Rodeshia Magee took on the roles of the child’s parents. Sariah completed a head to toe assessment with assistance and feedback from her instructor and classmates.



NCLEX Knowledge Test

1. Select the types of pain that are accurately coupled with an example of it. *Select all that apply*

A. Radicular pain: a broken bone
B. Central neuropathic pain: a spinal cord injury
C. Peripheral neuropathic pain: a fractured bone
D. Chronic pain: a stab wound to the chest
E. Nociceptive pain: a laceration
F. Radicular pain: a herniated spinal disc

2. Which nursing diagnosis is the most commonly used among patients who are affected with fibromyalgia?

A. Decreased self care in ADLs related to fatigue
B. Impaired mental function related to electrolyte imbalance
C. Increased vigilance secondary to electrolyte imbalance
D. Risk for swallowing disorder related to fibromyalgia

3. Multifetal pregnancies with triplets occur at a rate of 1 in 8,000 births, but twins occur more frequently at a rate of:

1 in _____ Births

4. A long term care patient has chronic pain and needs increasing dosages to adequately control the pain. What is the this patient most likely to be affected with?

A. Drug addiction
B. Drug interactions
C. Drug side effects
D. Drug tolerance

5. Alcohol, caffeine, or drugs are high risk factors that all fall under which broad classification of risk factors?

A. Social demographic
B. Environmental
C. Biophysical
D. Psychosocial

6. Select the ethical principals that are paired with their description. *Select all that apply*

A. Justice: being honest and fair
B. Beneficence: do no harm
C. Veracity: treating all patients equally
D. Self determination: facilitation patient choices
E. Beneficence: do good
F. Non-maleficence: do no harm
G. Self determination: accountability



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



Mental Health Presentations

On Tuesday, May 21, the part-time second year students had the opportunity to present their stigma of mental health research projects to the part-time first year class.

Each student was asked to select a movie from a list of movies that depict a character with mental illness. They had to research the illness and present information about the disorder, treatments, and nursing care of a client with that disorder. Presentations discussed bias or distortion of mental illness as well as contrasting actual signs and symptoms with what the movie depicts.

Chelsea Jones chose “Shutter Island” a psychological thriller based on a novel by Dennis Lehane. It follows two US marshals, sent to an asylum to investigate the disappearance of a patient. They encounter hostility and deception from the staff and one of the marshals realizes that he is actually a patient who killed his wife after she drowned their children.

Jordan White chose “Pheobe in Wonderland” a drama written by Daniel Branz. Nine-year-old Pheobe has Tourette syndrome and obsessive-compulsive disorder. She thrives at home but struggles in school. Pheobe be-

comes interested in her school’s eccentric drama teacher and seeks a role in the school play, “Alice in Wonderland.” Although she flourishes on stage, her problems continue.

Meghan Mannella chose “Basic Instinct” a neo-noir erotic thriller film written by Joe Eszterhas. It follows a police detective as he investigates the brutal murder of a wealthy rock star. The prime suspect is a crime novelist and the girlfriend of the rock star whose novel mirrors the crime.



“To do what nobody else will do, a way that nobody else can do, in spite of all we go through; is to be a nurse.” ~Raws Williams, BSN, RN

Baby “Sprinkle”

On Tuesday, May 21 the part-time evening class threw a surprise baby shower “sprinkle” for Ashley Green, who started as an instructor at Western Area in August of 2023.

Ashley is due to have her second child early in July. Students brought in a wonderful spread of food and several gifts to help Ashley prepare for her new baby.



Pie in the Face

At the Clinical Olympics event held on May 1, we raffled off 22 donated gifts with all proceeds to benefit the Practical Nursing Scholarship Funds. One of the prizes was a chance to throw 3 whipped cream pies at the Program Administrator, Faith Morelli.

Briana Barnhart, a part-time first year student was the lucky winner, and had the opportunity to toss those pies on Tuesday, May 21.

Thank you Faith, for being such a good sport!



Managing Stress

Chronic stress and anxiety can contribute to various health complications including depression, diabetes, heart disease and irritable bowel syndrome. This month's stress management suggestion is Progressive Muscle Relaxation or PMR.

*For those with medical conditions, consult with your PCP before beginning any relaxation training exercise.

PMR is an anxiety-reduction technique first introduced by American physician Edmund Jacobson in the 1930s and involves alternating tension and relaxation in all of the body's major muscle groups. This type of exercise can be helpful in managing anxiety, high blood pressure, lower back pain, migraine, muscle tension, neck pain and stress.

Progressive Muscle Relaxation Steps

Find a quiet place free from distractions. Lie on the floor or recline in a chair, loosen any tight clothing, and remove glasses or contacts. Rest your hands in your lap or on the arms of the chair. Take a few slow even breaths. If you have not already, spend a few minutes practicing diaphragmatic breathing.

Now, focus your attention on the following areas, being careful to leave the rest of your body relaxed.

1. **Forehead:** Squeeze the muscles in your forehead, holding for 15 seconds. Feel the muscles becoming tighter and tenser. Then, slowly release the tension in your forehead while counting for 30 seconds. Notice the difference in how your muscles feel as you relax. Continue to release the tension until your forehead feels completely relaxed. Breathe slowly and evenly.
2. **Jaw:** Tense the muscles in your jaw, holding for 15 seconds. Then release the tension slowly while counting for 30 seconds. Notice the feeling of relaxation and continue to breathe slowly and evenly.
3. **Neck and shoulders:** Increase tension in your neck and shoulders by raising your shoulders up toward your ears and hold for 15 seconds. Slowly release the tension as you count for 30 seconds. Notice the tension melting away.

4. **Arms and hands:** Slowly draw both hands into fists. Pull your fists into your chest and hold for 15 seconds, squeezing as tight as you can. Then slowly release while you count for 30 seconds. Notice the feeling of relaxation.
5. **Buttocks:** Slowly increase tension in your buttocks over 15 seconds. Then, slowly release the tension over 30 seconds. Notice the tension melting away. Continue to breathe slowly and evenly.
6. **Legs:** Slowly increase the tension in your quadriceps and calves over 15 seconds. Squeeze the muscles as hard as you can. Then gently release the tension over 30 seconds. Notice the tension melting away and the feeling of relaxation that is left.
7. **Feet:** Slowly increase the tension in your feet and toes. Tighten the muscles as much as you can. Then slowly release the tension while you count for 30 seconds. Notice all the tension melting away. Continue breathing slowly and evenly.

Progressive Muscle Relaxation Tips

When practicing progressive muscle relaxation, following some helpful tips can also be useful:

- Wear comfortable clothing: While you can practice PMR anytime, dressing comfortably may help you relax more fully. Try wearing lightweight, loose clothing.
- Set aside 15 to 20 minutes to practice.
- Do PMR in a quiet, comfortable location that is free of distractions.
- Breathe deeply while you do PMR. Make sure that you are not holding your breath or breathing shallowly.
- When you first begin, make it a point to practice when you are feeling calm. This will make it easier to relax your body.

For more information visit Very Well Mind at <https://www.verywellmind.com/how-do-i-practice-progressive-muscle-relaxation-3024400>



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.



Thank you to all who serve and protect!

School is closed:

Monday, May 27 thru
Friday, May 31

Classes resume:

Monday, June 3

Enjoy this time with your family and friends!

NCLEX Knowledge Question Answers:

1. **B,E,F.** Spinal cord injury=central neuropathic pain; lacerations and broken/fractured bones=nociceptive pain; herniated spinal disc=radicular pain. A stab wound=acute NOT chronic; peripheral neuropathic pain can result from carpal tunnel and post amputation pain
2. **A.** Signs and symptoms of fibromyalgia include widespread aching, muscle stiffness, fatigue and sleep disorders.
3. **85.** Twins (monozygotic or dizygotic) occur at the rate of about 1 in every 85 births. This rate has increased due to frequency of fertility treatments and women waiting until later in life to have children.
4. **D.** Patients with chronic pain are often affected with drug tolerance, which occurs when the patient needs increasing dosages of analgesic medications to adequately control their pain.
5. **D.** Psychosocial risk factors include life style choices like the use or abuse of alcohol, caffeine and illicit drugs in addition to smoking and psychological status.
6. **D,E,G.** Justice=fair and just to all; fidelity=faithful to one's promises; beneficence=doing good; non-maleficence="do not harm" as stated in the historical Hippocratic Oath; patient self determination and autonomy=ethical principal that supports the patient's right to make their own choices; veracity=truthfulness and being honest with the patient