

# Stetho-scoop

presented by the Student Nursing Organization

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## A Message from the Interim Director



On behalf of our faculty, it is with great pleasure that I welcome the freshmen nursing students to the School of Nursing (SON) at the University of Delaware. We know that you are motivated and intelligent individuals who will flourish in our learning environment. You will find the curriculum challenging but manageable if you prepare and put forth your best efforts in each course. Dr. Kathy Riley-Lawless will introduce you to the many aspects of the nursing profession during NURS 100 and NURS 110 this coming year. We hope that you establish strong bonds with your peers as you begin your journey to becoming a nurse.

You will discover that the SON faculty and staff are passionate about the nursing profession and dedicated to our patients and students. Please take advantage of every opportunity that comes to you. Although we are your

teachers and mentors, we strongly believe that students are active learners, responsible for their own success. We look forward to seeing you develop your critical and creative thinking, psychomotor skills, compassion and caring over the next four years. It is a privilege to be a professional nurse and to participate in some of the brightest and darkest moments in peoples' lives. Respect this unique role.

We are also glad to see the familiar faces of the sophomores, juniors and seniors roaming McDowell Hall. We hope that you will find that you have more confidence with each passing course and that you support and share your wisdom with the "newbies" and each other. Finally, be sure to take time for family, friends, and healthy living. Laugh often! Caring for oneself is essential in order to be able to care for others.

I will enjoy meeting you in the weeks and months ahead. I anticipate that each one of you will make a difference in the lives of others.

Kathy Schell, DNSc, RN  
*School of Nursing Interim Director*

## A Welcome from the President



Welcome back! The Student Nurses Organization is excited to welcome back our returning students and offer a special welcome to the incoming Class of 2014. Last year we had a very successful year, and we are hoping to continue our growth this year. This semester will be very exciting! We will have many opportunities for you, the students, to get involved. A.I. DuPont craft nights, Blue and Gold Days, and Adopt-a-Family are fun events in which we invite you to participate.

The blood pressure cuff and stethoscope sale will take place early in the fall semester. This is a chance to get your necessary supplies easily! We will also be selling UD Nursing apparel later this semester. Watch for e-mails with more information and order forms!

This year, SNO will be working with the other nursing organizations on campus to combine resources to provide you with the best opportunities possible. The 1st annual nursing "meet and greet" held on Monday August 30th was a chance for you to be introduced to all of the groups and for the boards to collaborate on ideas. We hope this tradition continues next year.

We have a new group of dedicated students who are the board members. We will work hard to ensure another wonderful year! Feel free to contact anyone on the board if you have any suggestions or are interested in getting more involved. I hope to see each of you at our meetings and different events. We want to set a precedent this year, not only among our organization, but across the University.

Christina Eichelman,  
*Student Nurses Organization President*

## Meet & Greet

On August 30th, the School of Nursing launched the new school year with a successful "Meet and Greet" for the incoming freshman nursing students. More than half of the new nursing students gathered outside McDowell Hall to explore the variety of nursing organizations UD has to offer.

The Student Nurses Organization, along with the Army and Air Force ROTC, Christian Nursing Fellowship, Lori's Hands, and Sigma Theta Tau staffed information booths, provided the incoming nursing students with pamphlets, and answered questions.

The Student Nurses Organization's goal was to:

- Promote awareness of the group
- Generate interest in participating
- Highlight the many benefits of being active in the organization

It was a beautiful afternoon and the new nursing students enjoyed the opportunity to learn about UD's nursing organizations, meet their professors, get to know each other, and eat pizza! Hopefully this will now be an annual tradition.

*Kiersten Bonsall, SNO Secretary, Sophomore Nursing Student*



## Relay for Life

On May 1, 2010 the Student Nurses Organization participated in Relay for Life at UD which is sponsored by the American Cancer Society. We raised \$1,589.00! SNO organized two teams lead by our President, Justine Sosnowski

and Secretary, Jessica Black to participate from 3pm on May 1st until 6am on May 2nd!

Upon arrival, our teams listened to survivor's stories which were extremely inspirational and a great kick off to a long and eventful night. There were numerous activities throughout the day including relay races, a moon bounce, sumo wrestling and numerous bands playing throughout the day and night.

SNO competed in a scavenger hunt against many other teams, and we nurses don't go down without a fight! We had a huge list of items to collect including a movie ticket stub, a hula hoop, Asics running shoes, an alarm clock, downy dryer sheets, a 2 dollar bill, the biggest Joe Flacco fan and the easiest one of all, a stethoscope- which no other team had surprisingly! It was down to 3 teams, SNO being one of them, and in the end we won with 195 items.

Many members on our team participate in Relay for Life because we know someone who is or was fighting against cancer. For me, I participate in Relay for my grandfather who has been fighting lung cancer for 4 years. Our entire team participated in the luminaria which entails walking around the gym, lit with candles in remembrance of family members and friends who had lost their battle to cancer. Then we watched a heart-touching movie which included pictures of those family members. Although it was quite sad, it brought into account the reason so many students participate in relay each year at UD; to show support, to fight, and to find a cure for cancer.

Relay for Life was a great bonding experience for everyone no matter what year and we will participate in Relay again this year, so make sure you keep an eye out for our team!

*Jessica Black, Student Nurses Organization Editor-in-Chief*



## The Simulation Resource Center (SRC)

Welcome to the University of Delaware (or welcome back)! The nursing program here at the university offers a unique approach to educating BSN students. Here you will begin learning specific skills needed for your nursing career within your first semester here at UD. You will have the opportunity to work with mannequins to practice invasive procedures and realistic patient scenarios. In addition, we are adding live patients to the practice nurse-patient communication and fundamental nursing skills. The instructors at the SRC strive to enrich your learning and maximize your classroom learning as well.

Don't forget that because there are so many different labs being taught each semester, it is vitally important that you demonstrate professional behavior in the lab at all times. This includes signing up for the labs using the online system (this will be explained in your FYE class), preparing for each lab appropriately, showing up to lab on time, and maintaining a professional demeanor at all times while in the lab. If you are not sure what room the lab is being held in, just check the white board outside of room 105 McDowell Hall.

In your first semester here at UD you will be learning how to take vital signs! For that lab you will need to purchase your own Stethoscope and Blood Pressure Cuff. Be sure the sphygmomanometer on your blood pressure cuff is at the "0" before you buy it. If you would like, you can purchase these products from the Student Nurses Organization. You will also need to purchase scrubs- white top and navy pants. You should also purchase a name tag and UD arm patch.

We look forward to working with you in the coming years!

*Amy Cowperthwait, Coordinator of Medical Surgical Simulation Lab*

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## Mercy Ships

When I studied at the University of Delaware I decided I wanted to become a nurse because I wanted to help people in need who could not help themselves.



Through my faith in God and love for travel I decided to volunteer for a medical mission with the organization "Mercy Ships". I spent two and a half months working aboard the Africa Mercy Ship off the coast of Benin, West Africa. Mercy Ships is a charity organization, with the largest non-

governmental charity hospital ship that travels along the coast of Africa and gives free medical care to those in need.

The majority of the people in Africa live in extreme poverty and do not have access to medical care. During my time in Africa I took care of both the adult and pediatric population, with an array of medical conditions. Common conditions included cleft palate and cleft lip, leprosy, elephantitis, tumors, clubfoot, polio, measles, malaria, goiters, burkitt's lymphoma, and deformities from neglected trauma. Many of the diagnoses were ones that you would never see in the US, which made it both extremely interesting and heart breaking at the same time. One patient in particular was the same age as me and had lost her baby in a house fire. She caught on fire in an attempt to save him, and ended up losing the ability to bend her arm or turn her head due to lack of treatment. She was an incredibly strong person and after undergoing surgery was able to regain the use of her arm and neck through the use of skin grafts.

Recently I had the opportunity to travel to Andhra Pradesh, India to support the mission organization "Serve India". A small group of people, including medical personnel traveled to many villages with people living in extreme poverty and held free medical camps.



We had extremely limited resources, gave very basic medical care, and could not begin to meet all of their needs, but it gave many Indian people the opportunity to receive medical care and see a doctor for the first time in their lives. We visited a leprosy colony where many people had not been able to receive treatment in time and are now left with many debilitating effects, resulting in missing limbs for some. We also had the privilege of visiting a refugee camp for those who faced severe religious persecution in Orissa, where we were able to provide some much needed supplies.

In my short three years working as a nurse I have found that this career can be very challenging, requiring a lot of difficult work at times. Nursing can literally take you anywhere, and offers the unique honor of saving the lives of some and improving the lives of many. Nursing is without a doubt one of the most rewarding jobs you can have.

*Marie Wilkinson, RN, BSN Graduated from UD 2007  
and is a Trauma Nurse at Christiana Care*



## Diabetes and You: Kamp for Kids

Type 1 diabetes mellitus is a lifelong disease, often diagnosed in children and young adults. This is a frightening and devastating diagnosis for families, who often think of diabetes as a "life sentence" for their child. Children feel different from their non-diabetic peers and think they cannot live a "normal" life. In 1999, Dr. Judy Herrman from the University of Delaware began Diabetes and You: Kamp for Kids with the hopes of providing education, camaraderie and support to children and families with Type 1 diabetes mellitus. Kamp has grown tremendously, starting with only 16 Kampers in 1999 to having over 70 children in 2010. Kamp for Kids serves as the clinical component of a University of Delaware course entitled Teaching Wellness to Children. Nursing students from UD serve as the counselors and learn about diabetes and its treatment. Students design and implement the camp focusing on core daily themes (pathophysiology, exercise, diet,

stress, and putting it all together) used to teach children about specific aspects of diabetes.

This year, the overall theme of Kamp was "tropical islands." Children were divided into Hawaii, Bermuda, Tahiti, and Jamaica groups. Each day, children participated in activities and crafts emphasizing the daily theme. On Monday, the theme was pathophysiology and children played "pin the needle to the injection site." Exercise was the theme on Tuesday. Children learned what types of exercise increased or decreased their heart rate by doing various exercises and then listening to each other's heart rates with stethoscopes. Wednesday, the theme was diet. Children identified the food groups and learned about proper nutrition and its role in controlling diabetes by playing the food pyramid game. Thursday, the theme was stress. Kampers made stress balls using flour and sand and participated

in relaxation exercises. Friday was graduation day and the children participated in a scavenger hunt along Old College which incorporated all of the information learned during Kamp throughout the week. Kampers also visited the University of Delaware outdoor pool during the week for some fun in the sun!

Participating in Kamp for Kids in July was an invaluable experience. Kampers are able to socialize and learn from other children their own age with diabetes. Siblings and friends of children with diabetes were also invited to Kamp to learn about diabetes management and dispel some of their own fears about the disease. Parents also benefit from Kamp by networking with each other at drop off, pick up and graduation.

*Dana Rodgers, UD Nursing Student and "Diabetes and you: Kamp for Kids" Counselor & Jennifer Saylor PhDc, RN, ACNS-BC - Faculty Coordinator*

## NCLEX Corner

By Dr. Judith W. Herrman, RN, ANEF  
Coordinator, Undergraduate Program

Last issue the NCLEX Corner was devoted to management of client care and priority setting. This issue will address another area of this NCLEX category: delegation. Good luck with these questions!

1. A charge nurse is delegating responsibilities for a shift. One of the nurses working that shift was reassigned from the maternity unit. Which of the following patients would be most appropriate to assign to the reassigned nurse?
  - a. An adult with a renal infection on intravenous antibiotics.
  - b. A patient who is one day post-op following a knee replacement.
  - c. An elderly client with pneumonia and on aerosol treatments.
  - d. A young adult who is 2 days S/P head injury and lethargic.
2. A nurse needs to complete the following tasks. Which would be most appropriate to delegate to an unlicensed assistive personnel (UAP)?
  - a. A shift assessment.
  - b. Interpreting lab data.
  - c. Orientation to the unit.
  - d. Discharge teaching.
3. A nurse and nursing student are preparing to administer a blood transfusion. The nursing student would question being delegated which of the following tasks?
  - a. Checking the blood bag and patient numbers.
  - b. Assessing the patency of the intravenous line.
  - c. Checking frequent vital signs and pulse oximetry.
  - d. Assessing for transfusion reactions.

Answers: 1) A 2) C 3) A



## Organ Donation

Many surgical experiences and patients hold a special place in my heart. The most memorable and impressive for me are patients in their final moments, giving the greatest gift imaginable – new life to others through organ donation. Organ procurement procedures are emotional, crowded, and fast-paced, but everyone involved works with reverence for the donor on the table who is saving countless lives.

Organ donors are people you know. They never thought they would be in the position to give their organs to strangers. They can be young or old, healthy or sick, dying from traumas or congenital defects...but most importantly, they are people with families that love them. Families are not permitted in the OR during the patient's final moments, so we OR nurses must advocate for them with the same dignity that their own family would demand.

Recently I was circulating for an organ procurement procedure. The patient was a young father who collapsed at work from a ruptured brain aneurysm. Soon he was brain dead on life support. It was tragic but his family donated his organs according to his wishes. Several surgical teams flew in to collect the organs. It was a challenge for me to coordinate so many teams while also documenting, running for supplies, and caring for our patient. At one point there were 25+ people in the room and I was accountable for all of them! Amidst the chaos, I stayed focused on my patient and knew that my past experiences had all prepared me for that moment.

Halfway through the procurement, I relieved the scrub tech. The surgery had many critical moments but thankfully the procedure went smoothly and every organ was removed, bagged with ice, and flown to their anxiously awaiting recipients.

Afterwards, the other OR nurses and I said a prayer while placing our patient in his shroud. We treated him with the honor that befits a hero. I expected to feel sad or scared, but instead I felt thankful and humbled. It is an honor to work with patients in their final moments and to help facilitate such incredible acts of altruism.

For donors' families, the choice to donate can be healing. When all hope seems gone, organ donation can bring joy knowing that their loved one will live on through the organ recipients. Every year, families of both deceased donors and living transplant recipients gather for the "Transplant Games." It is a time to remember, show gratitude, and compete in fun-filled events. I cannot attend the Transplant Games, but I will always remember my donor patients and their families with respect and admiration. They offer inspiration for everyone, especially nurses, to be selfless and continue making the world a better place every day.

*Sarah Robinson completed her internship at Johns Hopkins Bayview Medical Center in Baltimore then recently moved back to Newark to work in the OR at Christiana Hospital.*

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