

THE SCOPE

Spring 2014

Editors: Katie Jackson & Marie H. Nay

Biannual Newsletter

Southern Utah University Department of Nursing

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A WORD FROM OUR DEPARTMENT CHAIR DONNA LISTER

Every time I return from a convention or meeting it is with a renewed sense of gratitude for the opportunity I have of living in southern Utah and teaching at Southern Utah University. In the twenty years that I have been involved in nursing education and the numerous conventions and meetings I have attended, I have never returned thinking "I wish I was somewhere else." I am always glad to be back home. We are not only privileged to live in a uniquely beautiful natural environment, but also to work with wonderful faculty, staff, students, and community members. I appreciate the opportunity of helping to develop and head the Department of Nursing which has had and continues to have a positive effect in Utah and across the nation through our many impressive alumni. Thank you for the good you do which reflects back on SUU. It is a little hard to believe that this coming fall the Southern Utah University Department of Nursing will be celebrating ten years of educating nurses. Please take note of the anniversary plans in this newsletter and make arrangements to join us. We will be sending official invitations, but in case you do not get your personal invitation please know you are welcome and a valued part of the continuing success of SUU Nursing.



SOUTHERN UTAH UNIVERSITY NURSING DEPARTMENT IS CELEBRATING A 95% PASS RATE

*We are so proud of the class of
Fall 2013 for getting a 95% pass
rate on the NCLEX! We want to
wish them luck in starting their
careers! Thank you for all of your
hard work!*



Fall 2013 Graduates

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HOW TO SURVIVE LEVEL 1 BY AARON LAWLEY

Nursing school is difficult. So far it has been the most difficult level of education I have gone through. Even though it is difficult, it has been the most fun experience with education that I have ever had. I have four simple suggestions to make nursing school easier. First is to rid the habit of procrastination by having assignments, reading, and classes as priority number one. You absolutely cannot cram a study session and expect to be successful as a nurse. Second is to change study habits from just knowing what of the material, but the why, when, and where to apply the information you have learned. Third is to make time for nursing lab hours to practice the skills required in nursing every week. Fourth is to use clinical time to use the skills and knowledge learned in class as much as possible. Nursing school is the hardest schooling you will go through up to this point, but the most fun you will have with your education.



HOW TO SURVIVE LEVEL 2 BY JAZMYN WILLIAMS

Everyone says to take Nursing school one day at a time, and this is exactly the case with level 2. If you look at your week as a whole it will be much too overwhelming. However, if you take each day as it comes, level 2 is manageable. Note that I said manageable, not easy. Level 2 will be your hardest semester. Unlike what you are told in level 1, level 2 is actually where you will learn all of your foundations for good nursing care and diagnosing your patients. Mental Health and Research are your so-called 'easy' classes. Keep up in them! Because they require less commitment, it is easy to let them slide. Pharmacology is a lot of memorization. If you haven't developed a good memorization technique, I suggest you start now. As far as med/surg goes, this will be without a doubt your hardest class. Daphne will kick your butt, but it is for a reason. I PROMISE! She challenges you in ways that no other teacher or professor has done thus far. When you are finished with her class, you will be an excellent nurse and she will be your favorite professor. It WILL be hard, you WILL want to quit, but just remember that it will all be WORTH IT in the end!



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Survival Tactics for Guaranteed Success

HOW TO SURVIVE LEVEL 3 BY JACQUELINE KENT-MARVICK

Nursing school is a busy time, and level three is not an exception to this rule. I recommend keeping your day planner close by, but take heart that level three offers a chance to flex your nursing-school knowledge and regain a bit of your self-confidence. You've come a long way, and shown that you have what it takes to succeed! Surviving level three requires careful planning, as it is the semester of abundant presentations and group projects. I recommend making a list of all the semester's presentations and organizing them by date, ASAP. Making a list will help make the number of presentations seem more manageable, and it will help keep you from letting one fall through the cracks. There may be weeks when you have more than one presentation, so planning ahead is a must. As with level two, building ATI practice into your schedule will help you to succeed on the proctored exams. Professor Rasmusson does a great job preparing us for the Care of the Family ATI exams, but be sure to put extra study time in for this class. It's the most content-heavy class of level three. To deepen your knowledge of the vulnerable population that you will be asked to write about in Community Health, I recommend building your journal-article presentation for that class from the same topic. Doing this will jump-start your research for the paper, too. Bonus! Catch your breath and have some fun this semester. Our professors provide opportunities for us to spread our wings while working on a new set of nursing-school skills. And remember, by the end of third level, you'll be nearly at the finish line.



HOW TO SURVIVE LEVEL 4 BY KATIE JACKSON & MARIE H. NAY

By the time you get to level four we would assume you have a pretty good handle on how to survive. After all you made it through level two. This semester solidifies the fact that the professors want you to succeed. The first piece of advice we would like to give is to talk with your professors about any questions or thoughts you may have. Secondly, be willing to do everything you possibly can during high acuity and preceptor rotations. The clinicals this semester give you the chance to make connections with all of the information learned from previous semesters. Lastly, do not slack off during the five days you are not attending class. Use this time wisely by attending preceptor or high acuity shifts and studying for the NCLEX. Get us back to 100% pass rate on the NCLEX! Good luck! You are almost there!



HOW TO SURVIVE RN TO BSN BY SAVANNAH WIDMER

Hey all! Congratulations on choosing to complete the next stepping stone to becoming a fantastic nurse :) Here are some tips to survive and succeed in this fast-paced program. First, don't procrastinate- I know what you're thinking- "Yup, just another hoop to jump through", but it really does make a difference! Secondly, your professors are your friends. They will literally give out their cell phone numbers and gladly answer any text as soon as they can - so get to know them! Thirdly, follow the syllabus- most of the professors have so graciously set out everything in black and white so don't lose them! Most of the professors are tied strictly to it, but are willing to work with you if certain circumstances occur. And lastly, remember to keep a good attitude- there is much good you can do by continually remaining positive and looking for the best. I wish you the best in your next endeavors!



"The character of the nurse is as important as the knowledge she possesses." – Carolyn Jarvis

Department Happenings

SUUSNA UPDATES

BY TONSINA WELLS, SNA WEBMASTER

Exciting things are afoot in the world of Nursing! We are currently involved in fundraising activities including the bi-annual t-shirt sale, 5K fun run - most of the proceeds going to American Cancer Society, and a Humanitarian Trip to Costa Rica (soon to be an annual event).

The SUUSNA website is up and running, linked to SUU Nursing website or at <http://suusnassoc.weebly.com/>. We also have a Facebook page that is regularly updated and you can follow us on Twitter! <https://www.facebook.com/suusna>
<https://twitter.com/SUUSNA>



We are also hoping to participate in a pilot program to help patients transition from the hospital to home in the hopes of decreasing patient re-admittance called Health Insight, which has the potential to save time, money and effort on the part of the hospitals and community. We are looking forward to the opportunity to help out with this great project.

SUUSNA PRESIDENCY

President- Jacqueline Kent-Marvick
Vice President- Jazmyn Williams
Secretary- Aaron Lawley
Faculty Advisor: Shelley Sanderson

SPRING 2014 GRADUATION & PINNING CEREMONY

BY BRITTNEY STACKHOUSE

The pinning ceremony will be held Friday May 2, 2014 at 4pm in the Great Hall, R. Haze Hunter Conference Center. Rebecca Rasmusson will be speaking, followed by a presentation and pinning of the graduates, and a slide show presentation of the Spring 2014 Class.

The Spring 2014 graduation schedule is as follows:
8am- Graduate Processional Lineup in the Upper Quad
9am- University Commencement in the Centrum Arena
10:30am- Graduation Celebration
12pm- Walter Maxwell Gibson College of Science and Engineering Convocation in the Centrum Arena
4pm- Pinning Ceremony in the Great Hall

UTAH STUDENT NURSES ASSOCIATION

BY DREW WILLMORE

The Utah Student Nurses Association hosted their 62nd annual state convention at the University of Utah on February 1, 2014. It was an amazing turnout with 325 participants, nine breakout speakers, exhibitors, and a fabulous keynote speaker. USNA was also able to provide scholarships to three nursing students at the convention. Of the eight USNA board member positions, seven Southern Utah University nursing students were able to fill those positions from 2013 to 2014. SUU is excited to have six new nursing students fill those positions for the 2014 to 2015 term. We are also very fortunate to have Shelley Sanderson, our nursing professor, as our USNA faculty advisor.



Department Happenings

2014 CELEBRATION OF NURSING

BY JACOB MEMMOTT

On February 21, 2014, the Southern Utah University Nursing Program hosted their annual Celebration of Nursing. The celebration was created to give back to the community that helped create and continues to support our nursing program. As part of the celebration, certain nurses are honored and given Outstanding Southern Utah Nurse awards. To receive this award the nurses first were to be nominated by their colleagues or patients. Once the nominations were received, a committee chose the best nominees. Those chosen were given the honor of Nurse of the Year in their respective areas of practice, and were recognized at the celebration. The celebration will continue to be held annually.



TEN YEAR ANNIVERSARY OF THE SOUTHERN UTAH UNIVERSITY NURSING PROGRAM

In 2004 the nursing department admitted its first cohort of students under the new Southern Utah University Nursing Program. Join us in a celebration!

Bring the whole family and be our guest for fun, food, live music, games, activities, friendships, and memories.

Enjoy a Western theme with a catered BBQ and Dutch Oven dinner, line dancing, and bounce house.

Celebration Information:

Date: Friday, September 26

Time: 5 pm - 8 pm

Location: 900 West University Blvd. (LDS Church Pavilion on the north side of University Blvd. North of the SUU football field. In case of inclement weather it will be moved inside at the same location).

Please RSVP online before September 1, 2014 at <http://suu.edu/cose/nursing/10years/rsvp.html>.

After September 1, call the Nursing Department: (435) 586-1906.

WILLIAM CLAYTON PETTY, MD SUU NURSING ADVISORY BOARD MEMBER

Dr. Petty's article entitled "Closing the Hand Hygiene Gap in the Postanesthesia Care Unit: A Body-Worn Alcohol-Based Dispenser" was among those selected by the Journal's review panel for the 2014 Mary Hanna Memorial Journalism Award. Awards will be presented in late April. Congratulations and best of luck to Dr. Petty.

THANK YOU!

Southern Utah University level four nursing students, class of Spring 2014, would like to thank our wonderful staff and faculty for their dedication and guidance over the past two years. We will be excellent and competent nurse because of your influence. We will make you proud!



SUU Nursing faculty and staff

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If you or someone you know is interested in applying for Southern Utah University's Nursing Program feel free to contact us or visit our website at <http://suu.edu/cose/nursing/>

SUU Nursing, it's a great place to be!

