

PULSE

the

Shoreline Community College Association of Nursing Students

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From the Program Director

by Bette Perman

ALL QUARTER has started and is in full swing, representing either the beginning, the middle or almost the end of our nursing program process for each of our students. For me it represents the beginning of my role as the Nursing Program Director. I have made efforts to stop by each class to introduce myself and greet you. If I have missed any of you please drop by my office and say hello. It is my intent to be available to

you as I am interested in your ideas and suggestions.

There are two other nursing faculty that are also in their beginning with our program. Georgia Pierce has joined our faculty and is with the second quarter team. Georgia comes to us from North Seattle Community College where she taught in their LPN program for many years. She has a wide variety of experience from which we will all benefit. Dr. Kim Bailly

moved to the Northwest from California where she also had many years of experience teaching nursing in a community college. Kim has joined the fourth quarter team and like Georgia has a depth of experience she brings to her position. We are most fortunate to have two experienced faculty join us at a time when recruitment of nursing faculty is very difficult.

One more new person in our building is Jeanne Strieck our new Health Occupations Advisor. Jeanne comes with experience in both advising and counseling. Since summer Jeanne has been available to assist pre-nursing students with program planning and is also available to current nursing students for planning and/or short term confidential personal counseling. Jeanne has an office right at the top of the stairs to the skills lab and has drop-in hours posted on her door. Appointments may also be scheduled by calling the counseling and advising center and or emailing her at jestrieck@shoreline.edu Feel free to stop by and meet

Jeanne as she always welcomes visitors.

Many of our nursing faculty have been working for over a year now on a joint project Shoreline has entered into with Swedish Medical Center and Service Employees International Union (SEIU) 1199. This project is called H-CAP (Health Career Advancement Program) and is one of a few sites across the country where a unique LPN

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to ADN nursing program will be trialed. We will provide a program for 10 Swedish LPNs that is half on-line

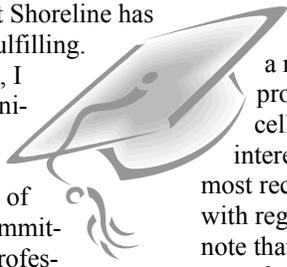
and where all classes and clinicals will be conducted at Swedish facilities taught by Shoreline nursing faculty. This program will begin in January and as it is an accelerated approach it will conclude in October. The students will be held to the same standards of any Shoreline nursing student. We are all quite excited over this opportunity to explore new ways of organizing our curriculum and to increase our knowledge and skill in online teaching.

(continued on page 4)

WELL, THE END IS NEAR!

Actually, it is just the beginning of an exciting career as an emergency department nurse. My time at Shoreline has been very rewarding and fulfilling. As SCCANS Co-President, I have seen our student organization flourish. The students who are involved with the club are examples of individuals who will be committed to being active in the profession of nursing. I am proud to be a Shoreline nursing student.

SCCANS has given me the opportunity to expand the scope and breadth of my nursing knowledge. I have been involved with Washington State Nurse's



Association, King County Nurse's Association, National Student Nurse's Association, to name a few. I also attended the Department of Health STD Update Conference in Ellensburg as a representative of the Shoreline program. This conference is an excellent opportunity for any student interested in Public Health and the most recent information that is available with regard to STDs. It was exciting to note that the new information at the conference was also taught in the Community Nursing Class in 5th quarter. Shoreline is on the cutting edge with regard to current information. It is one of the things that makes our program great. I encourage all nursing students

be involved with YOUR professional nursing organization, SCCANS. It has had a very positive impact in my educational career. I would like to thank the club for the opportunity to serve for two years as Co-President and I am excited about the future of the club in the very capable hands of Eric and Michelle.

Almost Graduated,
George Baxter
SCCANS President "Emeritus"

Don't miss
Fall Graduation!
Friday, December 10,
4 - 6 p.m. SCC Theatre

A Message from Your Co-Presidents

Welcome to the 2004-05 academic year! By now you have noticed some of the changes around building 2300...new instructors, new roles for existing faculty, new officers in SCCANS, and a new skills lab.

We would like to take this opportunity to share with you some of the exciting events that are on the agenda for SCCANS this quarter and next. So far we have enjoyed three dynamic speakers for Brown Bags this quarter and have next quarter's line up nearly finished. For winter quarter, we are currently planning our 2nd annual Recruitment Day, Legislative Day in Olympia, and the Outback Fundraiser that will be held in February. SCCANS members are currently planning a health awareness project slated for SCC's Health Week, and we hope that you will join us in celebration of Nurse's Day in May. Lastly, we are in the process of requesting additional club funding from the Student Senate to support 12 students' continuing education each quarter. Look for announcements of available sponsorship for CE programs in the hallways of 2300.

We are also proud to announce that our fellow nursing students have dug deep and generously donated funds in excess of \$400 that will support our Holiday Families project. SCCANS will be presenting gift certificates to at least two needy parents from the SCC community in an effort to help them provide a happy holiday season for their families.

As members of SCCANS, all nursing and pre-nursing students are welcome to attend the monthly SCCANS meetings and are encouraged to get involved in the club's projects. SCCANS is a great place to develop your leadership talent and get to know students from other quarters in the program. At this point in the year, our project list is not finalized. If you have suggestions about ways that we can improve current projects, or have ideas for new projects that support our community... please speak up! Our next meeting is Dec 6th. We hope to see you there!

Michelle Reesh & Eric Blankenship
SCCANS Co-Presidents

Nursing Tips

I WISH I HAD A DOLLAR for every time a nursing student came up to me and said, "I think this Shoreline Community College nursing program is really swell, but I wish we would spend more time on suppositories. Sure, tonics and tinctures are keen, but gosh, when it comes to suppositories, well, I'm befuddled."

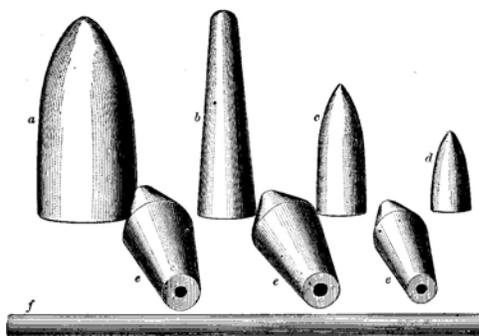
You're not alone. The staff at The Pulse has, on occasion, been confounded by the very notion of suppositories. But, luckily for you, we're here with carefully researched and wholly reliable facts.

To begin with, you may have wondered, "what *is* a suppository, *really*? Can I trust the stories I've heard from my neighbor? If I believe in reincarnation, is there any chance that I might come back as one? I heard a joke in a bar the other day about two suppositories driving around Los Angeles in a convertible...is that possible?" Frankly, there's no way I alone could answer questions such as these. Fortunately, we may turn to our faithful companion for help. Naturally, I'm referring to the 1903 publication, *Practical Points in Nursing*.

Permit me to quote from page 78 of the text: "Suppositories are drugs incorporated with cocoa-butter and... inserted and pushed well up in the rectum until it cannot be felt by the finger, a cloth being applied and pressed against the part."

Now, some students may be tempted to over-scrutinize this passage. You might ask, "Until WHAT can't be felt by the finger? What KIND of cloth? A fine linen napkin? The hem of my lab coat?" We urge you to refrain from such curiosity.

Perhaps the following illustration will help clarify. The text notes that item "a" is about the size of a regulation, 11 pound, AMF bowling ball. It also recommends that when administering the medication, the assistance of three to five "good-sized" adults be obtained, and to remain clear of the recipients teeth.



Mark your calendars:

Job Fair: January 24th

Nurse's Day: May 9th

Outback Fundraiser: March 5th

SCCANS Meetings:

Fall: Dec 6

Winter: Jan 10, Feb 14, Mar 7

Spring: Apr 4 & 18, May 23, Jun 6

CONGRATULATIONS to Hermien Watkins for being the recipient of the 2004-2005 Shoreline Community College Faculty Excellence Award, sponsored by the Shoreline Community College Foundation. Hermien was nominated by fellow faculty members at Shoreline, for her "passion, compassion and dedication to student success." (Dolphin Update, p. 8) To read more about Hermien and her recent recognition, please see the Shoreline Community College Dolphin Update, Winter 2005 edition.



In the Spirit of Giving

Shoreline Nursing students know that they have a lot to offer to the community. Education, experience and compassion are common bonds among all nurses. Their compassion to help others has driven Hermien Watkins, Cathy Santi and interested students to seek another way to get involved in serving people in need in Washington State.

A small group met on November 9 to brainstorm ideas for ways that students might be able to effectively serve the community, as well as target populations to serve. The program will continue to develop over the school year and you can contact SCCANS representatives or Hermien Watkins, in office 2339 if you would like to get involved.



We are pleased to introduce...

THE SCC NURSING Program has a new teacher this fall. If you're in one of her classes, you've already met her. For others who may or may not have seen her around the 2300 building, radiating cheerfulness and a gentle nature, I am pleased to introduce to you our new second-quarter teacher, Georgia Pierce.

Georgia is a person who loves challenges, to the point of going out of her way to look for them! Born and raised in Pennsylvania, Georgia studied nursing at the University of Virginia, graduating in 1979. Fresh out of her BSN program she went into the Navy and spent the next seven years stationed in Naval hospitals in Norfolk, Virginia, and Jacksonville, Florida. During those years she honed her organizational and time management skills to a fine art and became an expert in critical care. She was frequently the only RN responsible for sixty patients during the night shift! Seeking other challenges, Georgia left the Navy and took employment as a traveling critical care nurse. In this job she traversed throughout the United States on 13-week-long assignments, each at different facilities. Most of her time was spent in urban environments, but she relates a fine tale about one winter in Casper, Wyoming, where she witnessed herds of antelope passing as she scraped ice off her vehicle in the dark frozen mornings.

About thirteen years ago Georgia settled in the Seattle area, again seeking more chal-

lenges. She worked at the UW hospital and completed their MN graduate program with a focus on Risk Management and Care Systems Management. For her elective classes she studied education. Her graduate project was developing two Critical Thinking courses for North Seattle Community College's LPN program. In 2001 she accepted a part-time position at NSCC teaching A&P and Medical Terminology. A major transition occurred when she suffered a knee injury that impaired her ability to continue with bedside nursing. After a 23-year career in critical care, Georgia's relationship with nurse education changed from a "recreational pastime" to becoming a profession. In the fall of 2004 she began teaching at Shoreline, and we can be glad she did!

I asked Georgia to share some thoughts on nursing and teaching, and received these inspirational responses. What does she like best about nursing? "I've never been bored. I love the intellectual stimulation and that we are always learning; there's always something new. And I like knowing that we can make a positive difference in peoples' lives." Favorite thing about teaching? "I love seeing those 'Aha' moments when the students finally put it together and say 'I get it!'" And finally, advice for nursing students: "Give yourself permission to try, and to not be perfect the first time."

Thanks, Georgia, and welcome!

-Anne Morrison, 1st quarter

SHE LOVES OPERA. She loves to knit. She loves folk dancing – specifically English Country Dance. And she loves teaching nursing. Dr. Kim Baily, one of our newest faculty members, can be found leading a clinical group at Northwest Hospital or lecturing fourth-quarter med-surg in "The Queen's English," of course. She moved from Redondo Beach in Southern California to the Pacific Northwest in search of rain – weather more like that of her native land of England. She says she likes the Spring flowers and the more distinct seasons too. "I just had to live somewhere green for a while."

"I went about this all backwards," she says when asked about what got her into nursing. She has her Ph.D. in medical research and when she tired of working in laboratories with research and mice, she took a fast-track program of 18 months to get her BSN, while raising two little kids. From school she went straight into intensive care in a small hospital where she had to learn the ropes quickly. Shortly thereafter she was approached about teaching nursing clinicals which is what got her into teaching. About intensive care nursing and teaching, she says, "I really like the combination of interactions with people and pathophysiology – the science behind the patient's symptoms." Another thing she enjoys about both the intensive care setting and the classroom is the opportunity to work with new technology. This quarter she's been focusing on nailing down her lectures but she has

plans to polish the PowerPoints and make more use of Blackboard in future quarters. And someday she would love to teach an online class.

Another passion? Her work with her church's hospice and homebound ministry. "I've found that people really do want to talk about what's going on with them and it's a perfect marriage between spirituality and nursing that is truly rewarding."

While she was teaching clinicals and working in the ICU she went back for more schooling, this time for her Master's in Nursing, again while raising her family. It was then she was able to "bring it full circle." She took a position at Cerritos College in Norwalk, California, where she taught gerontology and end of life issues, amongst other things for five years. "My best days are when I have a student in clinical say to me, 'I felt like a nurse today,' because I can see that they have put it all together, and maybe I had a small part in that."

"Enjoy the process – take advantage of every day," she says to nursing students. "I know it's hard to stay focused on the present because I wrestle with that too." And yet, as she urges students to do more than go through the motions, they find in her not only a teacher but one more person cheering them on. What do students think about Dr. Baily? "We're really lucky to have her," and "She's great!" are comments repeated often.

Welcome!

-Kristin Bohreer, 4th quarter

The Gillian Lewis Skills Lab

WHEN ASKED RECENTLY, students said that they think the new lab is "nice", "spacious" and that the new lab "doesn't feel like a dungeon" (as we all agree the old lab did!) Many thanks to Gillian Lewis and the other instructors that have been instrumental in the new Nursing student Skills Lab! They are: Pamela Pasquale, Patti Kajlich, Sue Christenson, Georgia Pierce, Lori Stephens, and Irene Riddell. Lisa Hickey and Judy Profitt also deserve thanks. As our skills lab environment is so important to our success in the clinical setting, we really appreciate what you have done to give students this great new lab!

Greetings to all of you nursing students:

MY NAME IS Jeanne Strieck and I'm excited to be working as a support person to the nursing, pre-nursing and undecided students at Shoreline. I'm in awe of the commitment and talent it takes to be admitted to and complete Shoreline's Nursing Program and have a great deal of respect for all of you embarking on the path to such a challenging and rewarding career. Thank you to the second quarter students who invited me to your breakfast for new recruits. My time with you made me aware of the degree of support you give to one another and touched me deeply. It must make your load lighter knowing your peers are there for you.

I come to you with many years of counseling experience, both at Bellevue Community College and in my own private counseling practice in Seattle. My

transition here has been made easier by the discovery that Shoreline is not only a beautiful campus, but also a lovely and welcoming community that already feels like home.

Some of the services I will be providing for students at Shoreline include:

Advising: for undecided and pre-nursing students.

Academic Counseling: including help with study skills, time management methods, test anxiety, adjustment to college life or the demands of a college program, advocating in the resolution of campus problems.

Workshops and/or Classes: including topics such as Career Planning, Self Esteem, Stress Management, Assertive Communication.

Personal Counseling, Crisis Management

and Referral: I am licensed as a Mental Health Counselor and am available if you find personal and emotional issues and the pain and stress that accompany them impacting your personal, academic and/or work satisfaction. You may want to consult with me or seek a referral to another counselor if you're experiencing any of the following: Stress, Anxiety, Depression, Grief and Loss, Addictive Behaviors, Eating Disorders, Anger, Abuse, Sexual Problems, Cultural Conflicts, Relationship Issues, Life Transitions, or Crisis Management.

I've enjoyed meeting many of you. Please feel free to stop by my office (Rm: 2332) when the door is open and say hello, or to see me at drop-in times or schedule an appointment for a specific need. My appointment number is: (206)-546-5449 or my e-mail is: jestrieck@shoreline.edu.

Pharmacy Tips

IT HAS COME to our attention that the story on page two failed to adequately address students' questions regarding suppositories. Perhaps we can help.

Many people simply think of suppositories as really big pills. As people of science, let's approach this etymologically.

We'll begin with the last syllable, "-ory," short for "orifice." As you recall from A&P, an orifice is a "doorway." The second syllable, "sit," is obvious. Put them together and you have "a doorway where you sit." Finally, the first syllable, "suppo" is short for "suppose," as in, "suppose I place this really big pill in the doorway where you sit." To which the client might

respond, "Then I would be forced to strike you with my bedpan!"

There you have it.

We hope this helps clear the air regarding what is a very valuable resource in the nurse's pharmacological arsenal.



Perman: From the Program Director, cont.

I hope you have all had an opportunity to visit our new nursing Skills Lab. With the support from our Division Dean Gillian Lewis, the coordination from Lisa Hickey and Judy Proffitt, the ideas, energy and hard physical labor from many of our own faculty (with special mention for Patti Kajlich, Pamela Pasquale, Sue Christenson, Georgia Pierce, Irene Riddell, Lori Stephens) we were able to open our new lab at the start of Fall quarter. The amazing thing is that there was no plan (or budget) for

this prior to last June. Although we are still waiting for the hardware for our curtains to be installed we otherwise have a much improved space for teaching and learning.

The climate in nursing today is one of great possibility, and great challenges. The nursing shortage *is* present but all areas of the country are not experiencing it the same. From all I read it is expected to continue. The presence of a shortage may seem like a good thing when you are job hunting but it is not such a good

thing when you have gone into a position. With limited resources the pressure on each nurse is higher. The need to know how to use critical thinking and resources independently to problem solve is essential. Each nurse must have accurate knowledge of protocols and scope of practice to maintain high standards and safe care. Our patients have never needed the advocacy of a nurse more than they do now in today's complex healthcare environment. So my message to you at this time is this: your future in nursing

holds great promise and great responsibility. Your nursing faculty are experts in helping students develop into competent beginning nurses. Trust them, talk to them and work with them. Do not be fearful of the future as our graduates have faced it with success for decades. But do work hard, for as a nurse you will make decisions that will impact the lives of vulnerable people and you want those decisions to be based on sound rationale as well as compassion and caring. Have a great quarter!

Letters to The Pulse

To whom it may concern:

I am concerned over your obsession with suppositories. Why haven't you gotten the professional help you so clearly and desperately are in need of?

Dear Reader,

Thank you for your touching letter. It was our intention to approach the topic in an open, honest and mature fashion. But, who are we kidding?



THE PULSE would like to thank Scott Moran, our editor-in-chief for the last two years, for his fearless leadership and countless contributions, including hours of research into evidence-based practice as reported in the occasional "Nursing Tips." We are better for all the knowledge he has shared with us and we wish him the best in his future career.