

PULSE the

Shoreline Community College
Association of Nursing Students
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Welcome Back Shoreline Nursing Students!

by Bette Perman, Nursing Program Director

Fall 2006 promises to be an exciting quarter as we welcome new and former faculty into new roles and teams. I would like to introduce to you the new and continuing faculty on the nursing teams this year.

First Quarter: The first quarter team will continue to be led by Sharon Stewart and include Pat Olsen, Anna Shanks and Barbara Van-Druff. Barbara may be new to some students but is an experienced long-term faculty member at SCC. We are so

happy to have her this year on the first quarter team.

Second Quarter: Sue Christensen is the lead instructor for second quarter working with a new team. The second full-time member will be Lynn VonSchlieder, who, after several years of part-time teaching on the third quarter team, has moved into a full time tenure-track position. Completing the second quarter team is Karen Paulson. She will teach the clinical section at Northwest Hospital where she has worked as a staff

nurse and charge nurse for many years.

Third Quarter: Irene Riddell continues as the lead instructor on the third quarter team with continuing part-time faculty Patty Kajlich and Lori Stephens. New on the third quarter team teaching in the classroom (N150) is Phyllis Meier, who most recently has been an oncology nurse at Virginia Mason and Bailey Bouche.

Fourth Quarter: Anna Shanks continues as the lead instructor for Psych (N232) with part time clinical faculty Noel Howes and Huda Pirez. Continuing in the med-surg course (N232, N233) but in a new full-time tenure track role is Chris Berntsen. Chris will be the lead instructor for the med-surg portion of fourth quarter teaching a clinical section at Swedish First Hill is Patricia Cleary. Patricia most recently was employed as a nurse practitioner in the emergency department at the University of Washington Medical Center. Continuing as an instructor on the 4th quarter team at Virginia Mason Medical Center is Diane La-Freniere.

Fifth Quarter: Hermien Watkins will lead the fifth quarter team this year in both the OB and Health promotion courses. Our lead OB faculty

member Linda Barnes is on a one year sabbatical this year. Replacing her in the classroom and new to Shoreline is LeaAnn Miyagawa, an experienced nurse and child birth educator in many Seattle settings. LeaAnn will teach in the classroom in N240 and N242 with Hermien. Continuing part-time faculty in 5th quarter includes Cathy Santi and Genn Hugg-Newton. Debbie Johnson, who taught last year on the first quarter team, will be teaching an OB clinical at Stevens Hospital where she has worked in the past.

Sixth quarter: I (Bette Perman) will continue teaching the two theory courses for sixth quarter. Joining me in sixth quarter and serving as lead instructor is Georgia Pierce, who will teach both theory and clinical courses. Returning to SCC after a short absence is Dana Bush, who will teach two med-surg sections at Swedish First Hill. Lead instructor for the management clinical course is Hermien Watkins, who will teach two clinical sections.

Health Occupations Dean and Office Staff: You will notice the arrangement of desks in the front office has changed.

(continued on page 2)

Marching with the Band—Introducing: Chris Berntsen!

Okay, Chris won't be new for those of you lucky enough to have had clinical with her at University of Washington Medical Center, Ballard Swedish, or Northwest Hospital in past quarters. What is new is that she is now a full-time tenure-track faculty member at Shoreline, so we thought we would take this opportunity to offer congratulations and to get

acquainted.

A Wisconsin native with two grown kids, Chris went into nursing at the suggestion of the RA at her dorm (clearly an insightful person), and graduated from Marquette University in Milwaukee with a BSN.

Once in the Seattle area, Chris worked in home care for 19 years, mostly in the Rainier

Valley, Central District and Capitol Hill areas. She loved the autonomy and independence that comes with home care, as well as the challenge to be resourceful without a fully stocked supply cabinet at your disposal (egg carton medisets anyone?). She also appreciated "seeing the strength of people in home situations, how they make do." In addition to her

current responsibilities at Shoreline (including 4th quarter clinical at UWMC this fall), Chris still squeezes in a few hours in the telemetry unit at Swedish Providence.

Chris's goals as a teacher include giving students "a dose of reality" while they are in school.

(continued on page 4)

The Story Behind the Painting of Horace

By Simi Gill, Second Quarter

We met Mary Larsen, and heard her story for the first time, during a Brown Bag event in our first quarter of Nursing School. Mary is a registered nurse who works for the Homeless Clinic in Seattle, and paints beautiful portraits of her patients to raise supplies for the clinic. The opportunity to make a difference in the community, and proudly hang a Mary Larsen painting in our nursing building, was irresistible, and we organized a committee to lead the fundraiser to purchase a painting.

A few days into the fundraiser, I realized that we were not collecting as fast as I anticipated, and people were losing the enthusiasm that Mary had inspired within us. In hopes to re-motivate, I bought 1300 pairs of socks, and it somehow worked. We walked around the building explaining to people what we were raising money for and why. The money we collected to pay back for the socks was incredible, to say the least! I was shocked by the response we were getting! One teacher was quoted as saying that "this good energy and enthusiasm is contagious and it's spreading like wildfire," and it surged throughout the Shoreline Nursing Department. I can honestly say that there was not one person in our building who was not touched by it. It brought us closer, made us work together, and for a lot of us it brought the realization that we can make a positive impact in our community. We will be nurses, and we can make a difference

Mary chose the painting of 'Horace' for us, saying that it was created with the background of 'Wheaties: the breakfast of champions.' Horace, the model for the painting, was thrilled when he found out how much his painting had raised – 1300 pairs of socks and \$450 for underwear and other supplies. It took four of us, one large SUV, and several trips from the car to the clinic to get all the supplies in, and with every box, Mary's face lit up more and more. The moment of bringing the painting to our nursing building was priceless. I saw that same 'lit up' expression in the faces of everyone at Shoreline who saw the painting, as I had seen on Mary's face. It really IS contagious!

I was touched and honored to have been involved with the 'Homeless Shelter Fundraiser,' and feel blessed to be a part of this program, and the field of nursing.

Editor's Note: The painting of Horace is temporarily on loan to the Dental Program.



Horace would like everyone to know that he is a survivor

Welcome Back - Continued from page 1...

Pam Doyon remains as our Nursing Program secretary; Judy Proffitt is the Health Occupations division secretary; and Lisa Hickey is the Health Occupations lead secretary. We continue to benefit from the leadership of our Health Occupations and Physical Education Dean, Gillian Lewis.

Growth creates change and change creates new approaches and new systems. New systems take time to refine and "get the bugs out." I can assure you that our faculty teams are 100% composed of qualified, experienced and skilled nurses and nurse educators. Our systems are still getting established and will continue to be refined, but our nursing expertise is in place and we are ready to start this quarter!

Our nursing curriculum is undergoing change....

Starting this fall we are making some changes in how we teach the medical-surgical content in our nursing program. In past years we have taught the medical surgical content by systems, one-by-one. We observed that for the third quarter student understanding all of the complexities of pathophysiology for a total system at that early point of their learning created a steep learning challenge. The Nursing Curriculum Committee formulated a plan which will begin this fall and includes dividing the larger systems (cardiovascular, respiratory, renal and neuro) into 2 parts which will be taught in separate quarters. This change will allow students to increase their clinical experience and understanding before being asked to learn the more complex portions of the medical-surgical pathophysiology and nursing interventions. The current third quarter class and classes that follow will receive the revised curriculum.

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Need to get Full-Text Articles? Here's How

By Elena Bianco, SCC Librarian

So, you need to write a paper, accessing at least three scholarly journal articles from nursing publications. You go to Google, type in your topic and “nursing journals” and come up with lots of hits. You click on one. You can get the title and a nice summary, but then there's a catch: if you want the whole article you have to pay. Welcome to web reality: the good stuff doesn't come for free.

But, before you spend half of next quarter's book budget on one of these articles or decide to change your topic, check out the journal databases accessible through the SCC Library's home page (www.shoreline.edu/library and go to the Choose Database drop-down list). There are TWO FULL-TEXT databases that are useful for nursing students and which are FREE to you:

1. EBSCOhost Academic Elite and CINAHL (Cumulative Index to Nursing and Allied Health) get you full-text and abstracts for more than 1,000 health-related journals, many of them nursing related.
2. ProQuest: This one has fewer scholarly articles, but you'll get access to more than 3,600 magazines, newspapers and journals for a variety of topics, including health.

The library pays an annual fee for these subscription services. Free student access to them is one of the things your tuition pays for. To access them from home, just get a Shoreline email account (go to mail.shoreline.edu/register to get that email account set up) and use your login and password. Download, print or email the full text of the articles.

If you can't find the full text of articles in these databases, SCC nursing students are able to order five article reprints per quarter for free through Medline's Loansome Doc document delivery service. Medline is a free journal database of the National Library of Medicine and it provides a list of articles and their abstracts. Once you order an article reprint from Medline using Loansome Doc, it will be sent to you here at the SCC Library.

To order an article reprint through this service, just go to the library home page and in the Choose Database drop-down list choose Medline. Type in your search (I suggest typing in the title of an article that was unavailable full text in Ebsco or ProQuest). When you get to the article record, choose the “Send to Order” option which you will see at the top and at the bottom of the record. At that point, you will be asked for a Loansome Doc account name and password. If you don't have one yet, you can sign up for a Loansome Doc account.

To sign up:

- Enter the library identifier for Shoreline Community College, which is WAUHMN.
- Agree to the terms of service.
- Enter the contact information for yourself and method of delivery (make sure to choose “pick up”), choose a password, and verify the information.

Once you place the order, it is sent electronically to our library staff, we check to make sure the articles can't be found in our library or our subscription databases (if they are, we notify you), and then the request will get routed to the national network of Loansome Doc libraries. When your order arrives, we'll call you to pick up the article reprint at the Library Circulation Desk. Articles cannot be emailed or faxed.

Usually, the articles take one to two weeks to arrive, but sometimes it can take longer, so PLEASE PLAN AHEAD. If you need to order more than five documents in a quarter, the cost of the 6th and subsequent articles is \$10 per article. Because many libraries can charge SCC fees of up to \$20 per article, this is how we can recover some of our costs.

As always, if you have any questions, our reference librarians are available and happy to help. Give us a call at (206) 546-6939 during our open hours for assistance with any of your information needs.

Editor's Note: AJN subscribers can now access full-text AJN articles at ajnonline.com at no extra charge.



SCCANS Calendar

- October 9, 12:30 p.m. **Brown Bag**—Room 2308
October 11, 7:15 a.m. **SCCANS Welcome Breakfast for First Quarter Class**—Room 2305
October 16, 12:30 p.m. **SCCANS Meeting**—Room 2316
October 30, 12:30 p.m. **Brown Bag**—Room 2308
November 13, 12:30 p.m. **SCCANS Meeting**—Room 2316
November 27, 12:30 p.m. **Brown Bag**—Room 2308
December 4, 12:30 p.m. **SCCANS Meeting**—Room 2316
December 13, 4 to 6 p.m. **Shoreline Nursing Graduation**—Little Theater

The Pulse is brought to you by SCCANS, the Shoreline Community College Association of Nursing Students. SCCANS is a student-led organization by and for past, current and future nursing students at Shoreline Community College. To submit articles or ideas for future Pulse editions, contact Mara Dyczewski at MDYCZEWSKI@shoreline.edu.



Healing Touch in Healthcare: A Brief Overview

By Jacob Tomco, Sixth Quarter

I work at Children's Hospital as a Nurse Tech on the Hematology/Oncology floor. In the latter half of April, I was fortunate enough to participate in a Healing Touch for Healthcare Professionals workshop at Children's. The workshop was designed for healthcare professionals who want to learn more about and practice Healing Touch in the healthcare environment. Participants also received 15 CEU's in the process.

Healing Touch is a type of "energetic therapy" that has its foundation in the nursing profession. It was developed by Janet Mengten, RN, BSN, in the early 1980's. Participating in Healing Touch training has been recognized as a means for nurses to get credentialed CEU's through the American Holistic Nurse Association (AHNA) since 1990. Both Healing Touch and Therapeutic Touch (another type of "energy-based" intervention) are taught in over 70 nursing schools in the U.S.

The goal of Healing Touch is to restore overall harmony and balance to the patient's energy field, thereby placing them in a position to self-heal more effectively. Healing Touch may incorporate very gentle touch to the patient's body or may not involve any physical contact at all. All steps in the nursing process are utilized. Initially, there is an assessment of

the patient's energetic field, noting any imbalances or areas of congestion. Next, a NANDA diagnosis such as Energy Field Disturbance may be made if applicable or appropriate. An energetic intervention is planned and implemented. It typically lasts from 10 to 30 minutes in the hospital setting. The final step is an evaluation of the patient's energetic field and response to treatment.

There are several clinical studies that demonstrate the efficacy of both Healing Touch and Therapeutic Touch. Indications for the use of Healing Touch may be to facilitate wound healing, prevent illness, reduce stress and anxiety, reduce pain and headache, and support the dying process.

Personally, I find practicing Healing Touch an extremely rewarding experience. Children's Hospital is one of the few hospitals in the country that has a policy and procedure in place so those people trained in the techniques presented in the Level 1 Healing Touch class can practice on patients in the hospital. Being part of the community of healthcare professionals that are able to offer their patients this type of effective non-pharmacologic nursing intervention is a great experience, and one I recommend to all nursing students. For more information, check out www.healingtouch.net, or chat with me in the halls.

Funds Available for Professional Development

I know what you are thinking, who has time to take some *extra* class when there's so much *regular* class to go around. But it's never too soon to start thinking like a nurse, which means being proactive when it comes to meeting your learning goals.

Local hospitals, KCNA, WSNA and other organizations sponsor events and classes that offer great learning opportunities, and that qualify for full or partial reimbursement. (The amount of reimbursement depends on the cost of the program, the number of student requests, and funds available.)

For a sample of classes and guidelines for how to get reimbursed, go to the SCCANS website at www.shoreline.edu/sccansweb.

These funds are available on a "use it or lose it" basis, so don't be shy.

Introducing Chris Berntsen, cont...

She encourages students to go beyond physical aspects of care by understanding what economic or social issues may affect a patient. She wants students to understand that patient care is truly a team effort, and students need to recognize when a social worker, counselor, physician or other staff person needs to be brought in. Also, because of their regular contact with patients, nurses are often in the best position to advocate for a patient, and nursing students should not be afraid to do so.

When I asked Chris about the rewards of nursing she immediately thought of something she had read in the book *Nursing Reflections, A Century of Caring*, that captured how she felt. Paraphrasing from memory, she said, "Nursing is a profession where, if it can become an extension of your own personality and you are comfortable, you can do big things. You are privileged to be at the bedside, to be there when patients are making difficult choices. Patients can exhibit great strength. You get to be there at the joyous moments, when end of life decisions are made, when people become well."

"I really do think it's a calling," she added. Nurses don't really need to worry about being "do-gooders" in their personal lives when their professional lives required them to be activists at the bedside. Chris hopes that students enjoy the human interaction of nursing, find commonality with their patients (sometimes you

might have to dig for it but it's there), and be open to learning life lessons from their patients.

And finally I had to ask, what do you do for fun? Turns out Chris's idea of fun is travel, which has taken her to places as diverse as Eastern Europe, Romania, Syria, and China. One of these trips was designed to follow the story of her family's origins. Turns out all of this globetrotting has given her an appreciation for how hard ESL students must work at things the rest of us take for

granted, and in fact she did a project in her masters program on teaching this group of students. ESL students take heart, Chris is on your side!

Chris is also enthusiastic about playing flute in the SCC Marching Band, so if you missed her in the



Celebrate Shoreline Parade this summer you can catch her performing as part of the SCC Band concert this December.