

Greetings from our new Nursing Program Director

By Georgia Pierce, RN, MN, CNE

Nursing is a wonderful profession that has provided me with many challenges, opportunities for growth, and varied experiences. Some people go through life with a master plan, but I am not one of those. My motto I guess would be *Carpe diem* (seize the day).

Last year was the first time that I envisioned myself as the Director of the Nursing Program. It was never identified as a goal in my professional development, rather an opportunity that presented itself and I said “well sure.” That form of career planning has been consistent throughout my career as a nurse. I don’t recommend it for everyone but it has worked for me.

I don’t remember making a conscious choice to be a nurse. It just seemed to be an assumption from early on. I graduated from the University of Virginia in 1979. I would never have been able to articulate why the University of Virginia at the time, but it was a good choice. After graduating I took my first position working at the University of Virginia Medical Center. (No real planning. The job was there and I was there.) I was very happy, but something told me that I should go and see nursing somewhere else. Since I had no real preference of where to go, I decided someone could send me some-

where. The military sends people places! I chose the Navy based on duty stations and uniforms. Not much more planning than that. They moved me to the other side of the state.

I was a Navy Nurse for a little over seven years. During that time I migrated to critical care, after starting out on orthopedics. It still humors me that I told my ICU nursing instructor at UVA that I was “never going to work ICU.” (Planning gone awry!) I worked with wonderful people, and developed many skills, not the least of which was time management. At some point I decided that I wanted to do something else but I wasn’t sure what. I left the military and took a job working Trauma ICU while I decided what I wanted to do “when I grew up

This is the closest I ever got to career planning. I made a list of the things that I liked about my job (caring for patients) and the things that I was not so fond of (managing people) and looked for a job that would minimize the second list and maximize the first list. My answer was being a traveling nurse. When I unloaded a Ryder truck into my parents’ basement I was certain of only one thing – I had not grown up yet.

I was a traveling nurse for almost four years. I have practiced in critical care

areas in CT, VA, MD, Wash DC, SC, FL, TX, WY, CA, and WA. Traveling nursing permitted me to recharge my battery and to see much of the country. After I had seen most of what I wanted to and longed for a place to live permanently, I did actually become a “grown up.”

I moved to Washington permanently in 1991 and took a job on 5E (critical care) at the University of Washington Medical Center. That still wasn’t entirely planned. I planned to take a job at the Veterans Administration, but their process is so slow and I can only stand not to work for so long. I worked night shift (my choice) at UWMC until 2002.

Toward the end of my employment at UW I was again feeling like I needed new challenges. I obtained a couple of Paralegal certificates from Edmonds Community College and currently practice in a very part-time fashion as a Legal Nurse Consultant. I started attending graduate school with a plan of focusing on quality improvement and risk management. I also decided that I would try teaching and taught an anatomy and physiology course, because the opportunity presented itself.

My career at the bedside was cut short by a knee that quit on me. I needed a job that I could do with one and one half legs and there was a full-time teaching position available, so I accepted the position. (Opportunity, not planning!) I revised my Master’s program which was focused on Care System Management at the time to include nursing education courses.

I came to Shoreline in 2004 (I sought that out – some actual planning) and taught in the second quarter. I challenged myself to obtain the CNE (Certified Nurse Educator) credential in 2006. I assumed the Director role this past summer. I am on a steep learning curve, much like a first quarter student.

Looking back on my career, I do not regret any of the choices that I made and am very glad that I did not shy away from new challenges. Nursing presents a wealth of opportunities and I encourage each of you to fully explore opportunities that present themselves during your career and not to miss opportunities because they aren’t in your “plan.” *Carpe diem!*

I invite any of you who may have questions about surviving night shift, military nursing, traveling nursing, continuing your education, or quilting (my other passion) to stop by and visit.

Dr. Darrell Owens joins SCC Nursing

Dr. Darrell Owens has been giving the palliative care lecture to second quarter students for the past four years. This fall he officially joined the faculty as a part-time instructor, teaching third quarter students. Dr. Owens is an internationally known speaker and author who is the director and founder of the Palliative Care Service at Harborview Medical Center where he is a full time Clinical Assistant Professor for the University of Washington School of Nursing, Medicine, and Pharmacy. In addition to his clinical and teaching responsibilities, Dr. Owens chairs the Palliative Care Workgroup for the Seattle King County Healthcare Coalition, where he is currently developing the palliative care component of the County's disaster plan, including pandemic flu.

Dr. Owens holds a Bachelor of Science in Nursing from Emory University, a Master of Science in Health Services Administration, a Master of Science in Nursing, a postmaster's certification as an adult and geriatric nurse practitioner, a Doctor of Philosophy in Health Administration, and is a post-doctoral graduate of the Harvard Medical School Center for Palliative Care Faculty Scholar Program. He is a board certified adult health and palliative care nurse

practitioner, and has recently completed a four year term on the board of directors for the Hospice and Palliative Nurses Association. He is the Associate Editor for the *Journal of Hospice and Palliative Nursing* where he authors the evidence-based practice section. Other recent publications include his book, *Compendium of Treatment of End Stage Non-Cancer Diagnoses – Hepatic Failure*, available through Kendall-Hunt Publishing. In June 2006, Dr. Owens represented the United States at the International Nursing Conference on Palliative Care in Shanghai, China where he spoke on recognizing and understanding suffering.

On a more personal note, Dr. Owens was born and raised in Florida, where after receiving his GED (he quit high school at age 16 due to boredom), he joined the Navy at age 17, and spent four years as a Hospital Corpsman in Charleston, SC. As a new graduate nurse, he worked in the Emergency Department, and after one year became a traveling nurse working in Austin, Texas and Oakland, CA. He currently lives in the Wedgwood neighborhood of Seattle with his partner, a Bothell Police Officer, and their 5 year-old son Kendall.

What's New at the Library?

By Owen Rogers

Technical services and Web Librarian

At the beginning of the 2007-08 fall quarter, the SCC Library put a new face on its virtual presence on campus by launching a redesigned website (found at www.shoreline.edu/library). The new site aims to provide students, faculty, and staff with easier access to greater quantities of information.

In addition to making more information about the library and its services available online, the new site makes it easier for students and faculty to conduct their research through the addition of new databases, a more intuitive navigation scheme, and new search tools.

Of particular interest to SCC's nursing students is the addition of a new health sciences database, CINAHL with Full Text. The library previously subscribed to "plain-Jane" CINAHL, which provided access to citations for health sciences articles (access to the text of some of which were accessible through other databases), but CINAHL with Full Text provides our students with access to thousands more articles from scholarly, peer-reviewed journals in the areas of Nursing and Allied Health. You can find this database and many other resources of use to nursing students on the Library's subject page for nursing found here: www.shoreline.edu/library/findinfo/resourcesbysubject.aspx

Caring Wins "Cool" Prize By Irene Riddell



In appreciation of the caregivers she works with, Marcia Cote, Shoreline Graduate March '06, entered "Dryers' Coolest Workplace" national essay contest. Marcia works as Evening Charge Nurse on 3-West, Neuro/Epilepsy Unit, at Harborview Medical Center.

She has only the nicest comments for her peers' dedication and caring attitude towards the patients as well as each other. The essay addressed why her peers were the "coolest," and Marcia won first prize, \$1800 in Dryers' ice cream products. So for the months of October and November, Dryers is keeping the freezer on 3-West full of "DIBS." Nursing students and staff have been reaping the benefits of Marcia's cool literary talents and gaining some pre-holiday weight. Thank you Marcia.

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SCCANS Officers

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Welcome Pru Arnquist!

Pru Arnquist has joined Shoreline's Nursing Department teaching clinical for the first quarter nursing fundamentals course. Pru has been an RN for 28 years working in various roles and currently also works at Children's Hospital as the Director of Corporate Compliance. Prior to teaching at Shoreline, Pru was a part time lecturer for the Nursing Program at the University of Washington, Bothell and has also taught classes through her role at Children's. She loves nursing and is very passionate about teaching for Shoreline because of the nursing program's excellent reputation in the community. Pru is married, has 3 grown daughters, 6 grandchildren (with a new grandchild due in 2008) and a 15 year old cat named Mrs. Bean. Pru also enjoys traveling, watching movies, and playing guitar with her family and friends.

SCHOLARSHIPS!

News from the FNSNA:

If you are in need of financial assistance to support your education, then we've got great news for you! Scholarship applications are now available for both undergraduate nursing students and for registered nurses wishing to pursue a career in nursing education. These funds were raised at the "J&J Promise of Nursing for Washington" gala held March 29, 2006 in Seattle. Undergraduate Nursing Students: Awards range from \$1,000 to \$5,000. Completed applications must be received by Friday, January 11, 2008. Students are strongly encouraged to apply early! Awardees will be notified in March 2008. Only awardees will be notified. Additionally, scholarship sponsors and recipients will be recognized at the National Student Nurses' Association (NSNA) Annual Convention in Grapevine, Texas. Graduate Nursing Education Students: Applicants must document their commitment to the nurse educator role. Awards range from \$1,000 to \$7,500. Completed applications must be received by Friday, March 7, 2008. Awardees will be notified in May. To obtain further information about either one of these scholarship programs or to download an application please visit <http://www.nсна.org> - click on Foundation/Scholarships or call the FNSNA at (718) 210-0705.

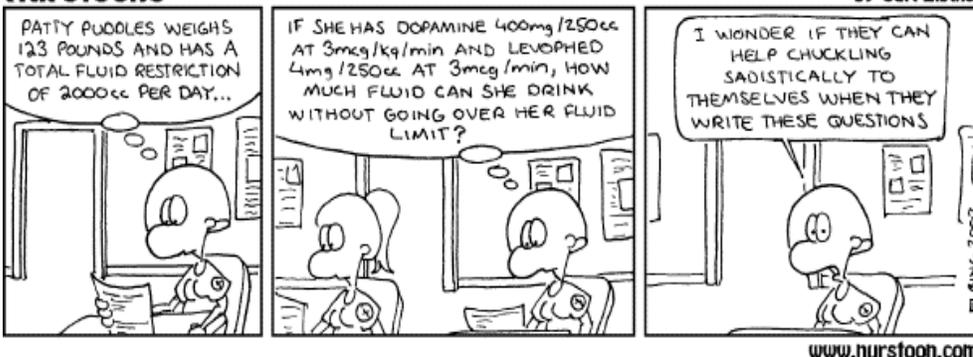
The Death with Dignity Act By Cary Anderson

On Saturday October 13, 2007 former Governor of Oregon Barbara Roberts spoke at the Compassion and Choices of Washington annual meeting. The Governor is the author of the book "Death without Denial; Grief without Apology" which chronicles her experience with losing her husband to a debilitating illness. She and her husband personally championed for the Oregon Death with Dignity Act which unfortunately was not passed before her husband died. Advocates for the Washington State Death with Dignity initiative explain that to qualify a patient would have to meet some strict guidelines. It is for those with less than 6 months to live, who are over 18 and who are mentally capable of making and communicating their own health care decisions. Their diagnosis and these conditions would also need to be validated by 2 physicians.

The law would allow for those who meet these requirements to receive medications from their physician, to be taken by mouth, for them to take if and when they make the decision to end their life. This is not a physician assisted suicide bill. No one other than the patient may administer the medication.

For those interested in more information about this subject please visit www.candcofwa.org or www.itsmydecision.org. Governor Roberts' book is available at all major book sellers.

Nurstoons



1887 Nursing Job Description

In addition to caring for your 50 patients, each bedside nurse will follow these regulations:

1. Daily sweep and mop the floors of your ward, dust the patient's furniture, and window sills.
2. Maintain an even temperature in your ward by bringing in a scuttle of coal for the day's business.
3. Light is important to observe the patient's condition. Therefore, each day fill kerosene lamps, clean chimneys, and trim wicks.
4. The nurse's notes are important in aiding your physician's work. Make your pens carefully, you may whittle nibs to your individual taste.
5. Each nurse on day duty will report every day at 7 a.m. and leave at 8 p.m., except on the Sabbath on which day she will be off from 12 noon to 2 p.m.
6. Graduate nurses in good standing with the director of nurses will be given an evening off each week for courting purposes, or two evenings a week if you go regularly to church.
7. Each nurse should lay aside from each pay day a goodly sum of her earnings for her benefits during her declining years, so that she will not become a burden. For example, if you earn \$30 a month you should set aside \$15.
8. Any nurse who smokes, uses liquor in any form, gets her hair done at a beauty shop or frequents dance halls will give the director of nurses good reason to suspect her worth, intentions, and integrity.
9. The nurse who performs her labors, serves her patients and doctors faithfully and without fault for a period of five years will be given an increase by the hospital administration of five cents per day.

ANNOUNCEMENTS FROM SCCANS

From Simi Gill, SCCANS' Co-President

It's been a busy quarter and we wanted to give everyone a little update on what's been happening with SCCANS:

OUTBACK: The Outback Fundraiser, which took place on October 21, 2007, was a huge success! SCCANS' net collections were \$3,948. We would really like to thank everyone for all your participation, and hard work!

SUPPLEMENTAL BUDGET: Club funding from the college has decreased, and we now have to apply for additional money that we will need. We created a proposal for the supplemental budget for Winter '08. The process involves a written proposal, and a presentation of that proposal, that needs to be done every quarter, for the subsequent quarter. We have applied for \$950 for the upcoming quarter, and will keep you all updated on the amount we receive.

HOLIDAY FAMILY DRIVE: We are currently collecting funds for families in need, during this 2007 Holiday season. Collection bins should be floating around your classrooms. The collection will be held until 12/7/07. Thanks for your generosity!

ELECTIONS: On 11/26/07, there will be a SCCANS meeting, at 12:30pm, in Rm. 2316. During this meeting we will be determining new SCCANS officers for the next quarter. Current open officer positions will include: 2 Co-Presidents, and 2 Co-Vice Presidents. Current non-officer positions will include: 2 Advisory Committee positions, 1 Brown Bag Coordinator, 1 Graduation Coordinator. All nursing students are SCCANS members, and are therefore eligible to run for any of these positions.

GRADUATION: Graduation will be on Monday, December 10, 2007, at 4:00pm, in the Little Theater. It is encouraged that all students attend. It is a very touching, and inspiring ceremony! Volunteers are welcome. Please talk to your SCCANS representatives if you would like to volunteer, or have any questions.

Fall/Winter Quarter Calendar of Events

November 22 & 23 – Thanksgiving Holiday, No School
November 26 – SCCANS Meeting, 12:30 pm, room 2316
November 28 – Registration Meeting For Incoming Students
December 3 – SCCANS Graduation Mtg, 12:30 pm, room 2316
December 2-8 – National Handwashing Awareness Week
December 10 - Fall Quarter Graduation, 4-6 pm
January 7 – Winter Quarter Begins
January 7 – SCCANS Meeting, 12:30 pm, room 2316
February 4 - WSNA Nurse Legislative Day - Olympia, WA
February 11 – SCCANS Meeting, 12:30 pm, room 2316
March 17 – Last Day of Winter Quarter
Watch for Job Fair information coming soon!

A big THANK YOU goes out to Whidbey Coffee, Starbucks, the SCC bookstore, and Acorn Uniforms. Their generous donations helped make the 1st quarter welcome luncheon a great success!

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In an attempt to ease the research process, the Library has contracted with Seattle-based Serials Solutions for their 360 Search "federated" search engine. Federated search makes finding information substantially easier and quicker. Here's how:

In the past, if a searcher was looking for information on a topic, she might have to search in several different environments: the library catalog for books, DVDs, and CDs; a newspaper database like ProQuest Newspapers for articles from daily papers such as the New York Times; and multiple research databases such as JSTOR, CINAHL, and the Gale Science Resource Center for magazine and journal articles. No two interfaces are exactly the same, so users would have to familiarize themselves with a new tool each time they moved from one search environment to the next. All in all, search was a very time-consuming task.

Federated search provides for a One Stop Information Shopping experience. One tool will take a user's search terms and conduct their search across most of the library's research databases and the library catalog. Results from all of these tools are then presented to the user in a single, intuitive interface, making the quest for information a much easier and less time-consuming process. SCC Library has tentatively branded this tool OSIS (One Stop Information Shop), though we're welcoming suggestions from the SCC community for a new name and image. Drop Owen Rogers, Technical Services and Web Librarian (and HOPE Division liaison), a line with your suggestions for a name for the new search tool or with any ideas you might have for making the library website even better (orogers@shoreline.edu).

Increase Your Nursing Knowledge (and earn extra credit) with Brown Bags

Brown Bag lunch series is an informal hour long session which highlights a facet of healthcare or related topics. These sessions are meant to enhance our learning through presentation of real life/professional perspectives as a supplement to regular theory classes. Brown bags are held in lecture hall 2308 on selected Mondays each quarter from 1230-1320. Extra credit points can be given by instructors for participation and are decided by individual instructors who choose how/if extra credit points will be awarded for brown bag attendance in their quarter. Brown bag topics vary to illuminate the wide range of fields in which nurses participate in healthcare.

All of the topics presented are in areas students want to know more about and either suggest a brown bag to highlight it or encounter a person in the community whom they feel would be a good speaker. If you meet someone at work, at clinical or in a related field you want to know more about and think they would bring perspective to our program, please get some contact information and pass it along to the brown bag coordinators: Aron Ruderman- aruderma@shoreline.edu and Margaret O'Malley- momalley@shoreline.edu.

Your quarterly newsletter "The Pulse" is always looking for submissions. If you have any ideas for the newsletter or articles you would like to submit please send correspondence to thepulseatcc@gmail.com.