

PULSE the

Shoreline Community College
Association of Nursing Students
SPRING 2012 • VOL 10 • ISSUE 1

Congratulations to our spring grads!

All nursing program students are invited to attend the 6th quarter graduation ceremony:



**Thursday, June 14, 2012 – 4:00 p.m.
in the Little Theatre**

Join in this great celebration, and see what we can look forward to after all the hard work!

In this issue ...

SCCANS events—spring and summer
Faculty & alumni profiles
SCCANS web links & contacts

Celebration highlights student & alumni accomplishments



Lynn Von Schlieder, Pat Slusser (mother of Tammi O'Brien Shanks) and Mi Yeong Kim, 2012 recipient of the Tammi O'Brien Shanks nursing scholarship. See page 6 for a list of all scholarships and recipients.

Nurses appreciate a good celebration, and it was a full house on May 8, as students, faculty, alumni and supporters gathered for the annual Nurses Day event. Part of National Nurses Week, Nurses Day honors one of our favorite nurses, Florence Nightingale, and the profession of nursing. This year's theme was "Nurses: Advocating, Leading, Caring."

SCCANS vice presidents Yazan Kader and Alia Westlund emceed the event, which featured a keynote speech by Shoreline nursing alumna Tove Skaufon. After graduation, she gained a variety of experiences, which prepared her to serve in her current role as COO of "Yes You Can," a non-profit organization. Tove emphasized the value of her Shoreline nursing degree as she progressed in her career.

Program Director Lynn Von Schlieder and Professor Pat Olsen announced the recipients of the annual Shoreline Foundation nursing scholarships. A special surprise was the addition of five scholarships this year, made possible by the Society of 40 & 8.

Nursing program faculty were also recognized for their ongoing support of students and of the program.

Special thanks go to event sponsors Central Market of Shoreline and QFC of Richmond Beach, for the generous supply of refreshments!

Director brings experience, looks forward to continued program growth

Shoreline Nursing Program Director Lynn Von Schlieder has "always been teaching something." Before joining the SCC faculty, her nursing career included 18 years in the U.S. Air Force. Working in positions such as flight nurse, supervisor, and in med-surg and the ER, Lynn started teaching first aid classes, then CPR, and

eventually was leading inservice activities.

After retiring from the Air Force, she started at Shoreline in 1995 as a part-time faculty member. Continuing to teach, Lynn has instructed classes in quarters 2, 3, 4 and 6. This January, she started her current position as program director, while also teaching 3rd quarter.

While in the Air Force, she was offered a supervisory position in pediatrics. Initially hesitant because it wasn't her first interest, she eventually decided to take the job. "I shadowed the nurses, I asked them questions and I listened to what they said. I learned so much from them, and that's

See TEACH, page 6

SCCANS Events Calendar

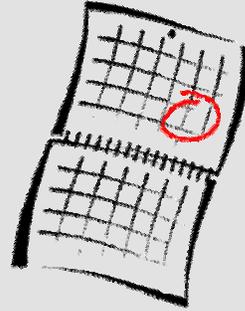
For the latest calendar updates and meeting locations, check classroom blackboards or the SCCANS website (www.shoreline.edu/sccansweb/calendar.html).

Vote for SCCANS President *Week of June 11*
Vote for the new president via ballot in class this week. See website and student email for details.

Final Day of the Food Drive *Monday, June 11*

Nursing Graduation Ceremony *Thursday, June 14, 2012 – 4:00 p.m. in the Little Theatre.* See you there!

SCCANS Summer BBQ *Date to be announced*
Keep an eye out for details! Planning is underway, and we hope to get everyone together early in the summer for a relaxed, fun event.



The friendly competition between cohorts is heating up— who can generate the most donations (measured by weight) and win the pizza party provided by SCCANS? Add the last bit to your cohort's collection box in the nursing building by June 11th to support this worthy cause! Check out www.northwestharvest.org for more details.

Need ideas? Consider bringing ... baby food - brown rice - canned fruit - canned meats - canned vegetables - cereal - chili - infant formula - macaroni and cheese - pasta - peanut butter - pork & beans - shelf-stable milk - soup items for seniors and those on restricted diets

The Pulse has a pulse again

... and the beat appears to be almost normal sinus rhythm! If you're wondering why you've never seen this nursing program newsletter, it's because it took a three-year hiatus. But it's back! What would you like to see in *The Pulse*? And what format would you like—PDF, web-based, etc.? We'd love to hear from you. Possible topics for the fall edition include:

- Nursing events around town
- Student profiles and perspectives
- Tips & tricks to share with other students
- Political activities/events that relate to healthcare or nurses
- News from recent SCC grads about what it's like to be a new nurse

Please contact Joanna Cerar at joannacerar@gmail.com with ideas or to get involved in writing or design. Also, many thanks to Carley McBride for her role in resuscitating *The Pulse*!!



What is SCCANS? It's the Shoreline Community College Association of Nursing Students. It is a student-led organization by and for past, current and future nursing students at Shoreline Community College in Shoreline, Washington. SCCANS is a chartered organization recognized by Shoreline Community College.

SCCANS Officers

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3rd Quarter:
Mary Ann Francis
Erika Sunmark

4th Quarter:
Carolyn Jones

5th Quarter:
Donna Benson
Jennifer Pinedo

6th Quarter:
Mica Toyota

7th Quarter (10-Quarter Program):
Heather D. Layton

Faculty Advisors

Anna Shanks
Sharon Stewart

Meet our faculty: Dennis Chang



Dennis Chang, one of our newest full-time faculty members, wrote an intro for one of his classes, that touches on most of the questions we would have asked. Here it is... enjoy!

I am always in awe of people who say that they “always knew that they wanted to be a nurse.” I don’t belong to this group. But I have always been surrounded by strong, talented, women in my life, and they have helped shape my

world vision, and helped define my core beliefs. Growing up, my parents instilled the value of education in me, and I took that to heart. I loved reading as a child and spent endless hours at the local library. Initially, I was enamored with reading the biographies of George Washington and Abraham Lincoln. Later, I gravitated to the Greek mythologies, and then to fantasy (I read and reread J.R.R. Tolkien’s Lord of the Rings countless times... completely enchanted by the complexity of his fictional world). Looking back, the common thread that I was searching for, I guess, was answering the ultimate question of “why we are here.”

My awesome biology teacher in my freshman year of high school launched me in my first career path – biological research. The first day of class, this teacher stood up and said, “Good morning class, my name is Gary Kupkowski. You can remember my last name by thinking about three things...” Then he proceeded to draw a picture of a “cup,” a “cow,” and a pair of “skis.” My class roared with laughter, and I never forgot my most favorite teacher’s name.

What made Gary great? He always treated students fairly. It didn’t matter to him whether you were an “A” student or a “C” student... what mattered to him was that you wanted to learn. The students’ curiosity was his source of strength that he used to create his teaching style. Gary also never had any presumptions about his students, and really cared. That earned him trust from his class, which then gave him latitude to try unorthodox approaches. I fell in love with biology because of Gary, and that experience formed my initial trajectory into research.

So why nursing? That’s the question my parents asked me, when I decided after a decade of research that I wanted to “switch gears,” so to speak, and go into nursing. But the question wasn’t asked as much to ascertain my motivation for going into nursing, but rather, as concern as to how others

would perceive my decision (don’t get me wrong... I have wonderful parents, and I fully appreciated their concerns). So any of you ever watch the movie, “Meet the Parents”? If you have, you’ll understand this reference. When I watched this movie with my mom (after I entered nursing school), she turned to me after the first thirty minutes, and said, “oh, oh, Dennis... you’ll never get a wife if you become a nurse!” (I proved her wrong... I have a wonderful wife!) Anyways, I digress.

I wanted to become a nurse, because to me, at the core, nursing is “humanism personified.” The very act of nursing is connecting with another human being – which after a decade of extracting DNA, quantifying RNA, growing tissue cultures, doing immunoassays, and not feeling at all connected with the rest of humanity with all these reductionalistic tasks, was what I needed. After I graduated from nursing school, I looked nationally for the best new grad residency program to start my nursing career, with an explicit goal of becoming an ICU nurse after one year. I ended up at Virginia Mason because it offered one of the most extensive residencies, and also because one of my best friends lived in Seattle, and he convinced me that I would love the outdoor adventures here (I do!).

During my time on my first unit, I cared for several patients who had advanced cancer and needed careful hemodynamic monitoring. As I worked with them, I noticed a different tapestry of care that I found fulfilling. For instance, one of my patients was a woman who had advanced lung cancer and wanted to go home for hospice. However, in order for her to be safely discharged from the hospital, she needed to be weaned down to a 6 liter/minute nasal cannula, but she had been ill, and in the hospital for so long, that she became psychologically dependent on her hospital trappings, which included a 60% venti-mask. After understanding her goal, and her history, I worked with the interdisciplinary team to minimize

unnecessary intrusions, so she could rest. I also asked her husband to consider bringing in her favorite music, to help her relax, and concurrently, I surreptitiously decreased her oxygen support, while monitoring her saturations, until we met her discharge goal. Weeks later, the medical social worker told me that my patient had made it home, and that she died in peace, surrounded by family. That was a transformational experience for me, caused me to shift gears again, into oncology nursing.

Besides all the tasks and such, there are two incredibly important things that nurses do for patients – education and advocacy. But in order to do either well, nurses have to master a wealth of knowledge and be able to translate that well. We hope that you will take that journey with us.

It didn't matter to him whether you were an "A" student or a "C" student... what mattered to him was that you wanted to learn.



Did you know ...? Nursing students are given FREE access to some resources on the American Nurses Association (ANA) website. There's NurseSpace - the social network with blogs, events, discussions, groups, directories, questions, etc. The Career Center has information about nursing jobs and ANA publications has the latest nursing news. There are also links to the Code of Ethics for Nurses. Email your name, school, and current year in school to students@ana.org and a promo code will be sent to you!

Farewell to two faculty members leaving Shoreline this spring

Among many memorable nursing school experiences, my cohort's first year included classes with Pat in the fall and with Lori in the spring. What a year! Leaving Shoreline isn't an easy decision for either one. Like many students, I feel lucky to have learned with them. Best wishes to you both. - Joanna Cerar, 3rd quarter



Pat Olsen

For many of us, Pat Olsen helped ease our transition into nursing school. Whether offering encouragement in the hallways, getting animated in class, or breaking out her laugh (you know the one), Pat embodied a passion for nursing.

Now she's headed back to community-based care, her "first love" — returning to Evergreen Health in Kirkland, where she worked before her seven years with Shoreline's nursing faculty.

"It'll be me and my car and my music," she said. As a case manager, she'll work with homebound clients, helping them live well with chronic conditions. Pat looks forward to the broad mix of people — including clients fresh from post-op, those doing rehab or ortho, and some approaching the end of life.

She explained, "I hope to be a model for students: Do what you love. There's a need for nursing to step up as a community healthcare model. Community care is it."

Yet it wasn't an easy choice to leave Shoreline. "Teaching has made me stronger, much stronger. I don't have any regrets." But she'll miss interacting with students, especially "laughing out loud" with them during class, or leading skills labs and clinical.

Asked what she hopes students have learned with her, Pat answered, "to hold a high standard in practice, and to do what they love. Nursing is big."

This isn't the last we'll see of Pat. She noted that her Shoreline connections can yield "lots of recruits" for her clinical practice. And she already has the graduation dates for all of the cohorts marked on her calendar.

Thanks, Pat! As many of us have said, you can be our nurse anytime.



Lori Stephens

Lori very recently made the tough choice to take a leave of absence to focus on her family and herself. Trying to be fully present as an instructor would be too much for now. "We have to be whole to take care of others," she explained.

"Before I go, I would like to offer the SCC students and faculty honorary memberships in my 3H Nursing Club,

which reminds members to focus on using their hearts, hands, and heads to deliver holistic nursing care," Lori said.

"I know I'm leaving everyone in good hands. I am proud to be associated with the Shoreline Nursing Program where the faculty are dedicated to the students' professional and academic growth, and where the students, who have wisely chosen to be a part of this respected and rigorous nursing program, are partners in earning a quality nursing education unsurpassed by other programs."

Lori's former students will likely remember her energy and enthusiasm—even as most of us were just waking up at 0730—as well as her appreciation of musical YouTube instructional clips. (Who can forget the cardiac song?) Most of all, her genuine emotion and high standards have always been clear.

Lori requests that we remember to ask ourselves "Who's the nurse?" and concludes, "My best to all of you, and Pat, you can be my nurse anytime, too!"

Thank you, Lori, for sharing the light of nursing with us. We will miss both you and Pat!



Flashback!

Check out the Shoreline nursing faculty (past and present) at last year's "Nurses Night Out" Nurses Day celebration. See more photos from SCCANS events on our Facebook page: www.facebook.com/sccans. Also stay connected through the SCCANS website: www.shoreline.edu/sccansweb.

Life after graduation - one alum's tale

Interview with Anne, SCC Nursing graduate, 2006

By Rebecca Houghton, 7th quarter (10-quarter program)

I met Anne for the first time almost three years ago. She was hired as a per-diem nurse on the unit in which I work. My initial impression was that of a seasoned nurse as she appeared confident in her clinical skills and had good rapport with patients. Curious, I asked her where she went to nursing school and how long she'd been working in inpatient psychiatry. As someone who was applying to nursing programs during that time, I was eager to find out all the information I needed to know about where to go. I was shocked when she told me that she had graduated from Shoreline Community College and that she had only four years of professional work experience, two of them in inpatient psychiatry.

Reflecting upon that conversation prompted me to interview her for the Pulse; I wanted to know more about her experience in nursing school as well as how she transitioned that knowledge into the nursing profession.

Q: What made you consider nursing as a career?

A: The idea of nursing made sense to me because I raised five kids and had done a lot of volunteer work for homeless people in the past, which gave me insight and perspective about the state of humanity. I had traveled to third-world countries where I saw extreme poverty and illness. In 1981 I volunteered for a month to work at Mother Teresa's hospital in Calcutta, feeding and comforting young children, and in 1988-89 I volunteered for two years to work at a home for disabled children in Jerusalem, Israel.

Q: What was your career/education prior to nursing?

A: I worked for 12 years in the travel industry with a wonderful ecotourism company. I had completed an AA degree in Management in Travel and Tourism and was the Program Director for trips to the Middle East and Africa and traveled once or twice a year to one of "my" destina-

tions. I studied at the University of Washington and got a BA in Near Eastern Languages and Civilizations and a minor degree in African Studies.

Q: What was life like for you during nursing school?

A: Hectic and stressful! I will say that nursing school was the hardest thing I ever did in my life. I was 51 years old when I started the program, and it was very difficult to keep up the pace. I often felt anxious about my ability to succeed and took advantage of the counseling offered at SCC, which I highly recommend to anyone who's struggling. By the time I got into the nursing program my four older kids were grown and out of the home. My youngest was 12 years old and still at home, so I was juggling her schedule and mine. We often did homework together at the dinner table in the evenings, and she learned how to be independent real quickly. I was still working part-time at the travel company and also participated minimally in extracurricular activities such as writing for a few articles for the Pulse.

Q: What advice do you have for current nursing students which will help them succeed in school?

A: Take care of yourself. Time management is essential. Make sure you're getting enough sleep, eating healthy foods, and giving yourself some down time or fun time occasionally. Plan time for studying, and if possible study with a group. That was very helpful for me even though it was hard to coordinate it because of my work and my daughter's needs. I made myself a time chart each quarter, designating the hours at school, clinicals, work, family time, and homework time. It helped me to have a visual schedule and plan. Make sure to maintain contact with the most important people in your life, and let them help you in any way they can. Don't try to maintain too wide a circle of friends, though... you really need lots of time for studying to succeed in this program.

Q: Why did you choose psychiatric nursing?

A: I had worked as a nurse tech at UWMC in the psychiatric unit during the last year

of my nursing school. I felt comfortable in this setting, and when I did my psych clinicals at Navos my teacher thought I was a "natural" at it. I think my life experience had prepared me for this kind of work. I now work as a per-diem nurse on all four inpatient psych units at UWMC and Harborview. I love the variety of patients and the supportive teamwork of coworkers.

Q: What advice do you have for new grads to help them succeed at their job?

A: Be confident in what you know, and recognize that a nursing career requires lifelong learning. If you don't get the job you most want, take something else. Any nursing job will give you a wealth of good experience to get started. My first job in med-surg was unsuccessful after 3 weeks. My supervisor and I talked about it and mutually agreed it was not a good fit, so I quit. The next day I applied for a position at a nursing home in the Alzheimer's/Dementia unit and got the job. I worked there for a year and a half and learned so much. I was the only RN on my unit, so I was the charge nurse, medication nurse, and supervisor of 22 residents and 3 nurse assistants who were exceptionally helpful. It was a good fit for me since my goal was to go into psychiatry, and I needed experience for the hospital psych positions.

Interviewing Anne was an enlightening experience for me. I was not only able to get to know my co-worker better but also see how experience, passion and the empowerment of a quality nursing school help shape the evolution of a nurse.

got scrubs?

When it's time to graduate, please consider donating your student scrubs to SCCANS! As you may know, they're sold for \$5/piece to raise funds for SCCANS activities. Larger sizes especially are needed, but all are welcome. You can drop them off at the program office. Thanks! Need scrubs? Buy them at SCCANS meetings and events.

TEACH, continued from page 1

the approach I take with faculty now.”

Looking at the employment climate for new nurses, she encourages a similar approach: “Shoreline grads are doing pretty well. Your first position may not be the job of your dreams, but anything you do is an opportunity for learning.”

Settling into her latest role in the department, Lynn described what’s ahead for the program. For one, “We’re incorporating more simulations.” Currently, students in 2nd quarter (with Donna Wahbeh at Northwest), 3rd and 6th quarters experience these lab-based skills applications; “Next year, all quarters will have simulations.”

Across the program, she said faculty are asking, “What do we need to improve?” Technology is a growth area. “We’re looking at other ways to use technology,” noting Dennis

Chang’s use of Tegrity to pre-record lectures. Students view Tegrity on their own before class, allowing group time to be used for case studies or other discussion. Initial reactions have been positive.

Attention to evidence-based practice and evaluation continue to be important to program development. “We’re bringing all the pieces in,” Lynn said. “For instance, we use the Institute of Medicine’s recommendations about advancing the practice of nursing.”

Looking further ahead, “I have a goal of setting up a trip abroad for nursing students to practice skills in other countries.” Noting the Dental Hygiene program’s international travel, she asked, “How could nursing tie in?”

Stay tuned for the answer, as the nursing program continues to grow.

Nursing School, as explained by bumper stickers ...

Scrubs Magazine (www.scrubsmag.com) asked nurses to send in their favorite bumper stickers. Is it possible to describe nursing school with them?

This is a little dramatic,
but does it sound like
1st quarter?

Acute Anxiety r/t Nursing School
AEB

social isolation, weight gain, increased blood pressure,
insomnia, mood swings, difficulty concentrating,
headaches, and feelings of helplessness.

Then when you get to
5th quarter!

Meconium Happens!

And of course, this one
applies to any and
every quarter or to
life in general!

**I need 250 cc
of coffee, STAT!**

Scholarship Recipients

Congratulations to all of the students awarded SCC Foundation nursing scholarships this spring! Each scholarship has a story about who it honors or who provides it; go to www.shoreline.edu/foundation/Scholarships to learn more. The next scholarship deadline will be early in spring quarter 2013.

Blavat Family
Vessie Ivanova

Elizabeth R. Thomas
Janet Baker
Teresa Schattenkerk

Joan Heeter
Tara Connor
Elona Kasimaj

Margaret Mallett
Kendra Crowe
Samantha Fu

Sonia O Kemp
Rebecca Houghton
Terra Holloway

Tammi O'Brien Shanks
Mi Yeong Kim

Vivian Wellman Batty
Kathleen Arthursson
Staci Nakanishi

Society of 40 & 8
Paul Kohlenberg
Marcus Engley
Melissa Kariuki
Sarah Hakala
Melissa Fox

Looking for more scholarship opportunities? Check out the SCCANS website for links to nursing orgs and scholarship postings.
www.shoreline.edu/sccansweb