From the Program Director

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 Baily 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 jstrireck@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 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.

“The climate in nursing today is one of great possibility, and great challenges.”

(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 to 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.

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 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 “α” 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.

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

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.
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!

Visit SCCANS online at http://success.shoreline.edu/sccansweb/default.htm

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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 experience 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.

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 Ka-jlich, 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?

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.

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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.
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Personal Counseling, Crisis Management.

Tips.

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.