



*Nursing Students take a blast into the past in historical uniforms for the Alumni Homecoming Celebration. Much fun was had while speaking with alumni and faculty. Read more about the event on page 5!*

## Looking for a Nursing Elective for Spring Semester 2015?

- ✓ **Nursing 2367: Writing about Healthcare Issues in the US**
  - 3 units
  - Online
- ✓ **Nursing 5000: Interdisciplinary Case Management for Working with Underserved Populations**
  - 2 units
  - Tuesdays 4:30-6:30 PM
- ✓ **Nursing 5110: Interpersonal Relationships: Personal and Professional Boundaries**
  - 1 unit
  - Thursdays 4-6:30 PM
  - Session 1 only
- ✓ **5111: Palliative and End of Life Care**
  - 2 units
  - Thursdays 4-7:30 PM
  - Session 2 only
- ✓ **5300: Nursing Care of the High Risk Neonate**
  - 2 units
  - Wednesdays 5-6:45 PM

## In this issue:

- Nursing Electives for Spring 2014
- CON November Student Organization of the Month: BAMN
- Peer Advisor Information
- Interview with 2013 OSU CON graduate
- Ohio State Homecoming Fun
- Health and Wellness Tips
- NCLEX Prep Questions

CON Student  
Organization  
Of the month:

**November**

*Buckeye Assembly for Men  
in Nursing  
(BAMN)*

The purpose of BAMN is to provide a framework for nurses, as a group, to meet, to discuss and influence factors, which affect men and encourage men of all ages to become nurses and join together with all nurses in strengthening and humanizing health care.

Well-known around CON for their **PANCAKES**, Buckeye Assembly for Men in Nursing (BAMN) is a nursing student organization with the purpose of providing support and guidance to male nursing students.

***Current Officers:***

***2014-2015 President:***

Jonathan Spielberger  
(spielberger.3)

***Vice President:***

Ben Raver (raver.27)

***Treasurer:***

Kevin Hatala (hatala.9)

***Secretary:***

Michael Perozek (perozek.3)

***Social Media Chair:***

Louis Gresham (gresham.37)



*Anyone can get involved!  
Both nursing and pre-nursing  
students!*

**What can a Peer Advisor do for you?**

Peer Advisors are a vital part of the Office of Student Affairs. These individuals are students in the College of Nursing who are trained to assist students and answer any questions you may have. Common duties of peer advisors: scheduling tips and changes, plans for switching a major, recruitment efforts, and answering questions about the nursing major in general. Many times when you speak with the front desk they will direct you to a Peer Advisor before seeking a professional advisor due to the fact that these students are highly equipped to answer your questions or handle any issues you may have. Embrace this opportunity because these peer advisors are students just like yourselves who have been through similar situations and can offer a perspective based on personal experiences.

Do YOU have an **idea**, a **concern**, or **input** for the College of Nursing?

*Please place it in the:*

**\*INNOVATION BOX\***

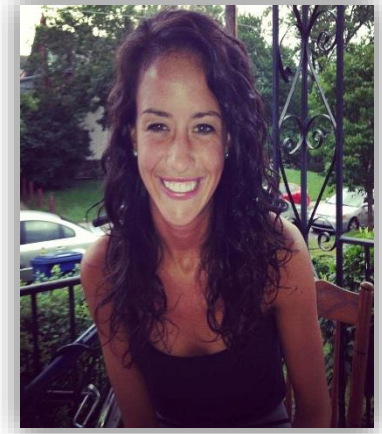
*(A lockbox located directly outside of Student Affairs;  
Room 224)*

The College of Nursing has received feedback on a variety of topics ranging from the use of a bulletin board to promote college-wide events; compiling emails or announcements into one message; and ideas to improve services and technology offered in the college.

These ideas have been shared with the Undergraduate Studies committee and will also be shared with the Dean Student Advisory Council to discuss further.

*We appreciate your feedback!*

# The Nursing Life: After Graduation



**NCLEX and job advice from 2014 Ohio State nursing graduate:**

**\*Leslie Starkey\***

**1.) How was the NCLEX? How soon after graduation did you take it? How long/much did you study for it? Did you feel well prepared? What's the best advice you can give for those preparing for it?**

The NCLEX was definitely challenging but I felt completely prepared for it. I took the NCLEX at the end of June but I know several people in my nursing class who took it as soon as 2 weeks after graduation. I had a professor who told us that we should take it by July 4th because the passing rate decreases 60 days after graduation. I studied for about 4 hours every day for 3 weeks before I took it. I took the Mark Klimek course in January and found it INCREDIBLY helpful. He used to help write the NCLEX and he has some awesome ways to remember information that I still use in my own job. He reviews the most important concepts in nursing that are highly tested on the NCLEX. I spent a lot of my time reviewing the information he gave us in class and took a lot of ATI tests. The questions are very similar to the structure and style as the ATI practice questions. Become really good at your "select all that apply" questions. I felt like I got a lot of these style of questions. In all honesty, I can't say that I felt incredibly confident walking out of the test. I got 80 questions and I knew that I had done all that I could to prepare for it. My best advice is to start reviewing early! Begin taking practice questions starting in January and identify your weaknesses and focus on these. Also, really understand the rationale behind the answers to questions. I remember thinking ATI was tedious in nursing school but in the end, I am so glad I focused my efforts on it when it came to preparing for the NCLEX.

**2.) When did you start looking for jobs? How many places did you send your resume to? What's the best advice you can give to students about interviewing for jobs?**

My situation upon graduating from OSU was a little different from most. I got married at the end of May and moved to New York in June, took my boards in Ohio and then transferred my license to NY. I really didn't begin to search for jobs until the August after graduation. I sent my resume to two areas hospitals and got a call about interviewing a week later at my top hospital. I had a job offer within 2 weeks of submitting my application and resume. However, I know a lot of others who applied in March/April for nurse residency programs and internships. If you want to do the nurse residency programs, you need to apply in advance because they're competitive and many of the application deadlines occur close to graduation. My best advice to students is to continue to build connections with your professors, advisors, preceptors, clinical instructors, etc. These people want to see you succeed and they offer awesome insights in helping you to land your first job. Also, if you aren't attached to Columbus, expand your search! I know girls in my graduating class who took job offers in Texas, Chicago, and several other states. I also know a girl who landed a job at Johns Hopkins (talk about impressive). There are so many wonderful opportunities out there!

**3.) Where do you work now? Please tell us a little bit about your experiences/what you are doing in your current job. Did you go through any nurse internships/extended orientation processes? What do you love the most about your current job as a nurse?**

I work as a staff nurse at the University of Rochester Medical Center Strong Memorial Hospital in Rochester, NY. I work on a General Medicine Short Stay Unit. Patients who come to the ED who need more care and observation are admitted to our unit. I have learned more than I ever thought I would. It has been very exciting to transition from student nurse to "real" nurse but it has also been overwhelming at times. I am still in my 12 week orientation period with my preceptor and my experiences have been endless! I have taken care of patients with a plethora of different diagnoses and backgrounds and have learned a ton about myself in the process. In addition to my 12 weeks orienting on the unit, as a part of the orientation process, I take classes that review nursing concepts such as dysrhythmias, phlebotomy, IV skills, etc. I love that I am constantly being challenged and given new experiences. I also am on a super supportive floor with a lot of great nurses who are willing to help, teach, and share at any moment. I highly recommend asking wherever you are interviewing if you can "shadow" on the floor before you accept an offer. I did this and it really helped me get an understanding of the environment and who I'd be working with.

**4.) What is the hardest part about transitioning from being a student to a nurse?**

You will feel incredibly lost at times but this is all part of the transition process. You cover A LOT in nursing school but your first job is where you put a lot of this knowledge to use. It is so important that you begin on a job on a floor that is supportive of your transition and works with you to help you grow as a professional nurse. In addition, you are now licensed! Meaning you have a lot of responsibility on your hands which is why it is so important to ask questions when you are unsure about things! You aren't expected to know everything.

# College of Nursing Alumni Homcoming Celebration 2014



Students, Alumni, Faculty and Staff all enjoyed a night of celebration and reminiscing on the night of the Ohio State Homecoming Parade. Photos seen above were taken in the Lobby of the Mershon Auditorium. Students wore uniforms from the past and present, many of which were worn by the alumni themselves during their time here at the College of Nursing. Students spoke with alumni about the program, listened to many stories and even got the chance to watch the parade on High Street with Faculty and the guests.

# October's Health Tips:



## Final Exam Stress

*Some tips to getting through the end of the semester:*

- 1.) Avoid stressful people. Resist the urge to have a study session with your super-tense friend, especially if he/she's complaining about all the work they have to do and breaking pencils all over the place. Their stress will only add to your stress!
- 2.) **Eat healthy and exercise.** Even a 10 minute walk will leave you calm and more focused.
- 3.) **Just say NO.** No to the people who want to take up your time. No to the distractions, and be selfish for a day.
- 4.) **Force yourself to take breaks.** For every hour or so that you work, take a 10 or 15 minute break. This gives your brain a little rest and will help keep you more focused when you are actually doing work.
- 5.) **Visualize it all going right.** When you imagine a happy ending, that's often what happens, because you make the decisions that lead to it without even realizing.
- 6.) **If you've studied all you can, get up your confidence!** You've prepared as much as you could, and now it's time to ace the test. The tip here is to do whatever works to convince yourself you are going to do really well.

<http://www.southerneddesk.org/university-students-struggle-with-final-exam-stress/>

## HEALTHY FALL RECIPES:

### SPICY SWEET POTATO WEDGES



<http://www.health.com/health/recipe/0,,10000000701068,00.html>

### ROSEMARY-APPLE BREAD



<http://www.health.com/health/recipe/0,,10000000549970,00.html>

## Eat Smart at a Holiday Party!

When appetizers make the rounds, opt for one you really want. A few bites of something you love will satisfy your munchies. Forget the idea of taking a bit of everything. Instead, choose a few special dishes to savor, and round out your meal with baked squash or roasted carrots. Finally, offer to slice your own pie sliver. Research shows people tend to dish out bigger portions to others than to themselves. If you're handed a supersize serving, split it with a tablemate.

[www.bhg.com](http://www.bhg.com)

# NCLEX REVIEW

1.) 1. A nurse is caring for a client who is at high risk for aspiration. Which of the following is an appropriate nursing intervention?

- A. Give the client thin liquids.
- B. Instruct the client to tuck her chin when swallowing.
- C. Have the client use a straw.
- D. Encourage the client to lie down and rest after meals.

2. A nurse is preparing to administer kanamycin (Kantrex) 15 mg/kg/day IV bolus divided in equal doses every 8 hr to a school-age child who weighs 66 lb. The amount available is kanamycin injection 1 g/mL. How many mL should the nurse administer per dose? (Round the answer to the nearest tenth.)

3.) A nurse educator is teaching a module on pharmacokinetics to a group of newly licensed nurses. Which of the following statements by a newly licensed nurse indicates an understanding of the first-pass effect?

- A. "Some medications block normal receptor activity regulated by endogenous compounds or receptor activity caused by other medications."
- B. "Some medications may have to be administered by a nonenteral route to avoid inactivation as they travel through the liver."
- C. "Some medications leave the body more slowly and therefore have a greater risk for medication accumulation and toxicity."
- D. "Some medications have a wide safety margin, so there is no need for routine serum medication level monitoring."



## Important NCLEX Tips:

- 1.) Test as soon as possible! Arrange to take the exam soon after graduation (within 60 days of graduation!)
- 2.) Buy an NCLEX-RN review book and try to practice at least 15,000 questions before you test.
- 3.) Have your friends buy different books so you can share.
- 4.) It's never too early to begin doing practice questions- download a free NCLEX app for your phone or sign up for daily NCLEX questions online that can be sent to your email.
- 5.) The NCLEX is not just multiple choice questions! Calculation questions, fill in the blanks, priority questions, and exhibit items are all part of the test.

Please send all comments and suggestions to:

Kelsie Sharp  
224 Newton Hall  
Sharp.296s@osu.edu

Something you want in the Beat?  
Let me know!

Answers to NCLEX Review: 1. B 2. 0.2 mL 3. B