



THE STATUS POST

A PUBLICATION OF THE NURSING STUDENTS' PRESS
OF THE HUNTER-BELLEVUE SCHOOL OF NURSING

VOLUME VII, ISSUE II

WINTER 2014

Table of Contents

Health News	1
Hunter News	2
Nursing News	4
Opinion	6
Features	8
Student Life	10
Arts and Leisure	12

HEALTH HEADLINES

● ● F.D.A Restricts Antibiotics in Livestock ● ●

by Yael Palgon



Photo Credit:

Left: <http://mn.gov/governor/images>

Middle: <http://www.foodsafetynews.com/antibiotic-resistance-vaccine-featured.jpg>

Right: http://www.absorbine.com/blog/wp-content/uploads/2013/07/blog_herefords.jpeg

In November of 2013, the Food and Drug Administration (F.D.A) enacted a new policy to eliminate the use of antibiotics in livestock. The use of antibiotics in farm animals has contributed to antibiotic resistant infections. According to David Kessler, a former FDA commissioner, "This is the first significant step in dealing with this important public health concern in 20 years." The declining effectiveness of antibiotics has become an impending threat to public health. In fact, about two million Americans fall ill each year and 23,000 die from antibiotic-resistant infections.

Over the next three years, it will become criminal for farmers and ranchers to use antibiotics to increase the size of farm animals. Farmers will need to get prescriptions from veterinarians to give antibiotics to their livestock if there is a real infection present. Federal officials say this new policy will improve public health

by reducing the use of penicillin, tetracycline, and azithromycin.

For decades, public health officials have warned that the overuse of antibiotics in livestock would lead to antibiotic resistant infections in humans. The food industry's lobbyists worked to prevent policies from being established to reduce the use of antibiotics in livestock, and mortality from drug-resistant infections has increased since then. Under this new policy, the FDA is asking pharmaceutical companies to list the proper therapeutic use of their drugs. Furthermore, the FDA will require veterinarians to monitor the use of antibiotics by farmers.

There is some skepticism about the effectiveness of the policy. Some health advocates believe that farmers will find ways to get around these rules. Dr. Keeve Nachman, a scientist at The Johns Hopkins Center for a Livable Future, believes that there

should be a policy to eliminate the use of antibiotics as a prophylaxis. Representative Louise M. Slaughter cited that in Europe, antibiotic use only declined when banned for preventative measures, such as in the Netherlands.

Dr. Stuart Levy, professor of microbiology at Tufts University, was more optimistic about the policy, saying it is the "biggest step that's been taken in the last 30 years." The FDA has detailed what veterinarians need to consider when prescribing antibiotics, and some food producers already have limited antibiotic use. Zoetis, a pharmaceutical company, vowed to abide by the new rules but believes the policy will have little effect on the company revenues.

Source: Tavernise, S. (2013, December 11). F.D.A restricts antibiotic use for livestock. New York Times. Retrieved from <http://www.nytimes.com/2013/12/12/health/fda-to-phase-out-use-of-some-antibiotics-in-animals-raised-for-meat.html?pagewanted=1&r=2&ref=health>

Unto You, Adieu, Adieu:

Accelerated Graduating Class of 2014

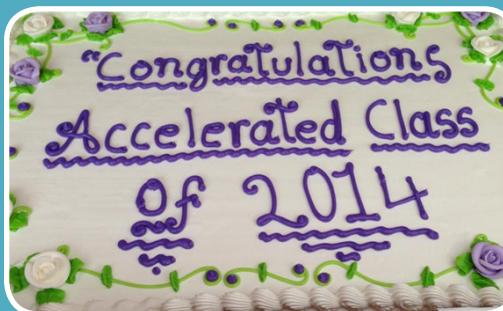
by Darren Panicali

Graduates,

It is with bittersweet feelings that we bid you farewell as you move forward in your journey in the wonderful field of nursing. You have accomplished what the rest of us still aspire to this day, and for that, you have our deep admiration. Becoming full-fledged RNs is but an exam away for you, and while that next step may seem daunting, no one can deny that your dreams are so close to becoming a reality.

In our journey together, we have shared many a moment of apprehension and yet many a joyful celebration, too. It has been a pleasure to study alongside you, to cry with you, to cheer you on, and to see you flourish. Truly, you will be missed!

On behalf of HBSNA, NSP, and the student body, may you enjoy the best of luck in all your endeavors. Congratulations!



*Photo Credit:
Top: Unknown
Bottom Left: Wynette Almeida
Bottom Right: Laura San Martin*

Community Health Stress Free Zone

by Wynette Almeida

The Stress Free Zone was an idea that was inspired by the Stress Free Zone that I saw at the NSNA Annual Convention at Charlotte, North Carolina. The officers had set up a room where students and faculty could de-stress. There was a side of the room where pictures could be taken and the other side offered five minute massages. My idea is to design the nursing student lounge

into a room of relaxation. The lights would be dimly lit, containing a warm relaxing aroma in the air, where talk of exams is prohibited, just a stress-free room filled with inspiration for before and after exams. Tea, coffee, a bowl of chocolates, and warm water would be offered. It would also be ideal to offer a 30-minute meditation class every 2 hours by Suzanne Wise, an accelerated student who is

also a Pilates instructor. My hope is to reach out to the PT department to share this possible room of relaxation and incorporate some massage and relaxation techniques. We hope to fulfill this plan by finals so that our student body will be able to have a more relaxing exam week.

Underground Nursing: *A Project in Planning*

by Steven Gordon

There is something about the organization of our healthcare system that I have always questioned: why is it so concentrated within clinics and hospitals? Whose lives could we save if we focused more on community outreach? In New York City, there have been significant improvements in community healthcare over the past 10 years, and nurses play a critical role in the execution and management of these programs. However, many of these community resources are only available to people who have the means and desire to seek them. What if there were quick, accessible programs

available in the one place that nearly everyone frequents regardless of socio-economic status? This led me to imagine a radical scenario:

conducting a blood pressure screening on the NYC subway.

We've all experienced the panhandlers who ask for money on the subway, and it can be wildly disruptive. With the permission of the MTA, why couldn't nurses use that same space for a more beneficial task? If commuters are willing to take a break from Candy Crush, there's plenty of idle time that could be

used. This would serve as a teaching opportunity for the importance of preventative healthcare, and people who have never stepped foot into a doctor's office would finally get a chance to interact with a positive and friendly healthcare professional. This practice has many potential benefits, but most notably, performing a blood pressure screening could alert a fellow New Yorker to an abnormal reading. Ideally, this would inspire them to seek follow-up care, and to address an issue before it becomes life-threatening. It's a rough idea but there is merit to it. The merit is human.



Student Nurses Share a Meal & Give Thanks

by Maria Bea Almendrala

In the midst of a typical nursing school semester – lectures, exams and long clinical days – the students of Hunter-Bellevue School of Nursing found time to sit down as a community and share Thanksgiving dinner with their peers. On November 26, 2013, under the helm of Community Health Director Wynette Almeida, HBSON students came together at the Brookdale Cafeteria to enjoy homemade dishes and desserts and to divulge their gratitude for experiences shared with classmates-turned-friends.

With a group as diverse as the HBSON student body, the dinner spread wasn't what you would encounter at a typical Thanksgiving table. Pollo y arroz con gandules, dumplings and kimbap graced the table alongside the more traditional cornbread and sweet potato soufflé. The dessert table would not be outdone, with chocolate pumpkin pie, ice cream cake, and a special birthday cake complete with parachuting gummy bears! Several students brought their significant others to partake in the meal, who were quickly embraced into the HBSON family.

After a long day of back to back (to back) lectures, our students needed this dinner together as a reminder of life outside of nursing school. As HBSON students, we have much to be thankful for: a wonderful faculty and supportive administrative staff, hardworking and dedicated classmates who motivate us, and the opportunity to practice nursing in one of the best cities in the world. This Thanksgiving meal was but one way that we showed our gratitude to the people and experiences that have shaped our lives and continue to do so daily.



Photo Credit:

Top: ©iStockphoto.com/Olga Lyubkina
Bottom: http://wallpapersus.com/chocolate-food-cake-sweets-desserts-icing/

Declining Malaria Rates: True Progress?

According to reports from the World Health Organization, deaths resulting from malaria declined by 45 percent between 2000 and 2012 – a light of encouragement in combating this fatal disease. Unfortunately, however, although such reduction seems great, 200 million cases were reported in 2012, claiming the lives of 627,000 people. Even more alarming than the numbers, is the geographic prevalence of the disease. Dr. Robert Newman, leader of the WHO's global malaria program, notes that seventeen countries are responsible for 80 percent of current malaria deaths – sixteen in Africa alone.

Malaria causes a tremendous social

impediment to the development of these nations and an even greater economic strain. Joy Phumaphi, former health minister of Botswana, recalls that the economic structure of a household becomes disrupted when a child gets sick. The mother, who



Photo Credit: <http://www.indexoncensorship.org/wp-content/uploads/2012/09/malaria-mosquito-picture-courtesy-J.-Gathany.jpg>

by Renata Berrios

may be the most significant source of income, must abandon her work to care for the child and financial reserves used to sustain the family must be spent in medical supplies.

Although the World Health Assembly's goal of reducing the number of malaria cases by 75 percent by 2015 is a distant reality, the current decline cannot be overlooked. Diagnostic tests, effective malaria drugs, and preventive resources are more available and efficacious than ever.

Source: Beaubien, J. (2013, December 11). [Web log message]. Retrieved from <http://www.npr.org/blogs/health/2013/12/11/250236361/global-malaria-deaths-hit-a-new-low>

Few Professors, Fewer Students, Fewer Nurses



Photo Credit: <http://www.wbhm.org/pics/features/nursing>

As Beatrice Kalisch, a nursing Professor at University of Michigan so aptly puts it, "Money is not in academia." Nurse Practitioners earn an average of \$91,310 a year, while nurse educators with a master's degree earn \$72,000 yearly. With these statistics, schools are finding it increasingly difficult to find qualified faculty willing to leave their higher-paying salary in the field to come and teach new students.

According to NBC's article on the "Double Whammy" of a nursing shortage, the problem starts in

the classroom. There is a nursing shortage throughout the country, paralleled by the shortage of nursing educators. Nursing school applicants are being turned away because of the low faculty resources. The American Association of Colleges of Nursing reports that nursing schools rejected 75,587 qualified applicants for baccalaureate and graduate nursing programs in 2011, mainly due to a lack of faculty.

Nurses are so highly sought out by schools and hospitals that new grads often have jobs lined up right out of college – something few undergrad majors can lay claim to. The duties of a nurse are expanding as demands in healthcare inflate; as more people get health insurance, the already desperate need for nurses will continue to grow. This demand will not be met unless schools can accept more students, which will only occur if there is more faculty to

by Amirah Yasin

teach. Nationally, the average age of a nurse faculty member is 57 – which complicates matters because as teachers reach retirement, professors are more difficult to find. The solution lies in the classroom and we can only hope that more nurses take an interest in teaching so the field of nursing can continue to thrive.

Source: Fox, M. (2013). Double whammy: Nursing shortage starts in the classroom. NBC News. Retrieved from <http://www.nbcnews.com/health/double-whammy-nursing-shortage-starts-classroom-8C10990502>



Photo credit: <http://www.nursetoons.com>

Community Hospital Saved by Protesters

by Sanjana Kumari

Just wait for the new mayor! Just one month! (Hartocollis)" On Tuesday December 17th, after heated protests by members of the Brooklyn community, SUNY decided to withdraw their plan to uproot the Long Island Community Hospital. The local Brooklyn hospital has been financially unstable and unable to maintain a steady stream of patients while employing over 1,400 workers. The result of the large discrepancy between patients and workers has been a debt of more than \$500 million. To decrease the subsequent debt to \$300 million, SUNY proposed a plan to create condominiums in its place and a small urgent care center for those in need of medical assistance. The

community members, appalled by the idea that their local emergency facility would be abolished, immediately arose to contest SUNY's plan. If the proposed development does not go through, Mr. H. Carl McCall, chairman of the

SUNY board of trustees, states that \$13 million will be lost each month and they "may have to cut programs or raise tuition across its 64 campuses" to make up for these lost dollars (Hartocollis). This community issue could potentially

have significant effects across NY state. Both sides of this debate are steadfast in their stances and a solution has yet to be reached. With the new mayor, Mr. de Blasio, defending their cause, the community has hope that their hospital will be saved.



Photo credit: <http://www.workers.org>

Source: Hartocollis, A. (2013, December 17). Suny withdraws development plan for troubled brooklyn hospital. New York times. Retrieved from <http://www.nytimes.com/2013/12/18/nyregion/suny-withdraws-development-plan-for-troubled-brooklyn-hospital.html>

Bellevue Nurses Vote 92-18 in Victory Election

by Ana White

This past December, with a deciding vote of 92 to 18, the Bellevue nurses triumphantly joined the NYSNA, the largest union and professional association for registered nurses in New York State. The nurses at Bellevue Women's Center came together to strengthen their voice by voting to join the New York State Nurses Association.

According to the Bellevue nurses, a combination of changes in management and unwanted changes in patient care without the nurses' consultation is what warranted the need to unionize the nurses to improve future healthcare practice.

Moreover, Bellevue nurses anticipate sitting down with Ellis Hospital management to target some of their major concerns with the assistance of the New York State Association. Currently, the main discussion point is safe staffing levels for both the nursing staff and their patients. In 2013, The New York State Association campaigned for legislation that restricted the number of patients assigned to a nurse at one time.

In fact, Bellevue nurses joined the re-energized NYSNA in what seems to be an opportune moment. Its members have been attempting to

reassemble the union by focusing on present issues such as halting future hospital closures, proposing to switch to a non-profit model and ensuring safe staffing levels, among other concerns. The NYSNA has joined forces with patients, nurses, and community leaders to rally outside Albany's Assembly halls as well as to create a New Organizing Department to unionize more nurses.

Source: [Web]. (2013, December 04). Retrieved from <http://www.nysna.org/news/press/120413.htm>



THE STATUS POST

A Publication of the
Nursing Students' Press

Room 525 West
425 East 25th Street
New York, NY 10010

2013-2014 Executive Board

Jessica Jimenez

President & Editor in Chief

Ayla Winkler

Vice President & Associate Editor

Sachi Moncion

Secretary & Associate Editor

Ashley Decter

Treasurer & Associate Editor

Dr. Donald Smith, PhD, RN

Advisor

The Status Post

Fall 2013

Editorial Board

Copyeditors

Jennifer Horvath

Nichol Moe

Cara Koleba

Erica Dunn

Tyre Hodges

Perri Steiner

Staff Writers & Contributors

Yael Palgon

Darren Panicali

Wynette Almeida

Steven Gordon

Maria Bea Almendrala

Renata Berrios

Amirah Yasin

Sanjana Kumari

Ana White

Teuta Berisha

Cynthia Somma

Kharolann Pierre

Jenny Kim

Emily Eckman

Alisa Jaganjac

Emile Dabrowski

Keisha Pilos

Uruguay "OK's" Pot Production & Sale

by Teuta Berisha

Uruguay takes several steps further than Colorado and Washington state, legalizing marijuana altogether. Uruguay's Senate, on the 10th of December 2013, approved the bill legalizing the production, sale and consumption of marijuana. The decision is fully supported by President Jose Mujica in hopes that it will put drug cartels out of business. Once signed into law, the state will regulate the production, distribution and sale of the cannabis. Under the law, residents, whom are registered on the government database and are over the age of 18, can purchase up to 40 grams of marijuana per month. In addition, they will also be able to grow up to six cannabis plants in their homes each year with seeds provided by the National Institute for Cannabis Regulation. Yet, it's important to realize that the majority of Uruguayans disagree with the government and the current drug policy. Recent polls reveal that 60% of Uruguayans oppose the marijuana legalization. Critics, like Congresswoman Veronica Alonso of the National Party also criticizes the new law saying, more or less, greater access to marijuana would lead to new consumers, it would down-play the serious health consequences of smoking marijuana, as well as send a harmful message to children that marijuana use is normal and acceptable. However, the same statement could be made about alcohol and cigarette smoking. Marijuana, legal or not, ends up in the hands of young people. The legalization of marijuana could produce millions in tax revenues which could be used in areas like education, healthcare, etc. while at the same time putting drug dealers out of business and decreasing drug-related crime— therefore, killing two birds with one stone.

Source: De Los Reyes, I. (2013, December 10). Uruguay bill pioneers state control of cannabis market. BBC News. Retrieved from <http://www.bbc.co.uk/news/world-latin-america-25315215>



Clipart Credit:

Left: <http://www.alltreatment.com/blog/wp-content/uploads/2014/01/Marijuana1-530x280.jpg>

Top Right: <http://www.elker.com/cliparts/8/e/5/0/1342882001210219576cannabis-leaf-drawing-i4.jpg>

Bottom Right: http://etc.usf.edu/clipart/45800/45816/flag_uruguay_md.gif

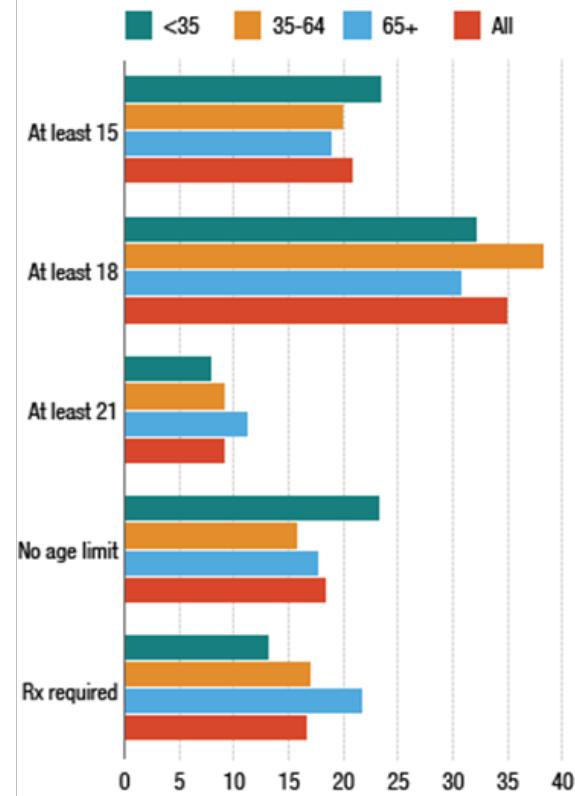
New Poll:

Americans Want Age Restrictions on Plan B

by Cynthia Somma



Should nonprescription access to the Plan B pill be restricted by age?



Artwork by: Kharolann Pierre

Data by: Danny DeBelius from NPR-Truven Health

The ever controversial topic of emergency contraception, also known as Plan B or the "morning-after pill," has recently been more prevalent than ever before. In June 2013 the FDA approved over-the-counter sale of Plan B One-Step without any age restriction. This action came after a court order issued in April by a federal judge. A poll conducted by NPR and Truven Health Analytics revealed that although opinions regarding this issue are mixed, the overall consensus is that there should indeed

be some sort of age restriction.

I believe there is a bigger issue at hand here. If our society and judicial system are approving the sale of emergency contraception to all persons of all ages, then sex education within our nation must reflect these changes. I can easily argue for both sides in this matter. On one hand, I can say that since there is no way to put an age restriction on sexual intercourse, there should be no age restriction on purchasing any form of contraception. On the other, I can argue that Plan B is a

powerful medication that should only be available to those who are competent enough to understand the potential risks and side effects. Regardless of which view point I believe in, I would rather support the notion that sex education needs to be more widely received and incorporated into society to increase the knowledge of the people, and enable them to make wise decisions.

Source: Hensley, S. (2013, December 17). [Web log message]. Retrieved from <http://www.npr.org/blogs/health/2013/10/16/235384057/americans-favor-age-restrictions-on-morning-after-pill>

Meet HBSON's Dr. Lorie Goshin

by Ashley Decter & Ayla Winkler

Dr. Lorie Smith Goshin is an Assistant Professor of Nursing at the Hunter-Bellevue School of Nursing. Since her arrival in 2012, Dr. Goshin has been indispensable to the university. Having gone to public school for the majority of her life, Dr. Goshin states that she has always felt a very strong political and personal orientation toward public schools that make quality education affordable for most people. "I really wanted to be a part of an organization that makes [affordable education] possible for other people," she states. For this reason, Dr. Goshin decided to become a part of Hunter College. Being located in New York "was kind of the cherry on top" she says.

Although teaching was not initially her number one goal, Dr. Goshin admits that it is the area in which she gets the most satisfaction. She believes in

"facilitating learning in a way that makes achievement available for everybody."

She does this by recognizing that each individual student is unique with different learning styles and ways of interacting with material. Her dedication to students is truly admirable as she not only teaches pediatrics to the undergraduate nursing class, but she also a master's level course in nursing research.

Watching her students grow and develop a deep interest in the material is something she enjoys and cherishes deeply. "I love to have students come back and visit and say,



Photo Credit: Dr. Lorie Goshin

'I took my project from your class and presented it at the hospital...' or 'I'm doing an externship in pediatrics' says Dr. Goshin.

Although Dr. Goshin always knew she wanted to steer her career into the field of healthcare, she did not discover her interest for nursing until college. As a child, she found the human body to be interesting and remembers choosing anatomy as the topic for an assignment in third grade.

While volunteering at a free clinic, she recalls seeing and observing Nurse Practitioners, and noticed the comprehensive approach they took towards their patients. Realizing that this approach was brilliant, she says,

"Something about that experience just opened my eyes to nursing."

After graduating college, she worked towards a post baccalaureate degree in nursing and pursued a clinical nurse specialist degree in parent-child nursing because of her genuine love for families.

Her special love and passion of working specifically in women's health and with children and young adults simply stems from her strong belief that,

"children are the future."

Among her first experiences was working in the system of juvenile justice. Here she did basic nursing care and ran an in-house psychiatric clinic at a county jail for adolescents in Texas.

Returning for a PhD in nursing in 2005, Dr. Goshin took a sideline from clinical work and emerged herself into the world of research and academics in nursing.

During her time at Columbia University, Dr. Goshin worked in a prison nursery with women who raised their babies while incarcerated alongside another researcher.

Prior to receiving her Ph D, she had also worked in the criminal justice system with families who were marginalized in the community and decided she wanted to conduct nursing research in the area. Her research goal was to "look at interventions for women in the criminal justice system and their children" or people who were involved or affected by the system. Dr. Goshin aspires to be a "nursing voice" within the criminal justice system and this is something we greatly applaud as many of us can tend to forget that individuals,



Photo Credit:

Left: <http://haveheartcollective.files.wordpress.com/2010/09/1271992958323.jpg>Right: <http://bloxiimages.chicago2.vip.townnews.com/pantagraph.com/content/tncms/assets/v3/editorial/a/2f/a2f63a9b-6ada-5348-a9b3-6cbc59f7d72/a2f63a9b-6ada-5348-a9b3-6cbc59f7d72.preview-300.jpg>

specifically families, are in need of our attention just as much as any patient we encounter in a clinical setting.

She is currently working on a project that looks into community alternatives because she holds the view that “we lock up way too many people [and] there are a lot of therapeutic things we can do to make this system better if we all partner together.”

When asked what her advice is to graduating students, Dr. Goshin stated “finish up strong. Work hard on your last courses because many hospitals now look at GPA, which was not the case when I graduated. Make yourself indispensable and memorable to your preceptor. Make sure to get their contact information so you can reach out to them when you are job-hunting...

‘put yourself out there, be creative, and be flexible!’

Your first job might not be your dream job but certainly getting your foot in the door and getting that initial experience will help the rest of your career. Finally, I would strongly encourage every student to consider continuing on. About 30% of the students at Hunter are underrepresented and we need people in these PhD

level positions so that students can see themselves in someone. That way we can grow our body of diversity to higher level positions.”

When asked for her “survival tips” for making it through 12-hour shifts, Dr. Goshin encourages students to take care of themselves physically and to anticipate feeling overwhelmed and stressed. She assures that it is okay to feel a little “off kilter” because “it will get better.”

Dr. Goshin’s extensive background and experience in healthcare with families and children is doubtlessly respected. It is truly an honor to have a professor that sets a prime example of all the things students can achieve when they work hard and pursue their passion.

Goshin, L. S. (2014, January 23). Interview by S Moncion [J]. Meet hbson's dr. lorie goshin.

“As far as the future of healthcare in our country, there is no better profession than being in nursing. I'm happy to be a nurse every day.”

-- Dr. Lorie Smith Goshin

Decline of Psychotropic Drug Use May Increase Suicide Rates

by Jenny Kim

It is believed that psychotropic drugs, which aid to modify and enhance one's mental health, have been frequently abused by adolescents. However, recent survey held by the Centers for Disease Control and Prevention revealed otherwise. The survey revealed that more than 6% of adolescents reported using psychotropic medications. According to the data, teens were equally split between taking antidepressants (3.2%) and drugs targeted for attention deficit hyperactivity disorder (3.2%). The National Center for Health Statistics at CDC stated that six percent can be expected for the prescription of psychotropic medications, based on what we know about the disorders and their prevalence among adolescents. On the other hand, around 8% of 12-17 year olds in US have major depression while around 11% of 4-17 year olds are identified with ADHD according to federal data. This means only about half of diagnosed adolescents are prescribed medication. According to Dr. Duckworth of National Alliance on Mental Illness, not all individuals who are depressed and have ADD need medications. However, he also expressed his concerns about the decrease in prescription antidepressants in the past decade. Duckworth believes that Black Box Warnings issued by the Food and Drug Administration have deterred and discouraged primary care physicians from prescribing patients antidepressants. He worries that the downturn of prescriptions for psychotropic drugs may lead to “untreated major depression, which is a risk factor for suicide.”

Gupta, S. (2013, December 04). [Web log message]. Retrieved from <http://thechart.blogs.cnn.com/2013/12/04/cdc-6-of-teens-take-psychotropic-drugs/>



PROMOTING HEALTH:

by Emily Eckman & Alisa Jaganjac



Photo Credit: Ayla Winkler

On January 5th, 2014, six HBSON students (Giselle Campos-Dominguez, Emily Eckman, Alexandra Ghenghi, Alisa Jaganjac, Darren Panicali, and Ayla Winkler) ventured out of New York's polar vortex to sunny Guatemala to volunteer in a medical placement with Maximo Nivel, an international volunteer organization. Despite flight delays due to inclement NYC weather and a long layover in Mexico, we were excited to begin our volunteer work and explore Guatemala. During our visit we lived together in close quarters of a Guatemalan home in the town of La Antigua.

After our first day's orientation we were a bit nervous after finding out that we would be split up into groups of two, traveling to clinics in outside towns using public transportation. When we expressed our concerns to the staff at Maximo Nivel, we were told to "try it out first," and so we did. The public transportation in Guatemala is the traditional school bus, usually painted in fun colors with various designs. Known to tourists as "chicken buses," they

were often overcrowded and had three people to a seat. Although sliding off the seat on sharp turns was a bit uncomfortable, riding the "chicken buses" turned out to be a great experience on its own.



Photo Credit: Alisa Jaganjac



Photo Credit: Ayla Winkler

We were assigned to three free clinics: Santa Lucia, Magdalena Milpas Altas, and Santa Maria. We participated in a wide range of duties from office help, such as filing patient medical records, to nursing tasks, which included vital signs, administering medications and documenting in patients' charts. We saw a variety of patients, coming in for either a consultation with the head nurse, vaccines, or family planning. The clinics serviced various communities. Magdalena, for example, had a very poor patient population in which basic hygiene and preventative care were areas

of focus for us nursing students. Santa Maria saw mostly women and children that needed nutritional supplements. Although Santa Lucia was also a free clinic, it was the most advanced of the three clinics which in addition to treating walk-in patients with any chief complaints, also held events such as 'Diabetes Day' and 'Hypertension Day.' On these designated days patients with these problems would come in, not only to be checked up, but also to learn more about their diseases.



Photo Credit: Alisa Jaganjac



Photo Credit: Emily Eckman

On any given day, we had to expect to treat any sort of patient. For example, Magdalena Milpas Altas treated men who accidentally amputated their own thumbs while working with machetes, children with strep

Guatemala Gets a Dose of HBSON

throat, pregnant women seeking prenatal care and older adults with “holiday heart.” Witnessing a wide range of chief complaints helped us students’ brush up on different diagnoses and different plans of care.



Photo Credit: Alisa Jaganjac

The experiences at all three clinics were very different and the level of nursing care that we were able to provide was heavily based on our Spanish speaking ability. After volunteering in Spanish speaking clinics, we all have a better understanding of how difficult a language barrier can be. Although we learned basic assessment questions and medical terminology, the follow up questions and fast speaking natives were definitely a challenge. Those of us who spoke Spanish well were able to effectively communicate with the staff and provide patient education.



Photo Credit: Alisa Jaganjac



Photo Credit: Darren Panicali



Photo Credit: Emily Eckman



Photo Credit: Alisa Jaganjac



Photo Credit: Ayla Winkler



Photo Credit: Darren Panicali



Photo Credit: Darren Panicali



Photo Credit: Emily Eckman

Risk of Early Death For James Bond

by Emile Dabrowski

The beloved British spy, James Bond, may only have a short time to live. A study published in the British Medical Journal's Christmas edition had scientists reading the original fourteen James Bond books by Ian Fleming to estimate just how much of a problem alcohol is for Bond. Ian Fleming himself led a lifestyle that included frequent tobacco and alcohol consumption and died at 56 years old from heart disease. According to the CDC, immediate effects of overconsumption of alcohol include injury, violence, risky behaviors, miscarriage and stillbirth in pregnant women, and alcohol poisoning. Long-term health risks include problems neurological, cardiovascular, psychiatric, social, as well as cancer, liver diseases and inflammation of the gastrointestinal tract. Bond's weekly alcohol consumption totaled 736 grams pure ethanol a week (52.6 standard drinks according to the CDC). The Dietary Guidelines for Americans defines moderate alcohol consumption to be one drink for a woman, two for a man. Paired with Bond's risk taking life style, if Bond doesn't succumb to death by accident, he may very well end up like his creator.

Source: Landau, E. (2013, December 12). James bond at risk of early death from alcohol, study says. CNN Health, Retrieved from http://www.cnn.com/2013/12/12/health/james-bond-alcohol/index.html?hpt=he_t2

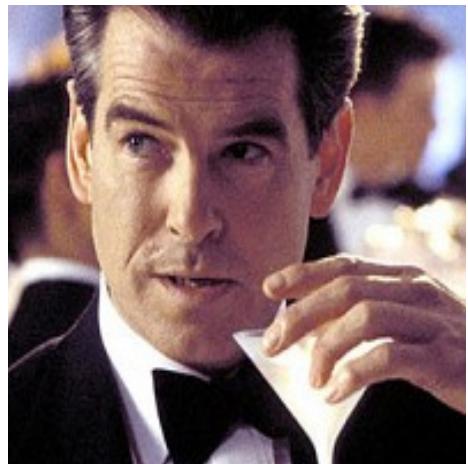


Photo Credit: http://i.telegraph.co.uk/multimedia/archive/02764/james-bond_2764614b.jpg

NCLEX Review Questions

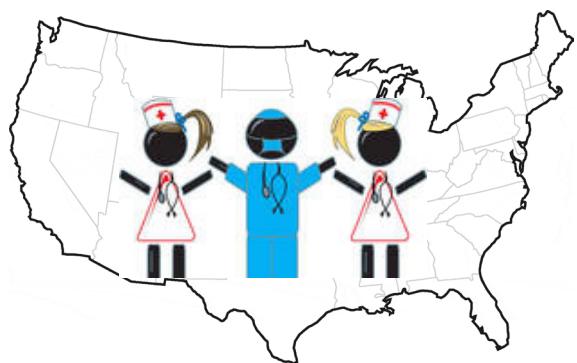
Gentamicin (Garamycin) I.V. has been ordered to treat a client's infection. The nurse should monitor the client for:

- Ototoxicity.
- Ascites.
- Cardiac arrhythmias.
- Confusion.

*not detected early:
can develop if the onset of ototoxicity is
less than common, irreversible deafness
effect of gentamicin. Timmings and dizzy-*
Answer: A. Ototoxicity is a serious side

Did you know?

Nursing is the nation's largest health care profession, with more than 3.1 million registered nurses nationwide. Of all licensed RNs, 2.6 million or 84.8% are employed in nursing.



Clipart credit: <http://www.gograph.com/stock-illustration/doctor-nurse%20surgeon.html>

Sources: Health Resources and Services Administration. (September 2010). The Registered Nurse Population: Findings From the 2008 National Sample Survey of Registered Nurses. Washington, DC: U.S. Department of Health and Human Services.