

F E B R U A R Y 2 0 1 4

the  
**Pulse**

Molloy College

## **Nursing Ring**

The Molloy Nursing Student Association is very proud to present our new ring! As nurses we should be proud of what we accomplish, and show off what our hard work through nursing school has earned us; this ring is just that! If you have loved ones who are nurses, this ring would make a great gift! If you are graduating this semester, this can be a great gift to yourself or from a loved one! The ring can be customized to all sizes. We love it, and we hope you will too; so come and check out what we have to offer! Gear sale is Feb 3<sup>rd</sup>-7<sup>th</sup>.



## Upcoming Events!

### February

- 3<sup>rd</sup>-7<sup>th</sup>- Gear Sale
- 5<sup>th</sup>- NARCAN training 7-9pm (East Rockaway HS)
- 11<sup>th</sup>- General meeting 3:30pm
- 21<sup>st</sup>- NARCAN training 2-4pm (On campus)
- 22<sup>nd</sup>- NSANYS Convention (NYC)

### March

- 4<sup>th</sup>- General meeting (Nurse Recruiter Presentation)

### April

- 4<sup>th</sup> Take Back The Night- Molloy College
- 9<sup>th</sup>-13<sup>th</sup>- NSNA Annual Convention
- 29<sup>th</sup> – General meeting 3:30pm
- Relay for Life and Boxtown TBA

# February is American Heart Health Month!

Did you know...?



♥ Every year, about 715,000 Americans have a heart attack

♥ 1 out of every 4 deaths, which is about 600,000 deaths, are caused by heart disease each year

♥ Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year

♥ **Heart disease is preventable and controllable**



# Let's take small steps every day to bring our loved ones and ourselves closer to heart health



♥ **Eat a healthy diet.** Choosing healthy meals and snacks can help avoid heart disease. Include plenty of fresh fruits and vegetables. Adults should have at least 5 servings each day. To prevent high cholesterol, avoid foods high in saturated fat, trans fat, and cholesterol, and eat foods high in fiber. Limit sodium in your diet to help maintain a healthy blood pressure.

♥ **Pack your lunch.** Avoid eating out while you're on the go. Packing your lunch can be much healthier, and can save you a lot of money! Don't forget to include healthy snacks for in between meals!

♥ **Maintain a healthy weight.** Overweight and obesity increases the risk for heart disease. You can calculate your BMI to determine whether your weight is in a healthy range.

♥ **Exercise regularly.** Physical activity is important for your heart! It can help maintain a healthy weight and reduce blood pressure and cholesterol. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.

*2013, Centers for Disease Control and Prevention*  
For more tips, visit [www.cdc.gov](http://www.cdc.gov)

## DRUG CALCULATION QUESTION OF THE MONTH

Patient weighs 143 lbs. The order reads:  
Dopamine 400 mg/500 mL D5W; administer 10 mcg/kg/min.  
How many mL/hour would you administer?  
(Answer is at the bottom of the last page!)

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*The Gear Sale will be back February 3<sup>rd</sup>-7<sup>th</sup>. Emails will be sent out as a reminder. We sell fleeces, hoodies, pajama pants, t-shirts, and hats! The new Nursing ring is here! Come and order yourself one; you deserve it!*

## National Student Nurses' Association (NSNA)

### Why You Should Join!

*National Student Nurses' Association is an excellent way to network, and to begin building your resume. Also, as a part of your membership, you will receive the monthly magazine to keep you informed about the nursing field, as well as discounts on NCLEX study guides, test preps, and Barnes and Noble! It is also a great way to learn about upcoming nursing conventions that will enhance your knowledge of the nursing career.*

### For MNSA Updates!

*We are on Facebook! Type Molloy Nursing Student Association in the search bar to join our group and 'like' our page!*

*If you have any questions about our organization, feel free to email [mnsa@lions.molloy.edu](mailto:mnsa@lions.molloy.edu), [Klamattina@lions.molloy.edu](mailto:Klamattina@lions.molloy.edu), or [Mballon@lions.molloy.edu](mailto:Mballon@lions.molloy.edu) for more information!*



### ANSWER TO DRUG CALCULATION QUESTION:

First convert lbs into kg  $1 \text{ kg} = 2.2 \text{ lbs}$   $143 \text{ lbs} / 2.2 = 65 \text{ kg}$

Then multiply  $10 \text{ mcg} \times 65 \text{ kg/min} = 650 \text{ mcg/min}$

Convert mcg to mg  $650 \text{ mcg} = 0.65 \text{ mg/min}$

To get mg/hour, multiply by 60 min.  $0.65 \text{ mg} \times 60 \text{ min} = 39 \text{ mg/hour}$

Then we can cross multiply to figure out how many mL/hour to administer.

$$\frac{400 \text{ mg} \times 39 \text{ mg}}{500 \text{ ml} \times X} = 48.75 = 48.8 \text{ mL/hour}$$