

THE PULSE

MOLLOY COLLEGE

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It's That Time Again!



In preparation for finals, be sure to plan out a schedule for yourself. Do not wait until last minute to study. "All nighters" are not beneficial because the information being studied will be stored as short term memory, and you will quickly forget it. For the greatest benefit, study in advance and frequently review what you are studying to reinforce your knowledge and improve your long term memory.

Staying healthy is essential in order to maintain a good average. Not only does staying healthy mean not getting sick, but it also means eating well. It is important to eat nutritious meals with light snacking. Foods high in carbohydrates and sugar may cause increased fatigue. As a result, you will not have enough energy to study efficiently. To avoid fatigue, eat foods with higher protein content. Also make sure you get sleep and have breakfast!

Additionally, mental health is also important in preparing for finals. If you feel you are so overwhelmed that you cannot focus, talking to friends and family or making an appointment at the Molloy College Counseling Center may be a great idea for you. Speaking about stressors can alleviate some anxiety which will enable you to be more productive with your studying. Be sure to follow these suggestions in order to reach your highest potential on your exams!

"If your heart is in your dream, no request is too extreme."

MOLLOY NURSING STUDENT ASSOCIATION

DECEMBER 5, 2014: PARTY WITH A PURPOSE!

On Friday, December 5th, MNSA will be hosting its Party with a Purpose. We will be supporting Long Island 9-11 veterans and their families who cannot afford to purchase their children Christmas gifts. Those who have sponsored children will bring their (unwrapped) gifts to the party. Afterwards, the veterans will pick up the gifts and wrap them for their children. Christmas is a time for giving; please come join us to support this wonderful cause! If you have not yet sponsored a child, you may email Cheryl Selg at cselg@lions.molloy.edu for more information.



GREAT SUCCESS AT OUR WALKS THIS FALL

THANK YOU TO ALL THOSE WHO HAD WALKED WITH US AND/OR DONATED!

Alzheimer's Walk~
Julia White



Walk for Suicide Prevention~
Jaclyn Malone and Rachel White



Breast Cancer Walk~
Cassidy Bendick



Walk to Support Autism~
Bob Cornell and Chabidou Sampain



"Helping others achieve their dreams will help you achieve yours."

DRUG CALCULATION QUESTION OF THE MONTH:

The prescriber orders an IV of NS to run at 125 mL an hour. The nurse has IV tubing labeled 10 gtt/mL. How many drops per minute should the nurse regulate the IV?

(Answer is at the bottom of the last page!)

Upcoming Events!

December

- 3rd & 4th- Nurse Leadership Workshop
- 5th- Party with a Purpose
Multipurpose Room
6:00-10:00pm

January

-

February

- 21st- NSANYS 63rd Annual Convention
-

March

-

April

-

May

-

What is NSANYS?!

Nursing Students Association of New York State, NSANYS, was founded in 1951. It's purpose is to help transition undergraduate student nurses into the professional world. The goal of this organization is to help mold nursing students into responsible and motivated leaders in the health field. This is done through involvement in the community and health profession. A prime example of this was our Student Nurse Panel and Mini Blood Pressure Lesson at East Islip's High School. Nursing students have volunteered to participate in a Q&A panel about nursing and also teaching the high school students a mini lesson on blood pressure. You can get involved! Our next event that we will be participating in is called **Building the Vanguard: Nurse Leadership Workshop on Fracking, Energy, and Health**. This will take place on **December 3rd and 4th on 1945 Union Street, Niskayuna, NY 12309**. This is a free leadership opportunity for you to network with nurses in the state. You can become a member of **NSANYS** by becoming an **National Nursing Student's Association (NSNA)** member. NSANYS proudly invites you to join them at the **63rd Annual Convention**. The theme is **Nursing in the Big Apple, at the Core of Healthcare**. It will take place at **New York's Hotel Pennsylvania on Saturday, February 21, 2015**. You can register at www.nsanys.org. **NSNA's 63rd Annual Convention** will take place in **Phoenix, Arizona from April 8th to April 11th, 2015**. This is a great event for driven nursing students who are seeking networking opportunities to brighten their horizons in their future nursing professions. Please email Nazish Khalid if you have any questions or concerns at nkhalid@lions.molloy.edu!



“WE WERE GIVEN TWO HANDS:
ONE IS TO HELP YOURSELF,
AND THE SECOND IS TO HELP OTHERS.”

MOLLOY NURSING STUDENT ASSOCIATION

Stay Connected!!

If you are interested in any of our events or being more involved but need more information please don't hesitate to contact us. If you would like to be more involved with the National Student Nurses Association or the New York State Student Nursing Association, visit the websites mentioned earlier in this newsletter and/or contact us for additional support!

Email us at mnsa@lions.molloy.edu or post on our MNSA Facebook page.

We are also on Instagram at M.N.S.A!

If you have any questions about our organization feel free to contact our presidents at:

nkhalid@lions.molloy.edu, or khowell@lions.molloy.edu



We are on Facebook!

Type Molloy Nursing Student Association in the search bar to join our group and 'like' our page!

This page will be updated with upcoming events!

Peer Mentoring is available in the Casey Nursing Lab, for any students interested in additional support or guidance with their lab skills. For further information or to make appointments with a mentor, please contact Nicole Robbins at nrobbins@lions.molloy.edu

Answer for drug calculation question: 21 gtts/min

You must recall the formula:

$$\frac{\text{Volume (mL)} \times \text{Drop Factor}}{\text{Time (min)}} = \frac{125 \times 10}{60} = 20.8$$

Don't forget how to round:

Below 0.5- round down

Above 0.5- round up

$$20.8 = 21 \text{ gtts/min}$$