

Molloy College  
Barbara H. Hagan School of Nursing

March/April Issue 2017

# The Pulse

**Meet the Executive Board  
for the 2016-2017  
School Year!**

**Co-Presidents**

Katelyn Finnegan  
Jaclyn Malone

**Co-Vice Presidents**

Philip DeSena  
Emily Rosen

**Co-Secretaries**

Carly Howard  
Julia White

**Co-Treasurers**

Gabriella Perciavalle  
Rachel White

**Co-Communications Directors**

Stephanie Jorgensen  
Teresa McDavid

**Club Advisers**

Dr. Geraldine Moore  
Dr. Lorraine Emeghebo  
Margaret Mullarkey



Nursing Student Association of New York State  
(NSANYS) Annual Conference!

Molloy nursing students attended the NSANYS annual conference. Nursing students enjoyed the NCLEX review; resume review, a medical mission's session, new grad panel and an interview information session from the top nurse recruiters in NY. Molloy also had the most delegates, a whopping 108!

Congratulations to the two Molloy nursing students that were elected on the NSANYS board of directors - Helen Pham and Patrick Wlodkowski. We hope to see you all at next year's conference!

# Molloy Nursing Student Association (MNSA)

## *What is it?*

Molloy Nursing Student Association is a student-run organization whose mission is for students to pursue academic excellence while building leadership roles as a result of being active on campus and in the community.

MNSA is a chapter of National Student Nurses Association (NSNA) and Nursing Students Association of New York State (NSANYS) pre-professional organizations.

MNSA members attend state and national conventions, hold speaker events, participate in different community service activities, fundraise and raise awareness for different diseases/disasters, host our annual *Party with a Purpose* event on campus, and collaborate with other student organizations at Molloy.

## *What are its goals?*

- To unite nursing students from Molloy College.
- To inspire enthusiasm in Molloy College Nursing Students about the profession of nursing.
- To establish a sense of pride in being a Molloy College Nursing Student.
- To provide community service for the purposes of helping others as well as ourselves to grow.
- To welcome and to provide mentoring, guidance and a sense of belonging for new nursing students.
- To help facilitate regular communication between Molloy College Nursing Students and Molloy College Nursing Faculty.

## *How do I become a member?*

Any student who pays a student activities fee for each semester can be a member of the MNSA. Active membership is determined by attendance at three (3) meetings per semester. Meetings will be held once a month at specific times.

## *How can I find out more about it?*

You can e-mail us at [mnsa@lions.molloy.edu](mailto:mnsa@lions.molloy.edu) or find us on Facebook at <http://www.facebook.com/pages/Molloy-Nursing-Student-Association-MNSA/128017647259739>.

Website: [molloynsa.weebly.com](http://molloynsa.weebly.com)

Does this sound like something you would like to be a part of?  
Come and join us!

# Remaining Meetings for the Spring Semester 2017

Date	Time	Location	Information
March 21 <sup>st</sup>	3:30-4:30pm	Madison Theatre	Cubs for Coping Meeting
April 5 <sup>th</sup> -9 <sup>th</sup>	-	Dallas, TX	NSNA Convention
April 11 <sup>th</sup>	3:30-4:30pm	Madison Theatre	Medical Missions Meeting
April 24 <sup>th</sup>	3:25-4:25pm	Hagan 004	FRieNds toRNs "ATI, The Nursing Lab, Looking Ahead"
April 25 <sup>th</sup>	3:30pm	NCLEX Bowl	A NCLEX game to win prizes
April 26 <sup>th</sup> & 27 <sup>th</sup>	11am-4pm	Public Square Lawn	Alex's Lemonade Stand




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Visit our website to get all information of our events, gear sale and see videos about the new nursing building!

<http://molloynsa.weebly.com/>

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**+**  
**KEEP  
CALM  
and  
PASS  
NCLEX**



# **1<sup>st</sup> Annual NCLEX BOWL!**

When: Tuesday, April 25th

\*\*Where: HAGAN 339\*\*

Time: 3:00pm – 4:30pm

Compete solo against your friends and answer NCLEX questions!

Question categories range from Pharmacology, Fundamentals, Medical/Surgical, Pediatric, Obstetrics, Psychiatric, and Community Nursing.

**PRIZES INCLUDE MDF STETHOSCOPES, NCLEX REVIEW BOOKS, PHARMACOLOGY BOOKS AND MUCH MORE!!!**

Lemonade and food will be provided!

YOU DON'T WANT TO MISS THIS!





*FRieNds to RNs is a peer lead group driven to support and pass on knowledge throughout the Molloy Nursing student journey. This program is geared towards mentorship and to better help answer as well as discuss all of your questions and concerns in regards to nursing school. The purpose of the program is to create a network of nursing students so that everyone is given the same opportunities to succeed.*

Next Meeting  
April 24<sup>th</sup>  
3:25pm Hagan 004

**ATTENTION NURSING STUDENTS!!!  
COME TO OUR FRIENDS TO RNS  
MEETING!!**

**FRieNds to RNs Topic!**

**"ATI, The Nursing Lab, Looking Ahead"**

# Alex's Lemonade Stand



FOUNDATION FOR CHILDHOOD CANCER

TM

**HOSTED BY:**

**Molloy Nursing Student Association**

**DATE:**

**April 26<sup>th</sup> and April 27<sup>th</sup>**

**TIME:**

**11:00am - 4:00pm**

**LOCATION:**

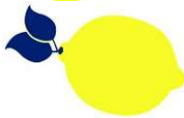
**Molloy College's Public Square Lawn**

## **MORE INFO**

**Molloy Nursing Student Association is raising money to fight childhood cancer. Have a cup of lemonade with us and help put an end to childhood cancer!**

**VISIT US  
ONLINE**

**HELP MAKE A  
DIFFERENCE**



**ALEXSLEMONADE.ORG**

# 2017 St. Patrick's Day Parade



This St. Patrick's Day, some of the Molloy Nursing Student Association board members as well as Molloy nursing students marched in the New York City annual St. Patrick's Day parade. Stephanie Jorgensen had the opportunity to once again wear an old nurse's uniform! Teresa McDavid, co-communications director of MNSA felt that "It was such a fun experience to be apart of the parade especially being a senior in the nursing program. Even though it was a little cold, I was happy I was able to do this and recommend nursing students to take advantage of this!"



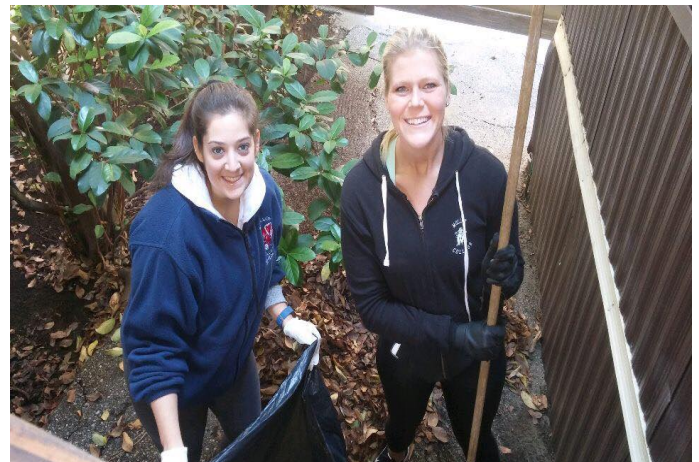
# New Orleans Service Trip



Nine Molloy nursing students and Dr. Cornell attended a New Orleans Service Trip along with members from Habitat for Humanity and the Biology Club. Thank you for all your service for the homeless population down there!



Molloy Nursing Students in the New Orleans Charity School of Nursing Simulation Laboratory on their service trip.



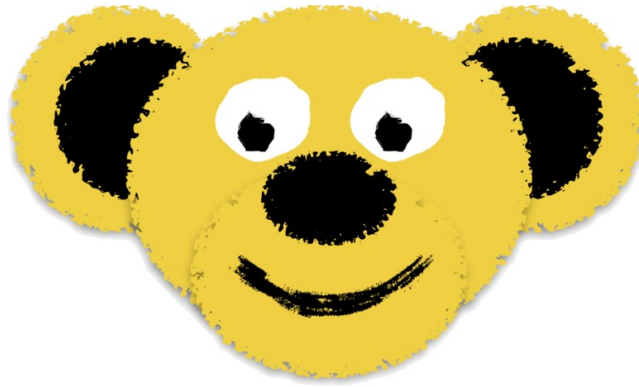


While in New Orleans, these students volunteered their time at the Rebuild Center, Eden House and UNITY Warehouse. The Rebuild Center which is a homeless shelter that offers countless resources for the homeless like social support services, meals, showers, social workers, psychiatric counseling, and access to medical services. The goal of the center is to provide opportunities for the homeless to help stabilize their life. At the Rebuild Center, the students participated in organizing and distributing shower materials, as well as daily necessities. They also prepped and distributed meals, gardened, cleaned the facility, and provided feet washing stations. The Eden House is a home that provides shelter to women who had been victims of human trafficking and the goal of their organization is to integrate these women back into society. The students volunteered here where they gardened and sorted clothes in their closets that were given as donations to the home. Lastly, they volunteered at the UNITY Warehouse which is an organization that provides furniture, hygiene products, and home goods to the homeless who have just recently received housing. They were in charge of reorganizing the facility, rebuilding furniture and redesigning the setup for the warehouse. These students have dedicated their time and effort into helping such vulnerable populations and we are so proud of them! Go Molloy!

Philip DeSena a senior Molloy nursing student describes his experiences. He says “the experience was wonderful, though it was not hands on nursing care in the sense that we are taught. The principles of nursing were used continuously throughout the experience from providing nonjudgmental care, listening, therapeutic communication, and basic care such as hygiene. The experience is one I would certainly recommend for other nursing students, it provides for a brand new perspective into life beyond Long Island, New York.”



# Cubs for Coping



Cubs for Coping was established in 2012 by Nicole Javorsky. When she was 14 years old, Nicole was hospitalized for anorexia. During this stressful time, her family and friends brought her stuffed animals. These cuddly creatures reminded her of the people who cared about her. So far the organization has donated over 500 teddy bears to children. Each teddy bear is handmade. Molloy Nursing Student Association held a meeting for students to participate in making these bears. We also had a guest speaker, Carrie Sollin from the counseling center present about eating disorders, how to recognize them and resources for students to reach out to. Check out some of our bears!



# NCLEX Questions

1. While caring for a patient who is experiencing a postoperative hemorrhage, the healthcare provider notes the rhythm observed on the electrocardiogram (EKG) does not produce a pulse. Which actions should the healthcare provider initiate to resolve this patient's problem?

Select all that apply.

- A. Defibrillation
- B. Administration of IV crystalloid
- C. Administration of epinephrine
- D. Cardiopulmonary resuscitation (CPR)
- E. Administration of vasoconstrictors
- F. Synchronized cardioversion

2. An assessment of a child reveals deficits in communication and social interaction. The child tends to engage in repetitive behaviors such as arranging and rearranging toys. Based on this assessment, the healthcare provider suspects which of these disorders?

Please choose from one of the following options.

- A. Autism spectrum disorder (ASD)
- B. Tourette disorder (TD)
- C. Intellectual development disorder (IDD)
- D. Attention deficit hyperactivity disorder (ADHD)

4. A patient who is anemic has a hemoglobin is 9g/dL and a hematocrit is 30%. Which of these interventions should be a priority in the patient's plan of care?

Please choose from one of the following options.

- A. Transfuse 111 unit packed red blood cells.
- B. Administer epoetin alfa (Procrit) subcutaneously.
- C. Determine the cause of the anemia.
- D. Administer iron dextran IM.

5. A patient who is in cardiogenic shock has a urine output of 20 ml/hr. When further assessing the patient's renal function, what additional findings are anticipated? Select all that apply.

Select all that apply.

- A. Decreased urine specific gravity
- B. Increased blood urea nitrogen (BUN)
- C. Decreased urine sodium
- D. Decreased serum creatinine

3. The healthcare provider is caring for a patient with a diagnosis of emphysema who is experiencing a sudden onset of dyspnea and pleuritic pain. Which of these assessment findings are expected if the patient is experiencing a pneumothorax?

Select all that apply.

- A. Dysphasia
- B. Decreased diaphragmatic excursion
- C. Tachycardia
- D. Inspiratory wheezing
- E. Paradoxical chest movement

6. A patient arrives to a local emergency room with petechiae on the lips. Which laboratory test would the healthcare provider expect to be ordered based on the patient's presenting symptoms?

Please choose from one of the following options.

- A. Body ferritin levels
- B. Platelet count
- C. Electrolytes
- D. WBC count with differential

7. A 19-year-old patient has been diagnosed with pneumonia. Upon the healthcare provider's initial assessment, she notes the patient's breathing is rapid and shallow. Place the healthcare provider's next steps in the order in which they should be performed.

1. Place a pulse oximeter on the patient
2. Listen to the patients breath sounds
3. Record the patients respiratory rate
4. Document the findings
5. Administer oxygen via nasal cannula

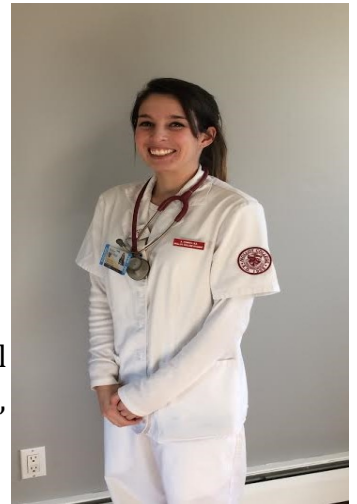
\_\_\_\_, \_\_\_\_ , \_\_\_\_ , \_\_\_\_ , \_\_\_\_



# Dear Future Nurses

As you go through nursing school it can be pretty intimidating. You may not know anyone and you will always assume that everyone knows more than you and knows exactly what they're doing. The truth of the matter is you have to trust yourself because you know more than you think and none of us know exactly what we are doing. We are here to learn and make some mistakes so don't be so hard on yourself. Nursing school is tough and at times can be harsh, but remember you got into nursing school for a reason. Here are some tips to get you through your next couple of years at Molloy. After your first week of classes, it's important to plan. Start by getting a planner that you will carry everywhere with you and write down due dates and your testing schedule. Organize by getting a binder for each class with dividers. Divide each binder into sections depending on the amount of tests for each class. Start studying material as you learn it and take frequent breaks when studying. Becoming part of a study group will help with learning information and help keep you well-balanced. You will learn that with this major it's impossible to do well by cramming the night before an exam. Always ask questions, it's part of being a nurse to help ensure the patient's safety. It's always okay to admit that you don't know the answer or how to perform a certain skill. Remain calm and always trust your first instinct when taking a test. It's easy to over think material and want to change your answer, most of the time your first answer is correct. Just remember your brain is hinting at the first answer for a reason. Some days aren't going to be the best days, but other days will remind you why you wanted to be a nurse in the first place. Just remember nursing school isn't forever and before you know it you will graduate. All those hours of studying, clinicals, homework and papers will be worth it because soon enough you will be a Registered Nurse!

Alyssa Conroy



## Clinical Experiences



"My favorite clinical throughout my journey in nursing school has to be my critical care clinical. This clinical is where everything came together for me and made me feel more confident about becoming a new nurse. This clinical rotation has helped me confirm that I definitely want to be a critical care nurse. I didn't realize how much knowledge I had until this clinical. The nurses in the ICU let me work independently with their supervision and made me feel more ready to take on my new career! During this rotation I was given the opportunity to shadow in the ER and the OR and loved it. Molloy has prepared me well."

Medjine Pierre

“Clinical’s in a nursing program like ours are the doorway into the real world. An opportunity to get used to the sounds, smells and a feel of the path we have all chosen to embark upon. This holds true especially for students like me who had minimal exposure to health care industry.

My Nursing 209 clinical by far has been the most memorable and exciting. Perhaps it was because it was the first? I still remember the palpable excitement and apprehension we were all experiencing. Fortunately the vital skills practice, the tireless efforts of the lab nurses to help me and the orientation, with its supportive clinical professors was a boon in terms of calming my nerves and giving me the confidence to walk in to introduce myself to the patients. The learning curve is undoubtedly the steepest in 209 which also makes it the most exciting. Of course Dr. Arzberger with her experience and organizational skills made it seem so simple in her very methodical and doable fashion! The head to toe assessments with respiratory, cardiac, abdominal, neurological and the peripheral vascular along with its nuances and developing new abilities to listen and distinguish adventitious sounds in which ever system we are in made me appreciate our role as nurses even more. The pharmacology skills of subcutaneous, IM injections, IV and NG tube feedings empowered me to make a difference. I was privileged to be under Dr. Mac Callions group in Plainview hospital that semester. No question was silly, not being able to hear what you are suppose to hear did not make you feel silly and asking doubts also was not silly. Witnessing wounds, stage 3 pressure ulcers and diabetic amputations for the first time was a huge step! He made learning a welcome experience and we each learnt from every patient on the floor.

I still carry home with me the memory of the 80 plus year old patient I was caring for, who was so grateful and gave me all her blessings to complete my nursing and continue this path! It is this feeling of making a difference and propelling someone towards feeling better which I first experienced in 209 that made this clinical so fulfilling and memorable.”

Shalini Gurnani



# The Pursuit of Opportunity

*“The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can’t find them, make them.” – George Bernard Shaw*

I remember a time when one disappointing clinical obstacle, turned out to be a great experience when I actively looked for new opportunities. During my Medical Surgical I clinical rotations we were not allowed to give medications at the hospital we were placed in. I remember feeling robbed of the experience that my fellow peers were getting at their rotations. It seemed disheartening because we wanted to put our new knowledge of pharmacology into practice. Although this may have seemed like a setback, this didn’t stop our clinical professor from exposing us to many things. Whenever there was a blood transfusion or a chest tube removal our clinical instructor would grab us and push us into the room. Soon, we began to team up and whenever one of us had an interesting case we would gather around and make the most of the time we had. We may not always have everything in control, but if we are able to work together and be open minded, we can find the silver lining in our dreary situation.

What seemed like a hindrance actually became a really important lesson. When nothing seems like it is working, we are responsible for finding a different way out or making the most of what we have. This can be applied to our intense nursing exams or even clinical placements. As students and future nurses we have to learn to work around things and be flexible in order to accomplish our goals. Sometimes it means compromising your social life and giving up sleep to get that A, or to hop on a plane for the first time to attend a life-changing conference or trip that reaffirms your passion for this career.

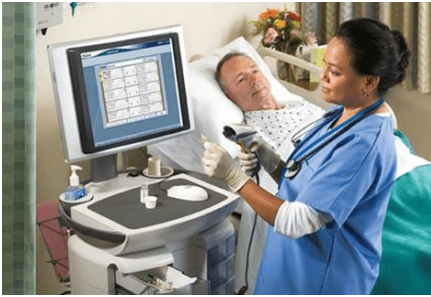
Sometimes, all it takes is the active desire to learn more and experience more. If we are too comfortable with minimal work and experience, we’ll never be able to reach a higher level of learning and growth. No matter what situation you are placed in, always pursue new opportunities and you will accomplish far more than you have ever expected.

Joslyn Jose



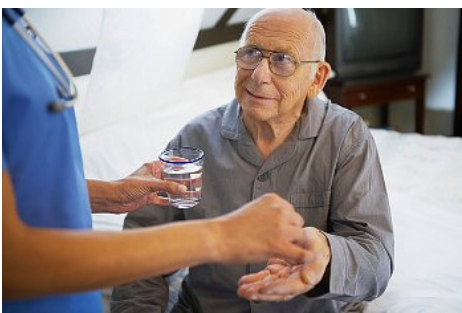
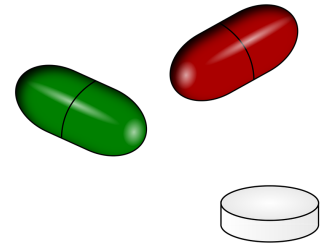
# Drug Calculation Questions

1. Ordered: Atropine 0.6 mg IM. Label reads 0.3 mg per 0.5 mL. How many milliliters will you give per dose?
2. The physician ordered Amoxicillin 10 mg IM q6h. Amoxicillin is supplied in 125 mg per 5 mL. How many milliliters will you administer per dose?



3. The physician ordered 180 mg of Dilantin by mouth q8h. The patient weighs 98 lb. The label of the drug reads 250 mg per 5 mL. How many milliliters will you administer to this patient per dose?
4. The order is to give 600 mg of Ampicillin IM q8h. The directions for dilution on the 2 gm vial reads: Reconstitute with 4.8 mL of sterile water to obtain a concentration of 400 mg per mL. How many mL will you administer per dose?

5. The label reads Heparin Sodium 10,000 USP Units/mL. The order is for Heparin 6,000 Units q6h subcutaneously. How many milliliters will you administer to the patient?



6. The non-steroidal medication naproxen (Naprosyn) has been prescribed for a patient, 1375 mg/day in divided doses. Each tablet contains 0.275 g. How many tablets equal this daily dose?

7. The doctor ordered Magnesium Sulfate 4gm IV to be given over 20 minutes. Magnesium Sulfate come in 40gm/1000mL IV bottle. You would set your pump at \_\_\_\_mL/hour.



# Congratulations to the Molloy Nursing Student Executive Board for 2017-2018 School Year!

Co-Presidents: Carly Howard and Julia White

Co-Vice Presidents: Erica Lengefeld and Benya Rodthong

Co-Treasurers: Emma Carey and Phillip DeSantis

Co-Secretaries: Mary Beth Hourihane and Gina Roy

Co-Communications Directors: Emily Berg and Bianca Salonga

Breakthrough to Nursing: Helen Pham and Patrick Wlodkowski

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## **Helen Pham who was a member of the MNSA subcommittee writes about her experience and what it was like to get involved on MNSA.**

My experience on the MNSA subcommittee was eye-opening and educational. I shadowed and learned from the current board members about their duties. There is no room for social loafing; everyone plays a big part and all the effort and work comes together. Each member of the board puts in a tremendous amount of time and effort for this club and for this school.

Serving on the subcommittee gave me the advantage to get a sneak peek into what the board does and by doing so, I gained experience and insight to know how to perform the duties which led me to apply to be on the board next year. Although I applied for secretary, a new position was created and given to me, Co-Breakthrough to Nursing Chair.

Finally, being on the subcommittee gave me the confidence to run for a state position. At the 65<sup>th</sup> Annual Convention for the Nursing Students Association of New York State (NSANYS) back in February, I was running unopposed until a junior nursing student from SUNY Plattsburgh decided to put her name on the slate on the day of. I was worried that she was going to get the position because she was older and has been in nursing school longer than I have. All candidates had to give speeches; it was nerve-racking to humor 400 strangers in a large ballroom with less than 2 minutes to win their hearts. With some luck and wit, I was elected-Community Health Director. I am so excited for my future endeavors at Molloy and with the NSANYS board.

# Critical Care Clinical Pictures!



**STRONG**  
**INDEPENDENT**  
**MOTIVATED**  
**RELIABLE**  
**DETERMINED**  
**SELFLESS**  
**COMPASSIONATE**  
**HARD WORKING**  
**LOYAL**  
**DEDICATED**  
**LOVING**  
**I AM A NURSE**

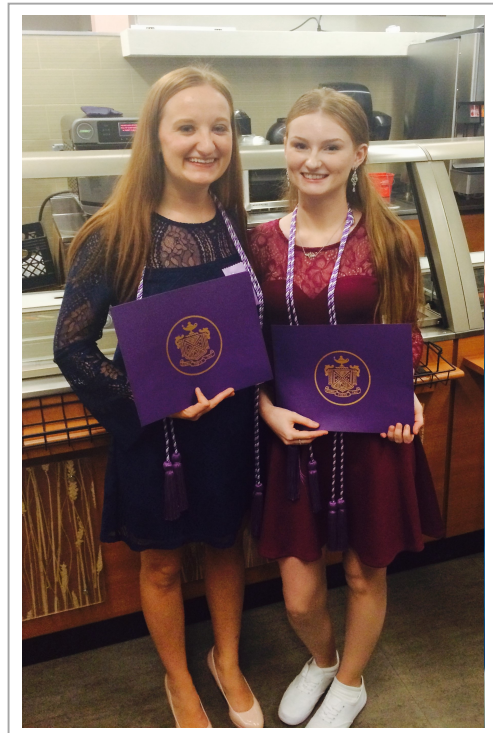


AS A *Nurse*  
WE HAVE THE OPPORTUNITY  
TO HEAL THE *mind, soul*  
*heart, and body*  
OF OUR PATIENTS, THEIR FAMILIES  
AND *ourselves*.  
THEY MAY FORGET YOUR NAME,  
BUT THEY WILL FORGET HOW *YOU*  
**NEVER** MADE THEM *feel*.  
— MAYA ANGELOU



## Your Fellow Communication Directors

Teresa McDavid and Stephanie Jorgensen  
They are both currently seniors in the nursing program and will be graduating in May 2017. Stephanie strives to become a Pediatric Hematology/Oncology Nurse while Teresa is thinking about becoming either an Emergency Room Nurse or a Critical Care Nurse. Both love nursing school despite the challenges and hopes that this newsletter has helped students better understand what the Molloy Nursing Student Association does! We hope you have an amazing rest of the semester!



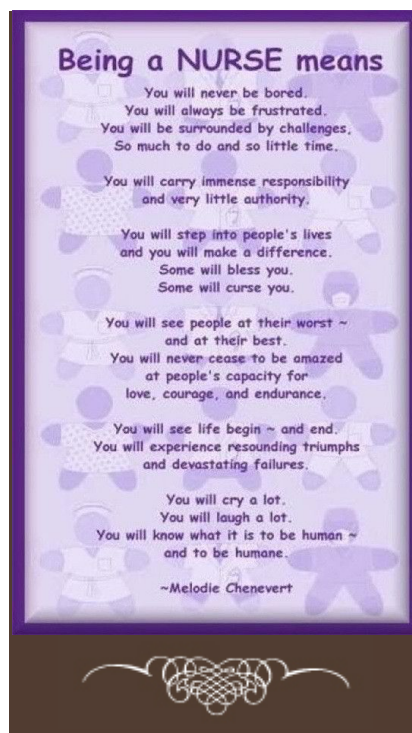
As a future nurse, you know that you will touch a life or a life will touch yours and you may not even realize it.

### NCLEX Answers

1. B, C, D, E
2. A
3. B, C
4. C
5. B, C
6. B
7. 5, 1, 2, 3, 4

### Drug Calculation Answers

1. 1 mL
2. 0.4 mL
3. 3.6 mL
4. 1.5 mL
5. 0.6 mL
6. 5 Tablets
7. 300 mL/hr.



### MNSA Contact Information

**Email:** [mnsa@lions.molloy.edu](mailto:mnsa@lions.molloy.edu)

**Facebook:** Molloy Nursing Student Association (MNSA)

**Instagram:** m.n.s.a

**Twitter:** molloynsa

**Website:**  
[molloynsa.weebly.com](http://molloynsa.weebly.com)

