

OCTOBER 2014

THE PULSE

Molloy College

Welcome Back to MSNA!

Welcome new and returning students! Whether you are just beginning your journey at Molloy College, or you feel like you have been here forever, welcome! We, as an association are here for social, academic, and community support. Here at Molloy College, beyond the academic experience, the students in the nursing program are not just fellow students, but a family. This association is a great way to initiate both social and academic unity as well as becoming an active member of the Molloy Nursing Student Association (MNSA). To become active, you can attend our meetings and activities throughout the year! Becoming an involved member of the Molloy Nursing Student Association is an opportunity to network with students and professors. Sometimes our events are merged with different campus organizations and clubs, which will allow you to connect with people you wouldn't typically meet in classes. As nursing students, we all support each other, emotionally and academically. It is also an opportunity to meet students who have been in your position before, and can give helpful advice on stress and/or time management.

Co-Presidents

Nazish Khalid
Kerry Howell

Co-Vice Presidents

Cheryl Selg
Nicole Robbins

Co-Treasurers

Stephanie Jorgensen
Marina Louis

Co-Secretaries

Karine Brisson
Emily Rosen

Co-Communications Directors

Samantha Bishop
Jaclyn Malone

Level 100 Representative

Julia white

Level 200 Representative

Rachel white

Level 300 Representative

Cassidy Bendick

Level 400 representatives

Robert Cornell
Chabidou Sampain

Advisers

Dr. Geraldine Moore
Dr. Lorraine Emeghebo
Margaret Mullarkey

Upcoming Events!

October

- 18th- Homecoming
Public Square Great Lawn
12:00-3:00pm
- 19th- Breast Cancer Walk
Jones Beach State Park
8:00am-10:00pm
- 20th- Legislative Night
Hays Theater
7:00-9:00pm
- 22nd- General Meeting
Speaker: Anthony Egan from
FEMA-NJLIJ
4:00-5:00pm

November

- 2nd - Suicide Prevention Walk
Old Westbury Gardens
9:00am-10:30pm
- 10th – General Meeting
Speaker: Christopher Delany
9-11 Veterans Fund
4:00-5:00pm
- 12th & 13th Book Fair
Public Square Lobby
- 16th- Ronald McDonald House

December

- 5th- Party with a Purpose
Multipurpose Room
6:00-10:00pm

National Student Nursing 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 where you can meet representatives who can inform you about job opportunities and offer information that will enhance your knowledge of the possibilities within your nursing career. Membership dues are \$35.00 a year or \$70.00 every two years

This year the national convention will be held at:

The Phoenix Convention Center
Phoenix Arizona
April 8th-12th, 2015

The Annual Mid-Year Conference will be held at:

Portland Oregon & executive Tower
Portland, Oregon
November 6-9th, 2014

Visit the website!

<http://www.nсна.org>

Nursing Student Association of New York State (NSANYS)

The next upcoming conference is held at:

New York's Hotel Pennsylvania!
(401 7th Ave, New York, NY 10001)

Saturday, February 21, 2015

8:00am-6:00pm

Visit the website!

<http://www.nsanys.org/>

Staying Healthy

Flu Shots

Flu season is usually at its peak between January and February, but it begins around October and can last until May or later. For those students taking clinical courses, it is essential that they receive the flu shot. Being in nursing school is challenging enough to keep up with the intense workload and be successful. You don't want to make things harder for yourself, in the event that you get the flu, so make sure you get the flu shot! Flu shots can be administered by your health care provider or in pharmacies such as CVS, Walgreens, and Rite Aid for a minimal charge. In addition, they can be given in many work places through Employee Health for no charge.



Hand Hygiene

Even if you do get the flu shot, it is not impossible for you to get the flu. Hand hygiene plays an important role in infection prevention and keeping yourself healthy. When performing hand hygiene, wash hands thoroughly with soap for at least fifteen seconds. Make sure you scrub in between your nails to remove any dirt or bacteria that may be stuck in there. After rinsing the soap off your hands, take a dry paper towel and turn off the sink. In addition, using paper towels to open doors to avoid contact with the germy door knob can also be beneficial to stop the spread of bacteria and illnesses.

The use of antibacterial hand sanitizers is also beneficial in preventing the spread of bacteria and illnesses. You can even get one while receiving your flu shot at a local pharmacy!

Remember that the use of soap and water is the most effective means of infection prevention, so it is important that you do not rely solely on hand sanitizers.



DRUG CALCULATION QUESTION C

Order of 2mg/min of Lidocaine Drip for PVC's. The IV Drip is made in 1 gram/250 D5W. At what rate will you deliver the medication through the IV pump? (Answer is at the bottom of the last page!)

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 appointments, please contact Nicole Robbins at nrobbins@lions.molloy.edu

Stay Connected!!

Questions?

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.

For MNSA Updates!

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!

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

Answer for drug calculation question: 30ml/hr

You must first convert grams to milligrams. Then you can set up your equation using your desired method. Example:

$$\mathbf{2\ mg\ x\ \frac{1000\ mg}{250\ ml}\ X = 0.5\ ml\ X = 0.5\ ml\ x\ 60\ mins\ X = 30}$$

The reason you times by 60 minutes at the end is because the order is for 2mg per minute and a pump is set by hours. An hour is 60 minutes.

