What will you find in *The Scope*?

*The Scope* is a newsletter/magazine produced by the Duquesne University Student Nurses Association that displays unique perspectives from current students and faculty. You’ll find photographs of students collaborating, writing pieces on life-changing nursing experiences, and messages from faculty aiming to inspire.

*The Scope* is the proud recipient of the 2013, 2014, and 2016 Student Nurses Association of Pennsylvania Excellent Newsletter Award. President Morgan Gruender and Vice President Emily Churchill, pictured on the cover of this issue, have created such an established piece of work.

As BSN students are incredibly busy with work and with saving lives, please consider writing and giving your time to keep this newsletter going. Our goal is to make *The Scope* something that every Duquesne nursing student can look back on and be proud of.

We would love to hear your thoughts on this year’s newsletter. Please email all suggestions/ comments/inquiries to us at either blissl@duq.edu or muellerh@duq.edu. All letters to the editors must include your name, contact information, and major.

All views expressed in *The Scope* are from each individual that contributed their time and work. Views do not represent the views of Duquesne University or Duquesne University School of Nursing. We look forward to producing something inspiring, collaborative, and memorable and sharing stories from all of our peers.

Best,

**Lauren Bliss & Hadley Mueller**

*BSN Class of 2021*
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Nursing from the Student Perspective

Abbey Whitewood, Senior

Nursing school is hard. We all know that. But yet, we’re still here. We love helping people. The first day of nursing school, we are all excited for what is ahead, but we have to get through the freshman classes that seem pointless at first. However, looking back on these four years, those basic Human Development and Nutrition classes freshman year and Fundamentals and Health Assessment classes sophomore year really are the backbone of nursing. It is crazy to think back to my first day freshman year in Service Learning and look at how far I have come. I have learned so much information and can truly picture myself as a registered nurse.

My biggest piece of advice would be to take it all in. As hard as some of the lectures can be, take the time to learn the material now and not just for the test. It will come back to haunt you in your senior year in Role Prep I. Keep up with the work. Do the practice questions. Ask questions in class. Be present. Go to office hours and the NAP tutor when you can. We have these resources so that we can succeed. If you put in the effort starting freshman year, you will be set up well for the future when you are getting ready to take your exit HESI.

One of the hardest things for me is finding the best way to study. I always feel like I am not studying the correct things or well enough. Even when I studied a lot, I was still getting plenty of questions wrong. The best thing that I did was reaching out to my professors. I met with many of them and they helped me discover what I was doing wrong and gave me techniques to study better and taught me how to relax when I came across those questions. Thank you to those professors! You know who you are! This helped me become more confident when I went into tests and I started succeeding well beyond my expectations.

However, among all the studying, you also want to give yourself some time to relax. Do something good for yourself at least once a week. Whether that be going to a new coffee shop (a personal favorite is the Colony Café if you are a fan of cats – you just get to play with cats for an hour!), walking to the Point to hang out by the water, or binging on The Office or Grey’s Anatomy on Netflix (for the millionth time). The stress of nursing school won’t go away, but if you are able to keep up with the work and schedule in time for yourself, then you will do well. Eat well and exercise. It helps us to ground ourselves and feel motivated when we might lack all motivation to study that subject one more time.

Another big help is to find those friends you can lean on, whether they are in nursing or not. It is a huge advantage to have friends in nursing because you can study together. Also, find some awesome friends outside of nursing. They can help distract you from the stress of nursing classes when things get too hard. It is also a help to find friends that don’t go to Duquesne. Branch out and join some clubs or activities outside of Duquesne. These people are a breath of fresh air when it feels like our campus is too small and overwhelming. There is a whole city outside our little home on the Bluff – go explore it! Balancing our school and social lives can be a hard task, but it helps us become well rounded individuals in the end.

I have almost made it to the end of my college career, but I am forever grateful for the time that I have spent at Duquesne. I have met some amazing friends and professors, have accomplished more than I ever though I would in four years, and have memories to last a lifetime. Don’t ever think that you can’t do it – because you can! And if all else fails and nothing seems like it is going according to plan, as one of my favorite quotes states, “When something goes wrong in your life, just yell ‘PLOT TWIST’ and move on.” You got this!
How has nursing evolved as a profession over the course of my career? To answer this question, it is important to see how I got to this point.

Initially, I wasn’t sure that nursing was my career choice, but I knew for sure that I loved the field of medicine. I had the opportunity to spend time in the operating room in high school and fell in love with everything about medicine. I had thought about many fields, but decided on nursing because of the vast amount of opportunities and directions that I could venture to. I attending Duquesne and obtained my Bachelors in Nursing and during that time I began to work in the Emergency Department at Children’s Hospital. I decided to remain in the Emergency Department after graduation and spent many years there (and still work casually there). After completing my Masters in Nursing Education, I began working as an educator for an emergency department and flight program. I transitioned to my current role as a Trauma Nurse Coordinator and Injury Prevention Specialist in 2010. I knew that I wanted to continue my education but needed to find the right path. I chose to return to Duquesne for my PhD in Nursing I and am focusing on gun violence from the patients’ prospective.

I may or may not have the most unique nursing path, but I have been through many ups and downs. I graduated during a nursing shortage and easily obtained a job. A few short years later, there were threats of closing diploma programs as there were such an abundance of nursing graduates. This was a time that a nurse was not able to practice as a graduate nurse, but had to have successfully completed board examination prior to securing a position. There was a time when the majority of nursing majors planned to be a bedside nurse for their entire career and we have grown to the expectation of advancing degrees in nursing.

Nursing has grown into a very autonomous field that focuses on evidence based practice. We as nurses, are no longer “just a nurse” (not that we ever really were) but a valued and respected member of the medical team. We are patient advocates and experts of specialized and quality care. We are educators, researchers and leaders. We are caring, compassionate and empathetic. We leave our families to take care of others at their most difficult times and do so with grace and humility.

To say that nursing was the best career choice for me is an understatement. I have had the pleasure to have been educated by some of the most amazing professors and the honor to have worked with world renowned physicians. Aside from that, nothing will make you feel more valued as nurse and a person than the sincere gratitude from a patient or family member. So, needless to say, nursing is who I am, in and out of the hospital. Nursing is not just an occupation but like the mission of Duquesne says, it is a commitment to excellence. I am a better person because of my experiences and I can only hope to be the driving force for future nurses.
Growing Through Nursing

Terri Tunick RN, MSN, President of DU SON Alumni Association

In 1973, I began my nursing career as a staff nurse in a Medical ICU. No longer did I have to wear the shroud of a heavily starched blue and white student nurse uniform, thick white support hose and polished white nursing shoes. No longer did I have a nursing instructor watching and evaluating my performance. Now I was wearing scrubs, learning from a preceptor and working with a team of nurses in the ICU. I knew that there was a lot to learn but I definitely felt I was ready for the challenge. I had always considered myself a quick and efficient learner.

Quickly, I became overwhelmed with the complexities of critically ill patients, supporting and comforting stressed families, learning the names of my co-workers and trying to find the time to eat lunch. I had to gather my gumption – “Can I do this job and can I do this well?”

A young multiple trauma patient was my first cardiac arrest. I started CPR and was quickly assisted by an experienced nurse. When I opened the crash cart, my mind drew a blank and I could not remember which drawers held the emergency drugs. My hands shook and my voice was lost. The patient survived despite my poor efforts. From then on, I was not going to be unprepared. I studied the contents of the cart, read articles on resuscitation and was prepared for my next patient emergency.

The Medical ICU had strong leadership from their head nurse, Mary Lee Chapas and the ICU Director, the late Dr. Donald Fraley. Each day I learned how to improve my organizational skills, the pathology of diseases, the actions and side effects of medications while treating the whole patient. On morning rounds, Dr. Fraley asked challenging questions and expected full answers. It was a learning environment in which I was able to thrive.

Technology advancements came quickly. I remember the first arterial line that was inserted in a patient on our unit. The surgeon drew a diagram to illustrate the proper stopcock position, how to draw a blood specimen and what type of waveforms to look for on the monitors. Next, the Swan-Ganz catheters and the principle of “unloading” were introduced for congestive heart failure. As nurses, we were scrambling to process all of the technical skills that were needed. Mrs. Chapas instilled in each of us that we shouldn’t lose sight of the patient even when they were entangled and covered with lines of IV’s, tubings from ventilators and various dressings. We were introduced to nursing standards of care, quality assurance and quality improvement studies and flexible staffing with 8 and 12 hours shifts.

Research protocols with high risk medications amplified my awareness of my personal responses to serious ethical issues related to the patients’ freedom to choose a potentially harmful treatment plan. I would meet patients who said “I know this drug is too late for me but maybe it will help someone else”. I had never before questioned the reality that I would be giving treatment that may actually harm a patient or be totally ineffective. With research protocols, I carefully documented patients’ vital signs and all adverse side effects, trying to put aside my emotions. One of these blinded protocol drugs I gave turned out to be Cyclosporine. Cyclosporine is a drug which would later be considered a miracle for the transplanted patient.

As a manager on a thoracic unit, I remember when administration wanted to introduce electronic charting to our floor. The secretary and staff liked their “paper documentation” and were resistant to change. The idea of charting everything on a computer was not welcomed. We had six large computer stations in the hallway which had heavy black cords connecting them to the electrical outlets. This early electronic charting was clumsy, time consuming and ineffective.

We did not have cell phones when I started nursing. Technology will always be improving our ways of life and health care. New medications will always be developed to give patients a better prognosis. As nurses, we will be the ones to share the best and worst days with patients and families.

My nursing journey has taken me on many paths from ICU clinical manager, to staff development department, to dialysis unit, to manager of a cardio-thoracic unit, and to membership of the foundation board of a health care system. And after all of these years, nursing continues to inspire me, not for the path I have taken, but for what I believe I have yet to give.
We all know that healthcare has changed significantly in the last 50 years. I am well aware of the major advances, but I sometimes think of the ‘small’ things that made a difference in nursing care and patient comfort in the 1960’s when I graduated from nursing school. A few include:

No air conditioning in the patient rooms, we opened the windows that had screens in the summer.
Non-disposable needles for injections that we always had to test for burrs before we used.
Disposable supplies were non-existent – we had to clean and sterilize and reuse.
Gloves – we only used for sterile procedures or when we had a ‘real mess’ to deal with.
Isolation rooms were at the very end of the hall in usually the tiniest room which made care and observation difficult. Talk about the patient feeling ‘isolated’.
Evening care – We made rounds right after visiting hours to make patients comfortable for sleep (included clean linen, back rubs, nourishments, meds).
Back rubs were a standard part of morning and evening care.
Six-week experience in the OR in the first year of my diploma nursing school curriculum--I loved this experience. Learned so much about sterile procedures, anatomy and surgical interventions. My post operative care was done from an informed point of view.
Process for CPR codes was just beginning in the 60’s – relevant to the following stories.

I have a very vivid memory of my first clinical experience as a student nurse at Presbyterian University Hospital in Pittsburgh. I walked into the semi-private room, making my way to the bed by the window, calling out, ‘Good morning, Mr. _____’ only to find that my patient was not breathing. I began CPR while yelling for someone to call a code and get help. Code response time has definitely improved.

One aspect of my first position as a new grad, a staff nurse in ICU, that I will always cherish was that Dr. Peter Safar, the Chief of Anesthesia, did most of our Continuing Education sessions. Dr. Safar developed the ABC’s of Resuscitation and influenced the design and manufacture of the mannequin for practicing CPR called ‘Resusci Anne”. He revolutionized prehospital emergency medical services by developing standards for the training of EMTs, designing the first modern ambulance and perfecting CPR and the code system for hospitals. He valued nurses and their development so much that he personally did the classes.

Sometimes I feel ‘ancient’ in regards to nursing care because of what I have seen change, but I also have an appreciation for the advances that have occurred, especially the technology. As faculty and a researcher I have promoted the value of nursing for I think sometimes nurses do not give themselves credit for how important they are to quality care. My dissertation results showed that the greatest indicator of quality in an acute care admission was nursing care. This was no surprise to me. I pray that all healthcare providers offer care that is therapeutic and individualized.
Dashing Through the Snow… to SNAP!

Julia Vozella, Junior

Though the snow hit hard, that did not stop Briana Gavin, Julia Vozella, and Kaitlin Andres from representing DUSNA along with Dr. Snyder at SNAP’s 66th Annual Convention!

The convention took place in Harrisburg, PA beginning on November 15th, and included the review and voting of ten resolutions, the voting for new board members, networking events, as well as breakout sessions hosted by a number of respected nurses in their respective specialties.

During the review and voting of the resolutions, DUSNA’s own Holly Storm presented a resolution authored by herself and Deanna Webb, DUSNA legislative chair, regarding Increased Research and Awareness of the Importance of Early Mobilization in Intensive Care Unit (ICU) Patients. The resolution discussed how early mobilization of ICU patients can be accomplished by training nurses in specific mobilization protocols in order to avoid the many complications associated with prolonged bedrest. The resolution passed with no objections or argument. Congratulations to Deanna and Holly!

Some of the other resolutions included topics such as increasing awareness of the psychosocial effects from forced family separation, authored by the SNAP board, supporting the increase of awareness for medically supervised injection facilities, authored by Widener University Nursing Association members, and the support of instituting mental health checks in K-12 public schools, submitted by members of the West Chester University Student Nurses Association. While there were some topics that were more controversial than others, many interesting resolutions were brought forward and passed.

Despite the snow keeping some of the workshop speakers from SNAP, there were many that were luckily still able to make the trek. The theme of this year’s convention was nurse advocacy. One speaker that spoke about advocacy through nurse engagement and involvement was Jennifer Gil, BSN, RN of Mass General Hospital who was a past SNAP board member and is the current ANA Director at Large. Her story is incredibly impressive, and because she is a younger nurse, it was inspirational to see how much can be accomplished early in our nursing careers if we are willing to lead and advocate for ourselves. Margaret Wilson, MSN, RN and the Associate Director of Patient Services at the Lebanon VA Center, and Carrie Anne Amann, MPA, Deputy Secretary of Policy and Planning for the Governor Commonwealth of Pennsylvania presented on advocacy for veterans with PTSD. This workshop was especially interesting as the presentation occurred from two different perspectives. We were able to hear about advocacy from a nursing perspective, but we were also able to hear about some of the barriers to care faced by veterans in our own communities from a public policy perspective. Carrie Anna Amann has a husband who is a veteran and was able to share her own stories that highlighted and personalized the challenges that veterans face when they are being rehabilitated back into their communities.

One of the highlights of convention was the final workshop entitled, “Advocates in Action in the ER.” Two different presenters came, AnnMarie Papa, VP and CNO of Einstein Medical Center, and Terry Foster, CNS and Nurse Humorist of St. Elizabeth Medical Center. Foster was an absolute joy, sharing some of the funny interactions
and stories of patients. He expressed the importance of maintaining a sense of humor as a nurse, both because it is pleasant for patients and co-workers, but also because it keeps us sane in a profession that has an extremely high burn-out and turn-over rate. Dr. Papa discussed the importance of “not being a ‘but’ nurse”. By this she meant that often times she would hear from staff, “well they are a good nurse, but…” . Dr. Papa relayed the importance of being a good nurse-period-without exception. This means wearing different hats, from bedside nurse, to patient educator, to nurse mentor, to leader etc. This is a good lesson for us all as we move forward into our new careers and professional lives in the coming years.

A fun time was had by all and DUSNA fully encourages more members to attend NSNA in Salt Lake City, Utah this coming spring!
Christmas Cookie Recipe
Sara Andrews, Sophomore

**Classic Cutout Sugar Cookies:**

- 1 ½ sticks of salted butter, softened
- 4oz of cream cheese, softened
- 1 ½ cups of granulated sugar
- 1 egg
- 1 tsp. of vanilla
- 1 ¾ tsp. of almond extract
- 1 tsp. salt
- 3 cups of flour

**Cookie Instructions:**

In a large bowl or mixer, beat the butter on medium speed until soft and fluffy, 1-2 minutes.

Add the softened cream cheese and continue to beat for 1 minute, until well incorporated.

Add the sugar and beat until fluffy.

Add the egg, vanilla, and almond extract. Beat well, scrape the sides and bottom of the bowl with a spatula.

Add salt and flour beat until just barely combined.

Scrape the dough out onto a sheet of plastic wrap. Cover or wrap tightly and put it the fridge for 2 hours.

When the dough is chilled, preheat oven 350 degrees F.

Dust your surface with flour, split dough in half and roll out dough

Use your preferred cookie cutters to cut your dough.

Bake the cookies at 350 degrees F for about 9 minutes for smaller cookies and 10-11 minutes for larger cookies.

**Royal Icing:**

- 1 1/2 cups confectioner's (powdered) sugar
- 1 1/2 tbls water
- 2 tsps light corn syrup or meringue powder
- 1/2 tsp vanilla or almond extract

**Icing Instructions:**

Combine all ingredients into a mixer and mix until smooth.

Add more water for a thinner consistency and more sugar for thicker consistency.
I am a **diehard** shopper who is always out on Black Friday the second the stores open, and I am always on the hunt for Cyber Monday deals. I totally understand that it is often hard to find good, thoughtful gifts when you’re so busy preparing for finals. To relieve some stress, listed below are five gift ideas that are perfect for a college friend, roommate, or family member.

◊ **Personalized Mug:** (you can get great ones off of Shutterfly). My go to is always something personalized, because it is such a thoughtful gift and it looks like you put a ton of time into the gift. In reality, it can take less than 10 minutes. What college student wouldn’t want a new mug?

◊ **Lanyard:** These can be found in pretty much any store, and are extremely helpful to have in college! Popular ones can be found at Vera Bradley or Nike. The trend now is to have a phone wallet to stick to the back of your phone, which can also be a good gift idea.

◊ **Relaxation Kit:** This may consist of a face mask, a candle, some fuzzy socks, and a treat. With finals closely approaching, we could all use a de-stresser and a relaxation kit is a thoughtful gift that anyone would love!

◊ **Water Bottle:** This is one of the most used and lost items on a college campus. I am always looking for a new water bottle because I always seem to break or lose mine. If you are looking for a higher quality gift, purchasing a Yeti is a worthy investment because of how durable and useful they are.

◊ **Gift cards:** Although gift cards can be considered the “easy way out”, there is nothing that college students need more than money. To make it a little more thoughtful, pick up one from their favorite place to eat or shop. What I love to do is pair gift cards with a candy or a fun little item to make it a little more special. For example, if the gift receiver loves to get their nails done, I would totally recommend getting them a nail salon gift card and pairing it with a fun nail polish!

Merry Christmas!
Study Tips from the Editors
Lauren Bliss and Hadley Mueller, Sophomores

Take breaks. Your brain is not meant to function 24/7.

**Hadley**: I like to watch an episode of Friends to de-stress. The episodes are only 20 minutes long, so I know I won’t be watching TV for too long. Chandler’s sarcastic comments help to get me through all of the long nights of studying.

**Lauren**: I like to catch up on my YouTube videos (because who has time for TV?!) or get some tea or a chai from Starbucks.

Be aware of what study environment works best for you.

**Hadley**: I can’t focus in noisy or super cold places. I like to go to the lower floors of the library in a cozy sweatshirt.

**Lauren**: I actually like studying in busy environments like cafes, or the collaborative floors in the library. I will usually plug in my earphones and listen to some music really loudly too. It’s all a personal preference!

Study techniques are important.

**Hadley**: I like to type out a combination of my notes and the important information from the PowerPoint. Then, I use a different color pen or highlighter every time I read through it so that I can mark what I forgot the last time that I read it.

**Lauren**: I like to create what I call my “master notebook.” I divide my notebook for each class into chapters, and I fill each chapter with PowerPoint information, all the notes I take in class, and any information that the book has and the notes and PowerPoints don’t. I write each bit of information in different colors so I know where they came from. I then leave 10 pages blank at the end of each chapter, so that when I do NCLEX style practice questions, I can write down the rationales of every question I do!

Go see the NAP tutors!

**Hadley**: I go to the NAP tutors quite frequently. It puts my mind at ease to have my questions answered on a level that I can easily comprehend.

**Lauren**: I went to the NAP tutors once, and it really did help! I also seek out advice from friends that are upperclassmen and my professors.

The night before a test

**Hadley**: I like to make sure that I review the material and get to bed early. I also like to plan what I am going to eat for breakfast. It is never fun to take an exam exhausted and on an empty stomach!

**Lauren**: I like to do one last round of practice questions and simulate my testing environment. This helps me relax and know what’s ahead for the next day! I also skim through the book and try to make it fun and like my “bedtime reading.”
News & Announcements

Upcoming Meetings
January 16 - 7 pm, CH 104
February 13 - 7 pm, CH 104
March 13 - 7 pm, Bayer LH
April 10 - 7 pm, CH 104

Upcoming DUSNA Events
HESI Review - Dec 6
Clothing Sale Pickup - Dec 13
Blood Drive - Feb 6
Preview Day - Feb 23
Run for Ryan April 27

NCLEX Practice Question!
The nurse performs a physical assessment on a client admitted for notable weight loss related to a reluctance to eat. Which assessment finding will provide the nurse with the best insight to the client's condition?

A.) The client has a slight hand tremor related to Parkinson disease.
B.) The client has missing teeth and multiple cavities with an abscess.
C.) The client expresses a dislike for cooking and cleaning up afterward.
D.) The client has unidentified allergies and is unaware of foods to avoid.

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<tr>
<th>Zodiac</th>
<th>Description</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Sagittarius</td>
<td>Went a little too crazy during Black Friday and Cyber Monday? No worries, that PCT check will be coming soon and zenith shows an online flash sale to your favorite shop!</td>
<td>November 22-December 21</td>
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<tr>
<td>Gemini</td>
<td>Jupiter’s moons will all be aligned for a brief amount of time making it the perfect opportunity to finally take that risk. Time to stop doubting and start living for yourself.</td>
<td>May 21-June 20</td>
</tr>
<tr>
<td>Capricorn</td>
<td>Mercury in retrograde is bad news bears to every sign especially for Capricorn. Be careful making any rash decisions and always be on the lookout.</td>
<td>December 22-January 19</td>
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<tr>
<td>Cancer</td>
<td>The past couple months might have left you running in circles. You can blame your sign getting ready for Mercury in retrograde. Once this passes, all will be normal.</td>
<td>June 21-July 22</td>
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<tr>
<td>Aquarius</td>
<td>Life has been going swimmingly for you this year. It’s almost the new year so keep the ball rolling. On the 18th, keep a careful eye on Venus. Someone special will come into your life.</td>
<td>January 20-February 18</td>
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<tr>
<td>Leo</td>
<td>Leos love make a good first impression. This upcoming semester brings job opportunities at all the hospitals you wanna be at. Treat yo self and get some new, snazzy clothes to snag those interviewers.</td>
<td>July 23-August 22</td>
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<tr>
<td>Pisces</td>
<td>A new force has been drawing you towards Venus, the planet of love. Maybe you miss a friend. Or have had someone leave you. Whatever it is, balance will be restored on the 8th.</td>
<td>February 19-March 20</td>
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<tr>
<td>Virgo</td>
<td>Everything will fall in place once you get a special phone call before Christmas. Be patient, Mars is testing you. But keep your phone on you at all times!</td>
<td>August 23-September 22</td>
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<tr>
<td>Aries</td>
<td>All you’re seeing right now, Aries, is red – and green! You thrive during the holiday season. You might be hotheaded but you’re aggressively a good gift giver.</td>
<td>March 21-April 19</td>
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<tr>
<td>Libra</td>
<td>Start getting organized, Scorpio. Uranus will overtake Neptune on the 11th making it challenging for you to get anything done. My suggestion: checklists on check lists on checklists.</td>
<td>September 23-October 22</td>
</tr>
<tr>
<td>Taurus</td>
<td>Give the horns a rest! Stop fighting back and start going with the flow. Ease into the new year – no need for silly resolutions (also who even follows those?).</td>
<td>April 20-May 20</td>
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Interested in writing for *The Scope*?

We are always looking for new writers. Contact Lauren Bliss & Hadley Mueller for more details!

blissl@duq.edu
muellerh@duq.edu

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**NCLEX ANSWER : B**

The nurse is looking for physical assessment findings that will provide the best insight about the client's reluctance to eat. Missing teeth causes difficulty with the process of biting and chewing food. Most importantly, the presence of multiple cavities and an abscess can cause pain and initiate a reluctance to eat.

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**DUSNA BOARD OF DIRECTORS**

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