We Are Here To Help!

Learn About How to Get Involved in Disaster Relief

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Get Involved In Your Nursing Career And Learn From The Best

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Who We Are

We are members of the Duquesne University Student Nurses Association. All views expressed are our own and do not represent the views of Duquesne University or Duquesne University School of Nursing.

We are members of the BSN Programs at Duquesne University. We love health! We love patients! We love to write!

The Scope is the proud recipient of the 2013, 2014 and 2016 Student Nurses Association of Pennsylvania Excellent Newsletter Award.

We would love to hear your thoughts on our newsletter! Please email all letters to the editors to Emily Churchill and Morgan Gruender, at churchille@duq.edu. All letters to the editor must include name and contact information.
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Hurricane Relief: How We Can Help

Jackie Demilio, Senior

“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’ To this day, especially in times of ‘disaster,’ I remember my mother’s words and I am always comforted by realizing that there are still so many helpers — so many caring people in this world.” - Mister Rogers.

The recent disastrous hurricanes that have affected millions are the first thing that comes to mind when I read this quote. These hurricanes have brought a lot of devastation and hardship, but behind all that are the amazing volunteers who offer support and countless resources to people in need. Seeing this may make you think, “How can I get involved in disaster relief?” Fortunately, as nurses and as students, we can offer a helping hand in many ways!

Probably some of the most prevalent and well-known volunteers to come forward during a disaster are part of the American Red Cross Association. Their volunteers came forward to help during and after the recent hurricanes. The American Red Cross offers a variety of resources to aid in disaster relief, such as shelters, emergency supplies, meals and snacks, health volunteers, and more. The shelters provide people who have lost their homes a warm place to stay and food to eat. They also distribute supplies in the days following disasters; these supplies range from items like toothbrushes and deodorant to trash bags and shovels, and emergency supplies are handed out to anyone who needs them. In addition, they have health volunteers that can provide first aid treatment, including mental health volunteers who offer emotional and psychological support. These volunteers help treat injuries anyone may have received and provide care to people staying in shelters. They can also provide replacement prescription medications that people may have lost. Probably the best people to volunteer in this way are those in the medical field, and many of these health volunteers are nurses.

Nurses dedicate their lives to helping others, so it isn’t surprising that many nurses want to become volunteers for disaster relief-and there are ways they can do so! It’s important to volunteer through an organization rather than on your own, because help will be provided in a structured and well organized manner, which will be more beneficial to those in need. Nurses can utilize their expertise on treating illnesses and injuries and apply it to hurricane disaster victims. Also, their caring and empathetic dispositions can be crucial in what is probably the most vulnerable period in these people’s lives. Thank goodness for nurses, right?

Not only can nurses get involved in disaster relief, but we as students can get involved, too! You don’t have to physically be at the site of these hurricanes to help-you can donate to organizations such as Red Cross, Salvation Army, and more, which can help bring food, water, and supplies to these people.

So, whether you are a volunteer at the site of a hurricane or donating money and supplies behind the scenes, everyone can play an important role in hurricane relief, and whatever approach we use to help these people can be incredibly beneficial.

Life After a Natural Disaster
Dana Bernard, Senior

As a country, we have been experiencing natural disaster after natural disaster with little time to recover in between. We have seen the immediate effects of hurricanes, floods, fires, and earthquakes, but how much do we pay attention to health concerns after these occur?

Water can become a health hazard, after any natural disaster. The Center for Disease Control explains that water wells, whether private or public, can become contaminated with livestock waste, human sewage, or even dangerous chemicals. Boiling water, adding disinfectants, or filtering water may be the solution for this problem. However, if one suspects that the water has been contaminated with toxic chemicals, one must use a different source of water. Unsafe water sources would include: radiators, hot water boilers, and waterbeds. Safe sources of emergency water could include: melted ice cubes, water from home water heater tank (the drinking system, not the home heater system), liquid from canned fruits, or uncontaminated water from pools (bathing purposes only). Another way to access emergency water sources could be to collect rainwater, river water, and natural spring water but must be decontaminated as was stated above.

Food becomes another concerning issue in these emergency situations. Power outages due to any natural disaster can cause refrigerated or frozen food to parish. A flood may destroy a supply of food as well. If a power outage occurs, open the fridge or freezer the least amount possible to conserve as much cold air as one can. When food does smell bad or look moldy, throw it away immediately and do not try to scrape off mold. Mold that grows on food can make one sick, even after one attempts to revive the food by scraping the visible mold off. The Center for Disease Control suggests throwing away meat or fish 4 hours after the power goes out. When we think about the big picture, this isn’t that long of a time. Canned food that appears to be bulging must be thrown away. This bulging occurs from growing bacteria that releases gases inside of the can. In these situations, it may be hard to preserve food supply but even simple hygiene gestures, such as hand hygiene, can make an impact on safe food ingestion.

An epidemic that occurs with hurricanes specifically is a problem with mosquito control. These insects are known to cause a spread of diseases, so this is why it can become a concerning factor after a hurricane. Mosquitos are naturally drawn to pools of warm water, or damp places so just imagine an area after a hurricane. The Center for Disease Control explains that the high winds and rain may kill a lot of existing mosquitos. However, eggs that have been left behind are forced to start hatching due to flooding water. It may be hard to control the mosquitos, but what we can do is be aware that there may be an increase of these insects and how we can avoid being bitten. Avoiding opening windows will prevent the insects from entering homes, or applying spray can ward off mosquitos.

These are just three health concerns after a natural disaster, but there are many more. We must be aware that people continue to be affected after a natural disaster months after the fact. By donating, volunteering, or raising awareness of this issue, we can band together to try and help our fellow citizens after these catastrophic events.
Exploring Confidential & Non-Confidential Reporting Options for Sexual Assaults at Duquesne University

Angela Sanctis, Senior

Sexual assault on college campuses around the country has become an epidemic. One in five women will be sexually assaulted in college. As future nurses, this issue is one that cannot be ignored. Six students in the school of nursing took it upon themselves to make a change on Duquesne’s campus in conjunction with Dr. Elisabeth Vasko’s Christianity, Embodiment and Violence class. As a class, we partnered with community stakeholders on and off campus to work toward implementing sexual violence prevention as well as bystander intervention education. We were lucky enough to be partnered with Dr. Kate DeLuca and Dr. Kathy Sekula in creating our project “The Psychological Effects of Sexual Assault”. We created a list of questions that would be asked to the Title IX coordinators at five universities in the Pittsburgh area. The questions were geared toward the resources that universities utilized as well as where they thought they needed improvement. The same questions were asked to Duquesne’s Title IX coordinator. Putting this information together gave us a better understanding of what students need here at Duquesne.

We decided to focus most on the difference between confidential and non-confidential resources for students who had experienced a sexual assault. With that objective in mind, we created a simple refrigerator magnet with confidential resources such as the counseling center, health services, campus ministry and Pittsburgh Action Against Rape (PAAR). We also listed non-confidential resources such as residence life, Duquesne campus police, the Title IX office, and any member of the faculty or staff. With the help of the Title IX office and the School of Nursing, we were able to distribute these magnets at different events on campus as well as on all university owned laundry receptacles. Our goal is to give students the options and the information needed to make the best decision for themselves and their situation.

Sources: https://www.nsvrc.org/sites/default/files/publications_nsvrc_factsheet_media_packet_statistics-about-sexual-violence_0.pdf  Photo credits: Duquesne University
Faculty Spotlight: Professor Torrie Snyder

Dana Bernard, Senior

She may be new to Duquesne, but she is not new to loving nursing education. Our newest faculty member knew she wanted to become a nurse educator very early in her nursing career. I got the pleasure to sit down with Professor Snyder and receive some great input about the world of nursing. Professor Snyder started her nursing career at Carlow University where she acquired her BSN. She has a lot of experience with Medical-Surgical nursing as well as Community Health. One of her favorite jobs before coming to Duquesne was working at a breast imaging facility. During this job she followed patients from the beginning of treatment to the end of treatment. She describes this job as challenging but rewarding because these patients often showed her the most gratitude for her care. She then continued her journey onto Waynesburg University for her Master’s in Nursing Education. Professor Snyder is still in school as she is now working towards acquiring her PhD in Instructional Leadership and Management at Robert Morris University.

I asked Professor Snyder how she kept her goal in mind and stayed on track through her career. She replied by explaining that life simply just happens, but always keeping that ambition in the back of your mind and using goal-oriented drive will get you exactly to where you want to be. “You will find what you want to do, and you will never stop learning,” Professor Snyder adds. Professor Snyder joins us here on campus as a Fundamentals professor and she describes the course as her “favorite course to teach”. She is also a Co-Advisor for DUSNA, which is something new to her and she is learning a lot about it.

Professor Snyder never strayed from the fact that she knew she wanted to be a nurse. She explains, “Just knowing that there was this big world of things that I could do and I wouldn’t always be stuck in one particular job, that’s what made it exciting to me.” Feeding off of Professor Snyder’s passion for nursing, I asked her what she believes makes a great nurse. She replied, “What makes a great nurse is not necessarily the nurse that always gets straight A’s, it’s that person who has that ability to care and be compassionate towards the patient as well as respectful to the patient.”

At the end of our conversation, Professor Snyder had some great advice to share with students. “Always, always, always be your patient’s advocate,” she explains. “You are the eyes, ears, and voice for your patient and you may be the only one that can stand up for your patient.” She adds, “that’s something you can do as a student nurse right now.” We are very glad to have Professor Snyder here at Duquesne. She is very insightful and has an outlook on nursing that is filled with compassion to the core. If you see Professor Snyder around campus, give her a wave and welcome her to the university!
Emergency Energy
Adelaide Lipschutz, Sophomore

In college, it is common to pick up an energy drink or an energy bar to get through the long day. However, this may not be the most beneficial way to get your midday pickup. Researchers with the World Health Association discovered multiple health risks associated with drinking energy drinks. One risk is that it increases a person's chance of obesity. Another risk was that after consuming high amounts of caffeine, which is the most common ingredient in energy drinks, your insulin sensitivity is reduced and this may result in type two diabetes. In fact, there is also such a thing as caffeine overdose; caffeine overdoses can lead to high blood pressure, nausea, and vomiting.

Energy bars are marketed as being a healthy way to get energy however their original intention was to be given to athletes or at least those with the intention to have an intense workout. The burst of energy that the bars release is usually not needed to get through the day. Additionally, many energy bars have the same amount of sugar as a candy bar so they are not even healthy.

Instead of energy drinks you should try drinking green tea. Green tea has a compound called thymine that gives you energy without making you feel jittery. Also quinoa, lentils, beans, and whole grains keep you full and satisfied and are packed with energy. Oranges, apples, bananas, and any other fruits are filled with vitamins and minerals and they give you enough energy to get you through the day.
Children’s Hospital Internship

Lauren Murtha, Senior

This summer, I had the amazing opportunity to intern at Children’s Hospital of Pittsburgh as part of the Student Nurse Intern program that they offer to nursing students in the summer between their junior and senior years. Ever since stepping into CHP last fall for my pediatric clinical, I get chills every time walking into that beautiful, colorful building, and this summer was absolutely no exception.

When I first got the call that told me I would be with a PRN, or float nurse, I was a little skeptical, as I wanted the relationship that one builds with their preceptor and the nurses on the floor in which they work. However, in just a few weeks of the internship, I had already floated to at least half of the units at Children's and saw much more than I ever expected. The rewarding experience of working with patients from just a few hours old to 20 years was one that I will never forget.

I was able to see many different areas of pediatric nursing—from the teamwork that is displayed when a Level 1 Trauma rolls through the doors of the Emergency Department, to the compassion that NICU nurses show to the tiniest patients and their families. I can’t say that I liked one experience that I had more than the other, but there were some amazing situations that I was able to experience.

One of the most exciting opportunities that I had as a Student Nurse Intern at Children’s was working in the NICU when one of the babies that weighed 1.5 kilograms (a little over 3 pounds) had an ostomy created at the bedside. These “micro-premies” cannot go down to the operating room like patients of bigger size, because a significant part of their care is maintaining their body temperature. Watching how the NICU nurses worked alongside the surgeons, nurse anesthetist, and scrub technologists was an experience that I will never forget, as they cared for what might have been the smallest baby in the city of Pittsburgh.

Some younger nursing students have asked me if an internship is worth it---My answer is YES! The internships offered at the top hospitals of Pittsburgh are a great way to see more what the entire shift of a Registered Nurse is like, and what goes on after clinical ends. Over 30 students in the BSN class of 2018 were nurse interns this summer and any of us would be happy to talk to you about our experiences!

Specialty Spotlight: Labor and Delivery
Shannon Lawler, Junior

Labor and delivery nurses are essential in today’s nursing world. Labor and delivery nurses do a list of jobs from talking to the laboring mother from the first contraction to the delivery of her baby all the way to doing postpartum care of the mother and taking care of the new baby. These nurses help to coach the laboring mother through contractions and provide vital insight into what is happening with the woman’s body. Labor and delivery nurses are extremely alert to watch for changes in the tolerance of the labor for both the mother and the baby. They are constantly monitoring the fetal heart tones, contraction time, contraction strength, and the mother’s vital signs. The nurse also will help with the first breastfeeding if the mother chooses to make that decision.

Labor and delivery nurses are required to have a Bachelor of Science in Nursing (BSN) or an Associate’s Degree. The nurses are not required to have a specific certification, but some do, like Inpatient Obstetric Nursing (RNC-OB) and Neonatal Resuscitation Program (NRP). Labor and delivery nurses are very knowledgeable in their field. These nurses have to understand the four stages of childbirth which are antepartum, intrapartum, postpartum, and neonatal. These stages are divided by the progression of the pregnancy, for example, intrapartum is while the women is pregnant with her child and postpartum is after the baby is born.

Labor and delivery nurses usually work twelve hour shifts which is really nice because they can usually see their patient’s progression through labor and the delivery. The nurse frequently checks on the mother and baby’s vital signs including the blood pressure, heart rate, fetal heart tones, and she is always checking for any changes. The nurse also measures the contractions to check the timing and the severity of pain with each contraction, and will examine the mother for the dilation of the cervix. After the birth of the baby, the nurse will assess the baby using the APGAR score. This score helps to assess the baby’s: activity, pulse, grimace, appearance, and respiration. This test is performed one minute after birth and five minutes after birth. This test helps to see the baby’s muscle activity and respiratory status. Each letter gets a score of 0-2 for a max score of 10. A score of 7-10 is normal for both one minute and five minute assessments and shows the baby is in good function. If the baby is below 6 after five minutes the baby will most likely need immediate medical attention. The labor and delivery nurse will then check the mother and baby’s vital signs every fifteen minutes for the first hour, then every thirty minutes for the duration of their stay. The bonds that the nurses form with the mother and baby are like no other. Labor and delivery nurses are blessed to be able to see some of the most joyful moments in a family’s life.
Meet Your Co-Workers: Medical Sonographers

Emily Churchill, Junior

Medical sonographers do not just take fetal ultrasounds. Medical sonographers can help diagnose many different conditions through an array of tests. Sonography can be used to find problems in the heart and vessels, abdomen, and fetus.

Some of the responsibilities of a sonographer are taking patient history, using sonographic equipment in helping to diagnose a client, analyzing technical information, providing report to the healthcare provider who will diagnose based on the images, maintaining and preparing equipment for use, and assisting radiologists when needed. Many work alongside MRI, CAT scan and X-ray technicians. Most sonographers work in the hospital setting, but they can also work in doctor’s offices or diagnostic laboratories.

To become a medical sonographer, one must have a background in anatomy and physiology, physics, and math. There are two and four-year programs available to prepare for the certification exam. Sonographers can take an exam to specialize in breast, pediatrics, echocardiography, or phlebology. Once you earn one, you can add as many certifications as you would like. The most common certifications are through the American Registry for Diagnostic Medical Sonography (ARDMS) or the American Registry of Radiologic Technologists (ARRT). The annual salary for a medical sonographer is approximately $63,000 a year.

Medical Sonographers work with nurses to help create a plan of care for the patient. Nurses can determine priorities and the best interventions for their patients based on results of the test. Medical sonographers are an integral part of the healthcare team.
News & Announcements

**D U S N A**

- Clothing orders for the fall are out now! The only place to get your School of Nursing apparel.
- Look out for upcoming social and service events.

**School of Nursing**

- Get ready to schedule for next semester!
- Make an appointment with your advisor if you need help.

NCLEX Nook

*Question is from: nurseslabs.com*

*Answer on Page 15*

During an assessment of a pregnant patient (who is 20 weeks pregnant) she tells you the following information regarding her pregnancy outcomes: She currently has 3 children (ages: 3, 8, 19), all of them were born at 39 and 40 weeks gestation, she has been pregnant 5 times (including this pregnancy). How would you document her GTPAL?

A: G: 5, T: 3, P: 0, A: 1, L: 4
B: G: 5, T: 3, P: 0, A: 1, L: 3
C: G: 4, T: 4, P: 0, A: 0, L: 3
D: G: 4, T: 3, P: 0, A: 0, L: 4

Pumpkin Chocolate

Geniuscooking.com

**Ingredients**

- 4 eggs
- 2 cups sugar
- 1 (16 ounce) can pumpkin
- 1 teaspoon vanilla extract
- 1 1/4 cups vegetable oil
- 3 cups flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 12 ounces semi-sweet chocolate chips

**Directions**

1. In large mixing bowl beat eggs, sugar, pumpkin, vanilla and oil until smooth.
2. Mix dry ingredients together and mix into pumpkin mixture. Fold in chocolate chips.
3. Fill greased or paper-lined muffin cups 3/4 full.
4. Bake at 400 F for 16 -20 minutes. Let cool before taking out of pan.
### Horoscope

<table>
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<tr>
<th>Sign</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Libra</strong></td>
<td>It's finally your time to shine, Libra! Find another fellow Libra and have fun out in town. Treat yourself before finals creep up on you!</td>
</tr>
<tr>
<td><strong>Aries</strong></td>
<td>Brace yourselves: registration is coming. Prepare yourselves and get your Plan A and B or even C schedules ready to go. Stay at that computer at 7 am and don’t give up until you get all your classes.</td>
</tr>
<tr>
<td><strong>Scorpio</strong></td>
<td>It may be only a quarter of the year in, but it’s never too late to start anew. And by new, we mean new memes! That’s right, it’s time to harvest some new meme crops. Go tend to your humble farmer roots.</td>
</tr>
<tr>
<td><strong>Taurus</strong></td>
<td>Two words: Midterm week. One reaction: Yikes. It’s never too late to visit the chapel and say a few Hail Mary’s in order to save your grade….grades? Maybe you should really reevaluate your study habits.</td>
</tr>
<tr>
<td><strong>Sagittarius</strong></td>
<td>Saturn is retrograde with Jupiter’s moon, Europa. That only means one thing: it is definitely your time to get the courage to try something new.</td>
</tr>
<tr>
<td><strong>Gemini</strong></td>
<td>The full moon isn’t here just yet so keep the werewolf activity to a minimum. It’s almost your time to shine and by that I mean you’re finally going to pass that OB test. Good luck!</td>
</tr>
<tr>
<td><strong>Capricorn</strong></td>
<td>Capricorn? More like candy corn! Halloween season is upon us and we all know that means. 70% off bags of candy on November 1st. Take advantage of sales, but watch out for those cavities.</td>
</tr>
<tr>
<td><strong>Cancer</strong></td>
<td>Midterm week definitely killed your morale and now you can only look forward to Thanksgiving break. Remember it’s always okay to take a mental day off and catch those extra Z’s or relaxation.</td>
</tr>
<tr>
<td><strong>Aquarius</strong></td>
<td>The most feared word in nursing school: HESI. Yup, you know you should be studying for those right now so close your online shopping tab on Forever 21 and hit the books!</td>
</tr>
<tr>
<td><strong>Leo</strong></td>
<td>Leo, I know you’re frustrated with the absence of sweater weather right now. But no worries. Good things will come to those who wait. Once you get in line with Neptune, the temperature will drop and you get to wear cute sweaters.</td>
</tr>
<tr>
<td><strong>Pisces</strong></td>
<td>The stars are aligning to make the perfect opportunity to finally apply for that hospital internship you’ve been looking at for years. Don’t waste any more time and send it in!</td>
</tr>
<tr>
<td><strong>Virgo</strong></td>
<td>It’s here…pumpkin spiced everything is coming. From your basic PLS to even pumpkin spiced Pringles, you’re going to be in Vitamin A overload. Stick to normal Pringles…and normal flavored everything.</td>
</tr>
</tbody>
</table>
Interested in writing for The SCOPE? We are always looking for new writers. Contact Emily Churchill or Morgan Gruender at churchille@duq.edu for Details!

NCLEX ANSWER: A

The answer is
G: 5, T: 3, P: 0, A: 1, L: 3. G is the number of pregnancies including the present one. T is the number of babies born after 37 weeks gestation. P is the number of babies born before 37 weeks gestation. A is the number of abortions or miscarriages and L is the number of current living children.

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The FACE of the Person with an ADDICTION

The Eighth Annual McGinley-Rice Symposium on Social Justice for Vulnerable Populations

A national forum focusing on critical issues in health care practice and policy through the lens of social justice. The McGinley-Rice Symposium looks into the face of the person with an addiction and zeros in on her or her needs.

October 26-27, 2017
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Photo credits: DUSON