The Scope
2018 Nursing Preview Day Edition

WELCOME TO DUQUESNE
We Hope To See You In The Fall!

Learn About All the Amazing Things You Can Do at Duquesne
Why Should You Choose Pittsburgh?
Our Students Tell You Why
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 healthcare! 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 editor to Emily Churchill and Morgan Gruender at churchille@duq.edu.

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Welcome to Duquesne!

Lauren Murtha, Class of 2018

Greetings, Duquesne Nursing Class of 2022!

Welcome to Preview Day! My name is Lauren Murtha, and I am the President of the Duquesne University Student Nurses’ Association (DUSNA). On behalf of the undergraduate BSN students, I am so happy that you are here to join us today! There are lots of amazing opportunities and experiences for you and your family today, so enjoy every moment.

As I write you this letter, four months away from graduating, it’s hard to believe that I was in your shoes just four years ago, as it seems like it has been an eternity! I was a mix of emotions—excited, nervous, and most importantly PUMPED to start my four years at Duquesne. I was excited for the new friends, atmosphere, and challenges that the next four years held for me, as I’m sure you are too.

Just a short 45-minute drive from home, Duquesne’s park-like campus nestled on the Bluff felt like the perfect place to make my second home. The inviting people and the prime location in Downtown Pittsburgh is what did it for me, not to mention our amazing School of Nursing.

The many resources offered on campus will help you flourish not only as a nursing student, but also as an individual. From Campus Ministries, Greek Life, and Athletics, to our fantastic dining options (pst...we have a BRAND NEW Chick-Fil-A right on campus), to our world-class fitness center in the Power Center, I am certain that you will find your place here on the Bluff.

Of course, I can’t forget the real reason why you’re here—nursing! I hope you all are excited and pumped to enter such an amazing, rewarding, and growing field, and I am so happy that you chose it! Duquesne offers some amazing clinical opportunities around the city of Pittsburgh, including but not limited to the 7th best Children’s Hospital in the country, Level One Trauma Centers, and state-of-the-art Intensive Care Units. Our lab will give you amazing simulation experiences that will sharpen your nursing skills and our knowledgeable faculty will teach you everything you need to know (and more!) about the art of nursing.

So whether you are still deciding, or you have decided to make Duquesne your new home, make the best out of today, ask lots of questions, and we hope to see you on the Bluff again this fall.

Welcome to the Duquesne Family,

Lauren Murtha
DUSNA President
Why Do We Love Clinical?

Starting Sophomore year you will put what you learn into practice at Clinical!
Hayley Bergel, Class of 2017

Fundamentals (Sophomore):
During this clinical, it is likely that you will give your first medication pass and learn the basics of taking vitals, giving bed baths, and charting. Other things you might get experience in are injections and inserting catheters.

Adult Health and Illness (Sophomore):
Both the class and clinical primarily involve medical-surgical nursing. It is a vital area of nursing to have experience in and you will learn a vast number of skills. Some clinical sites are UPMC Mercy, UPMC Shadyside, Allegheny, and UPMC Passavant.

Pediatrics (Junior):
You will learn about various health problems and their treatments specifically geared towards children. This clinical will draw on a lot of Growth and Development processes. A common clinical site is The Children’s Hospital.

Gerontological Nursing Practice (Junior):
Your spring semester will bring you back to Medical-Surgical nursing and caring for the older adult. You will be introduced to illnesses and health problems specific to the older adult population and gain experience caring for chest tubes, trach tubes, giving oxygen and suctioning. Some clinical sites are UPMC Mercy, UPMC East, and Allegheny General Hospital.

Women’s Health (Junior):
This class and clinical involve the care of women and reproductive health. During this clinical, you will be able to have the opportunity to see a birth in the labor and delivery unit and take care of the mom and baby in the post-partum unit. Clinical sites include Magee–Women’s Hospital and West Penn Hospital.

Community Health (Junior):
This clinical focuses on the health of the community. You will find yourself at various clinical sites throughout Pittsburgh such as PAAR in Southside, soup kitchens, nursing homes, wastewater treatment plants, and outpatient clinics.

Behavioral Health (Junior):
During this class and clinical component, you will learn about various psychiatric illnesses and how to promote mental health in patients. A common clinical site is Western Psychiatric Institute and Clinic and the VA Medical Center.

Critically Ill Adult (Senior):
In this class and clinical, you will learn about caring for patients who are seriously ill in acute settings. During this clinical, you will learn about ventilators and how to respond to a code, among many other acute-care needs. You will most likely be placed in an intensive care unit (ICU) or a step-down unit.
Duquesne students work hard every day, and luckily, they have plenty of options to relax and explore Pittsburgh!

Adelaide Lipschutz, Class of 2020

There are so many amazing things to do around Pittsburgh that fill you with joy and excitement. One of the most colorful places to visit in Pittsburgh is absolutely Randyland. This is a magical place filled with wonderment and happiness. The artist, Randy Gilson, created a backyard wonderland in the middle of Pittsburgh. Randy uses all different mediums to create his works of art that are brightly colored and bring indescribable joy to all who come. Additionally, there is the Mattress Factory that is filled with contemporary art that you can interact with. It is a magnificent display of art that you can experience for yourself; you can literally walk through the exhibit and feel the art speaking to you. There is also the Incline that gives you a spectacular view of the city. It is one of the few operational funiculars in Pittsburgh. As you go up in the tram you get to see the city, bit by bit, come together into a breath-taking skyline. High in Mount Washington you can see how this city forms a beautiful community that inspires courage to face the new and to try to be extraordinary. If you walk ten minutes off of campus you can find the lively Market Square that is simply a wall-to-wall food party. This little square has foods that range from burgers to sushi; no matter what you are craving, you can find it here. There are also many events that the city has in this square like the ice skating rink that is open all winter long, visiting vendors, and music festivals when it is warmer. Past Market Square you can find Point Park which is a fantastic place to hang out and enjoy the natural beauty that Pittsburgh has to offer. There is a large green space that leads to a giant fountain where the three rivers meet. It is a beautiful place to lounge around, chat with friends, and catch up on some light reading. Down in South Side there are hundreds of little boutiques to shop from that stretch all along East Carson that are bound to have what you are looking for with their wide variety. If you love sports, just down the street from Duquesne you can find the Stanley Cup winning Pittsburgh Penguins playing at PPG Arena. There are also the Pirates and the Steelers that play just across the river; it is always fun to watch America’s pastime while sitting in the stands, eating a hotdog, and singing “take me out to the ballgame” with hundreds of other fans.
Why I Chose Duquesne

Jackie Demilio, Class of 2018

When it came time for me to start applying to colleges, I was unsure where I wanted to go. I knew I wanted to major in nursing, so I needed a nursing school that would give me the experience and education that best prepared me to become a nurse. When I toured Duquesne’s nursing school, I knew immediately it was the right fit for me. I was eager and excited to finally get started, but I had no idea just how rewarding this experience would be!

The campus itself is perfect for me. It is small, safe, and surrounded by the city of Pittsburgh and all it has to offer, which is what initially drew me in. Then, learning about the nursing school and seeing all it had to offer solidified my decision - I knew this is where I wanted to be, and I’m so glad I made that decision.

One of the most exciting parts about being a nursing student is learning new nursing skills. The skills lab provides students with hands-on practice with life-like mannequins, which made us feel more comfortable in the clinical setting. We had real equipment available for us to use, and the faculty was always very helpful and encouraging. Practicing these skills for the first time—even on a mannequin—can be nerve-wracking, but the staff made sure we were well prepared to utilize these skills in the hospital setting

Aside from the skills lab, getting new experiences during our clinicals has been the most rewarding. We get exposed to various areas of nursing specialties, which allows us to figure out what we like and where our strengths are. I went in to nursing school thinking I was going to be an OB nurse, but after my Behavioral Health clinical, I realized psych is where my true passion is. If it weren’t for my experiences in both specialties, I would not have come to that realization.

In addition, having the opportunity to make a difference in somebody’s day makes waking up before the sun comes up worthwhile. The nursing skills we learn are important, but communicating with patients is what impacts them the most. I did not realize how gratifying it could be to just be a listening ear for someone or to put a smile on their face. Our nursing school really focuses on teaching us proper communication, which allows us as students to have these kinds of experiences with patients.

There are numerous “firsts” throughout all four years of nursing school – first day of class, first clinical, first real nursing exam, and our HESI, just to name a few. If it weren’t for the faculty and friends I had supporting me every step of the way, I would not have been able to get through it. Duquesne nursing has given me valuable skills and knowledge that I will continue to carry with me and has introduced me to some of my best friends. I am so glad I chose Duquesne University School of Nursing and I could not be happier with the experience I had!
Get Involved Outside the Classroom

**DUSNA**

Looking for a professional organization with lots of leadership opportunities? DUSNA is the place to be! With everything from politics to creative writing, DUSNA is the organization that creates the nursing-themed apparel (which is not available in the bookstore) and travels to conventions in exciting places like Phoenix, Arizona and even Disneyworld. DUSNA is a great way to get involved in the profession of nursing and make career connections! It’s also fun! Social activities such as holiday parties and classes at the gym make DUSNA a very well-rounded organization. There are also plenty of service activities such as Relay for Life and St. Vincent de Paul. DUSNA is the perfect way to navigate the School of Nursing during your freshman year and in the years beyond.

**Alpha Tau Delta**

Looking for a professional organization with more of a fraternity vibe? Check out ATD! ATD is one of three fraternities within the School of Nursing. Requirements for joining include having a GPA of at least 2.5 and completion of one semester of nursing school. ATD is a wonderful way to get to know fellow nursing students and complete some fantastic service projects. It is also an excellent opportunity for leadership. Join ATD!

**Nurses Christian Fellowship**

Does your faith play a large impact in who you are? Do you wish to spread the Christian message with likeminded people? NCF is the home for you! NCF meetings include discussions on pertinent issues within the profession of nursing and participation in service activities that spread the Good News! A recent project that NCF completed was the creation of blankets for The Children’s Home, an organization that supports adoption and promotes the health of the entire family. NCF is a fun organization to be a part of, no matter which type of Christianity you come from. All are welcome!
Chi Eta Phi

A recently reactivated organization on campus, CEP is one of three fraternities within the School of Nursing. Representing diverse individuals, CEP continues the history of diversity and acceptance that is a common theme at Duquesne. CEP is a great organization for networking and advancement of the profession of nursing. CEP completes many service projects as well as socials that make this organization very beneficial.

Sigma Theta Tau

STT is an international organization that includes many faculty as well as students. Students must have a GPA of at least 3.5 in order to be considered for acceptance into the organization. STT provides many opportunities for advancement including research scholarships and free continuing education units for licensed RNs. This organization is a valuable organization to be a part of since it is one of the largest nursing fraternities and offers many networking opportunities. Students who are in STT are given special cords at graduation and once accepted, attend a special induction ceremony in the spring.

Student Representation

Students also have the opportunity to represent their class as Class Representatives and as Student Ambassadors planning projects and fundraising within the School of Nursing. The School of Nursing also have several Student Government Association positions where students can represent the School of Nursing to the whole university. These are just a few ways that students can get involved and be successful while developing professionally!
Summer Internship: Diana DeBernardis, Class of 2018

My name is Diana DeBernardis, and I am a senior here at Duquesne in the nursing program. The summer after my junior year, I applied for the UPMC internship at the Altoona location, because that is where I am originally from. I applied and got accepted to the Medical Progressive Care Unit. It is a cardiac ICU step-down, but I saw all types of patients. I am here to tell you that this internship was a life-changer, and I recommend it to anyone and everyone.

I loved the nurse internship because I got the chance to actually feel like a nurse. Clinical rotations are educational, but with only having one or two patients, you do not receive the time-management and organizational skills that an internship provides. I followed a nurse named Heather for the ten weeks I interned, and I got to take care of every single patient that she had. I got to listen to report, pass meds, and take care of 4-6 patients a day. While this was overwhelming, I learned time-management and the other roles in the hospital such as pharmacy, talking with doctors, talking to x-ray, phlebotomists, dietary, and so much more. I also learned how to help out other nurses when they were overwhelmed, or covering their patients during their lunch break.

I also got an amazing opportunity to be able to network with professionals at UPMC Altoona. They offered a lunch with one of the main board members of UPMC Altoona, which was super helpful in order to build connections with important members of the hospital. I had the chance to develop lasting relationships with the unit director of my unit that I interned on, along with the amazing nurses. I found a forever-friend in my nurse I followed, Heather. Her and I spend time together whenever I go home, and she helped me learn so much. As part of the internship, I had the opportunity to write an essay on how Heather displayed the UPMC values in her work. I was one of the two winners chosen, and Heather received a plaque, flowers, and gifts for being an exemplary UPMC nurse.

Finally, because I was able to develop these lasting relationships, I applied for my first Registered Nurse position on the unit I interned on back at home, and accepted the position on December 26th, 2017! It is a great feeling to go through my senior year knowing I have a job ready for me when I move back home.

All in all, I highly recommend ANY internship position that you can take! The skills, relationships, and personal growth that you achieve are invaluable and you will cherish the opportunity forever. I wish you all the best of luck!
I participated in the Nursing Maymester in Rome, Italy in May of 2016. It was the first year that they offered a study abroad opportunity for nursing students. Not only did I go to Rome, but we spent weekends traveling to Florence, Naples, Capri, and Sorrento. On top of that, a group of us took our own weekend trip to Barcelona, Spain! It was the perfect amount of time to spend there since most nursing students are unable to participate in semester-long study abroad programs.

We went to tour a hospital in Rome to learn more about their healthcare system as a part of our Cultural Applications in Nursing class. On top of that class, we took Art History. There is truly no better way to study Art History than in Rome. We spent most of our class time actually touring churches and museums, which made it so much better than textbook learning about art. It was one of the most enriching experiences of my college career. The city itself holds so much history. I was there for a month and felt like I could have spent years exploring its depth.

Rome truly holds a huge piece of my heart, and I have a trip planned to go back with my family this summer after I graduate to show them all the places that make up the city that I now consider my second home! You learn so much that applies not only to school but to real-life scenarios. I learned how to navigate subways and bus routes and train rides across the country. The best part of the trip was the fact that I was never alone. I made some of my best friends that were by my side the whole time, and even 2 years later we still get together to talk and laugh about the times that we had. We spent about half of the time being lost, but being lost often ended up giving us the best memories and led us to some of the best places!

Duquesne University has been my dream school for as long as I can remember. When I was eight years old, I was diagnosed with Type 1 Diabetes. During a time that was so scary, frustrating and confusing, I wanted to find a way to take control of my situation. Through TrialNet, I found a double-blind study at the Children’s Hospital of Pittsburgh for people with Type 1 Diabetes. The nurses working on the study became a very influential part of my life. They helped me understand my disease, and how it didn’t have the power to stop me from being whatever I wanted to be. They took the time to sit and talk to me and explain diabetes in a way that I could understand. They were like superheroes to me. They became my friends, and I looked forward to my visits so I could see them! That’s when I knew I wanted to be a nurse. During one of my appointments, a nurse told me about Duquesne University and its amazing nursing program. So, after spending the morning in the hospital, my parents and I drove around Duquesne’s campus. After that day it became something of a tradition for us to visit Duquesne after our monthly UPMC trips. Over the years my desire to become a nurse only grew stronger. Duquesne is even better than I had imagined all those years ago. I know for sure that I made the right decision to study nursing, and I feel so blessed to be here!
Duquesne University Student Nurses’ Association (DUSNA) has provided me with many fascinating opportunities and one of those being attending the National Student Nurses’ Association convention (NSNA). This event is where nursing students from all around the nation come together to engage more in the nursing profession. During this time, students are able to listen to speakers ranging from all avenues of nursing such as Emergency nursing, Flight nursing, OB nursing, etc. Each year they have new intriguing speakers eager to engage and talk with students. Along with the speakers from different nursing routes, there are also nurses who come to talk to you about going back to school to get your Master’s degree, Doctoral of Nursing Practice degree, or any other route that entails continuing your education. These speakers are here to guide students through their student life and eventually career path in order to reach his or her ultimate goals. I think this is such an amazing opportunity that one may not get without attending this convention. I enjoy listening to such intelligent people and learning more about the nursing profession and the endless opportunities there are for nurses.
Along with the amazing speakers NSNA provides, there is a huge exhibit hall that is filled with many opportunities for nursing students to take advantage of! Nursing schools and hospitals from all around the country set up tables to meet and engage with students. You are able to talk with potential schools you may want to attend to further your education. They provide you with all the information you may need in the future and answer any questions you may have. Hospitals attend as well to talk with students about potential jobs, so definitely bring your resume! The exhibit hall also has many NCLEX prep resources for you to utilize throughout school. We all know we cannot get enough of any resource possible for the NCLEX! These tools have definitely helped me throughout this year! You will never be bored or even feel like there is not enough to see, hear, or absorb! I loved absorbing all this information while also communicating with other students across the country and hearing about their career paths. It is also okay if you do not know what you want to do after you graduate! This is the perfect place to begin to figure out what direction of nursing is calling your name! Along with all the incredible opportunities NSNA offers, it is also pretty cool to explore a new city as well!! Last year, we went to Dallas, TX and we were able to go experience what Forth Worth and Dallas had to offer us! It was so much fun to expand my knowledge in nursing, network with fellow nursing students, and have fun while doing all of that! I definitely recommend attending NSNA and I look forward to attending the NSNA convention in Nashville, TN this April!
St. Ann’s Hall

St. Ann’s is one of the freshman living learning centers and it is a very fun first dorm! You enter the building on the second floor; here there is a nice lounge with couches and tables and as well as one or two vending machines and a bathroom. After you swipe your I.D. at the desk, the doors are unlocked for you; the left side is girls side and the right side is the boys side. There are 6 floors total. This dorm has free laundry machines (just like every other dorm) and study rooms! Each floor has a large common room that is a great place to hang with friends and study together. The bathrooms are located in the center of the hallway and on either side there are 3 bathroom stalls and three sinks. Along the back there are 6 private showers, each with their own drain and curtained area where you can dry off and get changed. St. Ann’s is a really calm dorm and it makes for a great first home away from home!

St. Martin’s

St. Martin’s is one of the freshman living learning centers and it has a lot of exciting perks. As you enter the building on the ground floor there is a printing room located to your left. You swipe your card and then use the elevators or take the stairs if you need to get those steps in. There are three elevators and a total of 14 floors, however the 14th floor does not have elevator access so you get off at 13 and walk the last flight. Located on the 1st floor is a common lounge with some couches, a TV, a pool table, some vending machines, and a small gym. All of your friends in other dorms will become jealous in the winter when you only have to take an elevator to the gym while they have to walk through the blizzard to get to the Power Center! Usually the floors are separated by gender. On each floor is a nice lounge with a TV and couches, a laundry room on each floor with one washer and dryer, and a nice study room in the back. The building is the square one with all the dorm rooms on the outside and the bathrooms in the center. The bathroom has lockers on both sides, 8 bathroom stalls, 6 sinks and 6 large showers in the back. St. Martin’s is a really fun dorm and you will have fun getting to know everyone on your floor.

Assumption Hall

Assumption Hall is set up in an L shape. Each side of the dorm has its own RA and there are elevators located in the center. On the ground floor there is a laundry room for the whole building. Assumption is the honors college and generally there are mainly freshman living here with the occasional upper classmen. Guys and girls are located on alternating floors. There are lounges on each floor where you can hang out with your friends. A great perk of living here is that each room is actually bigger than the rooms in the other living learning centers.

Towers

Towers is the biggest of the living learning centers. It is also where Hogan Dining Center and The Campus Market are located. This is a great perk when it is cold outside and you do not have to leave the dorm for food. In addition to just food, in Towers there is also the mail center, the swimming pool, and a computer lab for printing. There are 3 wings total in towers A, B, C. On each wing there are multiple bathrooms and a small kitchen that has a sink, some cabinets, a table and a refrigerator. Each wing has a small lounge with tables and chairs where you are able to do homework, study and hang with friends. Washer and dryer units are also located on each wing. In addition to these units, there is also a room on the 17th floor that has about 6 washer and dryer units. Towers is a great living learning center that has everything you could need without walking outside.
Why Our Staff Loves Duquesne

Rebecca Kronk, PhD, MSN, CRNP
Associate Professor
Chair of Undergraduate Programs

I am Sr. Mary Meyers and I am the Remediation Coordinator/Success Coach here at Duquesne. In that position, I get to work with students as they navigate a very rigorous curriculum that prepares them well for the unrelenting demands of nursing. Both in groups and one on one I get to nurture the desire for and love of nursing that is in every one of them. As an alumna of Duquesne SON, I cannot believe that I can be here and give back some of what was given to me as a student. I wouldn’t want to be anywhere else!

Mary Meyers, C.S.J., BA, MS, BSN, RN
Remediation Coordinator

Amber L. Kolesar MSN, RN, CCRN-K
Instructor

I am an Instructor and teach in the Traditional Undergraduate and Second Degree BSN programs. I love working at Duquesne because of the great colleagues and the students! I graduated from Duquesne and I remember always feeling supported – I am so excited to be able to extend that same feeling to my students. I am happy to be a part of the faculty and love seeing students grow in knowledge, confidence and professionalism. I am proud to be one of the faculty members that facilitates the Spring Break trip to Nicaragua as it helped to shape me as a person and as a student nurse. Duquesne is a great place to learn and grow.

I am an Associate Professor and Chair of the Undergraduate Program. I started teaching at Duquesne in Fall, 2010. Working at Duquesne has been a dream come true. First, I work with a most dedicated team of colleagues at the School of Nursing who strive for excellence in teaching, research, and supporting students. Second, it is just fun and exciting to work with students in and outside of the classroom. Our students are energetic, love what they do, and want to change the world, which they actually accomplish through being involved in DUSNA, ATD, study abroad, and SON activities such as Preview Day. Every day at Duquesne is special and inspires growth in me.

Rebecca Kronk, PhD, MSN, CRNP
Associate Professor
Chair of Undergraduate Programs