Editorial

What will you find in The Scope?

The Scope is a magazine which publishes articles featuring the perspective of nursing students and faculty. My name is Veronica Phillipson, and I am the Publicity Chair of Duquesne University Student Nurses’ Association. I collaborated with students and faculty to create The Scope. This edition of the Scope features the best experiences as a Duquesne Nursing Student and all the opportunities that come along with it including, city life, ROTC, and friendships that will last a lifetime.

The Student Nurses’ Association of Pennsylvania awarded The Scope in 2013, 2014, and 2016 the Excellent Newsletter Award. Past President Morgan Gruender and Vice President Emily Churchill established this awarded piece of work. The National Student Nurses’ Association awarded The Scope with the Newsletter Excellence Award in 2020. Past Vice President Lauren Bliss and Publicity Chair Hadley Mueller continued excellence of the Scope.

As nursing students, we have unique experiences to share with others. Whether this be an incredible internship in the operating room, a fantastic class experience with a professor, a proficient score on an exam, or a rapid response observation at clinical, the stories told are for the Duquesne University School of Nursing community to reflect on and learn from. The goal is to continue this newsletter and to make The Scope a magazine that all Duquesne nursing students should be proud.

I would love to hear your thoughts on this newsletter. Please email all comments and questions to me at phillipsonv@duq.edu. Letters to the editor must include your name, contact information, and major.

The views expressed in The Scope are individual and do not represent the views of Duquesne University or Duquesne University School of Nursing. I look forward to producing inspiring work that shares memorable stories.

Best,

Veronica Phillipson

Veronica Phillipson
DUQUESNE SCHOOL OF NURSING
CLASS OF 2023
DUSNA Publicity Chair
My name is Ysabelle Marie Katigbak and I am the 2021-2022 Duquesne University Student Nurses’ Association (DUSNA) President. I would like to personally congratulate you for this great achievement, and I hope this is your first of many in your career as a student nurse!

You already might have been hearing about what the School of Nursing has to offer such as the state-of-the-art simulation lab or the early introduction to the clinical setting. Moreover, the School of Nursing has excellent and outstanding faculty members that are willing to personally work with you to achieve all your goals. However, I would like to highlight the backbone of Duquesne’s School of Nursing – its students.

It is no secret that nursing school is a rigorous program. There will be early mornings, restless nights, and tears shed. What I love about Duquesne’s School of Nursing is the strong sense of camaraderie and mentorship within the whole program. One’s success is everyone’s success. It might seem cliché, but it’s true. If you ask anyone in the program, they are likely to have a mentor of their own already – whether it be an upperclassman or a faculty member. It’s important to remember that you are not alone, and there are people here to help you when you are struggling.

Additionally, there are numerous ways for you to be involved within the School of Nursing outside of the classroom. Like DUSNA, there are other student organizations such as Alpha Tau Delta, Nurses Christian Fellowship and Chi Eta Phi, that allow you to be engaged within the Duquesne and Pittsburgh communities and provide you with leadership opportunities. You get to know more people in your class and upperclassmen that can help and guide you with your nursing school journey. The people I have met in these organizations have been some of my closest friends, and I still talk to some of them, even if they have graduated already!

I hope Duquesne’s School of Nursing is what you have been looking for and more. It has been a pleasure being a student in this prestigious university, and I would not have it any other way. I hope it would have the same impact on you as it did on me. Whether you choose Duquesne or not, I wish you the best with your future endeavors, and I hope I get the chance to work alongside with you in the future!

Best,

Ysabelle Marie Katigbak
EMMA PARKHURST
DUQUESNE SCHOOL OF NURSING
CLASS OF 2025
DUSNA MEMBER

Why I chose Duquesne.

My name is Emma Parkhurst, and I am a freshman nursing major with a minor in global health at Duquesne. I chose Duquesne for many reasons. First off, when looking at all my college options, Duquesne was in an up-and-coming city that I have never been to before. Pittsburgh has something for everyone, from sports games to museums, etc. There is so much exploring to do, but Pittsburgh already has my heart. Duquesne sometimes feels like it is not even in the city, which is nice because it is quiet up on the hill, but you still have access to all the city life at your fingertips. Duquesne always has small trips to zoos, museums, and more all around the city which are great options and always at student discounted prices. Secondly, Duquesne nursing stood out to me because past students have shared all the amazing experiences that they have had throughout their nursing education. Some nursing programs do not allow their students to study abroad, but Duquesne gives you that opportunity with plenty of options. Also, what is unique about this program is that nursing classes start your freshman year, and clinicals start your sophomore year which is early on in your education. In the Pittsburgh area, there are many hospitals for clinical sites which give you a variety of different perspectives to discover what specialties you like and do not like. Lastly, I chose Duquesne because of the people I interacted with when I first came to campus. Everyone on campus is very friendly and willing to help you out if you need help finding a class or even to just engage in conversation with while walking to class. Additionally, the professors are all immensely helpful, so do not ever be afraid to ask for help because that is what they are there for. There are many resources on campus with people who are there to help you succeed and are willing to assist with writing, tutoring for a class, etc. Overall, my experience so far at Duquesne has been incredible, and I cannot wait to see what my future holds here for the rest of my years as a Duke.
Duquesne students have access to Duquesne University athletic competitions with their student ID. Men’s basketball games are the most popular on campus sporting events, and the student section is lots of fun. In addition, Duquesne’s convenient campus location allows Duquesne students to support Pittsburgh’s outstanding sports teams. The Penguins, Pittsburgh’s hockey team, play at the PPG Paints arena which is located right next to Duquesne’s campus. Students can easily commute to the arena to watch Penguins games. Additionally, the arena hosts many popular artists, such as Harry Styles, Billie Eilish, Imagine Dragons, Journey, John Mayer, 21 Pilots, and Shawn Mendes. The Pirates, Pittsburgh’s baseball team, play at PNC Park, which Duquesne students can conveniently access using the free subway line. Lastly, the Steelers, Pittsburgh’s football team, play at Heinz Field, which can also be reached using the free subway service within Pittsburgh. I highly recommend attending sports events both on and off campus!

The Point is where the Monongahela River and the Allegheny River merge, forming the Ohio River. Point State Park is a beautiful park right next to downtown Pittsburgh. It is the perfect spot to have a picnic, walk, bike, skateboard, run, or read. The best time of year to run to Point State Park is the Fall because of the beautiful foliage on the trails. Additionally, the Fort Pitt Museum, which is located next to the Point, is open daily from 10am to 5pm. With a valid student ID, admission to the Fort Pitt Museum is only $4.50.
The People’s Gas Holiday market brings holiday cheer to the Pittsburgh community. The small village of local vendors located in Market Square opens daily at 11am from mid-November through December 23rd. The market is only a ten-minute walk from Duquesne’s wonderful campus. Local craftsmen sell a variety of products, including handmade pottery, jewelry, clothing, accessories, and kitchenware, which makes finding the perfect holiday gifts easy. During shopping hours, Market Square also hosts live entertainment. When I explored the holiday market with my friends, there were live holiday dance performances. Lastly, after finding the perfect presents for your loved ones, you can hop in line for some fresh hot apple cider and other sweet treats!

Kennywood

Kennywood is an amusement park located just 25 minutes away from Duquesne’s campus. During spooky season, Kennywood hosts Phantom Fright Night every Friday, Saturday, and Sunday. Various Duquesne clubs and organizations plan trips to Kennywood for its fear-filled haunted house, rollercoasters, and other great attractions during the month of October. Tickets that are bought through Duquesne University organizations typically include transportation, saving students the hassle of arranging their own. Kennywood is a great amusement park, and it is even better to experience with other Duquesne students!

Ice Skating

During the holiday season, the UPMC Rink at PPG Place is open for public ice skating. Located right next to Market Square, the rink is only a ten-minute walk from Duquesne’s campus. You can bring your own skates or rent a pair. No matter your skating ability, you are sure to have a magical experience. The rink is open from 11am to 10pm Sundays and most weekdays, and it stays open until midnight on Fridays and Saturdays. Additionally, on Wednesday nights, admission is only $5.50 with a valid student ID. Ice skating at PPG Place is a tradition for many Duquesne students!
WHY I CHOSE TO BECOME A NURSE.

CADEN BIZER
DUQUESNE SCHOOL OF NURSING
CLASS OF 2022
DUSNA MEMBER

Growing up I never really knew what I wanted to do, but all I knew was that I wanted to help people. I bounced around from wanting to be a firefighter, doctor, or an occupational therapist. The thought of becoming a nurse didn’t really dawn on me until my first year in college. Although the idea of becoming a nurse wasn’t my first thought, I grew up with the smartest nurse I will ever meet—my mom. She worked as a Neonatal Intensive Care Nurse and then worked as a nurse case manager for the public health department. She is so strong, smart, hardworking, and the person I look up to. When I decided a nursing career was for me, I transferred to Duquesne University for the nursing program. Being from California, I was hesitant and unsure of what to expect. I made friendships here that will last a lifetime, and I’ve received an education like no other. Nursing school is hard, and the nursing profession is challenging but rewarding. There were days where I thought, “Can I do this? Can I get through nursing school, missing my family who are over 2,000 miles away?” The answer is yes. Now that I’m a senior nursing student, I still can’t believe I’m a few months from graduating. Overtime, I began to mature as a nursing student. No longer questioning myself if I’m doing a procedure right, such as passing medications, performing bed baths, or putting on EKG leads. My confidence has grown through clinicals, my work as a patient care technician, and by my professors. Duquesne University’s nursing program is tough, pushes you to succeed, and prepares you to be well rounded nurses.

ASHLEY JORDAN
DUQUESNE SCHOOL OF NURSING
CLASS OF 2023

My sister-in-law was always a big influence on my life. While nearing the end of high school, I didn’t have an idea of what I wanted to do. She suggested nursing and introduced me to it. Once I saw what nursing was about, I found my passion. Another person that inspired me to become a nurse was my grandfather. He was a person that always strived to better himself, and I always wanted to make him proud. While in the Korean War, he was a combat medic and then served as a surgical tech in the Air Force. He assisted in all surgeries, except for open heart surgery. When I told my grandfather that I wanted to go to nursing school, he said that it would be a wonderful field for me and that I would be walking in his footsteps.

As I progressed through nursing school, I realized the impact nurses had on people which heightened my excitement as a nursing student. Going through clinical and seeing my peers graduate and do great things after nursing school made me realize how much I want to become a nurse. Being in nursing school has been one of the hardest things I’ve ever had to do, but I know it will lead to a rewarding future.
Dr. Kate DeLuca EdB, MBA, Associate Dean of Academic Affairs in the School of Nursing

My name is Dr. Kate DeLuca and I am the Associate Dean of Student Affairs in the School of Nursing. One of my goals is to help students transition to college, but more specifically, to help them transition into the School of Nursing. I have always believed that the best things about Duquesne are the people and the relationships that students, faculty and staff build. I work to build and strengthen relationships with students, faculty, and staff in the School of Nursing and around campus to better serve our students through programming, support services, and scholarship management. I encourage all students to reach out and connect with our office, or stop by for candy!

Dr. Torrie Snyder PhD, RN, Clinical Assistant Professor and Chair of Undergraduate Program

My name is Dr. Torrie Snyder, and I am the Undergraduate Programs Chair. I have been an adult medical-surgical nurse for 20 years and an educator for 10 years. My goal as the Undergraduate Program Chair is to monitor courses in the program for quality and consistency. I also ensure that our curriculum aligns with the Duquesne School of Nursing mission and vision, as well as those of our accrediting bodies. I also address students’ academic concerns and provide them with academic resources and support. I am always happy to speak with nursing students, so please feel free to stop by my office at any time!

The Student Success Coaches

Ms. Alana Harteis, Mrs. Karen Bova, and Ms. Emily Lottes make up the Undergraduate Academic Advising team for the School of Nursing. Our focus is to develop interpersonal relationships with each of our students not only to ensure that they meet their academic goals and become nurses, but also to support them through unexpected challenges that they face. We also love to celebrate successes that arise throughout their time at Duquesne. Students are assigned to their Undergraduate Academic Advisor based on their last names: A-F with Ms. Harteis, G-N with Mrs. Bova, and O-Z with Ms. Lottes. We are all located in the Student Affairs Suite – 550 Fisher Hall.
Nursing Organizations

**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, making dinner at the Ronald McDonald House and helping with blood donation. 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!

**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 - THE HONORS SOCIETY FOR NURSES**

Sigma is an international organization that includes many faculty, as well as students. Students must be in the top 35% of their class to be considered for acceptance into the organization. Sigma 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 Sigma are given special cords at graduation and once accepted, attend a special induction ceremony in the spring.

**STUDENT REPRESENTATION**

Students also has 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!

**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!
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.

St. Ann’s

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!

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 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.
Why did you choose Duquesne University?

I chose Duquesne University for a few reasons. Growing up in Sacramento, I had always wanted to live somewhere with snow and I knew I wanted to be in a big city. I know people who grew up with snow and the cold weather seems so normal, but I love the cold weather and the snow because it makes the long winter days feel like winter to me. While visiting colleges around the East Coast I visited Pittsburgh and fell in love with the city. I really enjoy Duquesne being so close to downtown because there is never a lull in things going on and I like the busy feeling of the city being so close. Lastly, I really wanted to go into a four-year nursing program like Duquesne. In California schools, it can be common to have to switch nursing programs halfway through, and I knew I wanted to be able to spend four whole years in Pittsburgh, with Duquesne having such a great four-year nursing program it seemed like the perfect fit.

Why did you choose to pursue nursing?

I chose nursing because I really enjoy getting to make a connection with the people that I am helping. When working in clinical, my favorite part is getting to meet so many different people from so many different walks of life. There are so many different types of nursing and I liked the idea of knowing I would be able to help someone, but not having to fully commit to the way I want to do it at such a young age. I have always enjoyed taking care of people in a medical sense or not, and nursing gives you the opportunity to not just help sick people but also connect with people during hard times and let them know that people around them care about them and want to help in any capacity.

When did you join the ROTC? What drew you to it?

Through having sisters and joining sports teams I have learned that I really enjoy doing things with a team at my side. What drew me the most was the idea that there were people around me that also had these unconventional college goals of joining the Army. We were all working towards a goal together and that we could support each other to succeed. Although my dad was also in the military, it was never something that was really expected of me. I had heard stories of people getting to travel to many different places while working jobs that really made a difference and that is another thing that drew me in. Nursing is notoriously such a stable career and I liked the idea of having the stability of nursing while having the unpredictability of being able to travel while working.

As a nursing/ROTC student, walk me through a typical day for you...when does it start?

A typical day normally starts around 5:15 am. My roommate and I are both in ROTC so we make sure the other is up on time and ready to go to PT (Physical Training) at the field by 5:45. PT normally starts at 6 am and is about an hour, so it ends around 7 am. After this I normally have an 8 am nursing class, and will have a few more classes until around noon. One day a week I attend a class for ROTC about military science with all the other Sophomore cadets at Duquesne. Normally my last class of the day is an Anatomy and Physiology lecture or a lab for the same class. The only days my schedule changes is when I have clinical at 6:30 am or nursing labs at 7 am, and on these days, I do not have to attend PT because I am in class.

What has been the best part of your nursing education/experience to date?

My favorite part of nursing so far has been my first clinical experience this year. Getting to work in the hospital with actual nurses makes the things we learn in our textbooks feel less theoretical and help me to understand better what it really means to be a nurse. Getting to have this experience with the other girls in my clinical group is really cool because having other people there also learning as they go takes the pressure off the situation a little bit because we are all going to make mistakes along the way but we are there to help each other out with everything. I love to sit and talk to my patients too, since we are only in the hospital one day of the week there are always new patients there so there are always new connections to make with patients.
Serve to Heal: A Perspective as an Enlisted Army Soldier

TANRAK PLOYKAO
DUQUESNE SCHOOL OF NURSING
CLASS OF 2024
DUSNA MEMBER

"So, what did you do in the army?" was one of the questions I received whenever I told people I was in the service. It was a simple question, but it was complicated for me to explain because I did many tasks that were both related and unrelated to my job description. My duty took me anywhere from working alongside public health nurses to helping community leaders with public health concerns. As November approached, I reflected on my military journey, one of the wildest rides in my life.

My journey began when I was 18-years-old. As a young immigrant child from Thailand, I appreciated the value of higher education. Towards the end of my senior year in high school, I was expected to attend community college. There were two critical factors, however, that discouraged me from pursuing a college degree: my citizenship status and my parents' financial situation. I knew I had to find a way to help my parents financially and still pursue the American Dream of higher education. In the fall of 2013, I decided to enlist in the United States Army. It was possible to enlist as an immigrant because the Department of Defense needed service members who were fluent in foreign languages. My love of chemistry and biology led me to enlist as a Preventive Medicine Specialist (68S). I shipped to Basic Combat Training (BCT) in the summer of 2013.

Basic training took me to Fort Sill, Oklahoma where I completed ten weeks of infantry training. I then moved to Joint-Base San Antonio, Texas (formerly Fort Sam Houston) for Advanced Individual Training (AIT) in my specialty. This was also the place where I made a long-lasting friendship. I learned the basics of epidemiology and microbiology, focusing on infectious diseases that caused outbreaks in soldiers. We learned and performed sanitation surveys for various facilities and educated the public on the importance of proper sanitation. One of our important tasks was testing the water to determine if it was safe to consume. My favorite part of the training was learning about radiation protection. I was fascinated with how radiouisotopes affect human cells.

After completing AIT, I deployed to South Korea for my first overseas tour of duty where I served for one year and three months. I then returned to Texas where I completed health physics training, specializing in radiation protection. In my job, I traveled to different states to inspect and perform radiation surveys in military hospitals and dental clinics. I am sure many of you who are nursing students see some of this equipment in your clinical experience. It was satisfying to be able to calculate how long the x-ray technician could safely stand next to the fluoroscopy.

After working at the Aberdeen Proving Grounds for three years and where I was selected as Soldier of the Year 2017, I returned to Fort Sill where I began my military career and would leave the Army after having served for eight years. I had come full circle. I would say this assignment was the most challenging. At the age of 25, as a Preventive Medicine Non-commissioned Officer (NCO), I was challenged to step out of my comfort zone to manage and supervise over sixty army enlisted personnel, focusing on infectious diseases that caused outbreaks in soldiers. We communicated and collaborated with physicians and nurses outside of the military, especially with the Oklahoma State Department of Health. Working alongside public health nurses during contact tracing helped me understand their scope of practice and their knowledge. We began our day by reviewing COVID-19 testing laboratory reports for individuals who were tested at our clinic. My responsibility at that time was to identify the confirmed positive individuals based on lab data and assign them to public health nurses for case investigation. I also helped with contacting individuals who were exposed to individuals with confirmed cases of COVID-19. The majority of those we were involved with were screening new recruits who were arriving at Fort Sill to begin their military service. We also had to screen returning soldiers from overseas deployments. Some days were exceedingly difficult as case numbers increased. These hardworking nurses inspired me to apply to nursing school during my last year in the army.

Seven years after enlisting, my contract with the army was fulfilled. I would not exchange those years for anything. My military service taught me to rise to life's challenges and adversities. Without the support of my husband, my family, peers, nurses, and military mentors, I would not be here today. I learned to value my worth and to push beyond what I thought were my limitations.

During the pandemic, I worked with my preventive medicine officer to manage the number of contact tracing cases and report confirmed positive COVID-19 cases to our clinic commander and command of nursing, the equivalent of your local hospital administration. We communicated and collaborated with physicians and nurses outside of the military, especially with the Oklahoma State Department of Health. Working alongside public health nurses during contact tracing helped me understand their scope of practice and their knowledge. We began our day by reviewing COVID-19 testing laboratory reports for individuals who were tested at our clinic. My responsibility at that time was to identify the confirmed positive individuals based on lab data and assign them to public health nurses for case investigation. I also helped with contacting individuals who were exposed to individuals with confirmed cases of COVID-19. The majority of those we were involved with were screening new recruits who were arriving at Fort Sill to begin their military service. We also had to screen returning soldiers from overseas deployments. Some days were exceedingly difficult as case numbers increased. These hardworking nurses inspired me to apply to nursing school during my last year in the army.

I had the privilege and honor to serve alongside both army and civilian public health nurses in the Reynolds Army Health Clinic at Fort Sill during the surge of COVID-19 cases in Oklahoma. The experience reaffirmed my desire to pursue a nursing degree.

My journey continued with my assignment as a Preventive Medicine Non-commissioned Officer (NCO) to the Department of Defense at the Department of Veterans Affairs. I had the opportunity to learn how to manage and communicate with individuals who had been exposed to COVID-19. We also had to screen returning soldiers from overseas deployments. Some days were exceedingly difficult as case numbers increased. These hardworking nurses inspired me to apply to nursing school during my last year in the army.

Seven years after enlisting, my contract with the army was fulfilled. I would not exchange those years for anything. My military service taught me to rise to life's challenges and adversities. Without the support of my husband, my family, peers, nurses, and military mentors, I would not be here today. I learned to value my worth and to push beyond what I thought were my limitations.
M y stepfather came from a lineage of military men. I never really got to experience the traditional military child life, but I still identify as one, nonetheless. For the past decade of being one, I grew to have a remarkable appreciation towards servicemen and women. Their ultimate sacrifice to stand for our country’s freedom is something I admire and respect wholeheartedly. Through my experience of being a daughter to a serviceman, I have been exposed to military life and the community that comes along with it.

Despite being away from their loved ones, these military men and women establish strong and powerful connections with one another. Ultimately, they uphold the “leave no man behind” creed as they go through these hardships and challenges together. Our military and veteran population have been overlooked and underserved by the civilian world, and it only fuels the passion I have for the advocacy towards this population. These people have gone through fates not one can even imagine, and while they think that they must go through it alone, I like to think that I can be the student nurse that leaves no one behind.

I was elected to be DUSNA’s Legislative Coordinator my spring semester of my freshman year and my role is to compose a nursing resolution about a topic I think is ignored or unnoticed in the profession. I spent the summer going into my sophomore year researching about treatments for Post-traumatic Stress Disorder (PTSD) within the veteran population. I asked my stepfather about it, and he mentioned about the families not being included in their treatment plans and involved in their care. I found that there is little to no research on family-centered care when it comes to treating veterans with PTSD. As a result, DUSNA's 2019-2020 Resolution “Increase Research and Awareness of Family-Centered Care in Military Veterans with Post-traumatic Stress Disorder” was made.

Research on PTSD has heavily focused on improving the lives of military personnel post-deployment, relating to health, rather than concentrating on the effects on the family. About 11-20% of 2 million military veterans returning from overseas combat operations are diagnosed with PTSD. The VA provides mandatory PTSD screening for all military servicemen, however, only 23-40% use the psychiatric services they offer. Some servicemen and women find reaching out as a sign of weakness. While PTSD is diagnosed individually, a number of its symptoms can disrupt close relationships through feelings, such as irritability and resentment. Spouses of veterans described that not knowing what experiences would trigger a reaction, assuming some of their spouse’s responsibilities, and shielding their children from the military parent added stress and exhaustion to their lives. It is said that exposure therapy and behavioral family therapy done simultaneously suggested that family interventions and involvement have some value in treating PTSD.

There has been limited literature that looks at the effect of supportive resources for family members on health service outcomes of individuals suffering from PTSD in civilian and veteran populations. A current study suggests that alleviating the focus on negative impacts of PTSD, and addressing family functioning more, may best meet the needs of military veterans diagnosed with PTSD. If enough awareness is created, and many positive outcomes are shown through research, then family-centered care has the potential to become standard practice when treating military veterans diagnosed with PTSD.

As future nurses, it is an integral part of our practice to advocate for our patients and their needs. Nursing is constantly changing, and we must continue to push for research and awareness to provide the best holistic care that we can because these individuals and their families are living in the now. They have done so much for us and our country that it is our turn to give something back.

“I like to think that I can be the student nurse that leaves no one behind.”
I have always known I’d join the Navy and be a nurse. My dad was recruited from the Philippines by the U.S. and he later went to school and became a nurse. Twenty-some years later, my sister joined as a Navy nurse. Not long after that, I did too. I applied for the Nurse Option Navy ROTC scholarship my senior year of high school and headed to Pittsburgh for nursing school. Nursing school isn’t easy, and adding military training to the mix made it more challenging!

I’m currently stationed at Naval Medical Center Portsmouth in Virginia. I completed a 6-month residency program and was assigned my first pick - labor and delivery. A lot of things changed once the pandemic hit. I was five months off orientation when I got a call from the hospital: pack your seabag, you’re headed to New York City for COVID relief. Within a few days, I’m in a bunk on the USS Comfort - one of the two Navy hospital ships - ready to take on the Big Apple. It was the height of the pandemic. Looking at an empty Times Square was eerie: void of all the noisy crowds like a screenshot straight from an apocalyptic movie.

If you’ve ever been on a naval ship, you’d know how difficult it is to make your way around the place. Now we had to figure out how to get non ambulatory, intubated, and critically ill patients around the ship. I was assigned to a female non-COVID floor, but occasionally floated to COVID units. It was overwhelming at first since I was a brand new labor and delivery nurse working on a medical-surgical floor on top of being in charge of a team of corpsmen. It felt like I was in Health Assessment and pharmacy class all over again, reading about disease processes of my patients and triple checking what medications I was giving them. It was also scary at the time since not much was known about COVID at that point. Although the med-surg floors weren’t as full as we thought it’d be, nearly every bed in the Intensive Care Units (ICUs) were taken.

I’ve passed my two year service mark - so that means a new duty station and a new place to call home for the next couple of years. In May 2022, I’ll be heading to Guam as a labor and delivery nurse (which will also cover antepartum and postpartum care). It’s definitely a much smaller hospital than Portsmouth, so you have to rely on your nursing skills with the limited resources you have. I’m not completely sure where I see myself in the future, but I hope to go back to school eventually and maybe cross train in the ICU to gain some experience in another field of nursing. Thankfully I have a lot of opportunities through the Navy, and I’m excited to see what the future has in store for me!
Why Do We Love Clinical?

**Fundamentals - Sophomore**

During this clinical, you will get to learn a lot and have many “firsts”. On my rotation, I completed my first medication pass to patients, took my first set of vitals, gave a bed bath to a patient, learned how to chart, and much more! This is a great time to soak in all the skills you are learning from Fundamentals lecture and Health Assessment to apply to your patient care. It might seem overwhelming at first, but do not worry. The skills will come with time because before you know it, taking blood pressure will be a breeze!

- Taylor Neiburg

**Adult Health and Illness - Sophomore**

This clinical primarily focuses on medical-surgical nursing. Although this class and clinical comes with many challenges, including introduction to complex material, this is the chance to expand your knowledge after taking the Fundamental course. You will be using many skills learned in fundamentals while also learning more about disease processes and appropriate nursing interventions. Overall, it was a great experience and helped me gain confidence in myself as a student nurse.

- Veronica Phillipson

**Maternal-Newborn - Junior**

Many students find this clinical fascinating because this is the first time that they get to experience a birth in the role of the student nurse. Additionally, you will get to take care of mom and baby on the postpartum unit. I had this clinical at UPMC Magee, and I felt that this clinical was an amazing opportunity to have new and unique experiences. Every student has a different experience and story to tell about this clinical. This clinical solidified my desire to specialize in neonatal nursing.

- Veronica Phillipson

**Pediatrics - Junior**

You will learn about various health problems and their treatments specifically geared towards children. This clinical will focus on growth and development of the child and how illness plays a role. Clinicals take place at UPMC Children’s Hospital of Pittsburgh.

**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.

**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.

**Behavioral Health - Junior**

During this class and clinical component, you will learn about the 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 - 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.
Meetings & Credits

Upcoming Meetings
March 14th at 9pm
April 4th at 9pm
May 2nd at 9pm

Credit Opportunities Coming Up
Duquesne School of Nursing Diversity and Inclusion Council “Saving Selves while Saving Others”, Virtual event, Thursday, February 24th at 6pm

Refer a New Member to DUSNA

NCLEX PRACTICE QUESTION

A nurse answers a call light and finds a client anxious, short of breath, reporting chest pain, and having a blood pressure of 84/50mm Hg on the cardiac monitor. What action by the nurse takes priority?

A. Assess the clients lung sounds.
B. Notify the Rapid Response Team.
C. Provide reassurance to the client.
D. Take a full set of vital signs.
Chocolate Chip Cookie Dough Dip

Ingredients:
1 stick of butter
1/3 cup brown sugar
8 ounces cream cheese
½ cup powdered sugar
1 teaspoon vanilla extract
¾ cup mini chocolate chips

Directions:
In a saucepan, melt butter and brown sugar, stirring constantly until brown sugar is dissolved in the melted butter.
Remove the saucepan from heat.
Whisk in vanilla extract and let cool completely.
In a separate bowl, beat cream cheese and powdered sugar for 1 minute.

NCLEX practice answer

Correct Answer: B
Rationale: The signs and symptoms are signs of a Pulmonary embolism. It is the first priority to notify the Rapid response for a fast diagnosis and treatment.

Interested in writing for the Scope?

I am always looking for new writers!
Contact Veronica Phillipson.
phillipsonv@duq.edu