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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 mental health challenges that nurses and nursing students face and ways to overcome burnout and balance their careers with personal life.

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
When I was younger, I read a quote by a poet named Charles Bukowski that states “find what you love and let it kill you.” I made that quote on the background screen of my laptop and searched for years for the career that I loved. Every late night in my dorm, studying something I felt I would never understand, I would look at that screen and be reminded that one day this would all have a purpose. After obtaining a bachelor’s degree from the University of Pittsburgh and working in research, the search continued. I attended Duquesne University’s accelerated BSN program, graduated in the summer of 2020, and accepted a position in the Neurovascular ICU (Intensive Care Units). After years of looking at that quote, I finally found the thing that I loved. Now I had to keep it from killing me.

Critical care medicine can be exhilarating and simultaneously exhausting. As a new nurse graduate, I wanted to give all my compassion to caring for the critically ill. Each shift brought new patients with new afflictions, new mourning families, and new emotional needs. This process of going into work and completely immersing myself in the lives of my patients for 12 hours, then leaving and going home to a completely different life felt like commuting between planets. Then, while I was on my home planet I could not stop thinking about my patients. I could not distinguish between my life and my job, and it was quickly taking a toll on me.

This taxing cycle continued for several shifts until one day with one patient. She was an older woman who suddenly became short of breath. After assessing and providing interventions, she asked me to sit down and listen to why she simply did not want to live anymore. As she discussed her life and her perspective with me, we both began to cry. I told her how I felt like I was failing her, and she felt that we were placed in that moment together for a reason. She was a former waitress that worked at the same diner her entire life and although she loved her regular customers, she found that a job cannot fulfill your life. I learned from her that I would not be able to continue in this profession that I loved if I did not set limits to make this profession mutually beneficial.

That one experience changed my entire perspective of nursing. I began to establish boundaries within my job. I stopped talking about the tragedies that I witnessed at work while at home and therefore stopped thinking about my patients at home. I started changing out of my work shoes before I left to physically transition from my job to my life with each shift. I began to prioritize my mental and physical health over that of my patients, which is not selfishness, it is self-preservation. Charles Buckowski also said once “you begin saving the world by saving one man at a time.” I think that one person should start with yourself.

“You begin saving the world by saving one man at a time.” - Charles Buckowski
Navigating the Mental Health Challenges of Nursing School

Nursing school has the potential to be one of the most exciting and rewarding times of a student’s life. Nursing school is a time for making lifelong friendships and learning about meaningful subjects. With many opportunities, it seems like a promising major. Although these aspects of nursing school are truthful, a nursing career challenges nurses and nursing students seriously with a mental health dilemma.

Prior to nursing school, I thought the educational experience would be glamorous and captivating. I never overlooked the academic challenges that nursing school would hold but figured I could handle these challenges since I had always applied myself to school. The academics of nursing school are unique because of things like simulation lab, clinical, and the cumulative nature of the classes. Nursing schools pressure students not only when it comes to education in the classroom, but also understanding and learning our roles as nurses. With each exam we take, we are one step closer to having the responsibility of caring for another person, and there is more material that we will need to know to be safe and competent nurses. The expectations of professors and instructors all come together and create a great deal of stress for nursing students. The stress of our education can ultimately lead to a decline in mental health.

As a junior in the program, I have seen the effects of stress on myself and others. Stress causes feelings like anxiety and depression, and it presents differently in everyone. It can impact eating habits, self-care, gut health, productivity, and relationships. Finding a balance between school and self-care is difficult, but it can help avoid burnout.

If you are feeling overwhelmed, stressed, or anxious, it helps take time for yourself and do things for yourself. I have learned throughout my education that the best way to combat mental health concerns related to school is to do things that make you happy. It can be hard to step away from schoolwork when it feels like that is your world but doing small things can help create a sense of relief. Self-care acts that can improve stress levels include exercise, reading, cooking, watching a show or movie, going out with friends, calling loved ones, and journaling. These things may not be enough to some people, though. It is crucial to seek help if your mental health is unable to be improved by other means. There are resources on campus, in the city, and online that help with more severe mental health dilemmas.

Nursing school is hard for a reason. Nurses save lives, and the education to prepare nurses must reflect this intensity. However, nursing students do not need to suffer throughout their education to succeed. Nursing students need to have healthy outlets to improve their mental health and reach out when they think additional help is needed. Self-care needs to be based on doing things for yourself that make you happy. At the end of the day, nurses take care of other people but also need to make sure they take the time to take care of themselves.
NURSING SCHOOL IS HARD: STRIVING TO BECOME AN EXCELLENT NURSE

VERONICA PHILLIPSON
DUQUESNE SCHOOL OF NURSING
CLASS OF 2023
DUSNA PUBLICITY CHAIR

Nursing school is hard. Before nursing school, I knew it would be hard, but I also knew that I would do anything it took to become a nurse. Coursework was extremely difficult during my sophomore year. Throughout the next year and a half, exams, clinical days, and skills checkoffs became a huge stressor. I dealt with this stress by spending all my time in the library and very little time doing anything else. I was determined to get an A on the test, so I worked until I was stressed and tired. Finding time to take breaks from studying to spend time with my friends was challenging. It took that entire year for me to realize how important it is to take breaks to prioritize my mental health.

I believed that I could fall down a “slippery slope.” If I do not study hard enough, I will not pass this test, then I will not pass this class, then I will not become a nurse, then I will not be able to help others . . . then I will not be happy. I had adopted this mindset for a long time. When I changed my perspective, I realized that none of this was true. Life has its twists and turns. One mistake would not ruin everything. Even if I fail a test, it does not mean that I will never be able to help people and be happy. With the detours in life, I try to have faith in the process instead of fear. I have learned to take things one day at a time and trust in God. God’s plan is always better than any plan I could have ever imagined. When talking with other nursing students, I found that I was not alone in my struggles. I think nurses and nursing students should recognize that it is essential for us to be there for our peers in times of need.

As future nurses, we strive to become excellent nurses because we want to best help future patients. Jean Watson, an American nurse theorist and professor, said, “Nurses are a unique kind. They have this insatiable need to care for others, which is both their greatest strength and fatal flaw.” Jean Watson calls the need to care for others a “fatal flaw.” While it is a wonderful thing to care for others, caring for others can drain the mental health of oneself. This desire overshadows caring for yourself. As nurses and nursing students, being driven towards the same goal of helping others, we may not realize that the nature of our profession can ultimately hinder our health and well-being if we are not paying attention.

Before college, I did not give much thought to how I would take care of my mental health during this challenging time. Now that I have a few years of college behind me, I know how to take care of my mental health -- hang out with nursing school friends, go home on the weekends to see family and friends, go to swimming practice, and spin classes. While there will always be new challenges in nursing school and life, prioritizing my mental health is key to caring for myself and others. I encourage nursing students to find ways to relieve stress whether that be exercise or retail therapy. Duquesne offers counseling services at the Center for Student Wellbeing for all students. See more information on page 15.

“Nurses are a unique kind. They have this insatiable need to care for others, which is both their greatest strength and fatal flaw.”
- Jean Watson, American Nurse Theorist

NEWS MAGAZINE 6
When the pandemic hit in March 2020, nurses were already under strain from factors such as short staffing, retirements of baby boomers outpacing new nurses entering the field, and increased health care needs for those with chronic health conditions. Since 2020, the demand for nurses has increased, worsening the nursing shortage, and exposing the workplace challenges nurses and future nurses face. While most of the solutions to these problems such as recruiting/retaining efforts, staffing issues, and salary increases must be addressed at the system level, it remains crucial for nurses and future nurses to pay attention to their individual mental wellness (American Nurses Association, 2022).

Chinese Medicine offers an explanation as to why the environment in which most nurses work, is imbalanced. In Chinese Medicine, practitioners focus on the principles of “yin” and “yang.” “Yin” represents the quiet, soft, reflective, dark, and passive. The word being is associated with “yin.” “Yang” represents the active, busy, hot, and bright. The word doing is associated with “yang.” This ancient Chinese philosophy is based on the idea that in order to maintain balance, or homeostasis, “yin” and “yang” must be balanced. In other words, one should spend time in both active and passive states throughout the day (Internet Encyclopedia of Philosophy, 2022).

Nurses spend most of their day “doing” tasks and procedures. Such examples include inserting a Foley catheter, applying oxygen, answering call lights, and administering medications. This active “yang” energy can be felt as call lights go off, family members need attention, monitors are alarming, and patients are being admitted, transferred, or discharged. Even in the most ideal situation, healthcare facilities, by their very nature, contain an overabundance of “yang” energy. This overactive “yang” energy has a direct impact on the brain, promoting the “fight or flight” response. In order to maintain the balance of “yin” and “yang,” nurses and future nurses can practice techniques such as ‘grounding’ to increase ‘yin’ energy.

Grounding is a set of simple strategies that can help a person detach from emotional pain (e.g. anxiety, anger, and sadness). It is a way to distract one’s attention by focusing on something other than the difficult emotions a nurse or future nurse may experience throughout the workday. Grounding is also referred to as centering, distracting, or creating a safe place. Although grounding does not solve the problem that is contributing to unpleasant emotions, it does provide a temporary way to gain control over feelings and prevent things from getting worse. Grounding anchors a person, providing a chance to calm down, and eventually return and address the problem that is triggering the unpleasant emotions. Grounding can be done anytime, anywhere, and no one has to know (Internet Encyclopedia of Philosophy, 2022).

**BELOW ARE TWO GROUNDING TECHNIQUES TO INCREASE “YIN” (BOTH CAN BE DONE IN THE RESTROOM, BREAK ROOM, OR PARKING GARAGE BEFORE, DURING, AND/OR AFTER A WORK SHIFT):**

**The 5-4-3-2-1 technique:**

1. Begin by taking a few deep breaths in through your nose and out through your mouth.
2. Search for five things you can see – the color of the hospital walls, a picture, etc.
3. Search for four things you can touch – the softness of your scrubs, your skin, etc.
4. Search for three things you can hear – the sound of your breathing, the sound of a clock.
5. Search for two things you can smell – breakfast foods, coffee in break room, etc.
6. Search for one thing you can taste – the food you had for lunch, a mint, toothpaste, mouthwash, etc.

**The Body Awareness Technique:**

1. Take five deep breaths through your nose and out through your pursed lips.
2. Place both feet flat on the floor. Spend a few moments noticing the sensation of the floor while wiggling/moving your toes.
3. Stomp your feet several times, noticing how it feels when your feet make contact with the ground.
4. Clench and unclench your hands into fists ten times.
5. Press your palms together hard and hold for 15 seconds. Feel the tension in your hands and arms.
6. Rub your palms together and notice the sound and warmth.
7. Stretch to the sky for five seconds and then bring your arms down and relax at your side.
8. Take five more deep breaths and notice the calm feeling in your body.
If you ever are in the mood for some true Italian espresso, then you should check out La Prima! They have 2 locations in the Pittsburgh area, which are the Smallman Street and Penn Avenue locations. The Smallman Street location has many tables to chat with friends or hit the books! The Penn Avenue location is right in the heart of the Strip District on 21st St. It is a neat Pittsburgh tourist attraction to walk through the Strip. My recommendation is to always grab an iced caramel latte or a cappuccino to explore what the Strip has to offer. You know when it’s a true Italian shop when you hear a group of men speaking Italian and sipping their espresso!
Whenever I need to get away from campus, you will find me at this shop with an iced maple brown sugar latte working on notes! I love the atmosphere because it is not too big nor too small. If you still enjoy caffeine but do not want coffee, then you MUST try their house made chai! It is the perfect balance between sweet and spicy to enjoy on a cozy fall day!

Now, this Italian and Honduran inspired coffee shop is new to the Pittsburgh area since October 2021. I had heard so many great things about this place and it surely did not disappoint! I tried the place with another nursing major, and we were both obsessed! Pictured is some overnight oats and a caramel latte! The sweet espresso pair with the oats was absolutely amazing! Even better on Fridays, they make limited batches of homemade cinnamon rolls that you cannot miss! I cannot wait to take friends or study for exams at Cafetano!
NURSING & MENTAL HEALTH DURING A GLOBAL PANDEMIC

DEANNA WEBB, BSN, RN
DUQUESNE SCHOOL OF NURSING
CLASS OF 2020
FORMER DUSNA PRESIDENT

Nurses are physically, mentally, and emotionally tough. Being a nurse during a pandemic? You must be even tougher; especially when your entire career has only been COVID-19 pandemic nursing. I knew that starting in an intensive care unit (ICU) would be challenging, but starting in the COVID ICU... I do not think anything could have prepared me for what I have seen, heard, and felt in the last year and a half.

When you show up for your first shift of the week, you try your hardest to come in with bright eyes and a clear mind. However, the previous week’s events at work and what you have seen in the news are still weighing hard on your conscious. You smile through it, advocate and provide the best care possible, and build rapport with your patients and their family members. By your third shift, your patient has taken a turn for the worse; you have transitioned to making your patient comfortable and most importantly, supporting their family members. Then, you have a couple of days off and do it all again. Of course, this is an example of a shorter ICU stay for a patient... When you get assigned to the same patient every shift for a month or two, the toll it takes on yourself when your patient has a poor outcome is much greater.

When these thoughts get heavy and you find yourself thinking about your patients and their families outside of work, it is important to know your resources and support system.

If able, debrief with coworkers about a stressful situation; inquire with management if the hospital has a Critical Incident Stress Management (CISM) team, who may be able to schedule and lead that debrief. Therapy is also an option for healing. Some hospital systems have a handful of free sessions available to employees at little to no cost to get them started. There are also multiple therapy resources available online. If you feel uneasy about speaking with coworkers, management, family, or even a therapist about a traumatic experience, journaling may be an option. Healthy coping mechanisms such as reading, getting outside, exercising, or the occasional retail therapy trip may also be beneficial. There is also no shame in leaving a stressful or traumatic work environment for one that you do not dread.

While the above suggestions are easier said than done to follow through with, everyone knows their mental health best. You can identify when you are getting worse when you know that you need to reach out for help. Healing is not linear. It will come in waves, and when you least expect it. To get “better,” you cannot always do it by yourself. And that is okay.

“Healing is not linear. It will come in waves, and when you least expect it. To get “better,” you cannot always do it by yourself. And that is okay.”
Mental Health is a popular topic in society today, and it happens to be a topic that I am very interested in. As a nursing student, mental health is something I try to prioritize in my life. School can be extremely overwhelming, so it can be hard to find time for yourself.

As a junior nursing student, I strive to find a healthy balance between school, social life, and mental and physical health. Within the past three years, I have found myself going through burnout and the ups and downs of nursing school. Burnout is a real thing that many nursing students experience. It is incredibly challenging to balance classes with mandatory clinical and studying for exams. You are doing this while trying to have time for yourself at the end of the day. Throughout this article, I will elaborate on the struggles and burnout of being a nursing student and how I have found a routine and balance that works for me.

Since my freshman year of nursing school, I have realized the importance of exercising daily and doing my best to maintain a healthy diet to keep myself physically and mentally healthy. There have been weeks where I have had three or more exams leaving me feeling like I had no time for myself. I was constantly studying in the library whenever I wasn’t in class to keep up with my coursework. I noticed that I was starting to feel withdrawn from those around me, constantly anxious, and exhausted.

I realized that I was not fueling my body with the nutrients it needed, and I never had the time or prioritize exercise and movement in my days. I felt burnout due to many factors: not sleeping and constantly studying. I never wanted to go to class and studying became extremely hard. I finally learned the importance of going to sleep early and establishing a sleep schedule to maintain my mental health. I started to go to the gym daily, even if it was only 20 minutes of walking on the treadmill. Getting my body moving has truly helped me especially with studying and focusing. I now find myself feeling more energized after my workouts; therefore, I focus better during class and retain more information.

Overall, making time for myself every day has helped me to succeed academically drastically improving my mental health. I am glad that I have learned these habits during nursing school and can bring them forward with me when I begin my nursing career in the future.
The topic of mental health is something I think gets brushed over when it comes to nursing students. Mental health has come into the spotlight over the past few years. I think mental health in nursing school needs to be better understood. The transition from high school to college is hard for any major, but I believe that the caliber of nursing school here at Duquesne makes it more intense for nursing students. Nursing students are held at a higher standard, whether it comes to having a patient's life in our hands during clinical, or the challenging grading scale and GPA requirement for nursing classes. This transition to a new testing and grading system can become overwhelming and quickly take over your mind without even realizing it.

From personal experience and discussions with fellow nursing students, I know nursing school can become a source of declining mental health that can go unnoticed. Personally, these issues with my mental health became the most apparent during my sophomore year. Sophomore year is the first 'real' year of nursing school, as you begin to take content-heavy nursing courses and set foot in hospitals for clinical rotations for the very first time. It is a whirlwind experience that changes you and starts to push you to work harder and harder. During that year, most of these students decide if this is the path they can see themselves taking or not. The demands of classes bring a lot of stress and tears, and nursing students spend most weekends studying rather than out with friends and having fun.

Hard work and self-motivation are vital aspects you need to survive nursing school, but at some point, sleepless nights and burnout get the best of you. The decision to take the day off or not because you feel so mentally exhausted becomes a mind game. When you have multiple exams every week and the lingering worry of passing the class with the HESI exam right around the corner, it becomes scary to go to class and get taught increasingly challenging material. Your feelings of worth start to be obtained through those percentages you see when you click submit on Examplify.

Though it is incredibly challenging to see while buried under the work and stress of nursing school, your knowledge and worth go far beyond test scores. Your GPA and one grade you got on the Adult Health exam will not define the type of nurse you will be one day. Your dedication, drive, passion for helping others, and heart are the things that will determine the kind of nurse you will be in the future. Every day is about doing the best you can and working hard to prepare for your future patients. Keeping your mental health a priority is one of the most important things on this journey to becoming a nurse. Remember, nursing goes beyond test scores.

“Your GPA and one grade you got on the Adult Health exam will not define the type of nurse you will be one day. Your dedication, drive, passion for helping others, and heart are the things that will determine the kind of nurse you will be in the future.”
As the weather gets warmer, it is hard to believe that the year is coming to an end, and I will be going into my senior year in the fall. With this year being the hardest yet, the fight to stay rational and sane has been a struggle. Last fall semester, I enjoyed the specialty courses pediatrics, behavioral health, population health, and maternal-newborn courses and powered through four HESI exams. I was ready to drop by the time winter break came. Burnout is real, and I found struggled with burnout frequently this year. Many students describe junior year as the hardest of the curriculum. However, due to the pandemic, sophomore year clinical was held partially virtual, so the idea of graduating in one year is very daunting. Because of this, I feel like I still have a long way to go with gaining confidence and earning experience since our in-person clinical days were limited.

My mom and I talked about all my problems and worked through solutions. I was exhausted a lot of the time since studying took the priority over taking care of myself. I am sure most of my classmates feel the same way.

I moved into an apartment this past year, so I began to take on new responsibilities in addition to schoolwork. Gone are the days that I could rely on warm meals ready to pick up at Hogan whenever I was hungry. Now, if I want something to eat, I have to make it myself. This contributes to stress in my life. But this is just part of growing up. I am learning to rely on myself more and prioritize tasks. Additionally, I am learning new skills like cooking and time management.

With little time and so much to do, I have to choose what is at the top of my list. This does not always go smoothly, and making these decisions daily was a windy road I traveled which led me to dark places. I was not sure how to get out of my struggles. I was so focused on doing well in school that studying became my life. It was always at the top of my list. My sleep schedule started to suffer which affected my mood causing me to feel more anxious than ever before.

As nursing students, we put a lot of pressure on ourselves to make the best grades and maintain a 4.0 GPA. But this is not reality. It is okay to fail one exam or get a B in a class. However, procrastination and cramming last minute for an exam causes more stress and negative feelings. Furthermore, if you are feeling defeated after getting a bad grade and you think you will not be a good nurse if you don't get all A's, please know that this is simply not true. If you adopt this mindset, it can damage your mental health in the long run. Your attitude and willingness to learn during clinical will shape you into the nurse you want to be.

Though classes are challenging, I have found joy in the little things. At Duquesne, there are many opportunities for new and fun experiences. I go to yoga classes because it makes me happy and gives me a break from my studies. Mental Health is important, and we many times overlook its importance. Placing mental health last on your priority list can quickly lead to burnout, resulting in physical symptoms, and even depression. To best take care of our patients, we need to take care of ourselves first.
Hi everyone, I hope you all have a great break and feel rejuvenated. I spent some time during the break catching up on my yoga practice. I am here to share some yoga poses that you can use during study breaks to refresh your mind and oxygenate your blood in your blood vessels. Please review the pictures and key points below!

**DOWNWARD DOG VINYASA**

Key Points: Begin by ensuring that your wrists under your shoulders and your knees align under your hips; create a long line with your wrist to your coccyx and follow the natural alignment of your spine; lift the heels and tailbone to straighten the spine while bending your knees as much as you need to!

Benefits: Balances the nervous system and aligns the spine

Contraindicated: Avoid practicing this pose if you have issues with your ankles, wrist, elbow, or shoulder.

**UPWARD DOG**

Key Points: Start in the plank pose and as you inhale, ground your pelvis, legs, and feet; lengthen your spine and lift your chest at your comfortable height; lastly, gaze in front of you or slightly upward.

Benefits: Supports digestion and elimination as well as massages the kidneys and adrenal glands!

Contraindicated: Avoid practicing this pose if you have issues with your ankles, wrist, elbow, or shoulder.

**STANDING FORWARD BEND**

Key Points: Ensure to bend the knees and hinge forward from your hips and use yoga blocks to support your hands; reach your hands to the shin or on the earth; then inhale and exhale deeply.

Benefits: Increases oxygenation to your face and brain, perfect pose when you feel sleepy during your study session.

Contraindicated: Avoid practicing this pose if you have uncontrolled high blood pressure, glaucoma, neck, or back issues.
Upcoming Meeting
May 2nd at 9pm

Credits Opportunities Coming Up
Let’s Talk About It: A Conversation About Barriers to Reporting Sexual Misconduct on Thursday April 28th, 5pm Towers MPR, Wild Credit

Pet Therapy on Tuesday May 3rd, 4-5pm College Hall Lawn, Social Credit

Spring clothing sale and stethoscope sale, Fundraising Credit

Add photos to PhotoCirle, Wild Credit

Duquesne School of Nursing Events
Mindful Meditation Presentation by Dr. Cindy Walters on Monday May 2nd, 4-5pm Fischer Hall Room 625

NCLEX PRACTICE QUESTION

A home health nurse is completing an admission on a patient who recently experienced a transient ischemic attack (TIA). During the assessment, the patient begins to complain of a severe headache and numbness in his left arm. Which action should the nurse take next?

a. Instruct the patient to take Tylenol.

b. Ask if the patient suffers from migraine headaches.

c. Reschedule the visit.

d. Call 9-1-1.

Center for Student Well Being

Counseling Services
Room 636, Fisher Hall
Hours Monday- Friday 8:30am-4:30pm
Call 412.396.6204 for appointments and more information
After Hours Emergencies, call Solve Crisis Network at 1.888.796.8226

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**Funny Nursing Jokes**

Knock knock
Who’s there? HIPAA HIPAA who? I can’t tell you that.

A man speaks frantically into the phone, “My wife is pregnant and her contractions are only two minutes apart!”

“Is this her first child?” the nurse asks. “No! It’s her husband!”

Nurse: “Anything else I can get you?”
Patient: “A million dollars!”

Q: What inspires a nurse to move at the speed of light?
A: A bed alarm or fresh coffee in the breakroom

**NCLEX practice answer**

Correct Answer: D

Rationale: The greatest risk for a stroke is a previous history of stroke and/or transient ischemic attacks (TIAs). The signs and symptoms of a headache and numbness in the left arm are signs of a stroke. When there are signs of a stroke, the person should always be transported by ambulance.

**Interested in writing for the Scope?**

I am always looking for new writers!
Contact Veronica Phillipson.
phillipsonv@duq.edu
Q: What inspires a nurse to move at the speed of light?
A: A bed alarm or fresh coffee in the breakroom
The Scope