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 health! We love patients! We love to write!

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

We would love to hear your thoughts on our newsletter! Please email all letters to the editor to Emily Churchill and Morgan Gruender at churchille@duq.edu. All letters to the editor must include name, contact info, and major.

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Picture Credits: DUSON
Welcome to Duquesne!

Julie Herr, Class of 2017

We are so excited to have all of you here with us today. Preview Day is a wonderful opportunity to discover everything Duquesne has to offer, and all of the resources that will be available to you as you embark on your journey through nursing school.

My name is Julie Herr and I am a senior nursing student here at Duquesne. I am currently serving my third year on the board of Duquesne University Student Nurses’ Association (DUSNA) and I am halfway through my term as President. Born and raised in Pittsburgh, I never wanted to leave. Four years ago I was in your shoes attending Preview Day with my parents. I was both eager and nervous, yet excited to finally be pursuing my dream of becoming a registered nurse. Now here I am approaching graduation and I could not haveimagined going through this experience anywhere else but Duquesne.

The minute I toured Duquesne I knew it was a perfect fit both socially and academically. I immediately felt welcomed by residence life, fellow peers and the nursing faculty. I was overwhelmed by all of the educational advancements they had made within the school of nursing; brand new simulation lab, nursing e-books, clinical apps, and even a robot! Not to mention the abundance of hospitals and healthcare facilities available to us in the Pittsburgh area. I knew I was in the right place for nursing school. I was not even a full semester into school when I knew I had found my second family here. The professors and clinical instructors work hard and diligently to ensure you learn the material and prepare you to practice as a registered nurse. We are a team here in the school of nursing, and it’s a great team to be a part of!

So, as you spend your day here I want you to remember this: you are here because you aspire to be a nurse someday and help others. Use that as your driving force as you make your decision and begin your next 4 years here at Duquesne. You are about to experience the most rewarding adventure yet. Congratulations on your decision to become a nurse and welcome to Duquesne!
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.

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 McGee Women’s Hospital and West Penn Hospital.

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.

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.

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.

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.

Picture credits: Emily Churchill and Brianna Gavin
The Wonderful City of Pittsburgh

Duquesne students work hard every day, and luckily, they have plenty of options to relax and explore Pittsburgh!

Humna Elahi, Class 2020

Market Square: Market Square is a lively place in Pittsburgh and just a short walk from Duquesne. There are many restaurants to choose from, like Primanti Bros., Moe’s, Sienna on the Square, pizza and sandwich shops, bakeries, and cafés. After grabbing a bite to eat, you can shop around or stay tuned for street performances filled with music, singing, and dancing. Market Square feels extra special around season changes and the holidays. Crowds come for St. Patrick’s Day and Halloween gatherings. In the middle of November through December, there is an event called “Light Up Night,” which brings in the holiday cheer. It is filled with horse carriages, parades, music, and ice-skating around a gorgeous tree. Market Square is a must-see when you are here.

PPG Paints Arena: Formally known as The Consol Energy Center, the PPG Paints Arena is home to thousands of enthusiastic fans. The environment and streets are filled with joy and pride for Pittsburgh’s teams or your favorite artists. Here is where you will go to watch and cheer along for hockey games, basketball games, concerts, and more. The best part is that it is just right around the corner! As a student, you can qualify for “student rush” tickets that are cheap and make the experience so much greater. In and around the building, you can find places to eat before or after a great night. PPG Paints Arena is a huge reason why students love attending Duquesne.

The Waterfront: Another personal favorite is The Waterfront located in Homestead which is only a short bus ride away. The Waterfront offers all you could want and more. It is an outdoor shopping area that includes Macy’s, DSW, Old Navy, Marshalls/T. J Maxx, Journeys, and more! You can also find Best Buy, Target, Dick’s Sporting Goods, and Barnes and Noble. After a nice shopping trip, you can choose from the great list of restaurants: Bravo! Cucina Italian, Burgatory, Dave and Buster’s, P.F Chang’s Chinese Bistro, Uno, Chick-fil-a, TGI Friday’s and many more. There is also an AMC Loews movie theatre for further entertainment. A weekend at the Waterfront is a weekend well spent.

Other: Pittsburgh is home to unique attraction sites, like museums and parks. Cool places to unwind are the Andy Warhol Museum, The Mattress Factory, the Carnegie Science Center, the Carnegie Museum of Natural History, and the Carnegie Museum of Art. When nice weather rolls around, you have to make a plan to spend a day at places like Kennywood, Sandcastle, the Pittsburgh Zoo, or the Aquarium. You can soak up the sun and enjoy the fun-filled days in museums, on rollercoasters, on water rides, and seeing wildlife!

Transportation: Students have many opportunities to reach these special places in Pittsburgh and come back safely to Duquesne. There is an option for the free Loop Bus that goes to 3 different locations: Southside, Oakland, and Waterfront. They run every Friday and Saturday during the academic year. Students also have the T, the free subway, to get around. Lastly, they can utilize the Port Authority city bus system for a small fee.

Overall Duquesne is located in one of the most exciting and entertaining cities that a college student could ask for!
Two BIG Reasons to Choose Duquesne:

The Campus: Diana DeBernardis, Class of 2018

As I was searching for a place to further my education, I wanted somewhere that was inviting, warm, and home-like. When I stepped foot on Duquesne’s campus, I instantly felt at home. Every faculty or staff member I spoke to during my journey was extremely welcoming and informative. I immediately felt as if Duquesne could be my “home away from home.”

The first thing I say to someone when they ask me, “Why Duquesne?” is that I immediately fell in love with campus. I loved how the campus was small and had such a community-like feeling. Not only is campus basically on a “hill of it’s own,” but once you step off campus, you’re surrounded by thousands of restaurants, events, sights, museums, shopping malls, and more. A Duquesne student has easy access to any of these by either walking or bus. Also, a huge perk is that you can have your car here as a freshman, you just need to buy a parking pass!!! Finally, Duquesne’s campus is right in the middle of numerous healthcare facilities. The School of Nursing is fortunate to have so many amazing clinical locations so close to campus!

All in all, I was correct. Duquesne is now my “home away from home,” and I feel so comfortable and safe on campus. The faculty and staff are incredibly helpful, there are many opportunities to get off-campus and enjoy Pittsburgh, and it is great to make so many friends and memories.

The People: Adelaide Lipschutz, Class of 2020

Duquesne is an amazing university with so many things to offer. I knew the moment I stepped on campus that this was the school for me. The campus was beautiful, but what really made me choose Duquesne was the friendly environment that was created by everyone on campus. Everyone on campus is so kind and engaging; all the staff encourage students to interact with them and to reach out if you need help or if you just want to have a nice chat. All of the teachers at Duquesne also want you to succeed and they do their best so that you excel in all your courses. The academic advisors are also always there with a warm smile to help you do anything, be it from scheduling for your classes to planning to study abroad.

Even the students are welcoming. You will meet so many new people once you start classes and each of them is just as amazing as the next. Additionally, as a nursing student, you become very close with other student nurses and they end up being your best friends as you navigate through all the new experiences that Duquesne has to offer. You will have four, full years of laughter and joy with everyone who is part of nursing. Every step will bring you closer to everyone and you become part of something bigger than just yourself. Becoming a student in Duquesne’s nursing school is not just joining a school, it is joining a family.
How To 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!
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.

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.

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!
In the fall semester of my junior year, I decided to apply for the internship offered by UPMC. At first I wasn’t sure what kind of specialty I wanted to spend the summer learning, so I applied to all of the hospitals. After a couple of interviews and some time spent thinking, I ended up in a Surgical-Trauma ICU. In the very moment that I accepted my internship, I was filled with intense joy and excitement, but as the days came closer to the day I had to first start, I developed fear and anxiety. Questions came to mind, such as, “What if I make a mistake?” “What if someone asks me a question and I don’t know the answer?” “What if I don’t like it?” Now as I sit here today, I realized how much credit I didn’t give myself those days before I started. It was the summer before my LAST year in nursing school and the professors in the nursing school had prepared me for this internship and there was nothing to fear. I ended up having the best experience and learning so much more than I could have ever imagined. Of course, there were times I made mistakes, but that is how I learned. Sometimes people did ask me questions that I did not have the answer to, but I always made it a point to figure it out. Lastly, I can say that I loved it more than anything I have ever done. My internship did not feel like a job, but felt like I finally found my niche in nursing. I highly recommend everyone to take the chance and apply for internships, because even if you don’t find yourself on a floor you loved, you can always help find out what you don’t like and go from there. You’ll never know what you’re capable of if you don’t approach life fearlessly.
This past May, I had the opportunity to travel to Rome, Italy to study abroad. This trip was an experience of a lifetime. I honestly had no idea I would have as much fun as I did! We had the chance to explore all over Rome, Florence, Naples, and the Isle of Capri. There is definitely not enough time for me to talk about my whole life changing experience, so I will try to get to the point! From living with the nuns in the convent, “Rome-ing” around the cultured cities of Italy, and indulging in the arts of such an ancient country, there was never a time where I was not immersed in the excitement. As much fun as it was, it was also extremely educational. I was able to familiarize myself with the Italian culture and learn what it feels like to be the minority in a foreign country. I believe it was a wonderful learning experience for nursing students because it allowed me to be the minority. We will be treating a variety of different people from different cultures and it is extremely important to be able to be competent and empathetic with your patients. I highly recommend any nursing student to take advantage of this opportunity because it will change your life and you will cherish all the memories you have shared with this incredible culture.
The Best Choice I Ever Made

Cathleen Casillo, Class of 2017

I never really believed people when they told me how fast my time in college would go. I remember packing up my room at home, driving to Pittsburgh to a school with zero familiar faces and becoming suddenly overwhelmed by the challenges I was about to take on. Nursing was not my first choice; in fact, Duquesne was the only nursing school I had applied to in high school. Looking back, however, I cannot imagine my life taking a different course of action.

The School of Nursing provided a thorough orientation and welcomed its new students as soon as we arrived to class on the first day. I remember seniors coming to talk to us freshman about things to expect throughout our four years. In particular, one girl told us that through this program you would meet your best friends. Admittedly, she was right. Duquesne has not only provided me with a solid foundation through education, but it has also introduced me to people who understand me and have made my four years so amazing. No matter whether I am in the library stressing out about our next exam, or at home trying to relax from a long day, I know I have people to call and friends to enjoy each experience with.

Deciding which college to choose is hard, and it takes a lot of deliberation and consideration when finding the right fit for you. Pittsburgh has been the perfect “home away from home” because of the excitement, activities and people. Duquesne has provided me with the knowledge to excel in my nursing career and the skills to find whichever specialty is best for me. I may not know where the next 10 years will take me once I graduate, but I am beyond thankful and pleased with my choice of Duquesne for the past four years.
**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.
The annual National Students Nursing Association convention is a very exciting privilege and opportunity for Duquesne University nursing students! There are two conventions that students are given the opportunity to attend: Mid-Year in November or an annual one in April. I have had the chance to go to both Mid-Year in Kansas City, Missouri and the annual one in Orlando, Florida! Every year the location changes for each convention and they are usually very fun places! This April, thirteen of us will be heading to Dallas, Texas for the annual convention and then in November, we will have the chance to go to San Diego, California for Mid-Year. I have always had a passion for traveling, so having these nursing conventions available for us has been so much fun for me to be able to attend so I can bring both my love of nursing and traveling together.

Both of the conventions discuss different topics, but it all centers around nursing. The Mid-Year convention focuses on career planning and students have the chance to hear from multiple professional nurses and advanced practitioners about how they started their career, what they do for their job, and even tips to be a successful new graduate nurse. The annual convention is more focused on the legislation of nursing and passing new resolutions for nursing schools and students in school. Read below to find out in more detail about the legislative process. During this convention we do not only attend talks about legislation, but we also get to go to sessions on different types of nursing, topics related to nursing in the news, and different workshops to make you a better student and soon a great nurse! During convention our group always has a blast since we get to go out to dinner, stay at a fun hotel, maybe go to a local attraction like Disney World, and meet many new nursing friends in the group from Duquesne! Both of the conventions that I have attended have been very beneficial to me as a student and I would recommend it to anyone who wants to get more involved in nursing beyond the classroom!
Convention and the Legislative Process
Holly Storm, Class of 2019

In September, one student and I began to work on the resolution for the Duquesne University Student Nurses Association. When coming up with our topic, we focused on what was going on in the news and we found out about the UN meeting discussing antimicrobial resistance where they determined that resistance to several antibiotics was at crisis level. After determining a topic, there are several things that need to be written in order for the resolution to be submitted for the SNAP convention. The first is the resolution itself which is composed of two parts, the whereas statements which is the research that you have that supports your topic and then the resolved statements which is what you think would be the appropriate measures to deal with this issue. After writing the resolution itself, the author must get together an abstract, cost estimate for how much it would take to implement the resolution, get the contacts list for who to send the resolution too, and references. All these parts must be done to submit the resolution for convention. Before convention it is important to write the opening and closing statements as the resolution will be presented and the authors can speak to the resolution. Another important thing to think about are possible issues that people could have with the resolution and what could be said as a response. At convention, after the resolution has been presented at the resolution hearing, it is presented again at the house of delegates and voted on. The delegates themselves vote on the resolution through a vote of aye or ney. It is exciting to say that our resolution this year passed at SNAP and is going to NSNA!
Annual "Run for Ryan" Memorial 5k

Saturday, April 22nd, 2017

Brottier Commons
Duquesne University

SAVE THE DATE!

Follow us on Facebook: The Sgt Ryan Lane Platoon

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