Spring Into the Fun, We’re Almost Done!

A Look Back on the Last 4 Years

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DUSNA goes to NSNA in Dallas

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Photo credits: Doug Griffies
Who We Are

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

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

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

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

Vivian Chen and Shannon Lawler, Sophomores

Always stick to the first answer you pick unless proven otherwise

Believe in yourself

Confidence is key

Don’t study for multiple classes in just one day
Eat a good breakfast the day of your final(s)
Focus on one class at a time
Go out and get some fresh air
Having a healthy diet can help you concentrate
Initiate asking questions during class if you have one
Just keep swimming, you can do this!
Keep a positive attitude
Learn how to think abstractly, not linearly
Motivate each other
NAP tutors will always be there to help
Don’t Overthink and answer what the question is asking for
Plan to study for the final that comes up first
Quiz yourself daily
Review your notes daily
Study with a group of friends
Treat yo’ self after a test
Never Underestimate yourself
Visit your professors if you don’t understand something or need help
Exercise to relieve stress

If Seniors can get their degrees, You can too!

Make sure to catch your Zzz’s
“Do You Even Want to be a Nurse?”

Alexis Chan, Senior

She pulled me aside and asked, “Do you even want to be here right now? Do you even want to be a nurse?”

That was probably the hardest thing I ever had to listen to in my first clinical rotation during sophomore year. She was so serious and confrontational as I stood there, angered, jaw dropped, shaking my head in disbelief. I remember being so frustrated. Having my own clinical instructor question my potential, my hopes and dreams, and doubt my desire to become a nurse tore me apart. But even before she questioned me, I never wanted anything more than to care for and help heal others. I had my mind made up and I knew nursing was what I wanted to do and I would work so hard to get there.

In life, we are challenged on a daily basis and “why do you want to be a nurse?” is something that we will never hear enough of. In nursing school, sometimes people doubt your skills, they do not believe in you, and most times you are not recognized for your successions. But still loving the thought of what I get to do for the rest of my life makes me appreciate the thank you’s and moments of empowerment, motivation, and recognition all the more. You find that proper urination and bowel elimination, unrestricted nutritional intake, and even the option to get out of bed in the morning are gifts taken for granted no more.

Throughout these four years, I believe I started out strong and ended up even stronger. As graduation nears, I have realized all that I have is a blessing and a miracle. I have never worked harder, cried more, laughed louder, or smiled wider than I have in this last year of nursing school. It is such an overwhelming feeling of accomplishment and success for the future that makes me so happy. I could not have made it through sane without friends that built me up and helped me to do better next time. Pooling in all of our struggles and applying our knowledgeable advice has gotten me and my friends through the toughest of times.

Even though it all feels like everything you have learned so far has suddenly fallen apart, senior year challenges you to put all the pieces back together. It requires a lot of time and energy, but the pieces create a new masterpiece that results from friends, family, and influential persons that push you along a colorful ride. I would say the most difficult part of senior year is to learn how to pick out the positive from the negative. “Remediate what you did wrong,” says every single faculty member in senior year. Looking at what you did well will motivate you to correct what you did wrong, and the same goes for life lessons.
Be Sun-Smart this Summer

Hayley Bergel, Senior

With summer fast approaching, soon we will be wearing shorts and flip flops, laying out on the beach, eating ice cream and enjoying the warm weather. However, it is important to note that while being out in the sun all day is a mood booster and gets you the color that you want during the summer, the sun is also harmful to our skin and can cause damage far beyond what we think. The use of sunscreen can help minimize this damage. With sunscreen, sunburn and protecting your skin in general, there come a lot of myths. Here are some facts about sunburn from US News and World Report: Health (2012) so you can be sun-smart this summer.

Truth or Myth: Avoid hot showers when you are sunburned.

Truth! Heat increases inflammation. To soothe your burn, you should take cold showers.

Truth or Myth: Your eyes can get sunburn.

Truth! Always wear sunglasses or a hat while out in the sun to protect your eyes.

Truth or Myth: Sand is harmless.

Myth! Sand is actually packed with bacteria and can cause GI issues. Make sure to wash your hands to help remove those germs.

Truth or Myth: There is more than one way to treat sunburn.

Truth! Besides aloe vera, some common remedies include honey, milk and oatmeal. These foods help reduce inflammation. Also, wrapping an icepack in a towel and applying it to the burn will help.

Truth or Myth: You do not need to seek medical attention for a sunburn.

Myth! If your sunburn is blistering, or has purple blotches, go see a doctor. These signs can cause further damage such as liver spots.

The American Academy of Dermatology (2017) suggests that all skin tones wear sunscreen to protect themselves from skin cancer. It is estimated that 1 in 5 Americans will get skin cancer in their lifetime, so it is a serious risk to not apply sunscreen. We should be using broad spectrum protection sunscreen with a minimum SPF of 30 and it should be waterproof. However, using sunscreen might deplete the amount of Vitamin D your skin produces. Vitamin D supplements or using tanning products are safer options than turning to the sun or a tanning bed to get your daily dose.

It is important to be aware of the myths previously mentioned in order to be safer in the sun. If you keep in mind that sunscreen must be worn to protect our skin no matter how long you are out in the sun, the risk for burns dramatically decreases. By wearing sunglasses and/or a hat, reapplying our sunscreen throughout the day, and using the appropriate SPF you are taking the necessary precautions to prevent a painful burn. If, by chance, you get sunburned this summer, knowing the proven effective ways to treat it and seeing the doctor if necessary can avoid prolonged pain, peeling, and days indoors avoiding the sun while you heal. Make applying sunscreen a part of your daily routine and you can guarantee you will have a burn-free summer!
Where To Go When the Money is Low

Adelaide Lipschutz, Freshman

The world is so large and there is an unlimited number of things to do! Sadly, a student’s bank account is severely limited. However, there are cheap places on the other side of the Earth and close to home that you can visit over the summer.

Mexico City: This city is Mexico’s most populated area with millions of visitors flittering through all year. There is authentic Mexican street food and there are hundreds of authentic restaurants in the area. One restaurant that is highly recommended is Biko which is known for their combination of traditional Basque and Mexican cuisine. In this city, you can visit the National Palace, colonial cathedrals, Palacio de Bellas Artes, the Historic Center, and the Great Pyramid of Tenochtitlan. Flights start off at $66 one-way, and there are various cheap hotels you can stay in. Another option is staying in a hostel; being in a hostel gives you an opportunity to meet other travelers and have a cheaper place to stay.

Thailand: One of the less commercialized areas is the Chiang Mai region; here you can have a nice relaxing vacation without the hassle of crowds. This region is full of mountains and valleys which are perfect for an outdoorsy person; close by is a town called Soppong which is close to various caves which are perfect for exploring. The most expensive cost for this trip is the flight to this little forest paradise; flights start at around $570 round-trip. Many of the hotels are around $180 a night or you have the option to stay in a hostel.

New Orleans, LA: New Orleans is full of culture and history. There are of course bennietts that are a staple of this city that you should have at Café Du Monde. There are hundreds of things that you can do; for example, you can go on a haunted tour of the city, visit the grave of Marie Laveau, see St. Louis Cathedral, visit The National World War II Museum, visit Blaine Kern’s Mardi Gras World, and explore Royal Street. You should also go on a swamp tour so you can see the beauty of the bayou and maybe an alligator. Here you can Flights can be as cheap as $130 round-trip, and there are hotels that are as cheap as $24 a night.

Denver, CO: Denver is perfect to hike up the Rocky Mountains and explore the trails. Within the city there is the beautiful Rocky Mountain Lake Park; here you can walk along the edge of the water for a breath of fresh air; there are also many other hiking trails around Denver that shows off the natural beauty of the Earth. The views from all over the trails are priceless. There are also many cute boutiques and street performers along Pearl Street. For a touch of culture, you can visit Denver’s Art Museum, the aquarium, and the Botanic Gardens. Flights to Denver start off at $105 round-trip and hotels start off at $65 a night.
Spring Break Mission Trip:

Anna Fish, Freshman

Hello my name is Anna Fish and I am a Freshman nursing student from Rochester N.Y. Over my spring break, I attended a cross-cultural mission trip to Arlington, West Virginia and Baltimore, Maryland. The goal of this trip was to emerge ourselves in the resident’s culture and help make their community a better place by performing simple service projects.

For the first part of our trip, we stayed and performed service projects at a church in Arlington called Our Lady Queen of Peace. This church was originally founded as a predominantly African American church but has recently grown into a very diverse church for everyone in the community. This church, along with their 65 active ministries, is centered around the Matthew 25 bible verse that says “For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you took me in; I was naked and you clothed me; I was sick and you visited me; I was in prison and you came to me”. Throughout the week, we got to see many of their very active ministries. The first ministry we got to work in was their Matthew 25 store that gave free clothing to refugees that needed it. It was amazing to see how many clothes were donated daily and how they gave out almost 1000 clothing items per week. Another ministry that we got to work in was the Food Bank. We helped by giving refugees bags of food. It was crazy to see how many refugees lined up early in the morning so they could ensure that they got their food for the week. Another ministry that we got to hear about is how they have a sister church in Haiti. As a sister church, Our Lady Queen of Peace financially supports the Haiti church and community and sends volunteers to help make this community a better place. Throughout the years, Our Lady Queen of Peace has helped build schools, drainage systems and homes for the people of Haiti. It was amazing to see how much their work has helped the Haitian people who struggle to find food and walk over 8 hours to get to school each day.

For the second part of our trip, we stayed and performed service projects at the St Edwards Church in West Baltimore. This church was located near where the Baltimore riots took place. During our time there, we got to talk to a lot of the community members. It was sad to hear about how drug deals and shootings have become a cultural norm there because of the area. Also during our time, we prepared for their annual community event by setting up tables, cooking and cleaning. We also organized bike donations from the Knights of Columbus that were given away to the children of the community. Finally, during our time there we shopped for curtains and donated them to help decorate their community center.

Overall, this trip opened my eyes to a lot of experiences that I would not normally get at Duquesne. I liked helping others and being emerged in a culture that is different than from my own. I feel like this will help me as a nurse because I will understand other cultures which will help me work with my own patients someday.
Learning About Ourselves and Others

Julia Streeter, Freshman

Instead of taking a trip to the beach for spring break, I decided to spend the week traveling and helping others at the same time. I took a chance and signed up for a Cross-Culture Mission Experience through Duquesne to learn more about urban poverty in Arlington and Baltimore and what I can do to help. This week was truly amazing. I got to help people in need while creating great friendships along the way.

In Arlington, my group helped the Our Lady Queen of Peace parish with numerous social outreach programs that they have including their clothing store and food bank. Their food bank gives out food to those in need every Wednesday morning and serves almost 200 people each week. My group assisted the parishioners in checking people in at the door and handing out the bags of food. For me, this was a really eye-opening experience and I’m glad that I got to be a part of a service project that does so much for the community. While in Arlington, I also had the opportunity to learn more about the parish’s sister church in Haiti and their efforts to build schools, community centers, and improve healthcare. I hope that after I become a nurse, that I will have the ability to travel to Haiti and use my knowledge as a nurse to help those in need.

In Baltimore, my group helped the St. Edward’s parish with minor home improvement tasks, and organized a parish dinner. I also got to meet so many parishioners, and learn their stories of how they overcame their hardships in life. It was really nice to spend time with the parishioners and learn more about the community as a whole, and the struggles they face on a day to day basis.

Overall, I wouldn’t have wanted to spend my spring break any other way. I learned so much about urban poverty in Arlington and Baltimore and got to meet inspirational people who dedicate their time to help those in need. I’m so glad that I had the opportunity to get out of my comfort zone, learn something new, and make a positive difference in the world.
As a freshman, it was nerve-wracking to jump in and take advantage of the opportunities presented to me. However, I am so glad I did. This past month, I had the privilege to attend the National Student Nurses' Association's 65th Annual Convention at the Hilton Anatole in Dallas, Texas. If you've heard the saying "Everything's bigger in Texas", it certainly does not lie. The convention was insanely large; it took between 10 and 15 minutes to walk from one end to the other.

The schedule was full of sessions and time for the exhibit hall, as well as meetings for the house of delegates. There were plenary sessions, in which are comparable to large class lectures. There were focus sessions, which were smaller and more personal. The focus sessions had specific areas that they covered. For example, two sessions were titled "Pharmacology Made Insanely Easy!" and "Emergency Nursing & Specialty Certifications: From Flight Suits to Scrubs". The exhibit hall was massive; it was at least the size of a football field. This place was full of NCLEX study companies, hospitals, and schools from all over the country; probably over 100 exhibitors were there. For this convention, I was a delegate, so I got to vote on whether or not the submitted resolutions should be adopted and later implemented, as well as the new board of directors. I had some experience with this at SNAP, but on a national level, it was quite the experience to see the debates people would get into over the resolutions.

I am so glad I went to this convention; I received so much valuable information that I know will help me later on in my nursing career. If you ever have the opportunity to attend one of these conventions, you won't regret it, trust me!
NSNA In Dallas!

Photo Credits: Holly Storm, Jess Chan, Morgan Gruender
Senior Shout-outs

*I've interviewed for so many places so I can give a view tips so far on my journey:

- Get a business suit but also ask to bring scrubs to shadow the unit you are going on.
- Go to the UPMC career events and connect with recruiters! They love to talk to students.
- Practice telling stories! They ask for examples of teamwork, quality nursing care, quick thinking etc.
- Finally be yourself! They can tell when we get nervous and when we can be fake. We are interviewed by not bosses but by someone who will be our coworker and they want someone who can be part of their family.

- Erica Judka

* "I came into the program unsure if nursing really was for me... and now, four years later, I cannot imagine pursuing a career in anything other than nursing." - Elizabeth Faber

* "As senior year is coming to a close it is time to reflect back on all the good, bad and in-between. This is the time to be grateful for the friends who you pulled all-nighters with, the friends who were your shoulder to cry on and your go to when it was time to celebrate. Three years ago we received our first pair of scrubs and we were all filled with excitement as we ran back to the dorms to try them on, flash-forward to April 24, 2017 and we have now completed our last day of clinical as an undergrad. Now is the time to say thank you to everyone who helped you along the way and appreciate all the hard work, mental breakdowns and tears of joy because we finally made it." - Anonymous

* "Becoming a nurse was such a simple dream I had growing up. How hard can it be right? Well, I was pleasantly surprised when I was greeted with an abundance of information and responsibilities. I thought every day, how would I ever survive 4 years, and I knew I couldn’t do it alone. Nursing school has taught me many lessons beyond the PowerPoint’s presented in class, ones that I will carry with me forever. I am eternally grateful for the support from faculty and friends over the years. My journey as a Duquesne nurse has proven to be the farthest from simple, but four years later I wouldn’t have it any other way. Ready or not, here I come!" - Julie Herr

* "You don’t realize it at the time, but you owe a lot to your friends (nursing and non-nursing) who supported you all four years of nursing school. They may not get the credit they deserve for spending every moment with you in the library or providing uplifting comments on a daily basis for four years." - Olivia Botek

* "Disease have ruined many people’s lives but they’ve opened my eyes and have shown me a different part of life. Thank you Duquesne Nursing for helping me accomplish my dream of becoming an RN." - Kelly Henry

"Shoutout to Ellie Morell! We did it & I honestly don’t think I would have been able to do it without you! All for our future cats or dogs!

Thanks to Ella Walsh for encouraging me throughout the years. I’m blessed to have been friends with you!

Bri Luciano, Clinicals with you were absolutely amazing & I’m so excited to see what you end up doing with your life!

- Kathleen Logan

I’ve interviewed for so many places so I can give a view tips so far on my journey:

Get a business suit but also ask to bring scrubs to shadow the unit you are going on.

Go to the UPMC career events and connect with recruiters! They love to talk to students.

Practice telling stories! They ask for examples of teamwork, quality nursing care, quick thinking etc.

Finally be yourself! They can tell we get nervous and when we can be fake. We are interviewed by not bosses but by someone who will be our coworker and they want someone who can be part of their family.

- Erica Judka
**News & Announcements**

**DUSNA**
- Good luck on finals!
- Have an amazing summer.

**School of Nursing**
- Have a wonderful summer!

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**NCLEX Nook**

*Question is from: nurseslabs.com*

*Answer on Page 15*

A client is receiving digoxin (Lanoxin) 0.25 mg daily. The health care provider has written a new order to give metoprolol (Lopressor) 25 mg B.I.D. In assessing the client prior to administering the medications, which of the following should the nurse report immediately to the health care provider?

A. Blood Pressure 94/60  
B. Heart Rate 76  
C. Urine Output 50ml/hr  
D. Respiratory Rate 16

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**Chicken Parm Sub**

**Delish.com**

**Ingredients**
- 2 c. panko breadcrumbs
- 2 large eggs
- 2 c. all-purpose flour
- 1 1/2 lb. chicken cutlets, cut in half lengthwise
- kosher salt
- Freshly ground black pepper
- canola oil
- 1 lb. fresh mozzarella, sliced 1/4" thick
- 4 hero rolls, cut in half lengthwise
- 2 c. tomato sauce
- Fresh basil

**Directions:**

1. Preheat oven to 350 degrees F. Prepare breading station with 3 large mixing bowls: one with breadcrumbs and parmesan cheese mixed together, another with eggs beaten with 1 tablespoon water, and the last with flour. Season chicken with salt and pepper. Coat each piece of chicken in flour and shake off excess, then dip into egg and coat in breadcrumbs. Repeat steps for remaining chicken and set aside on a plate.

2. In a large cast iron skillet add 1" oil over medium-high heat. When pan is hot but not smoking add chicken cutlets. Cook until golden brown, about 1 to 2 minutes on each side. Transfer to a paper towel-lined plate.

3. In a small sauce pan, warm up tomato sauce.

4. Meanwhile, in a rimmed sheet pan lined with parchment paper, place hero rolls cut -side up. Toast until lightly golden brown, about 1 to 2 minutes. Place chicken cutlets on bottom halves of hero rolls and top with sliced mozzarella cheese. Toast again until cheese begins to melt. Add spoonfuls of warm tomato sauce and 3 or 4 fresh basil leaves between the chicken and hero rolls. Close sandwich and cut in half. Serve immediately.
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<tr>
<th>Horoscope</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Aries</strong></td>
<td>Of course, you said you were going to start studying today. Put away Netflix, Hulu, HBO… and put out your binders of notes. Maybe by some grace of God you’ll get that passing HESI score.</td>
</tr>
<tr>
<td><strong>Libra</strong></td>
<td>It may be only a quarter of the year in, but it’s never too late to start anew. And by new, we mean new memes! That’s right, it’s time to harvest some new meme crops. Go tend to your humble farmer roots.</td>
</tr>
<tr>
<td><strong>Taurus</strong></td>
<td>Last day of clinicals you say!? Treat your clinical group and instructor to some lunch after you get out. Jupiter’s moon, Europa, is in good orbit and will bring you $$$$$</td>
</tr>
<tr>
<td><strong>Scorpio</strong></td>
<td>Summer daze equal concerts for days. You don’t have to get VIP tickets or every concert you go to. Save that money for a girl’s/boy’s night or dinner night with your SO. You might just see your fave artist at that restaurant.</td>
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<tr>
<td><strong>Gemini</strong></td>
<td>You seeing double from all that studying for finals? Well that means you’re not studying hard enough! Try another study method. Sometimes new is better.</td>
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<tr>
<td><strong>Sagittarius</strong></td>
<td>Nothing is more of a bummer than rain cancelling your plans. Next time that happens, try this rain dance: <strong>Rita Work Out Video</strong> It’s not a complete guarantee to work, but it’s a good laugh.</td>
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<tr>
<td><strong>Cancer</strong></td>
<td>Beach plans for the summer? Watch out for those UV rays or else you’ll definitely feel the burn. Neptune is right behind the sun which means you should probably invest in some actual sunscreen for once.</td>
</tr>
<tr>
<td><strong>Capricorn</strong></td>
<td>The weather is finally looking up. Break out the shorts, tank tops, and flip flops. The 6th of May looks like optimal weather for Capricorns. Take advantage and throw an end of the year party. It’ll definitely be a night everyone will remember.</td>
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<tr>
<td><strong>Leo</strong></td>
<td>May the Force be with you, Leo! Something about Venus being in retrograde make you more sensitive of the world around you. No, it’s not super powers, but let’s see where it takes you.</td>
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<tr>
<td><strong>Aquarius</strong></td>
<td>Tis the season to start cramming. Regret not studying enough for your Med-Surg class? Or Pediatrics? You’d be surprised how many good NCLEX apps there for to study from. Don’t worry about money. They’re free.</td>
</tr>
<tr>
<td><strong>Virgo</strong></td>
<td>Formal season is upon us and you STILL don’t have a dress. Try some stores you would never try to go to. You might just get it extremely cheap. And let’s be real, it’s just one night.</td>
</tr>
<tr>
<td><strong>Pisces</strong></td>
<td>Already dreading what to decorate your apartment for next semester? Look up to the zenith and read the stars. They’ll give you the perfect advice on how to string those tea lights and where to get some awesome wall décor!</td>
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Interested in writing for The SCOPE? We are always looking for new writers. Contact Emily Churchill or Morgan Gruender at churchille@duq.edu for details.

NCLEX ANSWER: A
Rationale: Both medications decrease the heart rate. Metoprolol affects blood pressure. Therefore, the heart rate and blood pressure must be within normal range (HR 60-100; systolic B/P over 100) in order to safely administer both medications.

DUSNA BOARD OF DIRECTORS
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Photo credits: Jessica Chan and Morgan Gruender and Emily Churchill
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Welcome 2017-2018 Board!