A PUBLICATION OF THE DUQUESNE UNIVERSITY STUDENT NURSES' ASSOCIATION

The Scope
Global Nursing
What will you find in *The Scope*?

*The Scope* is a newsletter/magazine produced by the Duquesne University Student Nurses Association that displays unique perspectives from current students and faculty. You’ll find photographs of students collaborating, writing pieces on life-changing nursing experiences, and messages from faculty aiming to inspire.

*The Scope* is the proud recipient of the 2013, 2014, and 2016 Student Nurses Association of Pennsylvania Excellent Newsletter Award. President Morgan Gruender and Vice President Emily Churchill have created such an established piece of work.

As BSN students are incredibly busy with work and with saving lives, please consider writing and giving your time to keep this newsletter going. Our goal is to make *The Scope* something that every Duquesne nursing student can look back on and be proud of.

We would love to hear your thoughts on this year’s newsletter. Please email all suggestions/comments/inquiries to us at either blissl@duq.edu or muellerh@duq.edu. All letters to the editors must include your name, contact information, and major.

All views expressed in *The Scope* are from each individual that contributed their time and work. Views do not represent the views of Duquesne University or Duquesne University School of Nursing. We look forward to producing something inspiring, collaborative, and memorable and sharing stories from all of our peers.

Best,

Hadley Mueller & Lauren Bliss

*BSN Class of 2021*
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Nursing Abroad: What’s the Difference? Is there Any?

Angela Karakachian MSN, RN PhD (c)

I received my BSN in nursing from Saint Joseph University in Beirut, Lebanon. Located on the Mediterranean coast, Beirut used to be called the Paris of the Middle East.

As a nursing student, I learned to respect people, work hard, and care for my patients with all my heart. Did I get all A’s? Of course not. However, I loved what I was doing. I was helping people during the weakest times of their lives. When I graduated nursing school, I was very proud of myself because I had accomplished my goal. Yet, I quickly realized that the Lebanese society did not consider nursing a respected profession. Although nurses were (and still are) paid well, nurses in Lebanon have no voice and no autonomy, and very few of them pursue their education to receive higher degrees.

I worked in a med-surg unit and cared for 12 patients during a day shift and 30-31 patients during the night shift. With this heavy workload, time management was crucial; it was important to stay on track and work hard to make sure every patient was taken care of. Was I perfect? Of course not. Like everyone else, I had my good days and my bad days. I learned from my mistakes and promised myself never to make the same error again. When I came to the United States, I was scared and intimidated. However, I stayed motivated, and I was committed to providing quality care to my patients. As a nurse, I faced new challenges every day, but I stayed strong and cared for my patients as if they were my family. I learned to fight for people’s lives, and that is what I did as a nurse no matter where I worked.

Nursing is much more than just administering medications. Nursing is caring and listening to patients. Nursing is being there for patients and advocating for them. As nurses, we have the responsibility of acting according to our ethical beliefs and values, and helping and supporting each other in providing the best possible care to patients. Today, I have the honor and the pleasure of teaching nursing students—our future nurses—and I try to lead them by example by being flexible, credible, and accountable. I hope to influence my students by helping them recognize their values, learn to work with others, think critically, and respect people. I had the privilege of working in Lebanon, and I learned a lot from the most difficult circumstances, but what makes me the nurse I am today is that I did and I still do everything with love.
Growing up in Japan

Emily Twyman, Sophomore

My father was in the Air Force for 23 years, and he met my mother when he was stationed in Japan. They had to move to Travis Air Force Base because my brother had liver cancer as a baby. He was getting treatment at Travis Air Force Base while my mother was pregnant with me. His treatment was successful, and I was born a little after. At two months old, I moved with my family to Yokota Air Base Japan. When I was in first grade, I was enrolled in Japanese school until 6th grade. At first it was tough because I was the only half American, and I got picked on a lot.

There were times when I wanted to quit because I felt that I did not belong. However, as school went on, I started to make a lot of friends, and school became fun. I made many unforgettable memories, and in the end I was glad that I stayed. Even now, I keep in touch with many of my friends from Japanese school, and when I visited the summer before senior year, we all got together and watched fireworks.

While living in Japan, because my father was in the military, I mostly went to the hospital on base because it was free. However, when I would get sick, I would go to the Japanese hospital off base because the hospital on base was by appointment only. In Japan, the healthcare system works in a way that if you pay for health insurance every month, then people are able to use it at any hospital and get 70% of the cost covered. For kids up to middle school, being seen by the doctor and getting medicine is all free. It is also set up so that the less money a person makes, the cheaper the health insurance is. In Japan, health insurance is slightly cheaper than it is in America. While living in Japan, my mother paid for health insurance every month so anytime I got sick, I was able to be seen at the Japanese doctors and get medicine for free. I believe that treatment in America is more advanced; however, Japan has a better healthcare system so I believe there is a lesson to be learned from each.
I was fortunate to be selected, along with a group of four other advisors, to travel to Tanzania for a Study Abroad Familiarization trip in May 2018. After nearly 30 hours traveling, we arrived late at night in Dar es Salaam, the capital of Tanzania. We had an entire day to spend in Dar prior to meeting up with an alumni group and decided to take a ferry out to Zanzibar, a small archipelago about 20 miles off the coast and into the Indian Ocean. Zanzibar is famous for its beaches, spices, and being the birthplace of Freddie Mercury of Queen, and it did not disappoint. I especially enjoyed watching the fishing boats at work, wandering around Stone Town, and darting in and out of many local shops. On our way back to our hotel, we also stopped at a gem shop and each purchased a piece of Tanzanite jewelry or loose stones as a keepsake (Tanzanite found only in Tanzania).

On our second day in Tanzania, we took six short flights up to the Serengeti – spotting elephants, warthogs, and antelope from the sky along the way. We arrived at our hotel and were immediately whisked out on safari where we encountered impala, buffalo, giraffes, ostriches, elephants, hippos, a leopard, and 12 lionesses hanging out in a tree. I have never in my life seen so much natural beauty in such a short period of time! Throughout the rest of our four day safari, we had a fabulous guide – Robert, who was both a medical doctor in his Maasai village and a safari guide – who pointed out these animals as well as birds, zebras, cheetahs, flamingos, hyenas, gazelles, monkeys, baboons, and wildebeests, all of which are native to the Serengeti. Additionally, we learned an incredible amount about the people native to the area and Africa as a whole.

The final leg of our trip started with a flight back to Dar es Salaam, on which we spotted both rhinos over the Ngorongoro Crater and Mt. Kilimanjaro. We then traveled up to Bagamoyo, where our Maymester students were studying. We attended a children’s mass and toured the Spiritan Mission before meeting up with our students for dinner. Our last two days in Tanzania were spent with the students – attending their classes, walking the beach on the Indian Ocean, participating in a beach cleanup, and learning about the lack but importance of recycling in Tanzania.

Our trip home took another full day – from Dar es Salam to Amsterdam to NYC to Pittsburgh. It was long, but it gave me time to reflect on the experience. I was grateful for the opportunity to be exposed to life so different from my own. From learning about the main tribes of Africa to seeing wild animals in their natural habitat to learning about environmental justice to witnessing the opportunities our students have first hand, it was certainly an experience I will never forget. I always tell students that my biggest regret from my undergraduate education is that I didn’t study abroad – and this trip only emphasized that point. Take the opportunity to explore other lands and cultures! It’s truly life-changing, and you won’t regret it!
As an international nurse, I danced late into the night under a sky full of stars, had hippos as neighbors, watched breathtaking sunsets, and woke up every morning to fresh mangos. I also slept in a tent on a wet mattress for weeks, stepped in huge puddles past my waist, and worked for weeks on end without a break.

I watched severely malnourished children regain their strength, held new healthy babies, and witnessed nurses develop new skills. I also held hands with a woman as she died from tuberculosis, told mothers that their children have died due to complications of malnutrition, witnessed 5000 people be displaced overnight due to flooding, treated innocent children with gunshot wounds, and listened to terrifying and heroic stories of nurses who risked their lives to save their community members.

My roles with MSF have been different on every assignment. My first assignment was in a refugee camp in Jordan that was home to 100,000 Syrian people who had fled the war. When I arrived the hospital was not yet build. I drove through the refugee camp, not fully understanding what I had gotten myself into. Arriving at the hospital compound on the first day there were two small tents, a slab of concrete, and an empty water tank. I met the nurses, both Syrian and Jordanian, and gave a 5 day training on pediatric nursing. Within a week the hospital was open and we started seeing patients. I supervised nurses, nursing assistants, and cleaning staff.

My second assignment was in South Sudan. I completed my hand-off with the previous nurse in my roll and was ready to start working when civil unrest broke out in the capital. Our team was reduced to essential personelle only and that included cutting my position. I quickly found another assignment in a large pediatric hospital in Mali as the nurse educator. I was gutted by the large number of malnurished children, severe malaria, and meningitis. Because it was a large hospital and had been there for several years, we had many resources including a small lab with a blood bank.

Ethiopia was my next, and favorite assignment. Every day I walked around a refugee camp. I managed a large team of community outreach workers who collected epidemiological data. In the evenings I analyzed the data which included demographics of age and gender, number of pregnant women, and number of severely and moderately malnurished children. We also monitored cases of yellow eyes as we had a Hepatitis E outbreak and self-reported incidence of diarrhea, fever, and rash. I tracked where people moved as the camp flooded and reported on sanitation and access to basic needs. To this day I have a map depicting number of people per area and numbers of latrines. It shows 1 latrine for 250 people.

My most recent assignment was in Central African Republic, or CAR for short. There was a large international team. Our opporation included inpatient adult, pediatric, malnutrition, and obstetric care. We had surgical capabilities. We also had outpatient obstetric consultations and mental health services. Most of my time was spent on outreach to remote areas where we trained and supported small health posts. In MSF, all of the international colleagues live together. In CAR, that meant on the weekends we ate Haitian and German food! Working with MSF was the hardest and most rewarding job I have every had. The low moments were lower than I though possible and the high moments were higher than I ever could have imagined.

Doctors Without Borders, or better known as Medecins Sans Frontieres (MSF), is a medical humanitarian organization founded on the principles of impartiality, independence, neutrality, and témoignage (bearing witness). MSF is well known for rapid and effective response in emergencies. When MSF works in insecure environments, they build rapport through dialogue, and not armed security. The principles of MSF, particularly independence and neutrality are important features of MSF that build trust and protect the organization. The members of MSF are primary local to the area in which they are working. In addition, only 8% of MSF’s staff are international. The remaining 92% of the staff, the foundation, are from the country in which MSF is operating. This not only provides sustainability for the project but allows for growth and education of international staff and culturally competent care for the patients.

MSF is transparent regarding where their money comes from and how they spend it. Less than 2% of the funding comes from government entities. They also do not accept contributions from pharmaceutical, gas, arms, or other companies who could potentially limit their ability to work based on their company’s agenda. Sixty-seven percent of the organization’s money goes directly towards humanitarian programs, 12% goes towards projects and programs, 3% towards bearing witness, and the remaining 18% towards management, administration and fundraising. For more information, please check out www.msf.org. My advice to anyone looking at international nursing opportunities is to do thorough research on the organization, their principles, how they spend their money, and to reflect on the sustainability of the organization.
As we all know, nursing exams are extremely challenging. However, a diligent study routine can help make these tests more manageable. Setting yourself up for success and feeling confident is half the battle. If you are someone who is struggling to find a successful study method, please feel free to adopt any of the suggestions I have listed below.

My test strategy begins before I even attend lecture. Prior to class, I read over the PowerPoint lesson the teacher has posted. This allows me to have a general understanding of what material will be covered and formulate any questions that I may have. If time permits, I also briefly read over the respective chapter in my textbook. Regardless of whether or not I read the book before lecture, I also skim through it again during the week of the exam.

Personally, I enjoy hand-writing my notes during class. Therefore, I print out the PowerPoint slides and jot down the important details my professor presents. It is important to be present during class. Actively listening and being engaged is the simplest task that allows you to retain information and can result in a higher letter grade. After lecture, I organize all of my notes into a typed study guide. This helps me view all of the information in a concise and structured way. I then highlight and read over this outline to keep the material fresh in my mind.

When the exam is a week away, I begin actively studying. I recommend doing as many practice questions as possible. Knowing how to tackle a nursing-style question is a battle in itself. There are many helpful question sets on Evolve, in the red HESI book, and at the end of each chapter in your respective course textbook. Simulating a test environment; for example, going to the library and taking 50 or so practice questions, can also be extremely beneficial.

In addition to practice questions, I enjoy watching YouTube videos. A few YouTube channels I recommend are Crash Course, Simple Nursing, Registered Nurse RN, Osmosis, Nucleus Medical Media, and Learn Through Song. These resources help condense information that can seem overwhelming and present it in an engaging way. If you need a quick break from studying, check out Nurse Blake on YouTube and other social media for comedic nursing humor. I find using a combination of visual, aural, verbal, and physical learning style to be most helpful. Being exposed to the material in various ways helps me to remember the key points long-term and not simply memorize them for the test.

Finally, one of the biggest keys to learning an abundance of nursing knowledge is making it meaningful to you. You need to find some way to relate to whatever you are being taught. This can be through the form of a pneumonic device, short story, patient experience, etc. I find that watching YouTube videos about people and their experiences with their illnesses helps me to remember the information. It’s hard to take yourself out of exam-mode and realize that these diseases we are learning about are real. Taking a step back and seeing the illness associated with a human being brings this understanding to life.

Whether you choose to implement my suggestions or use your own established method, go into your next test confident that you will succeed. You are capable of achieving anything you set your mind to. Nursing is one of the most challenging things that you will do in life; however, it will also be one of the most rewarding.
Nursing Abroad: Unique Opportunities for Travel and Service

Abbey Whitewood, Senior

If you are a sophomore or junior, you can spend four weeks over the summer in Dublin earning six credits. Three of the credits apply to your Evidence Based Approaches to Professional Nursing Practice class in your senior year. The other three credits transfer as elective credits. A research project on one of the following three topics is completed under the guidance of an experienced researcher: Nursing and Midwifery History, Protection of Older Persons, or Professional Nursing Practice. You get to live with other Duquesne Nursing students in St. Michael's House, which is just a short walk from the University College Dublin. This program is not as well known, but it should be because it is a great opportunity to study abroad.

Another opportunity to study abroad as a nursing student is to go to Rome, Italy. It is a four week program in May where students are immersed in the rich culture of the Romans. I was given the opportunity to study in Rome over the summer of 2017. During my Maymester, I was able to explore Ancient Rome while earning six credits. Three credits are for Baroque Art in Rome, which is taught by Professor Elizabeth Lev, a world-renowned art historian. She has written many books and has given talks all around the world. She has a wealth of knowledge; if you get the chance to learn from her, definitely pay attention because she is amazing!

The other three credits come from the Cultural Applications in Clinical Practice course. In this class, you learn about cultures around the world and why it is important as a nurse to have some understanding about world cultures. It fulfills a class in your senior year. It is definitely worth it to take the class in Rome because… well, why not! And you get to take it in Rome! What a bonus!

When in Rome, you get to wander around the streets and see new things at every turn. You get to see old Roman art and architecture while learning about the rich culture and centuries of history. It was definitely one of the most eye opening experiences I have ever had. Plus, you get to go on many excursions with the class all over Italy including Sicily, Pompeii, Florence, Naples, and the Isle of Capri. I loved getting to be immersed in the culture and really felt like I was part of Rome. I miss it so much! Well… except the 906 bus.
Shells:

I usually like to buy premade cannoli shells from the store just because they are a process to make, but one can easily research a recipe for cannoli shells.

For the ricotta filling:

4 cups ricotta

3/4 cup confectioners’ sugar or more if you prefer a sweeter filling

dash of cinnamon

confectioners’ sugar for dusting

semi-sweet chocolate chips roughly chopped (optional)

Directions:

In a bowl mix together the ricotta, confectioners’ sugar and cinnamon until the consistency is smooth. Use a pastry bag or even a freezer bag, and with the tip cut off, pipe the filling inside the shells. You can also dip the ends of the cannoli into chocolate chips or pistachios and dust with confectioners’ sugar for a more flavorful pleasing presentation!
News & Announcements

Spring DUSNA Events
Steel Cactus Dinner/Banquet
April 27 5-8 pm

Walk for MS
April 14

Upcoming Meetings
Elections are next meeting for the 2019-2020 Board!

Congrats seniors, and welcome new DUSNA board members!

NCLEX Practice Question!

The nurse provides care for a client admitted with a diagnosis of sepsis. Which assessment data does the nurse recognize as the early development of systemic inflammatory response syndrome (SIRS) when providing client care?

A.) Blood glucose level rises from 180 mg/dL (9.99 mmol/L) to 220 mg/dL (12.2 mmol/L) in one hour.

B.) Temperature is 101°F (38.3°C), pulse is 98 beats/minute, and respirations are 26 breaths/minute.

C.) Bleeding from IV sites and body orifices indicating disseminated intravascular coagulation (DIC).

D.) Hourly urinary output continues to decrease, and last urinary output assessment indicates 5 mL/hour.

### The Horoscope

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<th>Prediction</th>
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<tr>
<td><strong>Aries</strong></td>
<td>March 21-April 19</td>
<td>It’s formal szn and time to buy a new outfit for the occasion. Keep the wallet closed until the 3rd when Mars gets out of retrograde. Trust me, you AND your bank will thank me later!</td>
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<tr>
<td><strong>Taurus</strong></td>
<td>April 20-May 20</td>
<td>Gotta love seeing snow at the end of March – NOT. Super lame and a total downer. Bring the horns down, Taurus. Take this time to reflect on your future.</td>
</tr>
<tr>
<td><strong>Gemini</strong></td>
<td>May 21-June 20</td>
<td>Gemini, as the twins, you are also gonna get in some double trouble. Juniper is blocking you making it hard to communicate. So watch what you’re saying to people!</td>
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<tr>
<td><strong>Cancer</strong></td>
<td>June 21-July 22</td>
<td>All you want is some fun on the sun, Cancer. Feels like the weather is going around and around with cold to colder to cold. No worries. Watch for some airplane ticket specials once Orion’s belt is in your zenith!</td>
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<tr>
<td><strong>Leo</strong></td>
<td>July 23-August 22</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>
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<tr>
<td><strong>Virgo</strong></td>
<td>August 23-September 22</td>
<td>Despite the cold, spring is still here! Time to start fresh with some spring cleaning. Use the Marie Kondo method to throw away things that don’t bring you joy!</td>
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<tr>
<td><strong>Libra</strong></td>
<td>September 23-October 19</td>
<td>All news seems like bad news lately. Sorry to tip the scale even more but keep preparing to take a couple more hits. Nursing school may be killing you, but with Aquarius by your side, you’ll get through it.</td>
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<tr>
<td><strong>Scorpio</strong></td>
<td>October 23-November 21</td>
<td>The dreaded four-letter word: H-E-S-I. This year will be your year – if you choose the right path. Mercury will present two choices that will give you failure or success. Choose wisely.</td>
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<tr>
<td><strong>Sagittarius</strong></td>
<td>November 22-December 21</td>
<td>Last day of clinicals you say!? Treat your clinical group and instructor to a late lunch after you get out. Jupiter’s moon, Europa, is in good orbit and will bring you $$$$$</td>
</tr>
<tr>
<td><strong>Capricorn</strong></td>
<td>December 22-January 19</td>
<td>Summer days and your summer daze are so close. Don’t spend too much time day dreaming and start focusing on day studying! The new moon will bring you some sweet chances to score the perfect summer experience.</td>
</tr>
<tr>
<td><strong>Aquarius</strong></td>
<td>January 20-February 18</td>
<td>You and Libra go hand in hand this lunar month. Once the moon is full, it’s time to start questioning what lies ahead: HESIs, the NCLEX, getting a job, etc. Don’t be overwhelmed! Take it step by step. The 15th will bring you some guidance.</td>
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</table>
| **Pisces** | February 19-March 20 | Don’t worry, you’re not the only one freaking out about finals. With Mars moving out of retrograde, you’ll finally find some peace and a routine that will help you get A’s on those HESIs.
Interested in writing for *The Scope*?

We are always looking for new writers.
Contact Lauren Bliss or Hadley Mueller for more details!

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**DUSNA BOARD OF DIRECTORS (2018–2019)**

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**NCLEX ANSWER:**

B

The criteria for sepsis with SIRS can include a temperature of more than 101°F (38.3°C) or less than 96.8°F (36°C). Other indicators of SIRS is a pulse greater than 90 beats/minute, and a respiratory rate greater than 20 breaths/minute.
Maymester Rome
Deanna Webb, Junior

The decision to study abroad? One of the best I’ve ever made. Doing a whole semester while in nursing school? Pretty difficult. Duquesne’s Maymester program? An amazing opportunity that I was fortunate enough to experience.

Duquesne has its own campus in Rome, approximately an hour (on public transportation) outside of the city. The campus is a beautiful, gated area shared with the Sisters of the Holy Family of Nazareth. There are two floors of dorm rooms (each with their own full bathroom), two classrooms, a library, a dining area, and a full kitchen; all accessible to students. Located a short walk down via Nazareth, there are a few stores comparable to Big Lots, Aldi, and Ross Dress for Less.

While there, you will take 6 credits toward your BSN. One of the three credit courses is Baroque Art in Rome. This class is on site, so you get to explore the more tourist-y parts of Rome, but also some hidden gems that you can stay at after class or come back to when you have some free time. Not only are you seeing the sights, but you’re also learning so much about Rome’s history through art. We also had class during our excursions to Florence and Naples, which was interesting to learn how the history of those areas influenced their art.

The other three credit course is Cultural Applications in Clinical Practice. This course explores the models of transcultural healthcare and the healthcare professional’s role in the delivery of culturally competent based care. We explored our own family’s culture and traditions as well as a research project on an American nurse during World War II that is buried in the Sicily-Rome American Cemetery. There was a mini-conference in which Italian nurses came to speak to us about their healthcare process. We also had the opportunity to visit ISMETT, the UPMC transplant hospital in Palermo.

The month that we were there went by so fast; it was full of exploring and making memories. I’m glad I took so many pictures because I’d probably have forgotten half of the stuff we did. I made wonderful new friends in the nursing program; the Italian campus staff were so lovely and welcoming. I think I ate my weight in pasta, pizza, and gelato. However, if I had the chance, I would do it again in a heartbeat.
Photo Gallery