Preview Day 2019

The Scope

Photo credits: Lauren Bliss

Pictured on cover: Ally Dongarra, Dean Mary Ellen Glasgow, Joey Mueser, and Hadley Mueller
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, faculty, and alumni. 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 and contact information.

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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Welcome to Duquesne!
Morgan Gruender, Senior, DUSNA Board President

Welcome to Preview Day! We are so glad you chose to come to campus today to see our school of nursing and hear about what Duquesne has to offer. There are almost 100 student volunteers and a large number of faculty and staff here today who are excited to talk with you about nursing at Duquesne and answer all of your questions.

My name is Morgan Gruender and I am a senior nursing student. I am currently serving my third year on the board of the Duquesne University Student Nurses’ Association (DUSNA) and I am halfway through my term as President. Four years ago, I was in your shoes looking at various universities with my parents trying to decide which one was the best for me. As I looked at so many different schools and cities, 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 imagine going through this experience anywhere but Duquesne.

The minute I toured Duquesne I knew it was a perfect fit. I immediately felt welcomed by residence life, Duquesne students, and especially by the nursing faculty. Being from North Carolina, touring Duquesne was my first visit to Pittsburgh. Not only did I fall in love with the campus, but I quickly fell in love with all of the little neighborhoods of Pittsburgh. I saw how much there was to do here and I knew right away that I would never be bored. Not even a full semester into school, I realized I had found my second family here. We are a team here in the school of nursing and I am proud to say that I am a part of it!

So, as you spend your day here walking around our campus, I want you to remember that you are here because you are aspiring to be a nurse and help others. Use that as your driving force as you make your decision and begin your next four years working hard to achieve your goals. You are about to experience the most rewarding adventure yet. Congratulations on your decision to become a nurse and welcome to Duquesne!
An Interview with Dean Glasgow

Dean Mary Ellen Glasgow, PhD, RN, ANEF, FAAN

What did you find most fulfilling when you first became a nurse? What is most fulfilling about your leadership role now?

I started my career on an oncology unit in an urban hospital in center city Philadelphia. I loved oncology nursing and working on a bone marrow transplant unit (an ICU environment) as I helped patients and their families during a very difficult time, facing a cancer diagnosis, and an arduous treatment. Since patients were hospitalized for a long-time back then, I developed strong relationships with patients. Since I knew the patients and families quite well, I could offer patient-centered, individualized care. Later, I worked in critical care and then returned to oncology. It is privilege to care for someone who is ill and need of nursing care and support.

As a Dean, you get to work with talented faculty to develop innovative and relevant clinical and research programs. You also work with talented students. My greatest joy is observing both faculty and students grow professionally and fulfill their potential.

What improvements to the program have you witnessed or initiated during your time as the Dean?

When I became dean, I interviewed faculty, staff, chief nursing officers, students, and parents and asked where I should focus my attention. Based on their feedback and my own knowledge of where health care was going, I introduced technology, ethics, genetics, clinical specialty courses to name a few things. The faculty have worked very diligently to improve the academic programs so that they are responsive to the increased complexity of the healthcare environment. The School of Nursing has enjoyed strong NCLEX-RN and certification first-time pass rates, increased enrollment, and favorable feedback from our clinical partners. We have also increased our research profile. New Programs such as a PhD In Nursing Ethics, Dual Degree in Biomedical Engineering and Nursing, Doctor of Nursing Practice to PhD Program, and the Honors Program have been implemented. We will be starting a Psychiatric Mental Health and Adult Gerontology Acute Nurse Practitioner Programs soon. We always remain focused on social justice and nursing ethics as a school.

How does the small faculty-to-student ratio impact a nursing student's education at Duquesne?

We have 1:8 or 1:6 faculty to student ratio in the clinical environment and lab that allows for personalized learning and feedback.

What is one thing you would hope all employers of future Duquesne nurses would say about them?

I would hope that our clinical partners/employers would say that Duquesne nurses are intelligent, clinically competent, ethical, and compassionate.

What advice would you give current nursing students at Duquesne, as well as students looking into beginning their nursing career with a Duquesne education?

I would say to do your homework and look for a healthcare institution where you can grow professionally. You need to recognize that you are a novice, and it will take time (even years) to acquire the knowledge and skill of a seasoned nurse. Your first commitment is to a patient's safety and well-being, so ask a lot of questions and bring your iPad so you can research a drug, disease or treatment that is new to you at the point of care. It is also important to read widely so that you are knowledgeable about your clinical specialty and the world in general. Do not wait too long to begin graduate school. Duquesne nurses are leaders and I would like to see our students leading in their own way at various healthcare and educational institutions in the future, as practitioners, researchers, educators, or executives.
The Wonderful City of Pittsburgh

Adelaide Lipschutz, Junior

There are so many amazing things to do around Pittsburgh that fill you with joy and excitement. One of the most colorful places to visit in Pittsburgh is absolutely Randyland. This is a magical place filled with wonderment and happiness. The artist, Randy Gilson, created a backyard wonderland in the middle of Pittsburgh. Randy uses all different mediums to create his works of art that are brightly colored and bring indescribable joy to all who come. Additionally, there is the Mattress Factory that is filled with contemporary art that you can interact with. It is a magnificent display of art that you can experience for yourself; you can literally walk through the exhibit and feel the art speaking to you. There is also the Incline that gives you a spectacular view of the city. It is one of the few operational funiculars in Pittsburgh. As you go up in the tram you get to see the city, bit by bit, come together into a breathtaking skyline. High on Mount Washington you can see how this city forms a beautiful community that inspires courage to face the new and to try to be extraordinary. If you walk ten minutes off of campus you can find the lively Market Square that is simply a wall-to-wall food party. This little square has foods that range from burgers to sushi; no matter what you are craving, you can find it here.

There are also many events that the city has is this square like the ice skating rink that is open all winter long, visiting vendors, and music festivals when it is warmer. Past Market Square you can find Point Park which is a fantastic place to hang out and enjoy the natural beauty that Pittsburgh has to offer. There is a large green space that leads to a giant fountain where the three rivers meet. It is a beautiful place to lounge around, chat with friends, and catch up on some light reading. Down in South Side there are hundreds of little boutiques to shop from that stretch all along East Carson that are bound to have what you are looking for with their wide variety. If you love sports, just down the street from Duquesne you can find the Stanley Cup winning Pittsburgh Penguins playing at PPG Arena. There are also the Pirates and the Steelers that play just across the river; it is always fun to watch America’s favorite pastime while sitting in the stands, eating a hotdog, and singing “take me out to the ballgame” with hundreds of other fans.
Getting involved in nursing organizations on campus was one of the best decisions that I have made so far in my college career. During my freshmen year, I didn’t join any nursing organizations in the fall, but in the spring, I had the opportunity to join Alpha Tau Delta (ATD). Joining ATD was such a fun experience! I enjoyed getting to have an initiation ceremony and getting my letters. ATD is a good way to get involved in professional Greek life without all of the time commitments that come with social sororities and fraternities, because let’s face it… nursing students have to spend a lot of time studying. In ATD, I got a big sister, Natalie. She has become the best friend and mentor that I could have ever wished for. Natalie and other members of ATD have helped me to navigate nursing school over the past year. They are the reason I am enjoying nursing school so much.

I loved being a part of ATD so much that I decided to run for the board this semester. Currently, I am the secretary for Duquesne’s chapter of ATD. Being a part of the board is so much fun! When I came to college, I never saw myself running for a board position in any organization, but I am so glad that I stepped out of my comfort zone.

ATD also offers so many fun social events, study breaks, and service opportunities. There is also a semi-formal dance in the spring. It’s so nice to have an excuse to put away our scrubs and dress up for a dance!

In addition to being a member of ATD, I am involved in the Duquesne Student Nurses Association (DUSNA). I didn’t join DUSNA until the fall of my sophomore year. One of my friends, Lauren Bliss, asked me if I would join the organization and work on this magazine. I jumped at the chance to be involved in a creative project and it was a wonderful choice. Lauren and I work together to make a new edition of The Scope almost every month. We get to work with the faculty and staff in the nursing department as well as other nursing students to create a well-rounded magazine. Lauren and I love including different perspectives and content in The Scope. Being a co-editor of The Scope, I attend DUSNA board meetings and get to network with some of the Duquesne nursing alumni.

Sometimes opportunities just appear right in front of you, don’t hesitate to take advantage of them!
Nursing Organizations on Campus

**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.

**Sigma Theta Tau**

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.

**Student Representation**

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!

**DUSON Alumni Association**

Students also have the opportunity once they graduate to get involved with the alumni association! Terri Tunick, the Alumni Board President, involves many past Duquesne nurses in planning and attending many events throughout the year. They have a jewelry sale for fundraising, and are always excited to participate and collaborative with current students. Joining the alumni association provides students with great future networking opportunities and advice from graduates and real nurses!
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 through Nazareth, there are a few stores comparable to Big Lots, Aldi’s, 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 commercial 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. If I had the chance, I would do it again in a heartbeat.
This past summer, I was given the opportunity to go on a trip to Arusha, Tanzania for three weeks with an organization at Duquesne, Pure Thirst. Pure Thirst works on getting clean water into the local community of Olkokola. Prior to going over, our members were trained on how to collect water samples and to test them for fluoride levels and to culture bacteria colonies. The water that is there has a high fluoride content and *E. coli* bacteria count. When we arrived to Olkokola, we walked around the village and collected different samples from various water points which we then tested. The high fluoride levels causes bowing of the legs and browning of the teeth which we saw personally when interviewing or engaging with different community members throughout our stay. We were lucky enough to stay with a local family for a week while collecting and testing the samples. During the rest of our trip, we were able to go on different excursions around the city, including trips to the local market to pick up fabric to be made into traditional African clothing and ingredients to make guacamole for our host family, hiking up Mount Kilimamoto, the “Mountain of Fire,” to see the sunset, safari at two national parks, and a tour of a coffee plantation.

This trip was an eye opening experience. It is not easy to go to another part of the world for an extended period of time where you do not know the language, the food you will be eating, or where you will lay your head at the end of the day. Our days were long and full of walking for hours to collect water samples, and then performing the water tests that afternoon, but at the end of the day, we were able to relax in our hammocks while taking in the breathtaking views as the sun set and the stars came out in the pitch black night. While our trip was full of educational opportunities, it was also full of wonderful conversation, crazy memories, hilarious pictures, and lifelong friends that we will never forget. I can’t wait to go back next year!

If you have any questions about Pure Thirst or what we do in Olkokola, or even if you want to get involved in Pure Thirst, you can email me at whitewooda@duq.edu!
Living on Campus: An Inside Look

Briana Gavin, Senior

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.

Duquesne 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.
Why Do We Love Clinical?

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.

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.

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.

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.

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.

Behavioral Health (Junior):
During this class and clinical component, you will learn about the various psychiatric illnesses and how to promote mental health in patients. A common clinical site is Western Psychiatric Institute and Clinic and the VA Medical Center.

Critically Ill 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.
We are taught in nursing school to treat every patient with the same love and empathy we would a family member. Patients are people, not just a room number or a fascinating diagnosis. While we, as nursing students, prepare ourselves for a life full of caring for others, it is important that the education demonstrates the caring we will take with us in our career. Duquesne University School of Nursing offers this kind of altruistic focus to its students.

Duquesne’s faculty to student ratio, among its many other strengths, makes the program outstanding. Duquesne has a 1:6 or 1:8 student ratio in the clinical setting, making it so easy to get one-on-one instruction and guidance. Because of this, I was able to learn things beyond what was being taught in my courses. My clinical instructor from Fundamentals of Nursing, Professor Rachel Barlow, gave me and my clinical group an unforgettable hands-on experience. She carefully watched us perform tasks as we were allowed, and inquired often to the nurses on the unit about any teaching opportunities there may be. She formed a strong relationship with all eight of us and still is an accessible resource for any questions we may have.

My biggest worry coming into college was learning during content-rich lectures. I envisioned that I would be surrounded by five hundred other students, unable to hear the professor, and too scared to ask questions because of the number of students surrounding me. Duquesne has offered me a personal learning environment in the classroom as well as the clinical setting. I will never forget my experience with Professor Angela Karakachian in my Fundamentals of Nursing course. We had about sixty students in our class, and she knew each of our names almost immediately. If somebody looked confused, she would approach him or her and clarify, even if he or she seemed too timid to ask questions. She loved us as students and as people, and our academic performance was a direct reflection of her persistence for us to do well. She was immensely proud of what we accomplished, and she reminded and congratulated us often. Sometimes, even as adults, we need a little pat on the back, too. These little joyous moments that Professor Karakachian created gave me and many other students the encouragement to accomplish what we knew we could. She has been an instrumental influence to me throughout life and my nursing education.

This is exactly why I chose Duquesne. I have professors that I admire greatly, but also consider friends. I have clinical instructors who know the ins and outs of the profession and are able to identify my personal strengths and weaknesses to help me improve. I have Professor Karakachian available and willing to help any and every student, sending encouraging emails, and even giving out chocolates in her office during a hard week of exams. If you are considering a Duquesne Nursing education, look no further. It is because of people like Professor Barlow and Karakachian that make this program both elite and compassionate. Take the leap, and it will be the best decision you will ever make.
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. The annual convention is more focused on the legislation of nursing and passing new resolutions for nursing schools and students in school. 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!