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 and contact information.
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Nonpharmacologic Interventions That May Prevent Alzheimer’s
Liz Talbert, Freshman

Alzheimer’s drug trials have consistently failed at a rate of 99.6 percent annually. In fact, many big pharmaceutical companies including Pfizer, are giving up on neuroscience research and development altogether. What makes Alzheimer’s drug trials significantly harder than other diseases, is that Alzheimer’s does not have a set timeline of deterioration, as many others do. The brain is the hardest organ to study, and the one professionals know the least about. This makes Alzheimer’s and Parkinson’s two of the most difficult diseases to cure, even though cases are exponentially growing across the world. As a matter of fact, Alzheimer’s accounts for 60 to 80 percent of Dementia cases in the United States. By 2050, the number of people with Alzheimer’s is expected to double, which estimates approximately 15 million cases. Furthermore, it has been difficult for professionals to decide when a person should start a clinical drug trial, as the timeline of this disease is different for all patients. It is also hard to know whether a patient is suffering from another brain pathology in addition to Alzheimer’s, as it is incredibly common and would affect research.

Nevertheless, researchers have still acquired some knowledge about Alzheimer’s. It is a neurodegenerative disease, which means there is progressive brain cell death that continuously occurs. For an Alzheimer’s patient, the brain tissue has fewer and fewer nerve cells and connections over time. Autopsies and other methods have shown that people with Alzheimer’s have build-ups of proteins known as beta-amyloid and tau. These proteins form plaques and tangles that build up on nerve tissue causing the brain cells to disconnect from one another and die. Genetics and age are the biggest known causes of Alzheimer’s. A gene known as the APOE-e4 is associated with a higher risk for people over the age of 55 years old developing the disease. Other causes of Alzheimer’s include poor sleep patterns, a bad diet, and not getting enough exercise.

Therefore, rather than waiting around for a miracle drug that may never come onto the market, simply adjusting one’s lifestyle habits may be the best cure. Recently, Harvard’s Medical School did a study on how quality sleep can help to prevent Alzheimer’s. Sleeping acts as a cleaning device for the brain and sweeps out excess amyloid proteins during slow-wave sleep, which is the stage of sleep when memories are consolidated. Studies have shown that people over the age of 65 that have amyloid plaques in their brain have very reduced slow wave sleep and often problems sleeping in general. This study proves how getting quality sleep and having a good sleeping routine may prevent Alzheimer’s later in life. Additionally, getting a good amount of exercise can prevent and even slow further deterioration in those who have already been diagnosed, as exercise stimulates the brain’s ability to maintain old connections and make new ones. Finally, having a healthy diet helps keep the inflammation of the brain tissue down, as dramatic spikes in blood sugar inflame the brain and interfere with communications. Overall, simply living a holistic healthy lifestyle can prevent or even slow down Alzheimer’s disease. So before jumping on the next Alzheimer’s drug to hit the market, consider hitting the gym or getting a good night’s rest first.

Lauren Bliss, Freshman

When it comes to smoking cigarettes, Americans have come a long way. A difference of 30% exists between the percentage of Americans who smoked in 1945, and the number smoking in 2018. By reducing the smoking rate to 15% of the population, Americans live longer lives, avoid preventable disease, and promote healthy habits for the generations below them. This 30%, however, has spoken: it wants its reward.

Smoking in the workplace has been an issue facing employers for years. While hiring new employees, employers may not be aware of their incredibly dangerous habit and how it might affect how they do their job. In an article published by CNBC, journalist David Carrig outlined the effects of smoking in the workplace by saying, “The average smoker wastes around 6 days a year on work smoke breaks.” According to the Centers for Disease Control and Prevention, smoking related issues caused by employees lose American businesses a sum total of $156 billion a year.

A solution to the high lack of productivity, according to the employed non-smokers, is simple: reward those who do not smoke. 42% of non-smokers, when surveyed, agreed that they should receive greater vacation day benefits than their coworkers who leave the office to smoke throughout the day. Is this really fair?

David Carrig discussed the opinions of both the smokers and the non-smokers. 81% of smokers declared that their smoke breaks were a fair treatment, and a good portion of them also agreed that non-smokers do not deserve any extra vacation days. While equal treatment of employees has been an issue for a long time, smokers need to realize just how detrimental of an effect their actions can have on the companies they work for. Equal treatment isn’t the issue, it is people unwilling to quit.

As nurses, we do not just treat our patients, we educate them. By offering employees incentive, such as increased vacation days and other benefits, we can offer a form of health education. Smokers have been known to be stubborn and hard to communicate to when trying to get them to quit a habit they have had for years. As long as nurses and employers enforce the vacation day policy positively, we will achieve our desired outcome. Companies will benefit, and their employees will have new incentive to eradicate a lifelong habit. Employees, over time, will become more productive, live longer, and do better quality work.

Over this past spring break, I had the pleasure and opportunity to travel to Nicaragua along with 13 other Duquesne Nursing students. Along with professors Amber Kolesar, Yvonne Weideman, former professor and starter of the trip 20 years ago, Leah Cunningham, and Duquesne Nursing Alum, Marybeth Wargo, we flew to Managua, Nicaragua, the poorest country in Central America. We teamed up with nursing students from Universidad Politecnia de Nicaragua (UPOLI) to provide care throughout the community.

We spent most of our time in a community wellness center referred to as the Centro de Salud, and the barrios. At the Centro de Salud, I was given the opportunity to practice many of my clinical skills, like giving injections, wound care, and checking blood pressures. In addition, I was able to learn new skills to take back with me to the United States, such as pap smears and inserting IVs. Although this experience was quite intimidating at first, especially being told how to do the tasks in Spanish, I gained a new confidence in my skills and communicating with patients in a foreign language.

Our trip also included a visit to a local hospital in Nicaragua. The 80-degree heat outside the hospital followed us inside, as air conditioning was only offered to the patients in the ICU. Nurses working in the hospital had a busy schedule as one nurse would be assigned 20 patients a day to care for. It was very interesting to see the difference in the health care between the United States and Nicaragua. Part of our interactions with the people of Nicaragua included health promotion talks referred to as, “charlas.” With the charlas, we would make casual conversations with patients learning their health issues and giving advice. We performed these charlas with an elderly population and young school children. We visited a local elementary school and taught the children various topics of importance, such as exercise, hydration, hand and oral hygiene.
One of my favorite parts of the whole trip was working in the barrios. We were paired up with a UPOLI nursing student and met with families living in the poorest parts of Nicaragua. In the barrios, it was shocking to see the vast differences in the quality of living compared to the United States. Many of the homes the families were living in did not have running water, access to clean water, enough beds for each family member, dirt floors, and certainly not enough food. As this was very shocking to see, what was even more shocking were the attitudes and the warmth we received from the families. The families welcomed us into their homes and we performed assessments to see the health issues of the family. We would go back every day with new interventions and health promotion facts to educate the families to improve their health. At the end of our week, we surprised our families with baskets of food, donated clothing, personal hygiene items, and supplies to fix many structural issues in their homes. The last day was extremely emotional for the families, but also myself.

Even though this trip was heavily nursing focused, our professors made an effort for us to get the full cultural experience Nicaragua had to offer. This included eating the local and delicious cuisine, such as nacatamales, gallo pinto, and plantains. In addition, we did our fair share of sight seeing that included visiting a volcano with deep craters, Voncano Masaya, Apoyo Lagoon in Catarina that provided views of a lake, volcano and vegetation, hiking Voncano Mombacho that led to the stunning site of the city of Granada and lastly, a boat tour of little islands that came to be from the eruption of Voncano Mombacho called, La Isletas. Overall, the trip was one that I will never forget; the people, the sites, and new friends will bring me back to Nicaragua again soon.
For Those That Eat Their Young:

Julia Vozella, Sophomore

On February 18, 2018, an anonymous nursing student submitted this comment to the account, @nursesofinstagram, to hear opinions from other nurses regarding an distressing event with a nursing instructor. Please note, this was not a Duquesne University nursing student.

“I’m a student in the final year of my program and I just had an incident with an instructor that I am curious about your honest opinion on. One morning I had a panic attack before clinical and didn’t feel that it was safe for me to drive, let alone practice as a nurse, so I called my instructor to let her know. It was a one-off kind of thing, although I have struggled with anxiety in the past, I have only had two panic attacks since starting my degree three years ago. My instructor was so kind and understanding at the time, but when it came time for final evaluations, she blindsided me with her feedback. She told me that calling in for having a panic attack was unacceptable and would never fly in the real world…and that I would never be a successful nurse if I didn’t control my anxiety. Now I am scared for the future and wondering if she’s right and if I have no place in this field.”

The comments section of this post was heated, and incredibly mixed. While the DNP that runs the account proclaimed with labeled the post with the hashtag, #nursebullying, many other nurses disagreed. While there were some in the field that discussed their own mental health challenges in the comments section saying that these obstacles had made them more compassionate and understanding nurses, others were quick to tell this future nurse to “buck up” or “find a different career path” if panic attacks were something that he/she experience. Many simply explained the situation as “a nurse eating her young”.

The Mayo Clinic describes a panic attack as , “a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause. When panic attacks occur, you might think you’re losing control, having a heart attack or even dying.” (https://www.mayoclinic.org/diseases-conditions/panic-attacks/symptoms-causes/syc-20376021 ).

Article Sources: https://www.mayoclinic.org/diseases-conditions/panic-attacks/symptoms-causes/syc-20376021, @nursesofinstagram
A Discussion of Incivility in the Nursing Field and How to Remedy It

Given this description of sensation/perception that “you're losing control, having a heart attack or even dying” it seems logical that this student would notify their instructor that they could not make it to clinical that day.

After an interview with Dr. Rebecca Kronk, chair of undergraduate programs at the Duquesne University School of Nursing, about this post, Dr. Kronk emphasized Duquesne’s philosophy of taking care of the entire nursing student. She emphasized that this includes the mind. Dr. Kronk stated that there are days where you need to put yourself first, even as a nurse where our prerogative is caring for others.

While no one wants to be the employee that needs to call the unit and be the bearer of bad news they may be the one leaving their co-workers short staffed that day, the fact of the matter is that we must have compassion for ourselves and for our fellow nurses during challenging times. Sometimes, life events happen out of the blue and just as someone may have to call off work because of the flu or a family emergency, we should be treating mental illness and symptoms of mental illness among nurses, with the same dignity, respect, and tolerance as we would any of our patients that experience the same difficulties. Even when it’s inconvenient, compassion for our co-workers is warranted and should be an expectation on every unit. After all, it is better to be the nurse that disappoints their co-workers by calling off, rather than the nurse that endangers their patients.

This attitude of acceptance when vertical and even lateral workplace incivility presents itself, simply writing situations such as this off as a case of a nurse eating her young, truly allows for the continuation of a dysfunctional cycle that disgraces the image of professionalism and respect that we are working towards as nursing professionals.

While we advocate for our patients all day long, we must too advocate for ourselves. As we advocate for ourselves, fellow nurses should stand by us with words and actions of support instead of with demoralizing and discouraging commentary. So, if you were this student’s instructor, what would you do?

Please send responses to vozellaj@duq.edu
The flu is a common viral infection that could be deadly. It is spread through airborne droplets, skin to skin contact, saliva, and touching a contaminated surface. Flu Season begins in October and can last until May. This year, the flu has become a large problem in the hospitals. More and more patients are being hospitalized each day, with serious symptoms. There are several steps you can take to avoid the flu for the duration of its season.

- Wash your Hands
- Get an Influenza Vaccine
- Get Adequate Rest
- Eat Foods high in Vitamin C and E
- Stay Hydrated
- Avoid Close contact with sick people
- Cover your mouth when you cough and sneeze
- Stay home when you are sick
- Avoid touching your eyes, face, and nose
- Exercise Regularly

In early March, the flu hit the peak of its season. Now, influenza is rapidly disappearing, and the number of hospitalizations have also decreased significantly. With the end of the flu season in sight, remember to follow these 10 steps to stay healthy and free from the flu!
# Spring NAP Tutor Schedule

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<th>TIME</th>
<th>COURSE</th>
<th>LOCATION</th>
<th>COACH</th>
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<tr>
<td>MONDAY</td>
<td>3-4</td>
<td>Fundamentals &amp; Health Assessment</td>
<td>Lounge</td>
<td>Frank</td>
</tr>
<tr>
<td></td>
<td>3-5</td>
<td>Nutrition</td>
<td>541 FH</td>
<td>Kayla</td>
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<tr>
<td></td>
<td>4-6</td>
<td>Pharm I (Sophomores)</td>
<td>Lounge</td>
<td>Kelly</td>
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<tr>
<td></td>
<td>5-7</td>
<td>Human Development</td>
<td>541 FH</td>
<td>Isabelle</td>
</tr>
<tr>
<td></td>
<td>5-7</td>
<td>Adult Health (2\textsuperscript{nd} Degree)</td>
<td>539 FH</td>
<td>Morgan</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>3:30-5:30</td>
<td>Adult Health (Sophomores)</td>
<td>541 FH</td>
<td>Emily</td>
</tr>
<tr>
<td></td>
<td>6-8</td>
<td>Human Development</td>
<td>Lounge</td>
<td>Holly</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>3-4</td>
<td>Fundamentals &amp; Health Assessment</td>
<td>Lounge</td>
<td>Frank</td>
</tr>
<tr>
<td></td>
<td>3-5</td>
<td>Adult Health (Sophomores)</td>
<td>541 FH</td>
<td>Leanna</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>4-6</td>
<td>Peds/OB (2\textsuperscript{nd} Degree)</td>
<td>541 FH</td>
<td>Caroline</td>
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<tr>
<td></td>
<td>4-6</td>
<td>Gerontology (Juniors)</td>
<td>Lounge</td>
<td>Erin</td>
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</table>
NSNA Convention in Nashville, Tennessee

Photo credits: Jessica Chan, Briana Gavin, Lauren Murtha
DUSNA clothing orders will be in soon.

Make sure to sign up for the end of the year banquet.

Take advantage of the NAP tutors this semester.

Make an appointment with your advisor if you need help registering for classes.

The home health nurse is visiting a new client with COPD who has just been discharged from the hospital. What is the most important topic for the nurse to teach the client?

A: Starting gradual exercise and walking program
B: Better oxygenation and less CO2 retention
C: Importance or social ties
D: Removing irritants from home

Cashew Cookie Lara Bar Bites Recipe

showmetheyummy.com

Ingredients:

- 1 1/2 cups roasted cashews halves and pieces
- 1 cup chopped dates*
- 1 teaspoon vanilla extract
- 1/4 teaspoon sea salt optional if your cashews aren’t salted

Optional

- Dark chocolate
- Coconut oil

Directions:

1. Place cashews, chopped dates, vanilla, and sea salt into food processor.
2. Process until the mixture can easily be formed into balls.
3. Form into 12-15 little bites using a tablespoon or small cookie scoop.
4. Optional - melt dark chocolate in a microwave safe bowl with a touch of coconut oil.
5. Dip the bites into the dark chocolate and sprinkle with more sea salt, to taste.
6. Store in a sealed airtight container in the fridge.
<table>
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<th>Zodiac</th>
<th>Characteristics</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aries</td>
<td>It’s the final countdown...less than a month until SUMMER. Temperatures over 70, beaches, second degree sunburns...stop daydreaming and get studying!</td>
<td>Libra: Cuffing season is long gone and has been replaced with formal season. Your cuffing buddy is has already moved on and now you can’t find a date for formal. No worries, Mars is in retrograde and you’ll run into a cutie this week.</td>
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<tr>
<td>Taurus</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>
<td>Scorpio: Scorpios are getting kind of antsy, right? Something in your life is about to get complicated due to an interruption on Saturn’s rings. Keep your eyes open towards the end of the month.</td>
</tr>
<tr>
<td>Gemini</td>
<td>Geminis always seeing double. And this month, it could possibly be double trouble for you. Watch out for Venus on the 30th while it’s in retrograde. Bring your good luck charm with you all day.</td>
<td>Sagittarius: So many events happening in the ‘Burgh before summer break. Take the time to enjoy the nicer weather and a break from finals studying.</td>
</tr>
<tr>
<td>Cancer</td>
<td>Sometimes you feel like you’re just going with the motions every day. Wanna break out of this cycle? Watch out for when Jupiter blocks Neptune. Big change will come.</td>
<td>Capricorn: The second most feared nursing student word: Exit HESI. Don’t fret. When there’s a HESI, there’s Sister Mary with her reviews. Don’t take them for granted!</td>
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<tr>
<td>Leo</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 favorite artist at that restaurant.</td>
<td>Aquarius: As a water element, you thrive, Aquarius-es, in the summer. Nothing but nice hot beaches and ice cool drinks. But don’t be afraid to participate with another element. Think fire...bonfire maybe? Throw one at your house and maybe catch up with an old flame.</td>
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<tr>
<td>Virgo</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>
<td>Pisces: May the Force be with you, Pisces! Something about how Sirius is pointing towards Orion’s belt 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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</table>
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

The answer is: B

Chronic obstructive pulmonary disease (COPD) is the inability to move air in or out of the lungs efficiently. The two main types of COPD are chronic bronchitis and emphysema. It can’t be cured, but treatment can improve the condition. Learning to improve oxygenation and reduce carbon dioxide retention is the most important thing for the client. The other options will support the client’s efforts to stay as healthy as possible.

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