

**Student
Nurses
Association**

SNA TIMES

Volume 2, Issue 1

September 2004

INSIDE THIS ISSUE:

Pictures	2
Birthday Box	2
Nursing Humor	2
Crossword	3
Comic Relief	3
NCLEX Questions	3
Welcome Back cont.	4
Mission Statement	4
Upcoming Events	4

Quotes of the Month

Everything has beauty but not everyone sees it.

There are no short cuts to any place worth going.

Free speech carries with it some freedom to listen.

If you are willing to admit faults, you have one less fault to admit.

Welcome Back!

It's fall again and we are kicking off a new year with SNA that is going to be filled with important volunteer services, fun activities and awesome conferences. I'm excited about the upcoming semester and eager to share with you the exciting schedule of events that we have planned. But first, I want to welcome all the members back! It's great to see everyone's familiar faces again! I also want to welcome all the new members that have recently joined. SNA is a great organization that I know all of you will come to love. Let's make it our goal this semester to get as many nursing students involved as we can. We need to recruit new students and provide the opportunity to be involved in a professional organization and have fun at the

same time.

This year's SNA board has been working diligently over the summer. With the help of many hardworking members, SNA has put together several new committees including the Break Through To Nursing committee which helps recruit new nursing students and the mentoring committee which pairs new students with second semester juniors or seniors. Both committees are going great and we hope they will help students hear about and transition into the nursing program.

Our summer wasn't spent only on committees... we were also able to hold a carwash, which helped raise money for our SNA funds. Thanks to everyone who participated - your time and efforts are greatly appreciated. For those of you who missed out on the carwash, we are having an-

other one on September 18th. We had such a good time with the last one, we planned another one!

As July quickly passed we ended the summer with a huge finale- we all got together for a picnic in the park. I think everyone had a great time and enjoyed some fun in the sun.

October is right around the corner and we have a busy month planned. Get out those tennis shoes and get ready to walk! October is hosting three big walks this year, all (Continued on page 4)



Erika Whetzel, SNA President

Meet Your 2004-2005 SNA Board of Directors



In this issue, we would like to introduce you to the 2004-2005 SNA Board of Directors.

From Left to right:

Heather Underwood—1st Vice President

Christie Aguirre—2nd Vice President

Rebecca Snyder—Treasurer

Dawn Poilard—Secretary

Beth Turner—BTN Director

Beverly Hill—Webmaster

Future issues will highlight stories and excerpts from your instructors and peers!

SUMMER PICTURES!!



Mrs. Weir, Mrs. Shaw, and Mrs. Barnes enjoy the final days of summer as they welcome incoming juniors into the program.

New junior, Charisma Powers, is no weenie when it comes to practicing her injections at the SNA Welcome Picnic! Under the instruction of Rebecca Snyder she races to complete the relay.



New Juniors, Kinari Patel & Dan Gellar, compete to relieve a coke bottle. No "foley"-ing around!

BRUSTER'S CAR WASH

AT THE CAR WASH.....WORKIN' AT THE CAR WASH YEAH!



Dawn Pollard, Rebecca Snyder, Christie Aguirre, Veronica Eberhart, & Al Braun raise funds in the sun!

Dawn Pollard takes a break to smile at the camera before sudsing up!



Heather Underwood advertises SNA's "Free Car Wash" to support our local chapter.



Birthday Box

B
I
R
T
H
D
A
Y
S



AUGUST

Mallory Minor 08/01
 Everton Bell 08/02
 Adele Carmichael 08/11
 Patricia Underwood 08/11
 Scottie Young 08/14
 Keia Daniels 08/16
 Alexis Harrison 08/22
 CoCo Miller 08/22
 Christine Merrill 08/23
 Susana Salcedo 08/26
 Michele Sims 08/26
 Charisma Powers 08/29
 Beverly Hill 08/31
 Kim Jones 08/31

SEPTEMBER

Kim Howard 09/01
 Kristi Hendrix 09/03
 Sophia Melton 09/08
 LaVonda Price 09/11
 Jeanne Starr 09/14
 Morgan Shelley 09/15
 Kate Kaszonyi 09/17
 Tusar Patel 09/17
 Stacey Clements 09/21
 Ibukun Segun-Abugan 09/23
 Vanessa Lyons 09/24
 Antoinette Williamson 09/25
 Stephanie Martin 09/27

ACTIVITIES PAGE

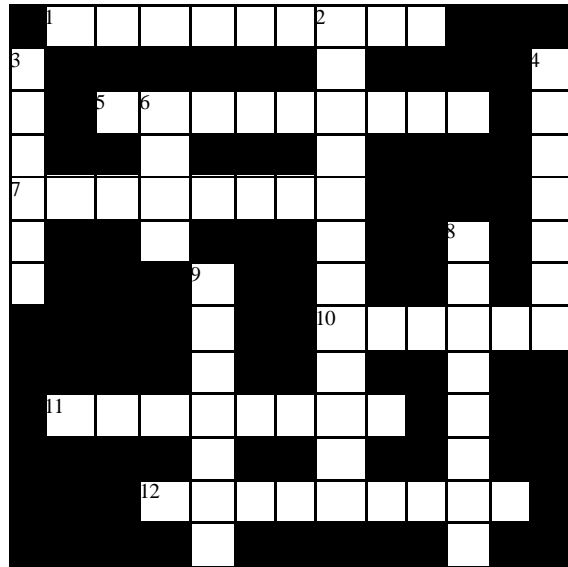
Crossword Puzzle

Across:

1. Stretching out, the opposite of flexion
5. Joint movement toward the midline of the body.
7. Away from the head, toward lower part of the body, below.
10. Farther from the origin of a body part or the point of attachment of a limb to the body.
11. Closer to the origin of the body part or the point of attachment of a limb to the trunk
12. Toward the back, behind.

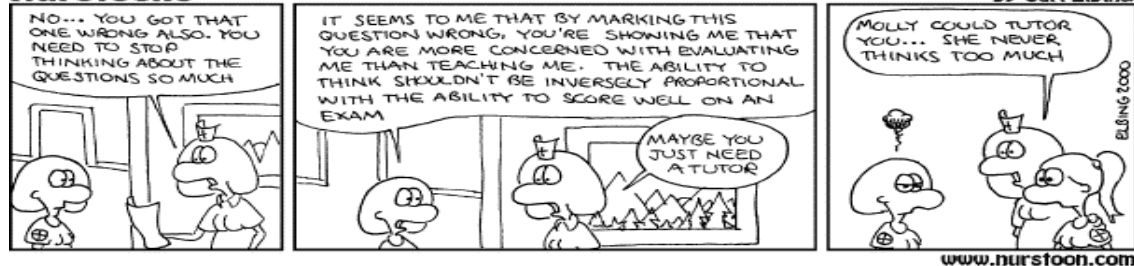
Down:

1. Between a more medial and a more lateral structure.
2. Toward or at the midline; on the inner side of.
3. Away from the midline of the body. On the outer side of.
6. Internal, away from the body surface.
8. Toward, at the front of the body; in front of.
9. Bending or folding as in the body drawing into a fetal position.



Comic Relief

Nurstoons



NCLEX Questions

1. The physician prescribes the following preoperative medications to a client for I. M. administration: meperidine (Demerol), 50 mg; hydroxyzine (Vistaril), 25 mg; and glycopyrrolate (Robinul), 0.3 mg. The medications are dispensed as follows: meperidine, 100 mg/ml; hydroxyzine, 100 mg/2ml, and glycopyrrolate, 0.2 mg/ml; How many milliliters, in total, should the nurse administer?
 - A. 5.0 ml
 - B. 3.8 ml
 - C. 2.5 ml
 - D. 2.0 ml
2. The nurse should include which instruction when teaching a client about insulin administration?
 - A. Administer insulin after the first meal of the day.
 - B. Administer insulin at a 45-degree angle into the deltoid muscle.
 - C. Shake the vial of insulin vigorously before withdrawing the medication.
 - D. Draw up clear insulin first when mixing two types of insulin in one syringe.
3. A client's arterial blood gas (ABG) values are pH, 7.12; PaCO₂, 40 mm Hg; and HCO₃⁻, 15 mEq/liter. Which disorder do these ABG values suggest?
 - A. Respiratory alkalosis
 - B. Respiratory acidosis
 - C. Metabolic alkalosis
 - D. Metabolic acidosis



SNA

We're on the Web!

<http://studentorg.clayton.edu/sna/>
Also visit:
GANS: www.gansinfo.com
NSNA: www.nsna.org

Got ideas or question about the newsletter?
Contact Heather Underwood
csu16135@mail.com

Events

- **9/13** First SNA Meeting: A & S Auditorium
- **9/18** Car Wash at Bruster's: Jodeco Road, McDonough
- **9/20** Meeting for 1st Semester Seniors: 12:00 in Room C-14
- **10/2** Alzheimer's Memory Walk: Peachtree City
- **10/9** Light the Night Leukemia Walk
- **10/14-17** GANS: Callaway Gardens
- **10/17** AIDS Walk Atlanta

Be sure and attend! For more information on any of these events, visit our

Page

The Mission of NSNA is to:

Organize, represent and mentor students preparing for initial licensure as registered nurses, as well as those enrolled in baccalaureate completion programs. Promote development of skills needed to be responsible and accountable members of the nursing profession as well as advocates high quality health care.

(Continued from page 1)

of which are held for a great cause. October 2nd is the Alzheimer's memory walk which will be held in Peachtree City. October 9th is the Light The Night leukemia walk which will be held in the evening at Centennial Olympic Park. October 17th is the AIDS walk Atlanta to be held at Piedmont Park. These walks are for a great cause in the fight against disease and illness...and they are fun too!! I hope to see many of you there.

October brings one more event...the annual Georgia Association of Nursing Students (GANS) conference. This conference will be held at Callaway Gardens from October 14-16. The theme this year is, "Through Service We Lead." I couldn't agree with that statement more...it is through active involvement in our community that we become leaders in society. GANS and NSNA offer students like us the perfect opportunity to take an active

role and lend a hand in serving our community! Please come out for the state conference and learn more about how you as a nurse can make a contribution. GANS is so much fun – you will take from this conference a learning experience and friendships that will last a lifetime. Also, while there, students who are interested will have the opportunity to run for state office. What better way to demonstrate your leadership and teamwork qualities and grow as a leader? In fact, our very own Al Braun is running for state office this year. Please come out and show your support.

Now, to wrap everything up...I just want to send out a warm welcome and many thanks to all the SNA members. It is our members that make this organization so great. We are a team and together we can make a difference in our community and grow as student nurses. We're going to have an awesome year!!

Erika Whetzel
SNA President

ANSWERS

NCLEX

1. C—2.5 ml of all preoperative medications
2. D—When mixing types of insulins, the clients should draw the clear (regular) insulin into the syringe first. The daily insulin dose typically is administered before the first meal of the day and at a 90-degree angle into fatty tissue. If cloudy (NPH or Humulin-N) insulin must be administered, the client should gently roll the vial between the palms before withdrawing the medication.
3. D—The pH is below normal, indicating acidosis. The HCO₃⁻ level is decreased, reflecting an overwhelming accumulation of acids or excessive loss of bases, which suggests metabolic acidosis. The PaCO₂ level is normal, indicating no respiratory compensation. These findings eliminate all other options.

CROSSWORD

- ACROSS
1. EXTENSION
 5. ADDUCTION
 7. INFERIOR
 10. DISTAL
 11. PROXIMAL
 12. POSTERIOR

- DOWN
2. INTERMEDIATE
 3. MEDIAL
 4. LATERAL
 6. DEEP
 8. ANTERIOR
 9. FLEXION