

# SNA TIMES

Volume 1, Issue 5  
January 2004

## NURSE EXTERNSHIP: EARN WHILE YOU LEARN

Spring semester has come upon us quickly, and SNA has a lot planned. Many of you have asked about nurse externships and other ways to get nursing experience.

Working as a nurse extern is a great way to earn money while you learn. Most hospitals have the following requirements to be considered for the position of nurse extern:

- Current enrollment in a professional nursing program with the goal of becoming an RN.
- Completion of at least one med-surg clinical rotation
- GPA of at least 2.5 (varies), and official transcript.
- Letter of recommendation from Dean or clinical instructor.
- Completion of hospital's employment application w/ resume

If you are interested in working as a nurse extern you're in luck because the Student Nurses Association will be sponsoring a career fair on March 8, 2004. We've invited over 40 hospitals to come and share information about their facility with interested nursing students. We will provide more details about the career fair in the near future.

For those that want to get a head start looking for an externship or a job after graduation, we will be posting the names and phone numbers of nurse recruiters for various hospitals in the Atlanta area on the SNA website. Please feel free to let us know about your experiences as an extern; we'd love to publish them in our next issue.

Kristal Lee--SNA President

### Inside this issue:

Member of the Month	2
Birthday Box	2
NCLEX Questions	2
Good Night's Sleep (cont.)	3
Nursing Humor	3
Upcoming events	4
Nursing Websites	4

### Quotes of the Month

\*Some people succeed because they are destined to, but most people succeed because they are determined to.

\*The world is full of willing people; some willing to work, the rest willing to let them.

## Winning the Battle of a Good Night's Sleep



We are all aware of research on the importance of a restful night's sleep, so why do we continue to ignore the advice. As nursing students, we push the envelope by doing it all, studying all night, working or raising a family, and trying to have a life outside of school. How many have found it just is not working?

Are you dozing during lecture? Have you mastered the fine art of cramming in information at the last minute? STOP! I am going to give

Cont. pg, 3

## SNA MEMBER OF THE MONTH



This could be you!!

Every month SNA wants to honor a SNA member who is active within SNA and out in the community. If this sounds like you or someone you know, just submit the name of your nominee to Jerita James at [csu10851@mail.claytonstate.net](mailto:csu10851@mail.claytonstate.net). We will devote this column to the member of the month by having the member's picture along with a short biography.

What a great way to have your name in print and also it would be a perfect addition to your portfolio!!

## BIRTHDAY BOX

SNA SENDS OUT BIRTHDAY WISHES TO:

- |                     |                       |
|---------------------|-----------------------|
| * Rhonda Fugate 1/3 | *Cathy Grady 1/9      |
| * Rebecca Coon 1/4  | *Bridget McIntyre 1/9 |
| * Anaya Parris 1/5  | *Rebecca Snyder 1/27  |
| * Tamu Spruill 1/6  |                       |



## SO... IT'S ALMOST NCLEX TIME!!

Here are a couple of NCLEX type questions to get your mind on NCLEX mode

1. The nurse is admitting a patient who is jaundiced due to pancreatic cancer. The nurse should give the HIGHEST priority to which of the following needs?

- a) Nutrition    c) Skin integrity  
b) Self-image    d) Urinary elimination.

2. To enhance the percutaneous absorption of nitroglycerine ointment, it would be MOST important for the nurse to select a site that is

- (A) muscular.                      C)non-hairy.  
(B) near the heart.                D) over a bony prominence.

Answers with rationale on pg. 4



## Winning the Battle of a Good Night's Sleep (cont.)

you a little reminder on the ABC's of sleep and the effects the lack of sleep can have on your well-being.

Without sleep, we get grouchy and irritable, but did you know that it also leads to increased stress and anxiety? If you go to class tired there is little chance you will be able to comprehend the material much less apply it on an upcoming exam. When your brain is deprived of sleep, it begins to function less efficiently, much like the brain of a drunk driver according to the National Highway Traffic Safety Administration.

Not exactly whom we want to be compared to as future nurses! What can we do? Here are a few tips:

- \* Eat a healthy dinner 4-6 hours before bedtime
- \* Avoid alcohol, nicotine, and caffeine products 4-6 hours before bedtime

If you go to class tired there is little chance you will be able to comprehend the material much less apply it on an upcoming exam.

- \* Start a normal exercise routine
- \* Cut out the late afternoon nap!
- \* Make your bedroom conducive to restful sleep (minimize light and noise sources and maintain a comfortable climate)
- \* If you cannot sleep, LEAVE the bedroom! Read or do something until you are tired enough to return to bed
- \* And finally, have a consistent sleep schedule. Wake at the same time, EVEN on off days and weekends.

I know this sounds like work, but once you get in the groove, things just click. This is an excellent way to practice discipline and time management skills, too! You will feel better physically and emotionally, not to mention the fact that the eight chapters you had to read will actually make sense and come back to you come test time. Take the time to make

time to SLEEP TIGHT!

-Christie Aguirre

## Nursing Humor



### Nurstoons

by Carl Elbins



www.nurstoon.com

“ WHERE STUDENTS BECOME THE VOICE OF NURSING”

## 2003/2004 SNA Board of Directors

Kristal Lee – President  
Jerita James – 1st Vice President  
Robert Ware – 2nd Vice President  
Mary Phillips – Treasurer  
Ayesha Muhammad – Secretary  
Christie Aguirre – Pre- Nursing Liaison  
Beverly Hill – SNA Webmaster

**We're on the Web!**  
[studentorg.clayton.edu/sna/](http://studentorg.clayton.edu/sna/)

Also visit  
GANS: [www.gansinfo.com](http://www.gansinfo.com)  
NSNA: [www.nsna.org](http://www.nsna.org)

*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.*

## UPCOMING EVENTS

- Health & Wellness Lunch & Learn - 01/22
- [CCSU Activities Fair](#)- 01/29
- Write Your Way to Alaska Deadline - 02/06
- [Senior Pictures](#) - 02/06
- [Kendrick Middle School BP & Cholesterol Screening](#) - 02/19
- Health Fair - 03/08 (details to follow)
- NSNA Convention - 03/31-04/04
- [Hope Clinic 5K Fun Run](#) - 04/03

Visit the SNA website for more information for these events

Answers to NCLEX questions

1. A) Nutrition—**profound weight loss and anorexia occur with pancreatic cancer**
2. C) non-hairy — **skin site free of hair will increase absorption; avoid distal part of extremities due to less than maximal absorption**

Questions taken from  
[www.kaptest.com](http://www.kaptest.com)

## Nursing Websites



- [www.nurse.com](http://www.nurse.com)
- [www.RN.com](http://www.RN.com)
- [travelnurse.com](http://travelnurse.com)

Comments or suggestions for this newsletter?

Contact Jerita at:  
[csu10851@mail.claytonstate.net](mailto:csu10851@mail.claytonstate.net)