

S T N T

Students Today, Nurses Tomorrow
Indiana Association of Nursing Students Newsletter

Contents

<i>A Student on a Mission</i>	Cover, 5
<i>Meet the Board</i>	2 - 4
<i>IANS Announcements</i>	4
<i>ATI NCLEX Practice Question</i>	5

Volume 5, Issue 1

Fall 2012

Providing More Than Medical Attention

By Hillary Schlimm | Contributing writer



Indiana University Bloomington senior Hillary Schlimm (back right, holding child) travels to Panama.

This summer I was fortunate enough to be part of a medical missions team that delivered healthcare to impoverished villages on islands off the coast of Panama. Our team was made up of fifteen people from our church including a doctor, an audiologist, two registered nurses, a nurse

practitioner, and others who felt called to serve on this mission.

As a team, we set up and ran seven medical and optometry clinics on these islands. In the week I spent there with our team, we were able to provide healthcare in seven villages, on five different islands, and to over 1,000 people. This

clinic was one of two opportunities that these people have to receive healthcare for the entire year.

Needless to say they were so happy to see us, and in turn they changed our hearts forever.

I could go into detail about each day of my trip in Panama, the *Story continues on p. 5*

Meet the 2012-2013 Board of Directors

**Hannah Merriman | President**

I am heading into my senior year at Indiana University in Bloomington. My big goal this year for IANS is to reinstate the organization's Not-For-Profit status. I am also working with several nursing organizations around the state (ILN, ISNA, ENA, etc.) to help create more opportunities in which nursing students can impact the world of nursing beyond their own schools. Along with nursing school, I am a cadet in the IU ROTC program. Upon graduation I plan to commission as a 2nd Lieutenant in the U.S. Army Nurse Corps. I look forward to this year as President of IANS. Thank you.

**Taylor Bradburn | Vice-President**

I am a senior at Indiana University this year and I work as a nurse intern at IU Health Bloomington on the Inpatient Oncology Unit. This year I would like to get as much involvement from different nursing schools in Indiana and help to get their local chapters up and running. I would also like to plan a successful and productive state convention. After graduation, I hope to get some experience in critical care and then join a travel nursing agency.

**Brianne (Bri) Deuser | Secretary**

I am originally from Illinois and I attend Ball State University. I am going to be a senior this year and will be graduating in December with a BSN and a minor in Spanish. I have had a passion for nursing since my sophomore year of high school and the more I learn the greater my passion becomes. My plans for the future include traveling around the US and to other countries to learn about how nursing is different there compared to the US. Besides studying and getting involved in events on campus, I ALWAYS make time to watch Grey's Anatomy every Thursday night. I am very honored to be your Secretary of the Indiana Association of Nursing Students and can't wait to meet my fellow nursing students!

**Lauren Resendiz | Treasurer**

I am from Schererville, IN, or what is also known as "the region". Outside of school, I work at the gym on campus, and also enjoy working out in my free time. My goal is to finish a half marathon within the next few years, along with nursing school of course! I am this year's treasurer and am so excited to be involved with IANS. I am ready for the fun and exciting year ahead of me!

**Loren Garza | Director of Membership**

I am a senior nursing student in the RN/BSN Program at the University of Southern Indiana in Evansville. I am licensed in Indiana as an LPN and have worked in healthcare for 5 years. Upon completion of my RN my goal is to work as a RN Health Advocate in the clinic where I currently work. My goal for IANS this year is to initiate a state membership drive and boost membership and school chapters across the state.

**Brooke Delay | Director of Bylaws and Policies**

I attend Indiana University Bloomington and will be a junior this year in the BSN program. One day I hope to do emergency or critical care nursing. My goals for IANS this year are to make sure we are following all of our Bylaws and Policies in everything IANS does and to assist other members in reaching their goals.

**Kristin Mueller | Director of Image of Nursing**

I will be a junior at Purdue this fall and am from the suburbs of St. Louis, Missouri. My goals for being Image of Nursing Director are to increase positive awareness about nurses as a whole, to help reach out to schools statewide so they are aware of our organization, and to plan for the annual State Convention in the spring. As far as personal goals go, it would be a dream come true to work in a pediatric intensive care unit. I love kids and it can be a challenging environment that can also be very rewarding. I am very excited to be on the IANS Board of Directors and hope everyone is excited to see what we have in store for the year! Boiler Up!

**Adrienne Meier | Director of Community Health and Disaster Preparedness**

I attend Indiana University Bloomington. I will graduate nursing school in 2014, and I hope to go on to become a CNS and work in the public health sector. I was lucky enough this summer to travel to Beijing, China for three weeks for a class in Cross-cultural Health Comparisons at Peking University. I studied with Chinese and American nursing, social work, and public health students. My goal for IANS this year is to create a statewide movement for nursing students to educate their communities and provide blood pressure screenings at their campuses.

**Isabel Manahan | Newsletter Editor**

I am a senior at Indiana University and I hail from a small town north of Fort Wayne, IN. I currently work as an intern at the Mother-Baby unit at Indiana University Health Methodist Hospital in Indianapolis. After graduation, I want to delve into either labor and delivery nursing or critical care nursing. I look forward to keeping you, our constituents, informed of state events and how you can become more involved in IANS. Through these newsletters, Cerelle and I hope to better connect Indiana's campus chapters. If you wish to contribute an article, please feel free to contact us!

**Cerelle McMullen | Newsletter Co-Editor**

I am a junior at Indiana University and am from Indianapolis. I am really looking forward to getting different schools involved in the newsletter and learning more about how IANS works. My goal in nursing is to become a surgical nurse. This year I am hoping to get very involved with different committees and help make this organization better than it has ever been!

ANNOUNCEMENTS

>>> IANS will be holding a **T-shirt design contest!** Start getting creative and send your designs to coeditorians@gmail.com with your name and design. Submit your design by October 15. Voting will start October 15 and will last until October 31. The winner will get a free t-shirt of their design and will also get **free admission to state convention!** The winning participant will have their design made into shirts and sold at state convention and on the IANS website.

>>> The next state meeting will take place at the **University of Southern Indiana in Evansville on Saturday, Sept. 22.** The meeting time and exact location will be posted on the IANS Web site.

>>> **Want to be a contributing writer?** Submit an article to either coeditorians@gmail.com or editorians@gmail.com for a **chance to be published** in the next STNT issue!



Panama Trip>>

cases we saw, and the illnesses we treated. That we did indeed. However, the most important lessons I took away from this experience had nothing to do with healthcare at all. It was the people and the connection that was made that made a permanent impact on my heart.

Through our week we met many beautiful people, adults and children alike. During the day if there was down time we would walk around and talk to people (as best we could in broken Spanish), take pictures, and play with kids.

The children wanted our full attention at all times. Once I gave one a hug, I could bet I made a friend for life.

I had a little one from a village who was literally my shadow for the entire day. She didn't care getting her measurements or filling her prescriptions, she wanted me to draw her pictures and show me that she had learned to write her name.

She just wanted my time and my attention.

I noticed this many times throughout the week. I would be doting over a new baby and would have mothers coming up to me with their babies wanting me to love on them as well.

These are simple examples that I could give you hundreds of from my week, but I think it speaks volumes about humanity. No matter how large our differences, how dissimilar our lives, we are all more alike than we are different.

From these experiences I also think there is a lot to be said to how this applies to nursing practice. As I said before, these villagers only were given the opportunity for healthcare twice a year.

Yet what they wanted was not our healthcare experience, but to take a few minutes of our day and show them love, show them attention, show them that there

was someone out there who cared about them when they thought they were forgotten.

I think this holds true for every human being.

I wanted to be a nurse so I could show people kindness and provide them with care that no one else could offer. Something that in the mix of pharmacology, grades, assessments, orders, and documentation I often forget.

I forget that sitting down and listening to my patient, holding their hand, or supporting them emotionally is a crucial part of nursing practice and patient care.

I went to Panama wanting to use my skills to help those who needed it most. I did this, yet I was reminded of the most important part of nursing and about life: people are what matter.

This trip will be a lasting reminder of this testament for the rest of my time in as a nursing student and someday in my professional nursing practice.

ATI NCLEX PRACTICE QUESTION

A client is admitted with a diagnosis of cirrhosis of the liver post paracentesis. Which of the following prescriptions should the nurse question? **Select all that apply.**

- A. Draw PT and INR now
- B. Administer 25 mL of Albumin 25% IV
- C. Daily weight and abdominal girth measurements
- D. Insert NG tube and connect to intermittent suction
- E. High protein diet

Answer on IANS Web site

Source: <http://www.facebook.com/notes/ati/ati-answer-to-nclex-question-of-the-week-9712/10152098093020714>

Published with permission from Assessment Technologies Institute