

# STNT

Students Today, Nurses Tomorrow

Indiana Association of Nursing Students Newsletter

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## USI Nursing Students Educate for the Cure



**University of Southern Indiana (USI) nursing students take a moment to group together during their participation at the Susan G. Komen Race for the Cure in September.**

By Becca Rodriguez | Contributing writer

As part of a service learning project for the Community Nursing course, University of Southern Indiana (USI) baccalaureate nursing students worked with the Susan G. Komen for the Cure to execute the “I Am the Cure” program at the Race for the Cure in Evansville, IN on September 22, 2012.

This program is an educational

intervention with intent to assess knowledge about breast health and inform target populations about breast cancer prevention and screening. Students were guided by community partner, Sally Britt, who is employed by Susan G. Komen for the Cure as the Greater Evansville Affiliate Community Outreach Coordinator.

Fifty nursing students were recruited

to participate and assigned to one of four different roles; rovers, breast health ambassadors, booth attendants, and cure leaders. Rovers and breast health ambassadors were assigned in groups and directed to ask breast health questions from a flipbook, encourage visits

*Story continues on p. 4*

## WORD FROM THE EDITOR



Isabel Manahan  
Indiana University Bloomington

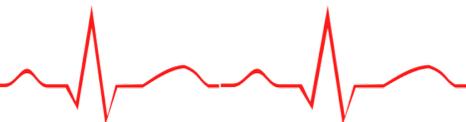
It's so inspiring to see what other schools of nursing and SNAs are doing around the state to help the community. In this issue, we highlighted two schools—University of Southern Indiana and Indiana University Bloomington—that were involved in promoting community awareness of breast cancer and public safety, respectively.

As future nurses, we are aware that the problems we see in the hospital can often be abated with preventive measures. In fact, our

healthcare system is attempting to refocus its resources from acute care to preventive care, which makes sense. It is wonderful what these schools have done, but we at IANS want to know: what your chapter is doing to promote community health?

On a different note, we are gearing up for the IANS 2013 state convention. Be on the lookout for promotional flyers and information on the Web site regarding how to become involved in the planning process, and when to register.

## COMMUNITY HEALTH CORNER



### Easy Community Health Project Idea

**Proposal:** Partner your Student Nurses Organization with a Local School or Community Center and Put on a Program about Hand Hygiene and Cold/Flu Prevention

**Suggested Supplies:** PowerPoint to guide your presentation; Black light-visible hand lotion; a black light; paper towels

**Activity:** Have two or three people in the class put the lotion on their hands, then have the kids play a game such as musical chairs, duck duck goose, or telephone. After the game is done, examine the room and the people with the black light so everyone can see where the germs have spread. Then, let everyone apply the lotion to their hands and see if they wash their hands properly!

**Pitfalls to watch out for:** Check with your community partner to see if they require specific background checks for volunteers. Keep the kids away from carpeted surfaces to prevent staining. Make sure the kids wipe excess lotion of their hands to prevent staining of their clothes.



Source: <http://www.masharosen.com/TeleclassFluMay13.html>

### Community Health Challenge!

Send your schools community health initiatives to [communityians@gmail.com](mailto:communityians@gmail.com) for a chance to be featured in the next newsletter and to be eligible for a prize at this year's state convention!

--Adrienne Meier (Indiana University Bloomington), Community Health Director

# Color Me INVOLVED



**The Student Nurses Association at Indiana University Bloomington walked or ran the Jill Behrman 5K Color Run.**

By Liz Farra | Contributing Writer

Several Student Nurses Association at Indiana University members participated in the 13th annual Jill Behrman 5K Color Run on Saturday, October 20.

The JB5K commemorates IU student Jill Behrman, who was tragically murdered on a bike ride

around Bloomington back in 2000.

The JB5K keeps Jill's memory alive and promotes awareness about issues of violence around campus. Another way the SNA supports this incredible cause is through its support of Jill's House.

Jill's House is a place where patients

receiving proton radiation therapy for various types of cancer can stay with their families. The SNA partnership with Jill's House continues to grow, and our involvement with the JB5K further strengthens our dedication.

## *Race for the Cure>>*

flipbook, encourage visits to the “I am the Cure” booth, and distribute pens and key chains. Booth attendants were assigned to the breast health question wheel or to help attendees in making pledges to increase knowledge about breast health.

Lastly, cure leaders were assigned to cheer at the race site and also encourage visits to the booth. The Komen Foundation was generous enough to provide all supplies needed for these events including tents, prizes, questionnaires, the question wheel, and educational materials for dispersal.

On the day of the event the students wore bright shirts so that they stood out and sought out individuals to get them involved. The group used incentives such as water bottles, bags, pens, and stickers to entice people to learn more about breast health.

Nursing student educators spoke to runners, volunteers, students, supporters, and survivors. Education to men was included as well. The



**USI nursing students stop to pass out prizes and educate the participants of the Race for the Cure 5K about breast health.**

wheel of questions and question booklets were used to assess participants’ knowledge and further information was given if questions were answered incorrectly or a need for more information was observed.

The positive response from participants was overwhelming. Most of the individuals we encountered were willing to participate and willing to learn. Overall, the program was a great success!

# ATI NCLEX PRACTICE QUESTION

A nurse should recognize that raloxifene (Evista) is contraindicated in a client with a history of which of the following?

- A. Osteoporosis
- B. Hyperthyroidism
- C. Myocardial infarction
- D. Deep vein thrombosis

Answer on IANS Web site

Source: [www.facebook.com/notes/ati-nursing/ati-nclex-question-of-the-week-111912/10152281680760714](https://www.facebook.com/notes/ati-nursing/ati-nclex-question-of-the-week-111912/10152281680760714)

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# T-Shirt Winner: Alissa Clawson

IANS would like to congratulate University of Southern Indiana student Alissa Clawson for winning our T-shirt design contest. As the winner, she will receive a free shirt of her design as well as free ticket to the state convention. We will also be selling these shirts at the state convention.



## Announcements

>>> In accordance with our bylaws, please send your chapter's bylaws and policies to the Bylaws and Policies Director at [bylawsians@gmail.com](mailto:bylawsians@gmail.com).

>>> It is with regret that we announce the resignation of our Image of Nursing Director, Kristin Mueller. Until the position is filled, Natasha Bertsch will be aiding IANS with this position's duties. If you are interested in becoming the Image of Nursing Director, please e-mail our president Hannah Merriman at [presidentians@gmail.com](mailto:presidentians@gmail.com).

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

>>> What do you want to see in future STNT issues? Tell us on our Facebook page ([facebook.com/IndianaAssociationofNursingStudents](https://facebook.com/IndianaAssociationofNursingStudents)) or e-mail us!

>>> Our next meeting will be on Saturday, January 26, 2013 at Ball State University in Muncie, IN. Time: 9 am. Location: Alumni Center Room 2