

Spring 2013

The *Torch*

VNSA

The Official Newsletter from the
Virginia Nursing Students' Association

A Letter from the New 2013-2014 Board of Directors

Dear Virginia Nursing Student Constituents,

As members of the VNSA Board of Directors, our mission is to empower Virginia nursing students of all backgrounds by informing you on current healthcare policies and new evidence-based-research. Along with our mission, each member on the Board of Directors has goals in which we hope to accomplish over the upcoming year and we need your help! The 2013-2014 VNSA Board of Directors has big plans to make this year a year to remember for VNSA.

This term we are planning to work diligently on creating ties across all of the nursing schools to increase awareness and involvement in our organization by reaching out to all of the nursing schools across Virginia. We hope to bring a sense of togetherness and camaraderie within all nursing! We are currently starting to plan our Breakthrough to Nursing Luncheon, which will take place this coming Fall 2013, and our Annual Convention which is planned for next February 2014!

In addition, another goal for the year 2013-2014 is to maintain a balanced budget and continue to be organized and dedicated to keeping up-to-date records and files related to VNSA, as well as to continue to be dedicated to keeping the members of VNSA informed about activities and announcements. We want to keep our present and future nurses informed on local, state, and nationwide healthcare policies and we plan to implement social media outlets to achieve this goal. Furthermore, we want to recruit more people into nursing, especially those included in the underrepresented population within our nursing profession- men, ethnic minorities, financially underprivileged, those in rural areas, and second-degree/second career seekers. We plan to do this by offering resources for school associations to use during their BTN recruitment projects. We would also like to keep the retention rate high among nursing students within the state of Virginia by offering them mentorship programs and setting up a beneficial lecture/workshop for nursing students.

*Sincerely,
Your 2013-2014 VNSA BOD*

Meet the new 2013-2014 Board of Directors



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Nominations and Elections Committee Chairperson

--Vacant Position--

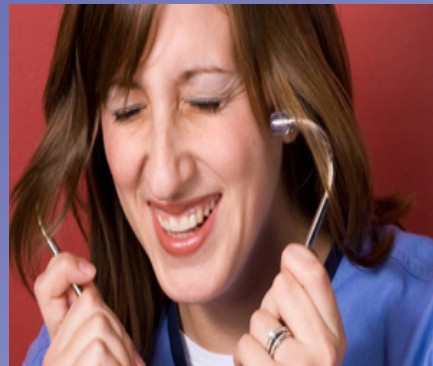
We are looking to fill the *Nominations and Elections Committee Chairperson position*. This position is responsible for organizing and running elections at the annual VNSA state conference. Most of this position's responsibility will be at the convention, but this position requires monthly attendance to VNSA board meetings. If you are interested, please **email your resume** to Eric at vnsapresident@gmail.com.

We are accepting applications until **July 10, 2013**. In no more than two weeks after the deadline, the candidates will receive a response on their personal status in correlation with the position.

We look forward to a successful second half of the year with VNSA and we would love to have your school represented. Thank you for helping us trying to fill this position. If you have any questions please feel free to email vnsapresident@gmail.com

Humerus! Nursing Encounters

I stumbled upon this website by Linda Lampart entitled “Funny things only nurses get to see!” where she told several funny nursing stories. I thought it would be fun to share with you, as well as start up our own collection of stories!!! Please send vnsatorcheditor@gmail.com some of your personal, funny nursing encounters or most embarrassing moments of nursing school for the next Torch Edition (HIPPA approved - of course!!).



1. A nurse was doing a stroke assessment on an elderly patient. She asked her to smile, but the patient said that she just didn't feel like smiling. Then the nurse said, “Well, show me your teeth.” The lady opened her mouth, took out her dentures and handed them to the dumbfounded nurse.

2. One elderly gentleman asked his nurse for some tape after putting in his hearing aids. The nurse watched as the patient began to put the tape over his ears. When asked why, the patient said, “It's to keep them hearing aids from falling out!”

3. “I once recently asked a female patient her pain level. One for no pain and Ten for pain really bad, you know as bad a childbirth. The patient calmly told me she was a nun so she would not know what childbirth was like. I could feel my face turning red!” by jmrog.

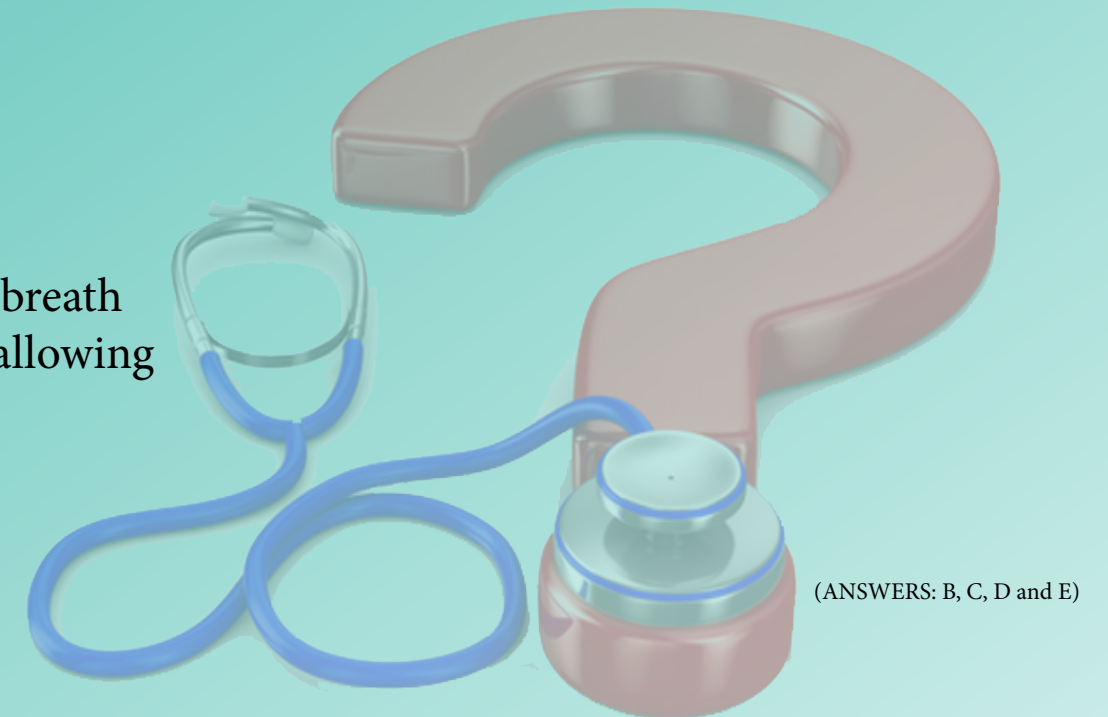
Nurstoons



ATI - Nursing NCLEX Review Questions

A client is admitted for a thoracic aortic aneurysm. Which of the following findings should the nurse recognize as a manifestation of this diagnosis? (Select all that apply.)

- A. Polyuria
- B. Backpain
- C. Hoarseness
- D. Shortness of breath
- E. Difficulty swallowing



RATIONALES:

A. **INCORRECT:** Polyuria is not associated with a thoracic aortic aneurysm. If the aneurysm ruptures, the client would most likely exhibit signs of hemorrhagic shock (e.g., hypotension, tachycardia, diaphoresis, oliguria).

B. **CORRECT:** Back pain may be a manifestation of a thoracic aneurysm. In addition, if the aneurysm ruptures, the pain most likely will increase in intensity.

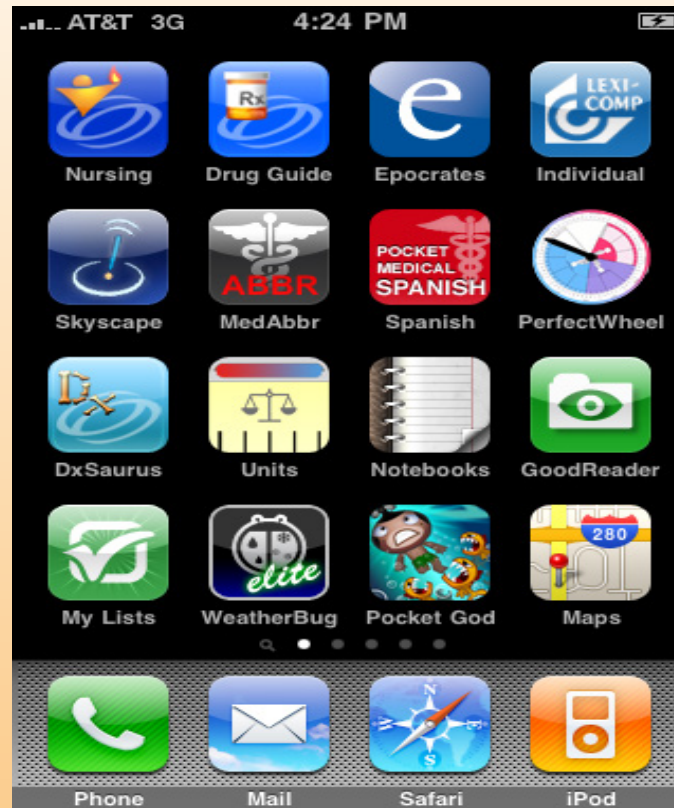
C. **CORRECT:** Hoarseness may be a manifestation of a thoracic aneurysm resulting from pressure against the laryngeal nerve and vocal cords.

D. **CORRECT:** Shortness of breath may be a manifestation of a thoracic aneurysm caused by compression on the trachea, a main bronchus, or the lung itself.

E. **CORRECT:** Difficulty swallowing may be a manifestation of a thoracic aneurysm due to compression against the esophagus.

NCLEX Category: Physiological Integrity
NCLEX Subcategory: Reduction of Risk Potential
References: Ignatavicius, D. D., & Workman, M. L. (2013).
Medical-surgical nursing (7th ed.). St. Louis, MO: Saunders. p.793.

9 FREE Nursing Apps



Are you a nursing student who uses an iPhone or Smartphone? Somewhere on Twitter had a list of ten apps that nurses should download; however, only three were free. So, as a college student, money is a scarce thing! I stumbled upon a list of FREE apps that would be helpful during clinicals as well as for when we are on our own in the real world of Nursing and I would like to share with you!!

Please email me if you know of any other great apps!
vnsatorcheditor@gmail.com

1. **Medscape.** My go-to app for drug references. Simple, searchable and easy to use.
2. **Epocrates.** Drug reference tool and also has a Pill ID.
3. **MedCalc.** A medical calculator that gives you easy access to complicated medical formulas, scores, scales and classifications.
4. **MD EZ Labs.** It's not the most in-depth of lab apps, but it has normals and possible differentials. Plus, each lab has a link to the Web for further digging. Simple and straightforward. Besides, what do you think the residents do when they don't know a lab? Google it.
5. **Qx Calculate.** Another calc program. I haven't truly dug that far into it. But if you need to calculate Framingham or CHADs2 scores, this one's for you.
6. **iRadiology.** Allows for quick review of classic radiology cases during rounds or clinical rotations. No internet connection required!
7. **MedPage.** MedPage Today Mobile puts breaking medical news, comprehensive reference information and FREE CME/CE credits at your fingertips.
8. **Eponyms.** Free for students. Great collection of medical terms/definitions. Need to know what in the world "Chikungunya fever" is? This is where I would look.
9. **iQuarters.** You have to stay sane, right?



Like us on
Facebook



Facebook is a social utility that has dominated social connection within the last few years. It is the world's largest social network, with more than 900 million users as of May 2012. It has altered the way people share and receive information as well as how they connect with friends and family. With this in mind, VNSA is now apart of this social frenzy in hopes to unite nursing students across the beautiful state of Virginia. We will post upcoming VNSA events and topics for discussion, and of course, allow you to keep in touch with your nursing friends throughout the state!

Group name:

VNSA-Virginia Nursing
Students' Association

"Like" us
TODAY!

CONTACT US

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NursingSA

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On the Web



<http://www.vnsa.us>