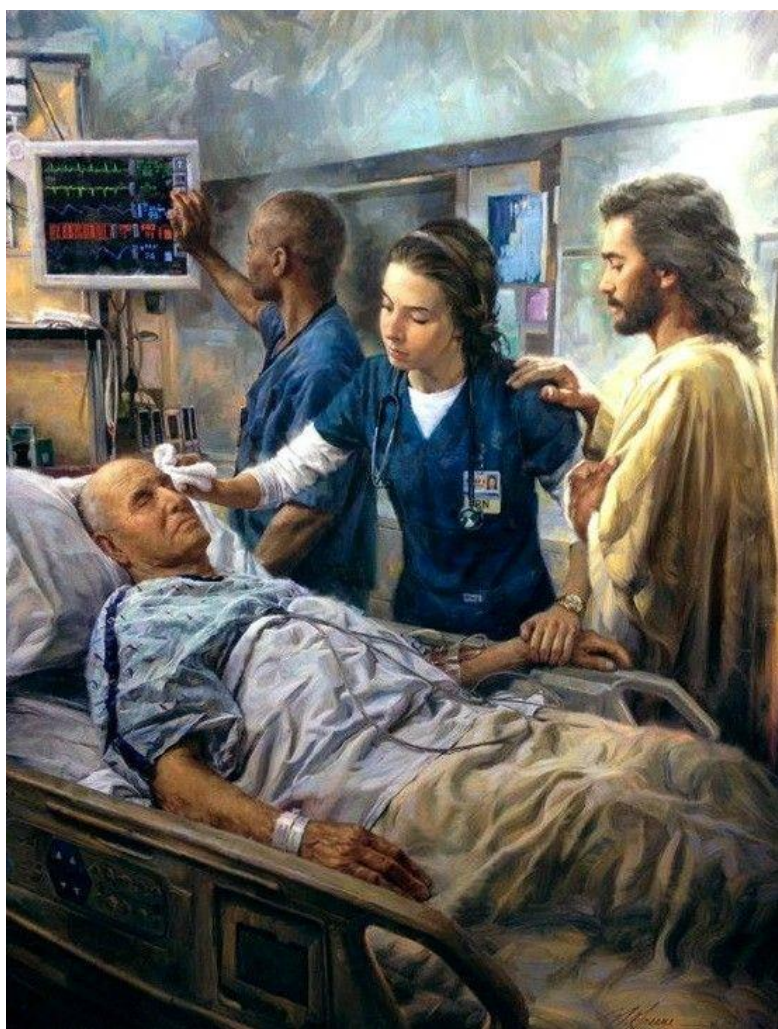


A LIBERTY UNIVERSITY NURSING STUDENT'S CLINICAL EXPERIENCE

BY: VICTORIA FISHER



It was the evening before my Medical Surgical clinical and I was at the hospital gathering information on the patient that I would be taking care of the following day. I had been at the hospital for over an hour writing down all of my patient's comorbidities, medications, lab work, etc. I got to the end of writing down his information and I overheard a nurse say that patient in room 387 was being discharged and needed assistance to the front door. This was my patient. Now, for our school, if your patient is discharged, we have to retrieve information on another patient that will be there the next day. For a few seconds I questioned whether or not I should just "pretend" like I didn't hear that. After all, I had been there for over an hour already, it was the day after one of our hardest exams, so I was exhausted, and I still needed to go home and complete assignments that were due by midnight. As I sat there pondering what I should do, an immediate wave of conviction washed over me. I felt The Lord say to me "Victoria, was it not you that waited six years to get into this very program? Was it not you that received a rejection letter the first time you were able to apply? Was it not you that wept over how all you wanted was to become an LU nurse? To be able to wear those scrubs with your name on them? Why cut corners now and jeopardize your character? Your integrity? That is not who I've called you to be." I

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knew He was right. That action would not be reflective of my character, or of the character of a nurse. Nurses don't cut corners or try to find the easy way out. Nurses strive, care, and give it all they've got.

I stood up from my chair and went to the nurse's station to retrieve the next available patient and wrote down the initials and room number. I found a computer down the hall and logged back in to retrieve the new patient information. I established a relationship on the computer under my patient's room number, clicked enter, and was floored. I knew my new patient. For the past three years I have taken care of his wife who has Alzheimer's in a memory care facility. Written beside his name was "Pt c/o SOB and tightness in chest upon exertion. Relieved after rest." Most of us know that this is most likely an NSTEMI. I logged off of the computer and jolted down the hall to his room, only to find it empty with no bed. My mind immediately started racing and I began to worry... "Oh no, is he okay? Did something happen? Is he just in a procedure?" Right at that time as I turned to walk back up the hall, there was an elderly man being rolled down on a bed. He was holding that infamous white blanket over his face, exposing only his eyes. As he rolled closer our eyes locked, he uncovered his face, and his mouth dropped wide open. In disbelief, he uttered my name "Victoria?" and began to cry. I grabbed his hand as they rolled him by and told him that I would be in to see him as soon as they were done.

After the transporters left, I walked into his room and he was still sobbing. I immediately began to cry and walked over to embrace him. As I was hugging him he whispered through his tears "It's my heart. I just found out that I'm going to have to have surgery tomorrow. You have no idea how much you have blessed me. I just really needed someone who loves me right now." In that moment, it all made sense to me as to why I needed to get a new patient. Not only was it the right thing to do, it was for him. He needed me, and I needed him. Friends, you may not be

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religious, but I look for God's hand in everything. Had I been disobedient and displayed poor character, I would not have been able to comfort and care for him. I most likely would have never known that he was in the hospital. What a tragedy that would have been.

This encounter reminded me of several things. First, that God is sovereign and incredibly good. Second, as nurses, we are called to be greater. At Liberty, we believe that we are called to be the hands and feet of Christ at the bedside. We are taught how to care for our patients physically as well as tend to their mental, emotional, and spiritual needs. Lastly, the character of a nurse is just as important as the knowledge that we possess. In the words of Florence Nightingale, "And what nursing has to do in either case, is to put the patient in the best condition for nature to act upon him." Stay true to who you are. Never cut corners, you may miss out on one of the greatest blessings.

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CHAPTER HIGHLIGHT: LIBERTY UNIVERSITY NURSING STUDENTS ASSOCIATION



LUNSA celebrated its 2nd Annual Pink Out in October. This event provides LUNSA members with an opportunity to celebrate all things pink-- as it relates to breast cancer awareness. The event offers students as chance to hear first-hand from a breast cancer survivor. Our Pink-Out survivor speaker was Mrs. Pugh. Her story was riveted and raw, as she addressed her breast cancer journey through the eyes of her profession-- a nurse. Students also have a time of fellowship and fun, eating all things pink! Our members conclude the event making Butterfly Hugs. Students are provided supplies to make butterflies out of quilting squares

and pipe cleaners, and are paired with an encouraging note. These "hugs" are sent to Cancer Centers throughout the nation, by community butterfly keepers. This project was started by a local radio DJ to give hope to those undergoing cancer treatment. The event is a hit with the students and our faculty and staff-- as we show up in all things pink too."

-Dr. Dana Woody

OPERATION BOOTCAMP-A CALL TO NURSING

BY: CONNOR GROSSOEHME

When I think of the words 'boot camp', flashes of being back at Ft. Knox, Kentucky come before my eyes. I hear the Drill Sargent's yelling in my ears; the sweat constantly dripping from my face; and recall the hardships and obstacles of leading a team through missions. Albeit rough, at the end of each day I reminded myself that I was sent to this place for one reason—to develop myself into a servant leader. Not only did I become a selfless servant to my country, I also was called to service as a student nurse at Liberty University. Seeking to train and support, I was called to action.

As a cadet within the United States Army Reserves Officer Training Corps (ROTC) I have been called to serve this nation and seek the mantle of leadership. I have learned many things throughout my time in ROTC and have utilized many concepts and techniques that have supported my success as a student nurse. Taking on leadership roles such as a squad leader, platoon sergeant, and president of my school's Student Nursing Association, I have been able to identify areas that could benefit from service. One area of opportunity was support for incoming freshmen.

Nursing is often known as a 'called' profession, meaning there is something that usually piqued your interest to serve in the role. After further consideration and my training in ROTC it resonated with me that there needed to be a draft. Not like the drafts from World War II, but a draft for the calling of freshman to the nursing profession. This identified opportunity opened the door for Operation Boot Camp.

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In the Army there is a model used to plan, train and execute all missions. From the planning of ceremonies, to jumping out of airplanes the Eight Step Training Model is used. Similar to our ADPIE approach in nursing this model serves to drive the call to action.

Step 1- Plan the training. Prior to deciding to initiate a boot camp an assessment was done to determine the need for an intervention to support incoming freshmen. Then, a backwards planning method was used for Operation Boot Camp, meaning the camp was devised with the end goals in mind. The goals were determined and then we laid out our plan in support of accomplishing them. From the run through to supplies the planning process was critical to our success, and ensured everything was addressed prior to executing our mission.

Throughout the planning process I met with my nursing association faculty advisor and discussed where my committee was with our planning phase. After every meeting, I met with my committee and we refined the boot camp to ensure it met the standards needed to serve as a recruiting tool and a meaningful learning experience that showcased what students could look forward to over the next four years.

Step 2- Train and Certify the Trainers. This is a pivotal step in the Eight Step Training Model. It is critical that the soldiers training others have an expert knowledge in the field they are training. For Operation Boot Camp each committee member, all nursing students, were assigned a specific area based on their knowledge and level within the nursing program. Four stations were planned for freshmen to participate in: medical terminology, head to toe assessment, CPR/AED training, and a simulation experience. During simulation freshmen would utilize the knowledge they obtained in the walk through experience in a real-life scenario. The simulation provided insight to what they would experience starting their sophomore year in the program. Note further that each area of participation served as a representation of the foundational knowledge needed to be nurse. This further translated in to an explanation of our

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program's foundational stones. We reviewed the foundational stones that the LU School of Nursing was built upon and incorporated them into each station and the opening and closing of Operation Boot Camp: compassion, future, excellence, ethics and research.

Step Three- *Conduct a Reconnaissance.* One of the easiest steps for this event, but hardest for actual military missions, step three within this training model was utilized when it came to setting up operation logistics. A recon is defined as an exploration outside an area. In the nursing profession, this is a common practice—using what you have to make the best of a situation. Everything from room assignments to invites our reconnaissance, did not spare any details.

Step 4- *Issue an Order for the Training.* Once the planning is complete the troops leading the operation (nursing students) are ready to send an order for action. Operation Boot Camp would soon be released to the public for the first time. Emails were sent to all incoming freshmen to notify them of the opportunity. Social media was also used to get the word out. Not knowing exactly how many freshmen to expect, we took the number of students who declared nursing as their major and cut that number in half. It was essential that this was considered to assure we had enough support and supplies for the operation.

Step 5- *Rehearse.* Prior to execution of the boot camp trainers rehearsed in their respective stations. They sought to ensure that the information and experience provided met the expectations of the boot camp and would engage students. This step would be important as the stations would be rotated through several times—so the information shared had to be the same each time for the participants. During this time, insight was provided regarding opportunity to improve via a practice run through of the camp.

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Step 6- Execute. Per nursing process this step would be implementation. Note the recount of this step will be in present tense. The execution date was set for one week prior to classes starting. A day that will truly live in infamy (at least within the school of nursing). Adrenaline rushing through my body, I could feel the excitement and nervousness—a typical fight or flight per nurse lingo. As the troops gathered one last time, there was an overwhelming sense of peace and confidence. I recalled our first meeting and stating there was no 'I' in teamwork. Teamwork was a driver in this journey. Operation Boot Camp was moments away from being executed. Months of planning were about to come to fruition; an experience that would prove foundational for incoming freshmen; an experience that would resonate with them throughout their nursing school journey.

Greeted by the Commanding Officer herself (Dean of the School of Nursing), Dr. Shana Akers, gave a warm welcome to the students. Dr. Akers shared with the students about being called to the profession of nursing, and suiting yourself with armor for the journey. The armor in which you wear she noted, would be different for every person and every belief—acknowledging your character, morals and ethics. This opening would further provide a feeling of support for each student and their families, which is centric to our program.

Step 7- Conduct an After-Action Review (AAR) and Step 8- Retrain. Also known as evaluation in the nursing process, an AAR is a technique the Army uses to address the pros and cons of a training exercise. It is our way to improve. The data acquired from this AAR was from both the freshmen nursing students through a QR Code Survey and from the nursing students running the camp; valuable information was gleaned. From the AAR we refined our approach to support more student interaction in the future; as well as integration of other topics. This information will serve to retrain those supporting the camp in the future.

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Operation Boot Camp was a success on many levels. It involved my military training and the nursing process, and more importantly my passion to serve. The experience was spoken via a future nursing leader in the Army, me—I will strive to serve my country and my patients with knowledge attained in a nursing program that will forever be a part of who I am— a program that has taught me to believe in myself and supported the building of my confidence; a program that believes in the success of their students by affording opportunities to learn and grow; a program built on the foundations of: compassion, future, excellence, ethics and research; a program that deploys world changers.

Operation Boot Camp was further devised to support the mission and values of LUNSA, VNSA, and NSNA serving to incorporate mentorship, community service, and scholarship. The mission also showcased three of the seven core values of the Army—loyalty, duty, and selfless service. Whether seeing this through the eyes of a soldier or a nurse the overall experience of this boot camp institutionalized the definition of being a servant leader. As John Maxwell has defined, ‘a leader is one who knows the way, goes the way and shows the way’. And that is exactly what my nursing association chapter has done and will continue to do in the future.

“Nightingale 5, this is Eagle Band Aid. Mission accomplished. Over.”

LEAPING INTO ACTION



VNSA
Virginia Nursing
Student Association

68th Convention



LIBERTY UNIVERSITY
SCHOOL OF NURSING
LYNCHBURG, VIRGINIA

February 29, 2020
7a.m.-5 p.m.

VIRGINIA NURSING STUDENTS ASSOCIATION WILL BE HOSTING THE 68TH ANNUAL CONVENTION AT LIBERTY UNIVERSITY ON LEAP DAY 2020!

REGISTER AS SOON AS YOU CAN! THE CONVENTION IS OPEN TO ALL VIRGINIA NURSING STUDENTS!

REGISTRATION DEADLINE: FEBRUARY 15, 2020

\$35 FOR NSNA MEMBERS

\$45 FOR NON-NSNA MEMBERS

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TORCH

Writing Contest

The award is given to a first and second place winner who have submitted a maximum 1,000-word article pertaining to the prompt provided below. Articles may be serious, funny, creative, or poetic. Articles used for class-related assignments may not be used. First place will win \$50, free admission to the 2020 State Convention, and will be published in the Spring Torch Newsletter. Second place will also be published in the Torch.

Prompt: How has the concept of compassionate care impacted your nursing career as a student? What clinical experiences altered the way you view nursing care?

Deadline: January 31st, 2020

Submit your piece to: vnsaeditor@gmail.com

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CALL FOR POSTERS

Do you have an event, project, or research that you want to share with your peers across the state but don't know how? Do you want an awesome resume booster? Here's your chance!

VNSA is bringing back poster presentations to our annual convention!

Check out our website (<http://www.vnsa.us/>) to learn about this amazing opportunity.

Deadline to submit is January 31st, 2020.

Questions? Email us at contactvnsa@gmail.com