



**CEDAR CREST
COLLEGE**

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Nursing Newsletter

Nursing Department Happenings...

April 2010

Sigma Theta Tau—EBP Night

April 1

Easter Break

April 2-5

Classes Resume—Monday Schedule

April 6

Clinical Weekends

April 10 & 11

April 24 & 25

SNA Souper Tuesday

April 13

Deadline for Course Withdrawal-4pm

April 13

SNA Dine & Discuss

April 20

Sigma Theta Tau Induction

April 30

May 2010

SNA General Membership Meeting

May 4

Classes End-Friday Schedule

May 5

Finals

May 6-12

Clinical Weekends

May 8 & 9

May 22 & 23

Commencement

May 15

Pinning Ceremony

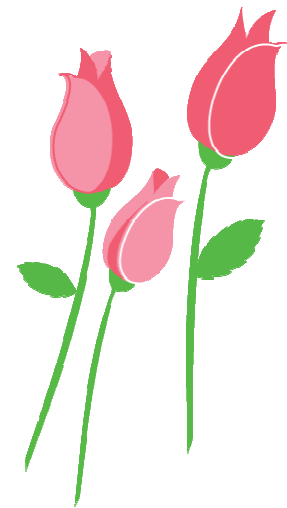
May 15

Summer I Begins

May 18

Memorial Day-College Closed

May 31



Nursing Office Hours:
Fall & Spring Semesters

Monday and Friday
8:30am—4:30 pm

Tuesday-Wednesday-
Thursday

8:30am—9:00 pm

Simulation on Campus Teaches Nursing, Social Work Students about Living in Poverty

More than 100 students in the nursing and social work departments at Cedar Crest College, and nursing students from DeSales University, gained a better appreciation of challenges facing low-income families during the Community Action Poverty Simulation (CAPS) at Cedar Crest College on Friday, March 19.

Rooms in the Hamilton Boulevard Building were transformed into food banks, utility company offices, pawn shops, and other businesses and organizations in the community. Students split up and played the roles of community members who work at these places, as well as low-income families. The families spent time budgeting their money, and then went out into the makeshift "community"—often with dolls representing small children in tow—where they tried to make the most out of their limited resources. In many cases, the desperation of the situation led to heated debate and in some instances, even criminal activity.

No matter what roles they played, it was a striking experience students are unlikely to forget.

"Nurses and social workers frequently interact with low-income families. The simulation enables students and others to look at poverty from a variety of angles and then to recognize and discuss the potential for change in their local communities," said Sandra Leh, Ph.D., assistant professor and director of the undergraduate nursing program at Cedar Crest College.

Cedar Crest senior nursing student Elizabeth Detweiler agreed: "The program will help make us more empathetic toward our patients and their problems, so we can understand how to help them better. For example, there are some patients in the hospital who can't afford their medications. It's up to us to figure out a way to make them healthy."

taken from "What's Happening at Cedar Crest College"





NLRC Reminders:

Lab coats **MUST** be worn at all times when using the labs.

Absolutely **NO FOOD or DRINKS** are to be taken into the labs.

Please make sure that you are cleaning up any equipment/supplies utilized for either practice or taping!!

Thank you!

Mrs. S.

*Remember to...

...check your Cedar Crest e-mail **daily**—
the Nursing department sends 95% of it's
communication via electronic mail.



Student/Alumnae news...

In case you missed this on the CCC website: After the Earthquake:

A Cedar Crest Nursing Alumna Blogs from Haiti

Recent Cedar Crest College nursing graduate and Navy Ensign Gwen Mayhew '09 has been deployed to Haiti on the United States Navy Ship Comfort to aid victims of the recent earthquakes. She left the United States on January 15 and arrived for a scheduled six-month stay on January 20. Since arriving at Port-au-Prince, Ensign Mayhew has seen a non-stop array of people with serious injuries while working in the surgical ward, according to her mother and fellow Cedar Crest College Alumna Lois Mayhew '75.

Ensign Mayhew is very busy and is only able to provide periodic updates to friends and family. She has been gracious enough to allow Cedar Crest College to create a blog in order to share her experiences in Haiti with the College community.



Visit http://www.cedarcrest.edu/ca/whats happening/haiti_blog1.shtm to follow Gwen's blog

Faculty news...

Dr. Wendy J. Robb presented a poster titled, "Incorporating Student-Produced Video Projects into Graduate Nursing Education" at the American Association of Colleges of Nursing's Masters Education Conference in New Orleans last month.

Program at Cedar Crest College Helps Health Care Providers Work Better Together

The Cedar Crest College master of science in nursing program hosted nursing students and faculty from local colleges and universities, as well as nurses and physicians from local hospitals, for a play about the physician/nurse relationship titled *Bedside Manners* on Wednesday, March 17, from 6-8 p.m. in Samuels Theatre of Tompkins College Center.



During the 45-minute play—co-authored by acclaimed health care writer Suzanne Gordon and playwright Linda Hayes—nurses from the Cedar Crest College master of science in nursing program performed as doctors and doctors from area hospitals played the roles of nurses as they acted out various common patient care scenarios, with the goal to raise awareness of the teamwork needed to provide the best and safest possible health care. Gordon was on hand to facilitate the evening's activities. A communications workshop was held after the play to discuss strategies for more productive interactions.



More than 150 participants from local schools and hospitals including Cedar Crest College, East Stroudsburg University, Moravian College, DeSales University, Saint Luke's Hospital and Lehigh Valley Hospital enjoyed the evening.

Updated from "What's Happening at Cedar Crest College"



I've always wanted to be a nurse and a teacher. After homeschooling my children through graduation I decided to pursue my dream of becoming a nurse. I started at LCCC and transferred to Cedar Crest to finish my general education classes. During my time at LCCC and then while I was at Cedar Crest I was a peer tutor for science classes and eventually nursing classes. I graduated from Cedar Crest College Nursing Program in August 2008. After graduation I began working as a cardiac nurse at St. Luke's Hospital. I never gave up my tutoring job because I believe that tutoring is such an important resource for the students. My goal was always to come back to Cedar Crest and work towards my Master's degree, which I am doing now. My concentration is in education. This way I can combine nursing and teaching and achieve two goals at once.



Tutoring Hours

Monday-12-8

Tues 10-8

Wed. 8-12

Thur 10-8

Fri 8-4



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We support all major platforms including iPhone/iPod Touch, Android, Blackberry, Palm and Palm Pre, Windows Mobile, as well as Windows Desktop.

Popular Titles for Nursing Students:

- Nursing Constellation Plus (\$155)
- Davis's Drug Guide for Nurses
- Taber's Medical Dictionary with Images & Pronunciation
- RNotes: Nurse's Clinical Pocket Guide
- Mosby's Diagnostic and Laboratory Test
- Archimedes Medical Calculator - Free
- Nursing Diagnosis Handbook
- Intravenous Medications
- Nurses Manual of Laboratory and Diagnostic Tests
- Diseases and Disorders: A Nursing Therapeutics Manual

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She Inspires Nursing Careers

Loretta Gogel, R.N., is passionate about caring for children and mentoring future nurses

Loretta Gogel, R.N., still remembers the 12-year-old girl admitted to Lehigh Valley Hospital–Cedar Crest around the holidays in 1998. "She had strep bacterial pneumonia and was very sick for two or three weeks," Gogel says.



The girl remembers Gogel too. "Loretta sat with me, held my hand and made everything seem OK," says Stephanie Sarge, now 23, of Andreas. Gogel encouraged Sarge to keep active and have fun to improve her breathing. At one point, she took Sarge to the lobby to help decorate the Christmas tree and visit the gift shop.

After Sarge recovered and left the hospital, her family kept in touch with Gogel. During Sarge's junior year in high school, she visited Gogel on the pediatric unit, bringing flowers and important news. Because of the compassionate care she had received years earlier, Sarge chose to study nursing in college. "I wanted to be that person at the bedside using my expertise to help," Sarge says. "Loretta is a great role model, and I still look up to her."

Gogel heard a similar call when she was a young girl. The oldest of six children, she often took care of siblings and cousins while growing up. She began working at the health network as a candy striper at age 13 and has worked in pediatrics for all of her 30-year nursing career. "I love pediatrics because you don't just take care of the child but the family," she says. "We're able to change people's lives, and that's really rewarding."

Gogel's passion for pediatrics care inspires others to follow her lead. Another of Gogel's past patients and a patient's relative also chose nursing careers after receiving hospital care from her. Sarge is the latest to capture Gogel's spirit. She is on-track to graduate from Cedar Crest College in June with a bachelor's degree in nursing. While on rotations, she made another decision: to specialize in pediatrics, just like Gogel. "I'm so proud of her, it makes me want to cry," Gogel says. "When somebody tells you you're an inspiration, I can't tell you how good it makes you feel."



Then and now—Stephanie Sarge (left) was so inspired by the care she received as a child from Loretta Gogel, R.N., she chose to study nursing at Cedar Crest College.

~Richard Laliberte
LVHN CheckUp

Student Survival Tips... on test taking

- ◆ Determine what the question is really asking. Look at the stem.
- ◆ Do not guess too soon! Read the question and all the answers before giving the final answer.
- ◆ Be aware of questions containing absolutes such as: never, always or guarantees.

For more ideas and information visit:
<http://ed4studentnurses.com/tips.htm>

S N A

Medical Clipboards are on sale in the Nursing Office. Each clipboard includes a calculator!

Cost \$20.

Cedar Crest College Badge holders, \$4.00

Stop by and check them out!

Change of Name?

Change of Address?

Change of Phone Number?

Please contact the Registrar's Office to make the appropriate changes. You must also contact IT to make sure your email reflects your name change.



Need a quiet place to study?...

Need to meet with a study group?...

Enjoy the reading room located off the North Entrance in HBB.

Remember this is a quiet area, so please respect other students who may be using the room.

Attentions Students: Your Help Is Needed!

Recently, you received an invitation to complete a survey about Resources for Nursing students. Please take a few moments to complete this survey by clicking on the link to survey monkey site that was sent in the e-mail. Your opinions will help the nursing department and the college to plan for needed resources to promote student success.

If you are unable to locate this e-mail, please contact the Nursing Office and the e-mail can be re-sent.

Notes from the Registrar's Office...

Important Spring Dates to Remember:

April 6, 2010	-	Follow Monday schedule
April 13, 2010	-	Last day to withdraw from spring classes (by 4:00PM)
May 5, 2010	-	Last day of classes (Follow Friday schedule!)
May 15, 2010	-	May 2010 Graduation

Planning on Graduating? Please take note of the following deadlines:

- o May Graduation – Apply by February 15th
- o August Graduation – Apply by May 15th
- o January Graduation – Apply by September 15th

All students are required to complete an Application for Degree in order to graduate or complete a certificate program. **Students are now able to complete this application online via My Cedar Crest.**

Once you log on to <http://my.cedarcrest.edu>, please select the 'Current Students' tab and then 'Registrar's Office'. Click on 'Apply for Graduation' and complete the form. This application is also available at the Registrar's Office.

Please remember that there will only be a ceremony for May graduation.

Need to request a transcript? All you have to do is log on to My Cedar Crest!

To request a transcript online you must go to www.cedarcrest.edu and log on with your student ID number and password. Click on the 'Current Students' tab, and then 'Registrar's Office.' Next, click the link for 'Courses and Grading.' On the right side of the page, you will see a box titled "Transcript Requests." Simply click on the link, complete the form, and click to submit your request.

General Reminders:

My Cedar Crest login credentials are no longer provided from the Registrar's Office. If you need you obtain your username or password, contact the Information Technology Help Desk at extension 3348, or by emailing helpdesk@cedarcrest.edu.

In the event of inclement weather, call the Cedar Crest College weather hotline at (610)606-4629 for information regarding delays and cancellations.

Please feel free to email registrar@cedarcrest.edu with any questions or concerns, even if it is after hours. You will receive a response as soon as possible. Be sure to send all emails from your Cedar Crest email account!

Cedar Crest students Participate in the Student Nurse Challenge



Navjot Padda, Liz Detweiler, Terri Langham, Katie Schute, Heather Schenkle and Cheerleader: Ruby Kate Robb

Five senior nursing students participated in the 3rd Annual Student Nurse Challenge at the Dixon School of Nursing at Abington Hospital on Friday night. While they did not advance into the final rounds, they represented CCC's program well! Nine schools from Southeastern Pennsylvania competed. Thank you to all the spectators who demonstrated their school spirit and cheered on the team!!



Recyclemania Cook Off

On Friday, March 26, 5 teams of faculty, Staff & Students competed in the Recyclemania Cook off. Each team started with the same basic ingredients: Chicken (whole), wild mushrooms, spinach, swiss chard, potatoes, baby bok choy and baby arugula, fresh goat cheese (fromage blanc) & 1/2 dozen eggs.

The challenge was to use those ingredients to create a tasteful & visually pleasing recipe. Roseann Flyte, Kathy Kuebler & Alicia Shussett represented "Team Nursing" and received 1st place honors with their winning meal of Rosemary and Goat Cheese Stuffed Chicken with Wild Mushroom Sauce, sautéed swiss chard with roasted potatoes, a salad with spinach, baby bok choy and baby arugula, fresh hard boiled egg with a sweet celery seed dressing and popovers.

It was an enjoyable afternoon of camaraderie with students and faculty and good food to share.



Saturday, March 27 was a day of fun for the Annual SNA Bunny Breakfast.



SNA Inductions



Tuesday, March 30 SNA Inductions were held in HBB. In conjunction with a general SNA Meeting, SNA thanked outgoing officers and welcomed the new 2010-2011 officers.

Out going officers include: President Elizabeth Detweiler, President Elect Kristen Flores, Vice President Leandra Logan, Secretary Kayla Reabold, Treasurer Marlana Hamm, Historian Brianna Powell.

Incoming officers for 2010-2011 are: President Kristen Flores, President Elect Kayla Henninger, Vice President Victoria Binder, Secretary Evangelia Koutroulelis, Treasurer Lauren Jorgensen, Historian Kathryn Martin

On Wednesday, February 17th, 15th District US Congressman Charlie Dent joined the master's class N 516 Issues and Trends to discuss the Health Care Reform Legislation. The main purpose of the visit was for Nursing to inform a politician about what we know our patients need.



NLRC Open Lab Schedule - April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please note: Open lab hours for HBB#2 subject to change after 4/19 due to N311 Practicums.</p>				<p>1 HBB#1, #3 & #4: Open 8:30a-10p HBB#2: 12p-4p</p>	<p>2 ALL LABS CLOSED</p>	<p>3 ALL LABS OPEN 8a-9p</p>
<p>4 ALL LABS OPEN 8a-9p</p>	<p>5 ALL LABS OPEN 7:30a-10p</p>	<p>6 ALL LABS OPEN 7:30a-10p</p>	<p>7 HBB#1 & #2: Open 7:30a- 10p HBB#3: 7:30a-12p 4p-10p HBB#4: 1p-10p</p>	<p>8 HBB#1 & #4: Open 8:30a-10p HBB#2: 12p-4p HBB#3: 12p-10p</p>	<p>9 HBB#1: 5p-10p HBB#2 & #3: Open 7:30a-10p HBB#4: 3p-10p</p>	<p>10 ALL LABS OPEN 8a-9p</p>
<p>11 HBB#1, #2 & #4: Open 8a-9p HBB#4: 4p-9p</p>	<p>12 HBB#1: 7:30a-10p HBB#2: 7:30a-4p HBB#3: 11a-10p HBB#4: 3p-10p</p>	<p>13 HBB#1, #2 & #3: Open 7:30a-10p HBB#4: 7:30a-10a 1p-10p</p>	<p>14 ALL LABS OPEN 7:30a-10p</p>	<p>15 HBB#1 & #4: Open 8:30a-10p HBB#2: 12p-4p HBB#3: 12p-10p</p>	<p>16 HBB#1, #2 & #4: Open 8:30a-10p HBB#4: 3p-10p</p>	<p>17 ALL LABS OPEN 8a-9p</p>
<p>18 ALL LABS OPEN 8a-9p</p>	<p>19 HBB#1 & #4: Open 7:30a-10p HBB#2: 7:30a-4p HBB#3: 4p-10p</p>	<p>20 ALL LABS OPEN 7:30a-10p</p>	<p>21 HBB#1: 7:30a-10p HBB#2: 7:30a-6p HBB#3: 7:30a-12p 4p-10p HBB#4: 4p-10p</p>	<p>22 HBB#1 & #3: Open 7:30a-10p HBB#2: 12p-10p HBB#4: 12p-10p</p>	<p>23 HBB#1: 7:30a-10p HBB#2: 7:30a-3p HBB#3: 4p-10p HBB#4: 3p-10p</p>	<p>24 HBB#1, #3 & #4: Open 8a-9p HBB#2: 7:30a-3p</p>
<p>25 ALL LABS OPEN 8a-9p</p>	<p>26 HBB#1 & #4: Open 7:30a-10p HBB#2: 7:30a-7p HBB#3: 4p-10p</p>	<p>27 ALL LABS OPEN 7:30a-10p</p>	<p>28 HBB#1, #2 & #4: Open 7:30a-10p HBB#3: 4p-10p</p>	<p>29 HBB#1, #2 & #4: Open 7:30a-10p HBB#3: 12p-10p</p>	<p>30 HBB#1, #2 & #4: Open 7:30a-10p HBB#3: 4p-10p</p>	