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The Stethoscoop, March 2015

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The Stethoscoop

Issue 2 March 2015



President: Miranda Matheny

Chief Editor: Caroline Shaw

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The National Association of Hispanic Nurses



By: Blanca Miller

The National Association of Hispanic Nurses (NAHN) is the only national organization representing Hispanic Nurses in the United States. NAHN was founded by Ildaura Murillo Rhode, RN, PhD, ND, FAAN in 1976. The organization evolved out of an Ad Hoc Committee of the Spanish Surname Nurses' Caucus formed during the American Nurses Association Convention at San Francisco in 1974. In 1976, the organization was named the National Association of Spanish-Speaking/Spanish Surname Nurses then renamed the National Association of Hispanic Nurses.

The mission of NAHN is to advance the health in Hispanic communities and to lead, promote and advocate the educational, professional and leadership opportunities for Hispanic nurses.

NAHN represents the interests of over 110,000 Hispanic/Latino Nurses in the US. NAHN is committed to the promotion of the professionalism and dedication of Hispanic nurses by providing equal access to educational, professional, and economic opportunities for Hispanic nurses. There are chapters throughout the United States that support various local organizations. The Illinois Hispanic Nurses Chapter, located in Chicago is committed to enriching the lives' of Hispanic nurses through the advancement of academic achievement, professional advancement, cultural awareness, and active involvement in the Hispanic community. The chapter has joined with the local American Heart Association to form the Illinois Hispanic National Association-American Heart Association Task (IHNA-AHA) force to help improve cardiac health in the local Hispanic community.

The Central Illinois Association of Hispanic Nurses is being developed to help advance the health of Hispanics in Central Illinois. The Association will also be dedicated to mentoring nurses and students to become future leaders and agents of change in their organizations and communities.

Irish Soda Bread

By: Marissa Nicastro

TOTAL TIME: Prep: 15 min. Bake: 40 min. + cooling **YIELD:** 12 servings

Ingredients

- 3-1/2 cups all-purpose flour
- 1/2 cup sugar
- 2 tablespoons caraway seeds
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 2 eggs
- 2 cups (16 ounces) sour cream
- 3/4 cup raisins

Directions

1. In a large bowl, combine the flour, sugar, caraway seeds, baking powder, salt and baking soda. In a small bowl, whisk eggs and sour cream. Stir into dry ingredients just until moistened. Fold in raisins.
2. Spoon into a greased 9-in. springform pan. Bake at 350° for 40-45 or until a toothpick inserted near the center comes out clean. Cool on a wire rack for 10 minutes before removing sides of pan. Cut into wedges; serve warm. **Yield:** 1 loaf (12 wedges).



10 Tips To Make It Through Nursing School

By: Maria Lolis

1. Plan ahead
2. Sign up for tutoring
3. Study well in advance
4. Ask questions!
5. Make a schedule
6. Read your textbooks!
7. Eat healthy and exercise
8. Make a study group
9. Review your tests
10. Reach out to your staff



P.R.O.U.D. (Pre-Entry & Recruitment Opportunities for Undergraduate Diversity)

Program Creating Future Leaders in Healthcare

By: Elaine Hardy

Every semester the P.R.O.U.D. team plans the programming for the upcoming semester. This semester the programming for students has been focused upon their development as leaders. The programming has been coordinated with the Dean of Students office (Leadership and Community Connection, Diversity Advocacy), and the Visor Center. The leadership focus is based upon Kouzes and Posner, five practices of exemplary leadership. The five practices are as follows: Model the Way (clarify values and set examples), Inspire a Shared Vision (envision the future and enlist others), Challenge the Process (search for opportunities to take risk), Enable Others to Act (foster collaboration and strengthen others), and Encourage the Heart (recognize contributions of others and celebrate values and victories). “Leadership is the art of mobilizing others to want to struggle for shared aspirations” (Kouzes, Posner, High, & Morgan, 2013).

Leadership can be learned, and students are taking advantage of learning from others. Many view leadership as holding an office or being in a position over others. However, as defined by Kouzes, Posner, High, and Morgan (2013), “Leadership is the art of mobilizing others to want to struggle for shared aspirations.” So when students come together for a common cause, and are able to encourage others to share in that cause, they are leaders. P.R.O.U.D. students are participating in activities that motivate others, (INSPIRE A SHARED VISION: forming professional nursing organizations in the community; ENABLE OTHERS TO ACT: mentoring of other students; CHALLENGE THE PROCESS: participating in research with faculty, disseminating that research at nursing conferences, etc.). Some leadership developmental activities include, potlucks (MODEL THE WAY: speakers who represent the profession from the community and faculty members; ENCOURAGE THE HEART: celebrate birthdays from that month. Students are given the opportunity to attend resume-writing workshops and participate in mock interviews with potential employers. Representatives from human resources from the OSF healthcare system have been speakers, giving students tips on how to present themselves when applying for positions. Not all leadership activities have to be work related, the P.R.O.U.D. program offers, “Take a Day Off Activities,” where students and faculty participate in various “fun” activities, such as bowling, bus rides, restaurant outings, and game night. Activities are posted on the monthly calendar and are open to all MCN students. By focusing on the five practices of exemplary leadership, students are developing and showcasing their leadership abilities and becoming future leaders in healthcare.



Measles Outbreak

By: Maddie Jacobs

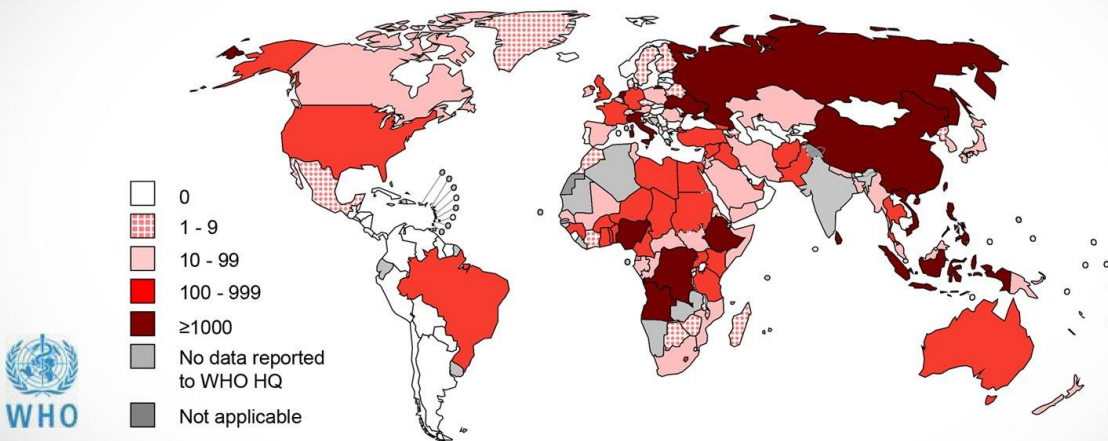


As of March 2nd, the total number of measles cases in the United States reached 170. Seventeen states have reported cases of measles, with 140 of the cases being linked to the outbreak from Disneyland in California. Illinois is one of the seventeen states that have reported numerous cases of measles. Fifteen cases have been reported in the state and 12 of the cases have been linked to KinderCare Learning Center in Palatine. The virus is thought to be imported from a traveler from another country where measles is still common. In response to the measles outbreaks, some states are introducing bills to have stricter laws on vaccination exemptions. Currently Illinois law says that parents may choose to not vaccinate their children for religious beliefs or recognized medical issues.

Prevention!

According to the CDC, receiving the MMR vaccine can prevent you from contracting the virus. One dose of the vaccine is 93% effective, while two doses of the vaccine are 97% effective. They recommend having children receive the first dose of the vaccine at 12-15 months of age and the second dose at 4-6 years of age.

Measles Cases September 2013 - February 2014



March 2015 Issue-- Events

By: Lindsay Murga

March

- Fri. Mar 13th- SUP Yoga Registration Deadline 12pm
- Tues. Mar 17th- Massage 1-5pm @ Student Services Building room 379
 - Meditation for Positive Living 3:30-4:30pm @ Student Fitness Center room 254C
 - SNA meeting 1-2pm @ Stevenson room 101
- Wed. Mar 18th- Massage 11-3pm @ Student Services Building room 379
- Sat. Mar 21st- Family Swim 10-12pm @ Student Fitness Center Pool
 - Women's Tennis vs. UIC 1pm @ Gregory St. Tennis Courts
- Tues. Mar 24th- Student Nurse Political Action Day 8-3pm @ Springfield, IL
 - Massage 1-5pm @ Student Services Building room 379
 - Meditation for Positive Living 3:30-4:30pm @ Student Fitness Center room 254C
- Wed. Mar 25th- Massage 11-3pm @ Student Services Building room 379
- Fri. Mar 27th- Nursing Simulation Lab Tour 3-4pm @ Nursing Simulation Laboratory
- Sat. Mar 28th- SNA Formal!
- Mon. Mar 30th- MCN Open House for BSN Program 1-2pm @ Circus Room
 - MCN Open House for BSN Program 2:30-3:30pm @ Circus Room
- Tues. Mar 31st- Massage 1-5pm @ Student Services Building room 379
 - Are You LinkedIn 3-4pm @ Student Services Building room 110P
 - Meditation for Positive Living 3:30-4:30pm @ Student Fitness Center room 254C
 - SNA meeting 1-2pm @ Stevenson room 101

April

- Wed. April 1st- National Walking Day Walk 12-1:30pm @ Redbird Arena
 - Massage 1-5pm @ Student Services Building room 379
 - PAWSitively Stress Free 3-5pm @ Milner Library 3rd Floor
- Thurs. April 2nd- Mindfulness Class for Students 3:30-4:45pm @ McCormick Hall room 184
- Sat. April 4th- Women's Tennis vs. Northern Iowa 1pm @ Gregory St. Tennis Courts
- Tues. April 7th- Massage 1-5pm @ Student Services Building room 379
 - Meditation for Positive Living 3:30-4:30pm @ Student Fitness Center room 254C
 - School Fitness Fair @ Parkside Elementary
- Wed. April 8th- Massage 1-5pm @ Student Services Building room 379
 - Neon at Night 5K Fun Run 8-9pm @ Student Fitness Center
- Thurs. April 9th- Mindfulness Class for Students 3:30-4:45pm @ McCormick Hall room 184
 - Blackhawks vs. Blues Screening 7pm @ Circus Room in the Bone Student Center

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