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The Stethoscoop

Mennonite College of Nursing Publications

Spring 1-2017

The Stethoscoop, January 2017

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The Stethoscoop

President
Marissa Nicastro
Chief Editor
Maddie Jacobs
Assistant Editor
Rachel Sterling

January Events

By: Maddie Jacobs

- January 24th: Lifestyle Enhancement Program: Balanced Bellies and Backs - 12:15pm @ Bone Student Center
January 24th: Lifestyle Enhancement Program: Tuesday Yoga – 4:30pm
January 25th: Winterfest 2017 Discover Campus Life – 4-7pm @ Brown Ballroom
January 25th: Lifestyle Enhancement Program – T'ai Chi: Chen Style –5:15pm @ Thomas Metcalf School
January 25th: Men's Basketball vs. Indiana State @ 7pm
January 27th: Nursing Simulation Lab Tour for Prospective Students @ 3pm
January 27th: Women's Basketball vs. Evansville @ 7pm
January 28th: Chicago Redbirds Water Works Pool Party & Food Drive @ 6pm – see Alumni website for details.
January 28th: Lifestyle Enhancement Program: Table Tennis – 8pm @ Thomas Metcalf School
January 29th: Women's Basketball vs. Southern Illinois @ 2pm
January 31st: SNA Potbelly Fundraiser 5pm-8pm
February 1st: PAWSitively Stress Free at Milner Library – 2pm
February 1st: Men's Basketball vs. Northern Iowa @ 8pm
February 1st: SNA Windy City Wieners Fundraiser 3pm-9pm
February 2nd: Spring Internship Fair – 4pm-7pm @ Bone Student Center
February 3rd: Play for Kay 5:30pm @ Redbird Arena
February 3rd: Women's Basketball vs. Indiana State @ 7pm
February 7th: SNA Meeting 1pm @ STV
February 8th: Price is Right Live at Braden Auditorium – 7:30pm
February 11th: Men's Basketball vs. Bradley @ 9pm

Join the Stethoscoop Team!

Interested in becoming the President of Stethoscoop or becoming a member?

Please contact Marissa Nicastro @ manicas@ilstu.edu for more information!

Thyroid Awareness

By: Caley Roahrig



THYROID
AWARENESS

Hypothyroidism

- This is a condition where the thyroid gland does not produce enough of certain hormones.
- Signs and symptoms include feelings of fatigue, increase in sensitivity to cold, dry skin, thin hair, weight gain, muscle weakness, aches, and tenderness, slower heart rate, depression, and impaired memory.
- If left untreated and the gland continues to be consistently stimulated, a goiter may form, which is when the thyroid becomes enlarged.
- Myxedema can be life threatening and occurs when the hypothyroidism is advanced.
- Lab tests can show hypothyroidism.
- There are some risk factors and complications from hypothyroidism include many different health problems.

<http://www.mayoclinic.org/diseases-conditions/hypothyroidism/home/ovc-20155291>

Hyperthyroidism

- This is a condition where the thyroid gland produces too much of the hormone thyroxine.
- Signs and symptoms include weight loss, tachycardia, irregular heartbeats, palpitations, increased appetite, feelings of nervousness, anxiety, and irritability, sweating, difficulty sleeping, skin thinning, and fine, brittle hair.
- Graves' ophthalmopathy may occur, which is when the eyeballs protrude beyond the normal area.
- Risk for goiter formation and other health issues can occur as well.
- Lab tests can show hyperthyroidism.

<http://www.mayoclinic.org/diseases-conditions/hyperthyroidism/basics/definition/con-20020986>

Crock Pot Spaghetti Recipe

Rachel Sterling

Ingredients:

- ½ pound lean ground beef
- ¼ onion, finely diced
- ½ tablespoon olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon kosher salt
- 1 jar of pasta sauce
- ½ cup water
- ½ pound spaghetti noodles
- ¼ cup grated parmesan cheese



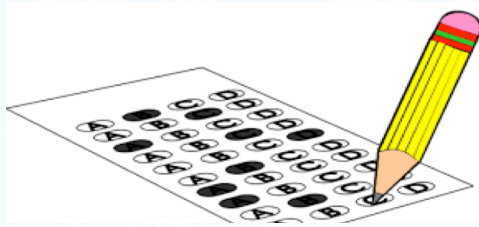
Prep:

1. In a skillet over medium heat, cook oil, meat, onion, garlic powder, and salt for 5-7 minutes
2. Pour ½ jar of pasta sauce and ½ cup of water into crock pot
3. Break spaghetti noodles in half and put on top of sauce
4. Add cooked meat to the crock pot, then add the cheese and second half of pasta sauce on top
5. Cover and cook on high for 2-2 ½ hours or low for 6 hours

<http://weelicious.com/2015/05/29/crock-pot-spaghetti-recipe/>

NCLEX PREP

By: Marissa Nicastro



1. A 19-year-old client comes to the emergency department with acute asthma. His respiratory rate is 44 breaths/min, and he is in acute respiratory distress. What is the nurse's priority action?
 - a. Provide emotional support
 - b. Take a full medical history
 - c. Give a bronchodilator by nebulizer
 - d. Apply a cardiac monitor to the client

2. The nurse is caring for a client with terminal lung cancer. What is the priority nursing intervention for this client?
 - a. Provide the clients will
 - b. Provide nutritional support
 - c. Provide emotional support
 - d. Provide pain control

3. A client with acute renal failure has a serum potassium level of 7.0 mEq/L (mmol/L). What is the nurse's priority action for this client?
 - a. Blood pressure
 - b. EKG results
 - c. Mental status
 - d. Urine specific gravity

Answers: 1. C 2. D 3. B

Resource: <http://thepoint.lww.com/>