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# The pulsebeat

A Publication for New Jersey Nursing Students  
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## PRESIDENTIAL REFLECTIONS

Dear NJNS, INC. Members, Wow this year has flown by! I can not believe how much has happened in the past 12 months. Recently, I had the privilege of attending the NSNA National Convention in Grapevine, Texas. I had the



Melissa Campbell

opportunity to represent New Jersey in the Council of State Presidents. I was very proud and honored to be a member of this wonderful state. You all too should be proud! I also served with six other fellow NJNS, INC. members in the House of Delegates. Thank you to **Namrata Jani, RN**, for her passionate presentation on our state's resolution!

As this year closes, I look back and think about the many great people who have made this year wonderful. I would like to thank the NJNS, INC. Board of Directors for their hard work. The friendships and mentorships I have made I hope to continue in years to come. I want to take this opportunity to wish **Deyanira Zarza, RN**, good luck in the upcoming 2008-2009 year! I have high hopes for this organization and I know you can carry on New Jersey's tradition with pride and enthusiasm. Best of Luck to all! 🍀

Melissa Campbell, RN  
President, NJNS, INC.

## DEAR NEW JERSEY NURSING STUDENTS

I would like to personally tell all of you how proud I am to have served you while I was on the Board of Directors as Second Vice President. I hope that we presented informative and fun focus sessions for you at convention.



Lisa Teppert

I worked very hard over the past year in an effort to help make your convention a success. I would like to wish all of you much success in school and in your future nursing careers. Thank you for allowing me the opportunity of serving you this past year. I look forward to many great things from the new Second Vice President and I wish you the very best in the upcoming year. 🍀

Yours in Nursing,  
Lisa Teppert, RN

## FAREWELL AND THANK YOU TO ALL

As a delegate I have been to three national student conventions and out of those three I can say this years national student convention in Grapevine, Texas was the best. It was really political but yet very unified. To see the passion and hard work that was put into the resolutions submitted by nursing students was amazing. Voicing our concerns and fighting for awareness and education was the energy that each nursing student showed at the convention. My last convention for the year was a powerful convention that I will not forget. I commend our Resolutions Director **Namrata Jani** for delivering such an important resolution about noise control in the health care facilities, which we as healthcare professional need to be aware of and understand how much of an impact it is on our patients.

I started out as delegate then worked my way up as a BTN Director on the New Jersey Nursing Student, Inc. I saw the opportunity for me to make a difference and express the vast amount of opportunities that there is in the nursing profession. Being part of NJNS, Inc, as the Breakthrough to Nursing Director was a great experience for me; it's a bitter sweet moment that I have completed my term serving on the board. To see the impact that we as nursing students can make and how loud our voices can be heard is a powerful movement that we all should be proud of.

I enjoyed every moment of being involved with NJNS, Inc now it's my time to move forward and begin my journey as an RN and become involved with a professional nursing organization. It was great working and getting to know the board members that I have come to know for that past two years, thank you and I wish all great success in the future. To the new board I wish you much success as well and that you all will represent the New Jersey Student Nurses, Inc with confidence.

Good Luck to all of you! 🍀

Respectfully submitted,  
Mary Antoine  
Breakthrough to Nursing Director



Mary Antoine

## EDITOR'S THOUGHTS

What a journey it has been. I am honored to have had the chance to be the editor of such a wonderful newsletter for our state nursing students. It has been an amazing time. I have learned many things being on the executive board and hope to take them into the other areas of my life. It was most important to me to bring an informative paper to our fellow students with a wonderful look. This format should continue into with the future boards with minimal updating making it much easier for editors to work with. I thank Allyson Backes for all her publishing help and to everyone on the board who submitted articles. Tracey Seigel, NJNLN Consultant was very helpful at keeping me focused and reviewing and re-reviewing all of the content. As I give my position to Sarah Lelion it is with great pleasure that a fellow Ocean County College student take my place. It is with sadness that I give up my position. I have always wanted to work on a newsletter/newspaper and being a mother of 3 daughters, wife, sister, daughter, student, as well as, Girl Scout leader, and 4H co-leader, after passing my NCLEX I will need a well deserved break from school work for 1 semester and would not be eligible to stay. I wish the new board much luck, fun, and success for their term and in all endeavors in their life. I have met many wonderful people and hope to continue my volunteer work, not on a pre-professional level, but on a PROFESSIONAL one. Please if you feel the desire to write, inform, or ask questions you feel others would have, send in your submissions or email them. We are always looking for student content! This is your newsletter take advantage. Thanks for reading!!! 🍀



Mie Lowe

Mie Lowe  
NJNS Inc, Pulsebeat Editor/Public  
Relations Dir  
Ocean County College Nursing Student

## MISSION

Our goal as an organization is to help mold the future professionals of the nursing field. Only through involvement can we implement change. You are the future leaders of the nursing profession. Professionalism and Leadership begin here with NJNS, Inc! 🍀

See page 2 & 3 for your new representatives of NJNS....

## HELLO FROM DEYANIRA ZARZA, RN, NEW PRESIDENT FOR NJNS

My name is **Deyanira Zarza**. I am a graduate of Christ Hospital School of Nursing in Jersey City, New Jersey. I hold an Associate degree in Applied Sciences from Hudson County Community College and am currently pursuing a Bachelor of Science in Nursing at New Jersey City University.



Deyanira Zarza

I am a proud mother of three wonderful children. It is with my family's support that I am able to do so much. They understand the demands and importance of a professional degree and that of a good education. Without them all of my accomplishments would not be possible.

At the present time, I work as a registered nurse on the Labor and Delivery unit at Christ Hospital. My professional interest goes beyond the workplace. I am honored to have been elected as the 2008-2009 President for NJNS, Inc. I've previously served on the board as the 2007-2008

1st Vice President after having served as the 2006-2007 Membership/Nomination Director. My duties as President are to play an integral role in planning and overseeing our annual convention and to see that we as a board comply with the purpose and functions of NJNS. The purpose of NJNS is to assume responsibility for contributing to nursing education in order to provide for the highest quality health care; provide programs representative of fundamental and current professional interests and concerns, and lastly aid in the development of the whole member's professional role and responsibility for the health care of all people.

I am truly excited to be part of the NJNS organization and would encourage any nursing student to consider running for a position on our Board of Directors. I cannot express how great it is to get involved and how important your feedback is to this organization. With the help of all the students in the state, this year's convention will be one for the records. I look forward to meeting all our members and please feel free to contact me with any questions or suggestions you may have at [president@njnsinc.org](mailto:president@njnsinc.org). 🐦

## HELLO FROM THE NEW TREASURER FOR NJNS

My name is **Scott Rovito** and I am the Treasurer for New Jersey Nursing Students Inc. this year. I currently attend Capital Health System School of Nursing in Trenton. I will be graduating May 2009 with an A.S. in Nursing, and plan to specialize in Critical Care. Nursing will be a second career for me, after retiring recently as a Police Officer.

After 20 years in the law enforcement profession and 4 years in the Marine Corps, I have compiled a vast history of experiences. These experiences entail leadership, management, community relations and team work, to name a few.

My goals as being the treasurer this year with NJNS, Inc. is to be a reliable asset to the organization's mission and maintaining the reputation of being a respected nursing student organization nationwide. I will provide the same enthusiasm and dedication that made me successful in law enforcement, and look forward to a rewarding year. 🐦

## HELLO FROM THE NEW COMMUNITY HEALTH DIRECTOR

Hello! My name is **Elizabeth McPetridge**. I am proud to serve the NJNS this year as the new Community Health Director. I am currently a student at Helene Fuld School of Nursing. My hope is to bring a positive contribution to the association, student nursing body, and surrounding community. There are two things that come to mind when thinking of Community Health: "Support," and "Empowerment." As the nursing profession grows into the local communities, there must be a base of support and knowledge of health issues within and around our populations. It is important then to empower those in need with our hearts and minds. I have a duty to be the bridge between the student body of nurses and our growing community. I look forward to serving my school, my community, and my state. Thank you for this opportunity. 🐦

## HELLO FROM THE NEW 1ST VP

My name is **Amy Skapyak** and I am proud to serve as NJNS, Inc. 1st Vice President for the 2008-2009 term. I am currently enrolled in the BSN program at Rutgers University. Upon graduating I hope to pursue a career as a Pediatric Nurse Practitioner. I am very excited to hold this position and I hope that you will share my enthusiasm!



Amy Skapyak

My goal this year is to serve as your advocate. I would like to provide an avenue of communication and support throughout the state with each and every chapter or potential chapter. NJNS offers a pre-professional organization that supports nursing students as they complete their education and prepare for their career. I want to offer my support and guidance to students, encourage leadership opportunities and professional development, and promote community involvement along with nursing awareness. I am committed to continuing the success of NJNS.

Thank you for allowing me to serve you. If anyone has any questions, comments or concerns please do not hesitate to contact me! My email is [1stVP@njnsinc.org](mailto:1stVP@njnsinc.org). 🐦

## HELLO FROM THE NEW 2ND VP

Hello fellow New Jersey nursing students and nursing faculty, my name is **Regina Adams**. It is a great honor and my pleasure to serve as 2nd Vice-President this year. I am a student at Capital Health System School of Nursing in Trenton, NJ and will graduate May 2009. I am married and have three young children. The planning for the next convention is already underway. Great news, the Taj Mahal is expanding and next years' convention will have more focus sessions to accommodate more students. If you would like give a speech or conduct a focus session, forms can be downloaded from the website at [njnsinc.org](http://njnsinc.org). My goal this year is to encourage student involvement in NJNS, Inc and provide programs and focus sessions of professional interest at our next convention. I look forward to a fun and challenging year. Please feel free to contact me with your suggestions and comments at [reginaadams73@aol.com](mailto:reginaadams73@aol.com). 🐦



A Publication of New Jersey Nursing Students

*The Pulsebeat*, a publication of the New Jersey Nursing Students (NJNS), welcomes unsolicited manuscripts and suggestions for articles. Manuscripts can be up to 750 words, either typed double spaced on white paper or sent on 3-1/2" disk, MS Word, spell checked, singled spaced with only one space after a period. Please send one hard copy for review, no faxes will be accepted. Authors names should be placed after title with credentials and affiliation. Please send a photograph (preferably B&W) of yourself. All articles submitted to and or published in *The Pulsebeat* may not be reprinted w/o the expressed permission from the author. The author retains the primary ownership of any articles submitted or printed. All accepted manuscripts may undergo editorial revision to conform to the standards of the newsletter or to improve clarity. *The Pulsebeat* is not a peer reviewed publication.

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## HELLO FROM THE RESOLUTION DIRECTOR

I hope all of you who came to the annual convention in Atlantic city enjoyed it, and also learned a thing or two. It was very nice to see so many of us together in one place. I observed a lot of us interacting with students from other schools, and cities; we also got to network with employers from different parts of New Jersey. I am sure you would all agree the convention was an event for us to educate ourselves, bring out our leadership potential, have a voice (by having delegates representing different schools) as nursing students in our organization and beyond. I hope all of you were able to spare some time to relax and have fun, we all know how important and necessary that is as nursing students.



Namrata Jani

(continued on page 4)

## HELLO FROM THE NEW COMMUNITY HEALTH DIRECTOR

Hello! My name is **Elizabeth McFetridge**. I am proud to serve the NJNS this year as the new Community Health Director. I am currently a student at Helene Fuld School of Nursing. My hope is to bring a positive contribution to the association, student nursing body, and surrounding community. There are two things that come to mind when thinking of Community Health: "Support," and "Empowerment." As the nursing profession grows into the local communities, there must be a base of support and knowledge of health issues within and around our populations. It is important then to empower those in need with our hearts and minds. I have a duty to be the bridge between the student body of nurses and our growing community. I look forward to serving my school, my community, and my state. Thank you for this opportunity. 🍀

## HELLO FROM THE NEW BREAKTHROUGH TO NURSING DIRECTOR

I am a proud student at Helene Fuld School of Nursing in Blackwood, NJ and currently work in Cape Regional Medical Center's Emergency Room down by the Jersey Shore. As the Break Through to Nursing Director for NJSNA I look forward to raising awareness and enthusiasm for the field of nursing throughout New Jersey. I plan to not only serve as a resourceful liaison to the many nursing students I come in contact with, but I also hope to break through and reach populations of varying ages, gender, and socio-cultural backgrounds with the message that the nursing profession is where it's at, with countless opportunities and a myriad of diversified work environments! 🍀

Leeihnae' Reese

## NCLEX REVIEW

For the final edition of *Pulsebeat* for this year, I have included a variety of questions. I hope that these questions have helped all of you as you prepare for that "final big test". I have enjoyed sharing questions with New Jersey Nursing Students and wish all of you success in your chosen profession.



Tracey Siegel, MSN, RN

- The nurse cares for a client with a possible hip fracture. Ibuprofen, oxycodone and acetaminophen are ordered prn. Several hours after admission, the client reports pain. Which of the following actions should the nurse take first?
  - Administer the ibuprofen.
  - Call the physician to determine which medication to give.
  - Gather more information from the client about the pain.
  - Reposition the client and apply an ice pack.
- A cast is applied to a 9 month old girl for the treatment of talipes equinovarus. Which of the following instructions is most essential for the nurse to give the mother regarding care?
  - Offer appropriate toys for her age.
  - Make frequent clinic visits for cast adjustment.
  - Provide analgesics as ordered.
  - Do circulatory checks of the casted extremity.
- A client with diabetes has a blood glucose level of 644 mg/dl. The nurse knows that this client is at risk for which of the following acid base imbalances?
  - Respiratory acidosis
  - Respiratory alkalosis
  - Metabolic acidosis
  - Metabolic alkalosis
- In which situation would a nurse always be required to disclose information to an outside agency about a client or the situation?
  - A 4 year old client who was left unsupervised and fractured a leg.
  - A 16 year old client admitted for pneumonia and has track marks.
  - A 45 year old public official with depression who has attempted suicide.
  - An 84 year old client who is confused and involved in a motor vehicle accident.
- A nurse on an inpatient psychiatric unit finds a client unresponsive in the day room with a vial of tricyclic antidepressants empty on the floor nearby. The nurse should first:
  - Attempt to wake up the client and induce vomiting.
  - Call a code and remain with the client.
  - Call the poison control center for instructions.
  - Place the client in bed and call the physician.
- A client with pulmonary emboli is receiving IV heparin infusion and is being prepared for discharge in 2 days. The physician writes and order for Warfarin (Coumadin) 7 mg today at 6 PM but doesn't discontinue the Heparin. The nurse should:
  - Contact the physician and question this order.
  - Discontinue the Heparin at 6 PM and give the Coumadin.
  - Give the Coumadin, draw a stat Prothrombin time and call the physician.
  - Give the Coumadin and maintain the Heparin as ordered.
- The nurse has received the following medical prescriptions for clients who were recently admitted. Which of the following should the nurse do first?
  - Obtain a sputum specimen for acid fast bacillus from a client with suspected TB.
  - Assess the weight of a client with CHF who has crackles in the base of the left lung.
  - Administer an inhaled beta 2 agonist to a client with asthma whose most recent peak flow is 60% of baseline.
  - Administer oral digoxin to a client with CHF who most recent digoxin level was sub therapeutic.
- A new graduate RN is assigned to a sub acute unit. The nurse has the help of 2 nursing assistants to care for 15 clients. When delegating client care, the most important concept for the nurse to keep in mind is:
  - The length of time it takes to care for each client.
  - The skill level of the nursing assistants.
  - The length of time each assistant has been on the job.
  - Which clients the RN has cared for before.
- The employee health nurse is assessing a newly hired UAP. Which statement by the UAP requires immediate attention?
  - The UAP states an allergy to bananas, papayas and avocados.
  - The UAP is taking enalapril (Vasotec) for hypertension.
  - The UAP received a pneumovax immunization 4 years ago.
  - The UAP is 40 lbs overweight.
- A client receiving chemotherapy visits the clinic and tells the nurse "Food has no taste and my mouth is sore." The nurse should next:
  - Advise the client to eat a bland diet.
  - Teach the client to use a soft toothbrush.
  - Examine the client's mouth.
  - Ask the physician to order a prescription mouth rinse.

## HELLO FROM THE NEW EDITOR

My name is **Sarah Lelion** and I am a second semester student at Ocean County College and I am happy to represent you as Pulsebeat Editor/Public Relations Director this year. I enjoy involving myself in several student, church, and community activities. I believe that keeping yourself up to date through various nursing publications is critical to effective nursing care. I look forward to working with you and if there are any questions or comments do not hesitate to contact me. 🍀

Sarah Lelion

08-09 Pulsebeat Editor/PR Director

## BECOME A MEMBER

To become a member of NSNA & NJNS please visit the membership area of NSNA's web site at <https://nsnamembership.org/>

Answers on page 4

## Hello from Namrata Jani (continued from page 3)

This year's annual national convention was in Grapevine Texas. I was very fortunate to have represented New Jersey as a resolutions director at national convention. The energy, enthusiasm and leadership quality of students from other states was worthy of applause, the magnitude and strength of nursing students, as an organization was unbelievable. Leaders from different organizations like ANA, NLN, U.S. Army Corp. addressed us in the opening ceremonies. It was encouraging and inspiring to hear the keynote speaker talk about how to develop leadership skills.

The House of Delegates was enormous and filled with enthusiastic delegates, who were very professional, courteous and leaders who helped make some important decisions for our organization. The resolutions hearing sessions were very energetic. Many great resolutions were discussed, strong pro and con statements were presented; it was amazing to see the efforts, team work, support and sometimes disapproval expressed by the fellow delegates and authors. The convention was truly a great educational and professional experience. We also had a chance to receive the Southern hospitality, relax, try different foods, and learn line dancing which was a nice break from school.

I was honored to have served as the resolution director for you this year. I am very happy and excited that I will continue to represent you on the state and national level again as a resolution director for the coming year.

I would encourage more students to attend the national conventions, please encourage your schools to sponsor you as delegates and represent New Jersey. Only seven delegates represented New Jersey, at this year's convention; New Jersey is capable of having virtually three times that number of delegates because of our memberships. It is sad and disheartening that not many schools encourage professional participation in such events.

Conventions and other such professional activities prepares a nursing student to become a future nurse leader; it is an enriching experience both personally and professionally I invite all of you my fellow nursing students to have an active role in our organization and humbly request the schools to encourage their students participation

I would like to wish the best of luck to all the seniors who will graduate and become nurses this year, you all will begin the journey of care, compassion and autonomy as you break away from your respective schools and teachers. It will be a time to thank our schools, teachers, deans and directors for all the support and education that they have provided. Juniors and freshmen, study hard and be on your toes as time flies and you will be seniors before you know, warm wishes and luck to you too, I am sure I will see you next year at the convention. ☺

Namrata Jani  
Resolutions Director

## FABULOUS FACULTY!!!

This being my last submission to the *Pulsebeat* and wishing to continue this column I must tell the student world how lucky I am to have been able to learn from one of the best!!! Day after day we say how horrible school is. I have been counting down the days since I started Ocean County College, but somehow Professor **Leah Kelly**, RN, EDD, APNC has made my life just that much more tolerable. She brings out the best in cardiology, SHOCK, neurology, and renal failure like no one else. The stories she tells, the places she has been, the people she knows, the books she reads, the conferences she attends, and her spiritual beliefs have been such an inspiration. She is not full of herself. She does not expect you to know things she cannot explain. She keeps you laughing and crying making it the best semester I have had. My heart has actually been filled instead of drained. I must say I will MISS coming to class. I have never thought that about any other professor in my life. She has kept me up to date in all aspects of nursing care. As I look back to the previous semesters, I am amazed at how much I have learned in just this one. It has all come together and I would not have been able to get it all in my head if it wasn't for her teaching style. She is always available for questions and will tweak her grading system in the hope of the class actually succeeding. How many others do that? She wants us to be the best we can be and makes us think about the total picture. We cannot just memorize! We must actually understand the material. Imagine that...I can finally say, I do understand. If I am ever even 1/4 of the RN she is I could say I am blessed. She is one more thing I am thankful for in the whole scheme of things. What a crazy adventure it has been and the home stretch was filled with laughter and love. I thank you for such a wonderful trip and wish you the best!!! As she would say, ONWARD!!!

Mie Lowe  
NJNS, Inc  
Pulsebeat  
Editor  
Ocean County  
College

## NCLEX REVIEW

### ANSWERS AND RATIONALES:

1. The answer is C: A report of pain needs additional data from the client. What is the level of pain on a standardized scale? What is the quality of pain? Where is the pain located? The nurse should complete a full pain assessment before making a decision about which analgesic is appropriate.
2. The answer is D: Although all of the interventions are important, circulatory checks on a casted extremity is most critical.
3. The answer is C: Metabolic acidosis will most likely occur with an elevated blood sugar unless immediately therapy is started. Diabetic Ketoacidosis is a form of metabolic acidosis.
4. The answer is A: This indicated child abuse and the appropriate authorities need to be notified by the nurse.
5. The answer is B: Tricyclic antidepressants have many adverse reactions—the most serious being life threatening arrhythmias. The nurse is never wrong getting calling a code or a rapid response—the client is unresponsive and valuable time will be wasted doing the other interventions.
6. The answer is D: It is appropriate to give Coumadin while the client is receiving Heparin intravenously. The client will be discharged on Coumadin and the prothrombin time and INR need to be therapeutic.
7. The answer is C: This client is developing respiratory distress. Airway is always the priority when indicated.
8. The answer is B: Skill level is the most important assessment—the principles of delegation demand that the nurse assign the staff based upon skill set.
9. The answer is A: This may indicate an allergy to latex—and the UAP will come in contact with latex daily.
10. The answer is C: Before the nurse can suggest anything else a full assessment of the client's mouth is indicated.

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