



Nursing Newsletter

NOVEMBER 16, 2009

VOLUME 1, NUMBER 1

CONTEST **to Name this New** **Weekly Website** **Newsletter**

There will be a colorful poka-dotted box located at the NLL desk with slips of paper to submit the name that you think would best represent our nursing programs newsletter. This contest will end on Nov. 13th and the winning title will be featured on our next newsletter.

Just a reminder...

The BRN visit is coming up on December 7 & 8th. Students **must** attend scheduled meetings with the BRN as requested; a list of dates and times will be announced shortly. These meetings take place without any faculty members present. In addition, the BRN will make 3 clinical visits on December 8th, tentatively to TMMC, PLCMMC-SP, and KPMC-South Bay.

4th Semester nursing students....

Please submit your paperwork to the BRN and make sure all official transcripts from all other colleges attended are submitted or on file in Admissions and Records and make sure all campus fees are paid. This is necessary in order to process your graduation paperwork.

News from the Director

Greetings Nursing students,

Fall is in the air and you are all well into 2nd quarter nursing classes. I hope you are challenged to meet the high educational standards of the nursing program and are learning life-long lessons along the way. However, I want to point out something that I have come to notice in my 15 years of teaching here: at about this time, students begin to look overfatigued, overwhelmed, and burned-out; many have forgotten the passion and enthusiasm that lead them to the nursing program in the first place.

If this sounds like you, I want to encourage you to persevere; you WILL get through this! In fact, you will look back and realize that your hard work and determination will have been worth it when you are able to comfort a frightened child, assist with bringing a new life into this world, assist someone to die with dignity, or whatever else you may encounter in your future nursing career.

With that in mind, here are a few tips that I have learned to get through tough times:

- 1- Look to your source of faith for strength, guidance, and wisdom
- 2- Call upon your friends, family, and significant others to help in tangible ways... sometimes this could be taking the kids so you can have a moment to yourself, preparing a meal, or just venting!
- 3- Take a walk—it is amazing how a 30 minute walk can clear your mind, decrease stress, and lead to overall well-being. (I know you are thinking you don't have 30 minutes, but you do. No excuses, here.)
- 4- Take a break—you will burn out quickly if you don't have some balance in your life. Do something you enjoy, whatever that may be, and then come back and hit the books
- 5- Find reasons to be grateful and reasons to laugh—this will lift your spirits when you are down

If you are really struggling, I encourage you to see your Instructor to talk about concerns. Also, please know that have a valuable resource on campus, called the Life Skills Center. Trained counselors are available to discuss any difficulties you may be having. Walk in hours are available and someone is available 24/7. For more information, call 310-233-4586.

I leave you with a very simple quote from Winston Churchill that can be applied to all areas of your life: "Never, never, never give up". I hope you enjoy our inaugural newsletter. Please let me know what you think: yamakalm@lahc.edu

Sincerely,
Mrs. Yamakawa
Director

LAHC nursing graduates are well prepared

Whether you are a semester away from graduation or three semesters away, you should be aware how graduates of this program perform on the National Licensing Examination for Registered Nurses (NCLEX). Here are the NCLEX pass rates for first time test-takers:

Year	# Students Taking Test	# Students Passing Test	Average Pass Rate
2008-2009	97	93	95.88%
2007-2008	95	88	93.68%
2006-2007	97	93	94.85%
2005-2006	67	67	100%
2004-2005	49	48	97.96%
2003-2004	51	47	92.16%

The information for our program and all other nursing programs in the state can be found @ www.rn.ca.gov. You can be proud that the LAHC nursing program has one the highest pass rates in the state.

**Profile on our
Nursing
Success
Counselor**



Name
Janice Tanisala Ishikawa

Education
BA Sociology: UCLA and MA
in Education/ Counseling:
CSUDH

**Years at LA Harbor
College**
6 years total (Transfer
Career center, General
Counseling, HTPA counselor
and Personal Development
instructor), 2 years in the
Nursing department

**What do I like best about
being the Nursing Success
Counselor**
I like being able to work with
and for the students. I love
that this position allows me
to think of many ways, not
only counseling, to support
student success in this very
academically rigorous
program. I am very proud of
all of our hard working
students and find it very
rewarding to be a small part
of their nursing education.

Hobbies
Eating, snowboarding,
laughing, running, and
traveling.

- Advice to students**
- Have confidence in yourself and your abilities throughout the program.
 - Remember that you are a student nurse and your instructors are your experts in the field and are there to support and help you in this learning process.
 - Manage your time well and remember there are only 24 hours in a day and 7 days per week.

**Congratulations to our
Scholarship Recipients**

Aaron Beltran
American Assembly for
Men in Nursing
(AAMN): Jadeh Moore
Student Nurse Essay
Contest

Jessica Cabrera
Kaiser Permanente
Nursing Scholarship
Award: Affiliate School



HIPPA....Not to be taken lightly

Revisiting HIPPA semester after semester may seem repetitive but it is just our way of reinforce its seriousness. A violation of this law can impede you from continuing your journey to becoming a healthcare professional. Here is HIPPA as explained by a current nursing student:

Mistaken

According to the United States Department of Health and Human Services, the Health Insurance Portability and Accountability Act of 1996 (HIPAA), provides the "privacy of individually identifiable health information, and the confidentiality provisions of the Patient Safety Rule, which protect identifiable information being used to analyze patient safety events and improve patient safety." Accessing the protected health information of patients in a health care setting, in which the health care provider is not caring for that patient, is illegal. The severity is that the health care provider can be fired, fined and/or imprisoned for compromising patient confidentiality. As a nursing student it is important to keep patient information separate from a learning experience, it is important to provide respect and dignity to the patient and keep their information private.

**Student Council Representatives for
Fall 2009**

- 1st:** Gary Keith, Sheldrick Miles, Nili Hirsh, Krista Murray, Jennifer Schaeffer
- 2nd:** Crystal Wongsrichartnon, Paula Owens
- 3rd:** Nicole Darbin, Evie Vassilou
- 4th:** Nashly Guzman

Student Council Representative duties include:

- Disseminating information to the students in their semester.
- Communicating the concerns and suggestions of his/her Student Members to the faculty and staff of the nursing program.

If you are interested in becoming a representative please contact one of your lecture instructors.

Sim Man says...Remember-Administering Heparin, Insulin or other high risk medications, requires two RN verifications of dosage and documentation.



Would you like to contribute an article or an announcement to the article? If this interests you please submit any contributions to ishikajt@lahc.edu and we will consider all relevant submissions for the next issue.



Interested in continuing your nursing education? The application filing period for CSUs and UCs for Fall 2010 is NOW. Deadline: November 30th 2009. Note: Applications are submitted with courses in progress.

CSU application: <http://www.csumentor.edu/>
UC application: <https://admissions.ucop.edu/pathwaysF2010/Pathways>