



# L.A.H.C. the Heartbeat



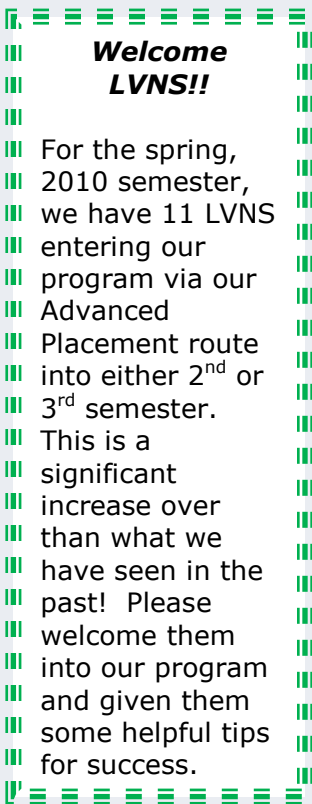
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VOLUME 1, NUMBER 3

## Just a reminder -

The Health Sciences Division office MUST have on file your complete health packet, which includes BCLS card, malpractice insurance, and background check. If you have updates and renewals to add to your packet, it must be submitted to the Division Senior Office Assistant (Mrs. Thompson) so she may update our file.

Many clinical agencies require instructors to verify student's health requirements 4 weeks before the clinical rotation begins. If your health file is incomplete in the division office, it may delay or prevent your clinical placement. This is YOUR responsibility.



## Welcome LVNS!!

For the spring, 2010 semester, we have 11 LVNS entering our program via our Advanced Placement route into either 2<sup>nd</sup> or 3<sup>rd</sup> semester. This is a significant increase over than what we have seen in the past! Please welcome them into our program and given them some helpful tips for success.

## News from the Director

Hi Students!

The start of a new semester is always an exciting time here in the nursing program and I would like to personally welcome new and returning students to spring, 2010! I also want to take this opportunity to share our program mission statement with you that was developed by the nursing faculty:

"To educate and prepare a diverse body of students to become *safe, competent and caring* Registered Nurses for entry-level positions in health-care settings in the community , while cultivating *professionalism, an appreciation for other peoples and cultures, and a desire for life-long learning*. To achieve this mission, we strive to create a culture of *excellence and support*, where students are challenged to meet *high educational standards*." (LAHC ADN nursing faculty, 2008)

I think that you will be able to see this mission statement interwoven in all areas of our nursing program. As you know (or are about to find out), this program is very rigorous and has high educational standards. However, we are committed to helping each student succeed and have many resources available to help you.

I had the pleasure of welcoming 60 new 1<sup>st</sup> semester students in January, and I gave them my thoughts on what I thought it takes to be successful in this rigorous program. I think this may also help returning students:

- 1- Be a good student: This means coming to class prepared, having read the assigned chapters ahead of time for lecture. It also means that you are prepared for the clinical experience, by having researched and prepared for all aspects of patient care. Being a good student also means that you have a positive attitude and take the **initiative** to clarify anything you do not understand. If you have any questions or concerns, you should communicate with your course instructor.
- 2- Manage your time well: I often tell students that nursing school is like having a part time job. You can expect to put in at least 20-30 hours a week reading, studying, and completing clinical preparations and write-ups. If you are trying to work part-time and/or have other obligations on top of that, you can see that there will not be enough hours in the day to try to get everything done! Time for school is one of the first things that students sacrifice when they are overextended. So, if you haven't already, try to decrease your obligations for work and other areas where you can.
- 3- Utilize your resources: I have already mentioned your course instructors as an invaluable resource. In our department, we are also fortunate to have a Nursing Success Counselor, Janice Ishikawa, who devotes all her time and energy to student success. Outside of this department, we have resources such as financial aid, the Life-Skills Center, and the Learning Resource Center to assist students. If you are not sure where to go to find help, see your instructor.
- 4- Manage anxiety/stress: Undoubtedly, there will be times where you may feel stressed and anxious in this program. You must learn how to manage these times or it can get the best of you. One of the ways to remain positive is not to listen or give in to rumors that may be circulating in your class. Here's another tip- study adequately for your exams... after you take the exam, try not to discuss it with your classmates. Use the time to congratulate yourself for doing the best you could and to try to relax before the next lecture. Sometimes, I see students getting so anxious over exam questions, that the discussion soon turns to panic! This is not a good use of your energy....
- 5- Challenge yourself- There will be no other time in which you have an Instructor standing next to you when you are doing something for the first time, giving you guidance and feedback. Challenge yourself both in the classroom and clinic by taking advantage of this

## Profile on our Director of Nursing



### Name

Lynn Yamakawa, MSN, RN,  
ACNS-BC

### Education

BSN CSULB  
MSN, Critical Care Clinical  
Nurse Specialist Program  
CSULB  
Adult Clinical Nurse  
Specialist, Board Certified-  
American Nurses'  
Credentialing Center  
(ANCC)

### Years at LA Harbor College

15 years as a Professor of  
Nursing and 7 months as  
the Director

### What do I like best about being program director?

Being able to see students succeed all the way from 1<sup>st</sup> semester to preceptorship! I want this program to be welcoming and supportive to all of our students and to be known as the best in the area. I believe strongly in our mission statement.

### Hobbies

Spending time with my family and friends, traveling, reading, walking

### Advice to students

Be positive  
Try your best  
Have integrity  
Be professional  
See my letter in this newsletter ☺

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

invaluable resource. If you always take the easy route, you will not learn all that you have the potential to learn.

I wish each and every one you a successful semester.

Sincerely,

Lynn Yamakawa  
Director

## NLN Accreditation Visit on February 17, 18, and 19<sup>th</sup>

The National League for Nursing Accrediting Commission is coming for a re-accreditation visit from February 17-19, 2010. As many of you know, our program has been NLNAC accredited since 1997.

NLNAC accreditation is voluntary and involves intense focus and examination of our mission and administration, faculty and staff, students, curriculum, resources, and outcomes. Graduates of NLNAC accredited programs have been shown to outperform other graduates on licensure examinations and that graduation rates far exceed the national average. NLNAC accreditation is recognized for excellence by the United States Department of Education.

Students will have the opportunity to meet with the 3 site visitors on February 18<sup>th</sup>. Your instructors will have more information as the time approaches. Also, the public is invited to a community forum on February 18<sup>th</sup> at 4PM. Notices are posted on our web-site and all clinical agencies.

## Haiti Food Drive Until February 22<sup>nd</sup>

Through the organization <http://www.haitisupport.org/> we are holding a food drive in the nursing building. White boxes will be located within the building. We are asking all nursing students to bring in 1 or more items.

Most canned goods are not useful for a number of reasons – they are heavy and mostly contain water. If expired or damaged, they can become spoiled and make people sick. They are also often not the kind of food people are used to eating. Here are the food items requested:

Powdered Baby Formula  
Powder milk  
Rice  
Corn Meal  
Oatmeal  
Farina  
Spaghetti  
Sugar  
Flavored Powder Drinks (Tang/Gator Aid etc)  
Cooking Oil  
Iodized Salt  
Seasoned Salt (Goya/Sazon etc)  
Seasoning cubes (Magi-chicken/beef etc)  
Canned: sardines/tuna/salmon

### **4<sup>th</sup> Semester Fundraiser at Coldstone Creamery Karaoke and Face Painting**

**When:** Monday, 2/22/2010  
from 4pm-8pm

**Where:** 210 E. Sepulveda  
Carson, CA 90745

30% of total food sales generated  
will be donated to the LAHC 4<sup>th</sup>

**All students enrolled in the clock in course must clock in and out on the computer located at the NLL. Always remember to clock out or you will not get credit for your time on that day.**



### **Sim Man says...**

ALWAYS, ALWAYS, ALWAYS: Check your medication labels 3 times:

- When you take it from storage.
- As you prepare it for administration.
- Then AGAIN as you discard the container or put it back!



**Attention students !**

You may qualify for a LAHC scholarship.

To be eligible, you must have completed at least 30 units at LAHC with a GPA of 3.0 or better.

The scholarship forms are available in the Financial Aid Office- SSA 114, the Information Counter in the SSA Building, Seahawk Center Lounge, and Nursing Building.

The form is also available for download from our Financial Aid webpage

<http://www.lahc.edu/student-services/financial-aid/scholapp.pdf>

**Completed forms must be submitted to the Financial Aid Office by March 12, 2010**

This one form enables you to be considered for numerous scholarships, most of which are maintained by our Foundation. Dozens of scholarships are awarded at our Scholarship reception in May.

**Total Student Body in Nursing Program Spring, 2010**

1 <sup>st</sup> semester	60
2 <sup>nd</sup> semester	72
3 <sup>rd</sup> semester	48
4 <sup>th</sup> semester	66

**That's a total of 246 enrolled for spring, 2010!!**

## National Patient Safety Goals (NSPG)

The Joint Commission established its National Patient Safety Goals program and the first set of NPSGs was effective January 1, 2003. The NPSGs were established to help accredited organizations address specific areas of concern in regards to patient safety. Students are required to receive information and procedures to address these goals in all clinical orientations.

Here they are:

- 1- Improve accuracy of patient identification- use 2 patient identifiers
- 2- Improve effectiveness of communication among caregivers- RAV, critical test results, "do not use" abbreviation list, SBAR
- 3- Improve safety of medications- labeling, reduce harm from anticoagulation therapy
- 4- Reduce health-care associated infections- hand hygiene, no artificial nails, prevent infections
- 5- Medication reconciliation across continuum of care- obtain all medications upon admission, list on discharge/transfer, explain all meds upon discharge
- 6- Reduce risk of patient harm from falls
- 7- Encourage patient involvement in care
- 8- Reduce risk of suicide
- 9- Improve recognition and response to changes in patient condition- Rapid Response
- 10- Universal protocol- "time-out", surgical site identification, pre-op/pre-procedure check list

### **Passing Standard for NCLEX-RN to increase in April, 2010**

In December, the National Council of State Boards of Nursing, Inc (NCSBN) voted to raise the passing standard for the NCLEX-RN Examination. The new passing standard will go into effect on April 1, 2010, in conjunction with the 2010 NCLEX-RN test plan.

The NCSBN Board of Directors determined that safe and effective entry-level RN practice requires a greater level of knowledge, skills, and abilities than was required in 2007, when the current standard was implemented. The passing standard was increased in response to the changes in the US health care delivery and nursing practice that have resulted in greater acuity of clients.

The NCSBN Board of Directors evaluates the passing standard for the NCLEX examination every 3 years to protect the public by ensuring minimal competence for entry-level RNs.

## **BE AWARE OF BLACK BOX WARNINGS (BBW)**

**What is it?** The strongest warning the FDA requires. Indicates that a medication carries a significant risk of serious or even life-threatening adverse effects.

**How do I know if I'm giving one of these drugs?** It is identified according to the clinical agency's policy. You should know what your facility's policy is and what the warning looks like!

**What are my responsibilities?** Recognize you are giving a drug with a BBW. Know the significant and adverse effects of the drug. Follow any other specific instructions on the medication label.

**Examples: "Pinched"**

**P-** pressors (dobutamine, dopamine)

**I-** Insulin

**N-** Narcotics

**C-** Chemotherapy

**H-** Heparin

**E-** Electrolytes (potassium)

**D-** dilators (nitroglycerin); digoxin

### **FIESTA FUNDRAISER !!**

**When:** Wed. 3/17/2010 from 4pm-9:30pm

**Where:** Acapulco Mexican Restaurant y Cantina 750 Sampson Way, Berth 83 San Pedro, CA 90731

25% of total food sales generated will be donated to the LAHC 4<sup>th</sup> Semester Class



For all drugs with BBW, see <http://forumularyproductions.com/blackbox>