



VITAL SIGNS

Many Exciting Things Happening in your SNA This Semester!

Welcome to Vital Signs, the Central Texas College Nurse Association publication. We are excited to be available to you online or in print. If you have an idea for an interesting article, a healthy recipe, NCLEX Questions, or fun photos please feel free to email them to me at:
lavkahb@earthlink.net

Objectives of the CTC SNA

The objectives of this association shall be:

- To facilitate the development of professionalism in nursing students.
- To promote nursing students' involvement in the CTC-SNA and National Student Nurses' Association (NSNA).
- To encourage nursing students' active participation in student activities and professional and educational opportunities.
- To foster and nurture the relationship between nursing students and faculty.

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Faculty Advisors:

Brenda Krause
Susan Ramnarine-Singh

President:

Kristi Campbell 4th Semester

Vice President:

Neysa Stegmeyer 4th Semester

Secretary:

Antonette Parnell 2nd Semester

Photographer:

Jenell Lower 4th Semester

Editor:

Heidi Lavka 4th Semester

Parliamentarian:

Kenia Sanders 3rd Semester

4th Semester Representative:

April Osmanski

3rd Semester Representative:

Michael Romero

2nd Semester Representative:

Megan Blakely

1st Semester Representative:

To be decided

Special points of interest:

- NCLEX Review Questions
- Helpful Study Hints

Photo



Gallery



Great Strides Fundraiser for Cystic Fibrosis May 2009 (We raised \$805.00!)



Applebee's Fundraiser for SNA April 2009 (We raised \$360.00!)

SNA Calendar of Events

7 Sep	Labor Day Holiday No School	11 Nov	Veteran's Day No School
9 Sept	1st Public meeting at Noon*; Penny wars start	13 Nov	Penny wars end
25—26 Sept	TNSA Council of Schools in Austin	21 Nov	Applebee's Flapjack Breakfast Fundraiser
14 Oct	2nd Public Meeting at Noon*	25 Nov	3rd Public Meeting at Noon; Elections
21 Oct	Recruitment Day 0900-1200 Foyer	26-27 Nov	Thanksgiving Holiday No School
30—31 Oct	Haunted House and Carnival	12 Dec	Pinning Ceremony
6 Nov	Deadline for SNA Scholarship	14—18 Dec	Final Exam Week

NCLEX Questions of the Month



Nursing Care of Children

1. By what age should the anterior fontanel be closed?
 - A. 2 weeks
 - B. 6 months
 - C. 12 months
 - D. 18 months

Answer: D

Rationale: The posterior fontanel usually closes by 2 months, and the anterior fontanel usually closes by 18 months.

Burns

1. During the fluid-accumulation phase of a burn injury, which condition can the nurse expect?
 - A. Hypovolemia
 - B. Hypervolemia
 - C. Hypokalemia
 - D. Increased urine output

Answer: B

Rationale: Hypervolemia results from the heart's failure to propel blood forward, which causes vascular pooling. Hypervolemia commonly causes the peripheral edema associated with a third-space fluid shift.

References:

- Wissmann, Jeanne, editor. *ATI NCLEX® Review Collection*. USA: Assessment Technologies Institute, 2008.
- Lippincott Williams and Wilkins. *Straight A's in Fluids & Electrolytes*. Pennsylvania: Lippincott Williams and Wilkins, 2007.
- Lippincott Williams and Wilkins. *Straight A's in Medical-Surgical Nursing*. Pennsylvania: Lippincott Williams and Wilkins, 2008.

Pharmacology

1. A client is receiving ranitidine (Zantac) and an antacid treatment for Peptic Ulcer Disease. The nurse should instruct the client to take these medications:
 - A. at the same time
 - B. At least 1hr apart
 - C. On an empty stomach
 - D. Only when the client is feeling pain

Answer: B

Rationale: Antacids can interfere with the absorption of ranitidine, so they should be taken at least 1 hr apart.

Musculoskeletal

1. A client who sustained a femur fracture in a motor vehicle crash is restless and confused. His respirations are labored and his pulse is rapid. The client is most likely experiencing what complication?
 - A. Sepsis
 - B. Fat embolism
 - C. Volkmann's contracture
 - D. Compartment syndrome

Answer: B

Rationale: Fat embolism is a long bone fracture complication that can occur as bone marrow releases fat into the bloodstream. That fat can lodge in the lungs, obstructing the pulmonary vascular bed, or pass into the arteries, eventually disturbing the CNS. Signs and Symptoms: tachycardia, fever, tachypnea, cyanosis, restlessness, altered level of consciousness, and rash.

Fluids and Electrolytes

1. What effect does calcitonin have on serum calcium levels?
 - A. no effect
 - B. Increases serum calcium
 - C. Decreases serum calcium
 - D. Regulates calcium levels indirectly by altering phosphorus levels

Answer: C

Rationale: Calcitonin decreases calcium levels by decreasing the amount of calcium available from the bone, decreasing the absorption of calcium, and enhancing

Respiratory

1. A client with AIDS develops *Pneumocystis carinii* pneumonia. Which nursing diagnosis has the highest priority for this client?
 - A. Impaired gas exchange
 - B. Impaired oral mucous membranes
 - C. Imbalanced nutrition: less than body requirements
 - D. Activity intolerance

Answer: A

Rationale: Although each of these nursing diagnoses are appropriate for a client with AIDS, impaired gas exchange is the priority nursing diagnosis for a client with *P. carinii* pneumonia. Airway, breathing, and circulation take top priority for any client.

**CTC STUDENT NURSE
ASSOCIATION**

Central Texas College
Department of Nursing
Building 150
Killeen, TX

**CENTRAL
TEXAS
COLLEGE**

Tomatoes with Basil Vinaigrette

- 3 tablespoons olive oil
- 1 tablespoon white-wine vinegar
- 1 teaspoon Dijon mustard
- 1/2 cup lightly packed fresh basil leaves
- Coarse salt and ground pepper
- 6 large plum tomatoes or medium vine-ripened tomatoes
- 1 tablespoon water

1. In a blender or food processor, combine oil, vinegar, mustard, and 1 tablespoon water; blend until smooth. Season with salt and pepper. If not using right away, transfer to an airtight container; refrigerate, up to overnight.
2. Slice tomatoes, and arrange on a serving plate; drizzle with dressing. Serve immediately.

Serves 6; Prep time 15 minutes; Total time 15 minutes.

Helpful Study Hints

Here are some study tips from those who have been successful:

1. Don't miss class and don't miss class to catch up with reading. You may miss something important.
2. If you can't read before class, try to skim through quickly just to see what's being covered in class.
3. Take notes in class. Try to take the important parts of what the teacher is saying and put them on paper.
4. Use the Power Points or at least the outline if the lecture comes from them. You can find some very useful material there.
5. Use flash cards/question cards if this method works for you.
6. If you're learning about disease processes, know the patho, signs/symptoms, labs/diagnostics, treatments and pre/post op teaching. This will save your life.
7. Last but certainly not least...going back to the first hint from last edition...**READ!!!**

If you have any helpful study hints you'd like to pass on, feel free to email me at lavkahb@earthlink.net and you can see them in future issues of Vital Signs.

