



Mount Royal University

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The Clinical Experience By Caitlyn Passion 4th Year Nursing Student

It's inevitable: clinicals are what make up perhaps 85% of the nursing program and they cannot be avoided at any cost. And who would want to avoid them? They are so much fun, completely thought provoking, and such a great boost to the self-esteem, right? Not really. Well, at least not at first. Exposure to the hospital setting as a student can be a very daunting and stressful experience, especially for the first few times. For a lot of students, these very first impressions can 'make or break' the perception of nursing as a whole—especially since what we see is definitely not what we had ever imagined or saw on *Scrubs* or *Grey's Anatomy*, unfortunately. It's stressful enough being somewhere unfamiliar with busy doctors and nurses running around, bells ringing, bed alarms beeping, and upset patients and families everywhere. On top of that, you're supposed to understand your patient assignments, know all the meds, and remember sterile technique! No wonder nursing students are always in panic-mode—this too is pretty much inevitable!

And here is where the initial feelings of fear, confusion, and intimidation stem from regarding clinical practice. It's almost hard not to asso-

ciate negative feelings with clinical because of the high amounts of anticipation and stress that naturally come with it. I remember my first time ever doing a simple heparin needle and I was so nervous for different reasons that my hands were shaking. You can imagine the patient's horror while watching that shaky syringe in my hands! Fortunately, that patient was very gracious and understood that I was a student and still learning. Oddly enough, this is what we have the highest tendency to forget: that we are *still learning*.

The label "Student" is officially what entitles us to be 'learners'. It's our golden ticket to being curious, inquisitive, and free to explore, and we should be taking advantage of it. Of course, this is easier said than done, but the reason why it's difficult is because we forget our roles as learners, and the fact that we do not have all the answers to absolutely everything just yet. We also have the bad habit of not being able to forgive ourselves for this! As a student, no matter how far in the program, internal conflict and anxiety is bound to come up during clinical, and these are the times when the most important thing to do is calm down, realize that it's OK,

and remember that this is clinical *practice*: we are here to *practice*!

So, to an extent, it's OK to dread and moan and groan over clinicals; it's completely healthy to vent out feelings! But at the same time we need to be proud of the fact that what we're doing is not easy, yet we still manage to do it. It's difficult to simultaneously condense nursing theory with clinical practice, especially when you've stayed up the entire night writing reflective papers on how positive and enriching it was to catheterize or insert an NG tube for the first time. Regardless, the key to staying pleasant about clinical is to rest assured that many (if not all) nursing students of the past have gone through the exact same feelings and experiences before you, and they have now blossomed into your intelligent and competent nurses of today. You will too! And the only way is through ample amounts of practice and experience—clinical experience!



**Helping Others to
Empower the Future!**

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Editorial

By Charmaine Law
3rd Year Nursing Student

Planning Committee

Have something to say? Comments, questions or specific topics of interest contact one of the following:

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A month already back into school! Didn't the first month go by very fast? Already, midterms are approaching, projects are due, papers are piling up, what should we do? It is all apart of a life of a student. Why did we decided to go back to school and become a nursing student? Back when we decided a nurse is a great career. Don't get me wrong, it is a great career and a career that I, myself, is striving to become as well. It is during around this time of the year where lots of students are struggling with their assignments, information they need to study pile and become hard

That is where our wonderful support group comes in. We, as the EAL nursing group decided to work together to support those who come into Mount Royal University's nursing program with the side problem of

English being an additional learning obstacle. We offer pronunciation and writing tip workshops to aid those who are having troubles. Not only do we have workshops but we talk and share about difficulties and struggles from different courses and places within the 4-year program. We work along side the motto: Helping others to empower the future.

Slowly our group is growing and helping more and more students on campus, allowing not other students but instructors and staff to recognize how helpful our group is to our program. As a start to the year, we hope to help you to the fullest and will continue to love your feedback and your comments. It is from those where we can continue to meet the needs of our student body.

Happy October!

BOO!

By Charmaine Law
3rd Year Nursing Student

A holiday of dressing up and sweets, who wouldn't want to join and have some fun? Halloween is a holiday that is celebrated on the night of October 31st. A few activities include trick-or-treating, bonfires, and costume parties, visiting "haunted houses" and carving jack-o-lanterns.

So where exactly did Halloween come from? It was originally called All Hallow's Eve or All Saint's Eve but it was too long, so it evolved into Halloween, which is what we call it now. It all started with a Celtic festival also known as Samhain which is a celebration at the end of harvest season. During this time, ancient pagans stocked up supplies and prepared for the upcoming winter season. There were also people who believed that the day October 31st was when the world of living



and dead overlapped. When this day occurred the deceased would come back to life and cause events such as sickness or damaged crops.

Lots of people wear costumes on Halloween, especially the children. At first masks and costumes were worn to mimic evil spirits and calm them. Since they were trying to mimic the evil, the more traditional costumes are what are usually thought of when we think of Halloween costumes. Evil monster costumes include vampires, ghosts, skeletons, witches and devils.

What would Halloween be without Candy? An activity children love to participate around or on Halloween is trick-or-treating. What the children do is that they go from house to house in costumes asking for treats such as candy saying "trick or treat". Now people usually give treats but in the past if a treat was not given a trick would be played out. The trick would be played on the homeowner or his property if there was no treat! We wouldn't want

to be that homeowner with the trick would we?

Jack-o-lantern's are also very popular during this time. We always see pumpkins' being sold at the store since it is harvest season. What we do with the pumpkin is to make jack-o-lanterns, which is a carved pumpkin. What we do is cut the top off, scoop out all the seeds from the inside and carve an image on to the pumpkin and put the lid back in. The image is usually a monstrous face. At night a candle is placed inside to show a lit up image effect. It is very in North America but apparently not common outside of this continent though.

Now that you know a bit more about Halloween, I hope you will help and have fun scaring some monsters away. Have a great spooky Halloween!

October 2010

Schedule of Events	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
◆ October 1, 15— EAL meeting 1500–1630	3	4 Pronunciation workshop	5	6	7	1 EAL meeting	2
◆ October 29 – EAL Halloween party 1500–1630	10	11 Thanksgiving No School	12	13	14	8 EAL meeting Workshop	9
◆ October 4, 18, 25 – Pronunciation workshop 1200- 1300	17	18 Pronunciation workshop	19	20	21	15 EAL meeting Workshop	16
◆ October 15, 22, 29 – tips workshop 1300-1400	24	25 Pronunciation workshop	26	27	28	22 Workshop	23
	31 Halloween					29 Workshop Halloween Party	30

Workshops and Meetings

Tips on Paraphrasing and Essay Writingⁿ

Date: Every Friday

Time: 1 - 2 pm (Please book a 15 - 20 minute time slot with Lesley, first come first serve)

Location: Please check room number with Lesley in room Y231

Facilitator: Ms. Lesley Morgan

Preparation: Bring your finished or previous paper to the workshop

Registration:

Lesley Morgan 403 440-6883

lmorgan@mtroyal.ca or

Liza Choi 403 440-6926 lchoi@mtroyal.ca

Pronunciation Workshop

Date: Every Monday

Time: Noon-1

Location: Please check room number with Lesley in room Y231

Facilitator: Dr. Linda Binding

Preparation: Bring yourself and/or any course presentation material to the workshop

Registration:

Lesley Morgan 403 440-6883

lmorgan@mtroyal.ca or

Liza Choi 403 440-6926 lchoi@mtroyal.ca

Group gathering for October

Themes: “preparation on clinical day” , “Halloween Pot Luck”

Date: Friday (October 15 & 29)

Location: Please check room number with Lesley in room Y231

Registration:

Lesley Morgan 403 440-6883

lmorgan@mtroyal.ca or

Liza Choi 403 440-6926 lchoi@mtroyal.ca

Too All nursing students: Volunteers needed—Peer Mentor

Being a peer mentor is an excellent opportunity to help fellow classmates, expand your knowledge of other cultures, and have some fun.

Orientation: Please book a 20 minute interview with Liza Choi by emailing lchoi@mtroyal.ca or calling 403 440-6926