It has been such an honor and pleasure to be your ESNA president this year. I have met so many wonderful people and have had opportunities to learn about the ways in which Emory nursing students are making the world better through their nursing and volunteer efforts. It will be an honor to graduate from Emory this year, and as a new graduate nurse, it will be an even bigger honor to represent the wonderful classmates and future nurses that I have known for the past two years.

Graduation is a time for reflection, and while I could spend hours reviewing the various nursing skills, medications, and interventions I have learned about for the past two years, I would rather reflect upon some of the other important lessons I have learned while in school:

🌈 Never be afraid to ask for help – find the friends, professors, mentors, and preceptors who make you feel safe and positive, and just ask.

🌈 The coffee shop in Rollins has really good coffee-just make sure to drink it in an “approved” container. Spills in the Nursing School are not good.

🌈 Pulling all-nighters to finish papers really isn’t a good idea, especially when you could have started them weeks before they were due.

🌈 It’s a really good idea to get familiar with APA formatting.

🌈 Try hard to make time to do things that are special and relaxing to you- exercising, reading, hanging out with friends, going home to visit family, etc.

🌈 Your pets are wonderful “patients” when you need to practice listening to infant heart and breath sounds-just make sure they don’t eat your stethoscope.

🌈 There will come a day when everything you have learned about assessments, diseases, medications, and nursing care will come together and just “click”- and it will make you very happy.

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From The President......

☺ Try not to do four 12-hour shifts of Role Transition clinical in one week, especially the week before all of your papers and projects are due (and did I mention that maybe you should start those papers and projects early?).

☺ Telling people you are a nursing student won’t necessarily get you a date, but it might make you a target for people needing healthcare advice and information—even your father.

☺ Remember that as a nurse, you will always be learning new things.

☺ Always maintain a sense of humor—it will get you through some difficult and awkward situations.

☺ Don’t expect perfection from yourself—just do the very best that you possibly can.

☺ I hope you all have a wonderful summer, and thank you for making this a very special year for me!

From The Editor: Alison Schlenger

What a whirlwind the past two years have been! In many ways, it seems like only yesterday when the members of the class of 2007 entered the doors of NHWSN for our first day of orientation.

Just as we were beginning this exciting adventure known as nursing school, our country was in the grips of one of the most impactful news stories in recent history. Hurricane Katrina hit New Orleans.

In a matter of days, the entire country saw just how fragile our healthcare system really is. As the floodwaters rose, doctors and nurses in New Orleans’ hospitals were faced with almost unbearable conditions while trying to care for some of the city’s most vulnerable patients.

Many members of the class of 2007 were personally touched by the ravages of Hurricane Katrina. Family members were in the area and in some cases, could not evacuate immediately.

All of us were struck by the sheer magnitude of the storm as well as the heroic efforts of doctors and nurses. While saddened by the circumstances, we could not help but feel immense pride about the profession we were just beginning to enter.

It is now more than 18 months later. We are struck by just how much we have learned during our time at NHWSN. We look forward to taking our places as leaders in the healthcare system. We look forward to being a part of the solution.

Commencement is not an ending but rather a beginning. For the class of 2007, it is the beginning of our careers as professional nurses. We shall continue to embody the motto of NHWSN, “Scholarship, Leadership, Social Responsibility” as we embark on the next chapters of our lives.

In the pages of this final issue of the 2006-2007 year, readers will be struck by the humor, candor, commitment, compassion, intelligence, and passion of the students of NHWSN.

It has been my pleasure and privilege to serve as your editor this year. I look forward to turning over the reins of The Sentinel to Ashley Ringel, editor for 2007-2008.
Reflections On Life At NHWSON: Lisa Gordon & Rachael Issah

As we prepare to graduate and this chapter of our lives comes to an end, it is nice to look back at our time here at Emory in the undergraduate nursing program and reflect on the lifelong friendships, personal and professional growth, and wealth of knowledge we have gained.

Each of us has a special memory or funny moment that will be remembered forever. This time was a great launching pad to everything that lies ahead for us all.

Before we go off on our own paths, let us take a short trip down memory lane….

♥ Remember orientation and how overwhelmed and anxious we felt?♥ Remember the first person you met?
♥ Remember when the friendships you now have started to take shape?
♥ How about flu shots and validations and the “complete health assessment?”♥ Remember the first clinical nursing test?
♥ Remember the time you went up for fishbowl? (If you did at all)

There are many things to think back on and many memories made.

This was a special time that we all spent here together preparing to go into one of the most rewarding and challenging careers there is.

May each of us go on and make the entire Class of 2007 proud!

Top 10 Things I’ve Learned In Nursing School: Barbara Dobson

10. You don’t have to do ALL the readings ALL the time!
9. Most people will sit in the same seat for 2 years….for every class….no matter what.
8. Nelson (SimMan) and Nelle are kinda weird to look at and talk to as real patients.
7. Bed baths/changing linen seems like a piece of cake after the first semester.
6. After the first semester, you realize that you do NOT need to check Blackboard 5 times/day.
5. Doing 168 hours of clinical in 7 weeks is EXHAUSTING!
3. Procrastination really does not mix with Role Transition!
2. Don’t ignore the rumors... Senioritis is a REAL condition!
1. Dr. Neville’s class really is awesome….even if fishbowl is a little intimidating!

Best wishes to the class of 2008 as you enter your senior year at NHWSON……while it may sound cliché, the time really does go by very quickly. Be sure to take advantage of the many exciting opportunities that come your way while always keeping your sense of humor!
Senior Superlatives:

Setting aside some time for fun, the Class of 2007 voted and the results are:

- Most likely to return to Emory as a professor: Lisa Gordon & Lisa Gilson
- Most likely to return to a helipad, at 23,000 feet, for a Mount Everest medical rescue...no fires to put out...but there are lives to save: Mara Poynter & Danielle McMains
- Most likely to become Chief Nursing Officer: Tina Roberts & Emily Taylor
- Most likely to “educate” an MD (or med student) on the value of nurses and the respect nurses deserve: Demetta Payne & Amy Olseth
- Most likely never to leave school: Shaheen Hajiyani
- Most likely to have a date most days of the week: Brittany Rogers
- Most likely to get published in a nursing journal: Shalini Chopra & Stephanie Sampson
- Most likely to have anything a patient will ever need on her or in her purse: LaKisha Coley
- Most likely to “forget to mention” having another baby: Andy James & Monique McGaffney
- Most memorable statement on the first day of class: Modinat Adeboyajo & Katrina Roberts
- Most likely to ask for Tequila and salt when life hands them lemons: Alita Spencer & Coral Crandall
- Best inconspicuous in-class sleeper: Danielle Lowery & Joanna Antkowiak
- Most likely to never have a conscious patient: Andrea Reid & Brandon Lee
- Most likely to never have a patient over 18: Erica Ailes & Christie Patton
- Most likely to conduct award-winning international research: Lydia Herron & Jessica Gross
- Most likely to change the face of nursing in rural Georgia: Karen Thomisee & Sarah John
- Most likely to shake up a boring ED: Amana Mauck & Diane Rice
- Most likely to go to medical school: Mackenzie Mashburn
- Most likely to win a marathon: Ashley Cooke, Barbara Dobson & Jane Ukandu
- Most likely to become a legal nurse consultant: Sam Steiner & Genia Faulcon
- Most likely to develop a nursing computer program: Darlene Rogers & Michelle Maurer
- Most likely to keep everyone in stitches (laughing): Megan Gray & Ansley Shakkour
- Most likely to start a healthcare company and become fabulously successful: Betty Potter & Samantha Wakefield
- Most likely to always be early for her shift: Windy Clement
- Most likely to figure out how everyone should have been doing nursing all along: Anila Bhamani & Lucy Cook
- Most likely to be voted “Friendliest Nurse” in a patient survey: Paola Flores & Mona Gowani
- Most likely to move to Hollywood and be a nursing consultant for a movie: Kara Williams
- Most likely to invent medical equipment: Jenna Walker & Iva Holmquist
- Sweetest Male: Andy James & Tim Lively
- Sweetest Female: Abby Solomon & Rachael Issah
- Best Smile: Amrita Amalean, Jessica Blatt, & Makeda Rambert
- Best Personality:: Elena Goldyn & Katy Cahill
- Best Dressed: Dorsey Ladson & Natalie Nason
- Biggest Party Animal: Cassie Sklut
- Best Hair: Danielle Cart & MaryAnn Koelbel
- Best Bedside Manner: Katerina Hondros & Alma Nakasone
- Class Clown: Tim Lively & Alex Langley
- Least likely to be seen in class: Trent Cuevas
- Most preppy: Jennifer Paschal & Mary Catherine Sutherland
- Most likely to join the Peace Corps: Katie Stump
- Most likely to be a naughty nurse: Jessica White & Joyce Chowsanitphon
- Most likely to marry a doctor: Brandy Humphrey & Kristin Shipp
- Most likely to do nursing research: Valerie Mac & Keyona Grant
- Mom of the Year: Alison Schlenger, Marilyn Swindall, Erica Ellis, & Tuyet Atkinson
- Most Outspoken: John Ventimiglia & Tracy Vics
- Best Accent: Simon Mulinda & Ransford Asamoah
- Best Scrubs: Tiana Hawkins & Mackenzie Lovvorn
- Most likely to become a traveling nurse: Kelly Gibson & Laura Williams
- Most likely to get 100% on the NCLEX: Amy Olseth & Richie Garcia
- Most likely to work as a nurse on a cruise ship: Mimi Giday & Brooke Steele
Twelve Emory students attended the NSNA Annual Convention April 11-15 in Anaheim, CA.

Students enjoyed attending focus sessions, participating in the House of Delegate activities, and networking with nursing students from across the country.

In their free time, students also enjoyed exploring the wonderful sites of Anaheim and its surrounding towns and beaches.

This was a very memorable and successful experience for students, as evidenced by the following convention highlights:

- The Georgia Association of Nursing Students (GANS), led by President Emily Taylor, won three of the seven national NSNA awards – the Financial Excellence Award, The Legislation/Education Award, and the Community Health Award (Rebecca Carbley is the GANS Community Service Director) – Great job to all members of GANS!
- ESNA was presented with a Gold Membership Award for having a significant number of NSNA members.
- Shelley Adamik was awarded a $1,000 scholarship from the McKesson Foundation.
- Mindi Fry and Jenna Walker presented Emory’s poster entitled “Educating Middle School Students About Healthy Living: Breathing, Exercise, and Balanced Eating (BEBE).”
- ESNA’s resolution, written by Valerie Mac and Tina Roberts entitled “In Support of Increasing Awareness and Prevention of Human Papillomavirus” was passed in the House of Delegates.

Thank you to all Emory students who participated in the NSNA convention. We’re very proud of you!
What Will You Be Doing This Summer?

Emory nursing students never lack when it comes to compassion, initiative, drive, and creativity. When asked “what will you be doing this summer?”, the answers were as diverse as our student population.

- Toni Barrett (Junior) will be working as a student extern in Surgical Services at Gwinnett Medical Center.
- Kristin Shipp (Senior) will be working at Northside Hospital as an extern for the first part of the summer. In July, Kristin will enter the labor & delivery intern program. Kristin hopes to return to Emory in about 2 years to attend the nurse-midwifery program.
- Amanda Nestlehutt (Junior) will be working as a nursing extern at Ridgeview Institute in Smyrna. Amanda will be working on the inpatient adolescent unit which serves children ages 11-17.
- Paola Flores (Senior) will be helping out at a youth summer camp in Tiger, GA from May 27-July 1. The camp is called Covecrest and is sponsored by Life Teen Ministries (a national Catholic youth ministry program). Paola will also attend a friend’s wedding in July and plans to take the nursing boards in August. Paola hopes to work in a NICU for at least two years. She may follow her hospital experience by joining the Peace Corps. Paola is considering a return to graduate school in the future to pursue her Master’s in Public Health.
- Alison Schlenger (Senior) and her family will be going to Israel in mid-June to celebrate her graduation from NHWSON and son Zak’s graduation from high school. Alison will start working at St. Joseph’s Hospital in mid-July in their critical care intern program. Alison will return to NHWSON in late August to pursue her MSN in Gerontology.

Emory Students Ready to Participate In Farm Worker Health Program

The program serves over 1000 migrant farm workers and their families in a four county area.

Students will travel to south Georgia to provide health care for this underserved, medically vulnerable population.

While the farm workers and their families will gain valuable health care screening, education, and primary care, they are not the only ones to benefit from the program.

Student participants will have the opportunity to increase their cultural awareness and empathy for individuals who work under extremely difficult conditions.

Senior John Ventimiglia participated in the Farm Worker Health Program last summer. Upon returning to Atlanta, John shared these thoughts on the program: “To witness in person the living conditions of these farmers and their families, to see them working in the fields, exposed to pesticides and ache of bending over a thousand times in the blistering heat and sun was an indelibly humbling experience -- one that can never be truly appreciated or respected without the privilege of engaging and serving this community first hand.”

Best wishes to the students who will represent NHWSON well in this most worthy project.
Summer Opportunity: Johns Hopkins Center for Talented Youth

Johns Hopkins University’s Center for Talented Youth gifted program conducts two summer sessions each year. The Center hires instructors and site nurses (including new grads and NP’s) for positions at either residential (room and board is included) or day sites all over the United States. They’ve included Mexico and China this year.

Our own Tina Roberts has served as an instructor in this program. Tina reports that the program is “very unique as well as rewarding.”

If you are interested in applying for this opportunity, follow these easy steps:

1) Go to the program’s website http://cty.jhu.edu/summer/employment/index.html
2) Read the job description: “Applicants do have to hold an LPN, RN, MSN, CSN, or NP license to be able to work for the program. We are very flexible with hours, etc. for the nurse position and anyone that is interested should contact Laura Saxton, program manager. If they are NOT YET CERTIFIED, but want some experience working in a health office, we are also looking for a health office manager at our Lancaster, PA site from June 18-August 6. The salary for that position is $4000 for the summer plus room and board. Nurse salaries range based on license and work experience.”
3) Contact Laura Saxton, program manager ASAP.

Contact information:
Laura Saxton, Program Manager, Academic Programs
Johns Hopkins University-Center for Talented Youth
McAuley Hall
5801 Smith Avenue Suite 400
Baltimore, MD 21209
Phone (410) 735-6183
Fax (410) 735-6187
lsaxton@jhu.edu
www.cty.jhu.edu

Celebrate National Nurses Week May 7-13

As we prepare to celebrate National Nurses’ Week, it is appropriate to take a look back at the history of National Nurses Week:

• 1953 Dorothy Sunderland of the US Department of Health, Education, and Welfare (precursor to today’s Department of Health & Human Services) sent a proposal to President Dwight Eisenhower to proclaim “Nurse Day” in October of the following year. The proclamation was never made.

• 1954 National Nurse Week was observed from October 11-16. The year of the observance marked the 100th anniversary of Florence Nightingale’s mission to Crimea.

• 1974 In February, a week was designated by the White House as National Nurse week, and President Nixon issued a proclamation.

• 1982 The American Nurses’ Association (ANA) Board of Directors formally acknowledged May 6, 1982 as “National Nurses Day.” President Ronald Reagan signed a proclamation proclaiming “National Recognition Day for Nurses” to be May 6, 1982.

• 1990 The ANA Board of Directors expanded the recognition of nurses to a week-long celebration, declaring May 6-12, 1991 as National Nurses Week.

• 1997 The ANA Board of Directors, at the request of the National Student Nurses Association, designated May 8 as National Student Nurses Day.

• 2003 Wednesday of Nurses Week designated as National School Nurse Day.
Pictures Are Worth A Thousand Words: Thanks For The Memories