ON THE DESC

The Newsletter of the NHWSN Dean’s Executive Student Council

The DEAN’S EXECUTIVE STUDENT COUNCIL

Welcomes You to the

NHWSN!

THE LATEST FROM DESC:

Welcome Message - 2
Resources & More - 3
Digital Connections - 4
Funding Opportunities - 5
Nursing Voices - 6
Wellness - 8
A Little Levity - 10
Keep in Touch -11

*Click titles for links to resources and videos
Dear Emory School of Nursing Family,

We would like to send a huge congratulations to the 2020 graduates of the Nell Hodgson Woodruff School of Nursing!!! Even though we do not get to celebrate with you in person, know that we are thinking of you and we are very proud and appreciative of all your hard work. Additionally, we would like to welcome the incoming cohorts of ABSNs and AMSNs! We look forward to seeing you on campus once in-person learning resumes!

In the meantime, we will all be starting our summer curriculum online. While this style of learning presents new challenges, we are all strong and capable students and will get out of this what we put in. Keep working hard, but know that it is okay to take time for yourself and your loved ones as often as you need.

Remember, we are in this together.
RESOURCES, EVENTS & GOOD READS:

Celebrating Asian American Pacific Islander Heritage Month!

- 5/14 1p Webinar with The Washington Post's national political enterprise and accountability team member and Emory graduate Michelle Ye Hee Lee
- AAPI Nurses Association

- 100 Ways Atlantans Can Help Out During the COVID-19 Pandemic
- Volunteer opportunities
- Emory digital engagement opportunities
  - Online Events Calendar

- Nursing in Uncertain Times
- The Atlantic COVID-19 Collection
Held on 4/30/20 and co-created by nurses & midwives to support mutual aid, foster global connections & amplify new and never-before-presented knowledge from conferences/events canceled due to COVID-19, knowledge necessary to nurse the community in the context of the current pandemic.

#NMA2020’s organizing team is now working to archive all of the shared materials and resources online & to plan next steps. We will keep you posted on the release of this website.

You can continue to access any of the Conference Tweets by reviewing Tweets under the @NrsgMutualAid profile & searching for the hashtag #NMA2020.
Emory National Scholarships & Fellowships:

Did you know Emory has a National Scholarships & Fellowships Program?

http://college.emory.edu/national-awards/index.html

There are many resources they have from which all nursing cohorts (from traditional BSN all the way to DNP) could benefit. Add their advising tool to Canvas!
Tell us your name, age, where you're from and what you do:
My name is Mikala Bordain, and I am 26 years old. Currently, I am a Registered Nurse for Emory Healthcare in one of their Neonatal Intensive Care Units.

Tell us about the most intense experience you have had fighting covid-19:
In my unit, we have been very proactive about the safety of our tiny patients, their families, and our staff members. I think my answer, ultimately, will be different than other RN's who practice in the adult world in that my most intense experience so far has been coping with this pandemic emotionally. At first, we were so nervous because we were one of the only units open to visitors. It felt like we had to be hypervigilant at all times, and still do, in order to protect ourselves and our patients. From what I understand, we don't quite know how COVID-19 affects neonates. But, so many of our patients have respiratory disorders and growing immune systems that put them at risk already. Ultimately, my most intense experience so far has been attempting to step away from the emotional hypervigilence of protecting myself and others.
How has the coronavirus outbreak affected you, i.e., what sacrifices have you had to make to do your job?
As stated earlier, I've become extremely hypervigilent. At times, I've found myself nervous because if I can't work, my family can't eat. I am in a constant state of awareness. I've had to take precautions when going home to my family. This has been hard on me because being close to them helps me feel calm. However, I am extremely privileged to be in a position where I can take care of others during this time, and I wouldn't change it for the world. I signed up to join my local Medical Reserve Corps as well, in order to help the local community where I live. I implore anyone who has in interest in helping their local community during this time to sign up at SERVGA.gov.

How has Emory University NHWSN prepared you for this?
Emory SON did a wonderful job preparing me for this, because I believe they placed an emphasis on public health and community engagement. I think Emory has a wonderful culture in paying it forward to both our community and those all over the world. I am so humbled that Emory allowed me to be in a position to help others during this time.
ON THE DESC

The Newsletter of The NHWSN Dean’s Executive Student Council

The Feeling Wheel

The Gottman Institute
Developed by Dr. Gloria Willcox

CHECK IN WITH YOURSELF
HOW ARE YOU FEELING?
ON THE DESC
The Newsletter of The NHWSN Dean’s Executive Student Council

MINDFULNESS
IN ONE DAY
FOR BEGINNERS

THINK BREATHING
Breathe in, hold for three counts and exhale. Count seven breaths.

MINDFUL DRINK
Kick start your body, mix hot water, lemon and cayenne pepper. Taste it!

DO ONE THING AT A TIME
When eating, just eat, when checking emails, just check emails.

NOTICE YOUR SENSES
What are two things you can taste, touch, smell, hear, right now?

DEEP LISTENING
Listen completely and contemplate your response.

MINDFUL EATING
Turn off all distractions, explore the textures, favours and temperatures.

MINDFUL WALKING
Feel your feet connecting with the ground.

BODY SCAN TIME
Bring your attention to your body, send the breath to any areas of tension.

FREE LIVE STREAM YOGA! (DAILY)
https://www.toughloveyoga.com/tlyonline

GUIDE TO LIVING WITH WORRY AND UNCERTAINTY AMIDST GLOBAL UNCERTAINTY
Multilingual Versions Can Be Found Here
https://www.coursera.org/learn/psychological-first-aid

TRAINING & TAMING YOUR BRAIN FOR KIDS
https://www.youtube.com/watch?v=n5nFRNxof_Q

13 BLACK WOMEN IN WELLNESS SHARE WHAT WELLNESS & SELF CARE MEANS TO THEM
https://www.drcrystaljones.com/blog

CORONA VIRUS SELF CARE GUIDE
ON THE DESC

The Newsletter of The NHWSN Dean’s Executive Student Council

April 2020 | Vol. 1

A LITTLE Levity

TV MED BLOOPERS

What side is that heart on?

- "CPR is always done incorrectly!"
- "Foley catheters being used as feeding tubes"
- "Nurses only bringing one needle to start an IV"

Black lead in wrong place!

DESpite TV DRAMAS TELLING US SO...

Defibrillators are NOT designed to shock flatline (asystole) patterns

Keep 'em coming!
email: desc@emory.edu
WE ARE DESC:

Erin Brown (Post-BSN to DNP)
Cat Dymond (AMSN)
Katiana Carey-Simms (AMSN)
Sierra Hardy (CRNA)
Jessie Malone Friedman (AMSN)

Email us at desc@emory.edu with any comments, questions, or resources you would like to share in the next newsletter!