Congratulations are in order for Cohort 0914. Though it was a difficult journey, 13 of the original 36 students graduated in October 2014 and became the second graduating class of West Virginia Junior College Associate Degree of Nursing Program. The congratulations do not stop there, of those 13 graduates 12 students have sat for the licensure exam and passed on the first attempt. That is great news not only for the students but for the nursing program at WVJC. The official licensure pass rate for 2014 is 85.7%. This is an increase from 2013 in which the licensure pass rate was 72.7%. Not to mention, WVJC is above the state and national average since the national licensure exam pass rate for ADN programs is 81.78% and the pass rate for the state of West Virginia for January 1, 2014 – December 31st, 2015 is 83.51%. The goal of WVJC is student success and to ensure the public that we are producing quality graduates. The nursing program has sought to improve the quality of nursing education delivered through a systematic evaluation plan that includes ongoing review of its curriculum, method of instruction, graduate outcomes, and employer satisfaction. Students interested in becoming nurses should determine their selection of a nursing program based on a number of factors. The program’s first time pass rate is a good indicator of the rigor of the curriculum and whether future employers will be inclined to hire them upon graduation.

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Continuing Education

In the February issue of American Journal of Nursing is an article about a new antiemetic for chemotherapy induced nausea. This drug is Akyzeo and it is administer one hour before the inception of chemotherapy. This drug is actually a combination of two medications: netupitant and palonosetron. Many chemotherapy agents produce nausea and vomiting leading to further problems for the client with cancer. The most common adverse effect reported by clients that have used the medication are headache, asthenia, dyspepsia, constipation and erythema. There is also a risk for serotonin syndrome and clients should be monitored for agitation or restlessness, confusion or twitching of muscles or muscle rigidity or other more severe signs of serotonin syndrome such as a high fever, seizures or irregular heartbeat. For more information refer to the official website at https://www.akynzeo.com.

FAST FACT

18,440

According to the U.S. Bureau of Labor Statistics this is the number of employed Registered Nurses in the state of West Virginia. For every thousand individuals that are employed in West Virginia, about 26 of those are registered nurses.

Another new drug on the market, Embeda. This extended release opioid analgesic is actually a combination drug. It is a combination of morphine and naltrexone. This analgesic is used to treat severe chronic pain. You may remember this drug being on the market in 2009. It was taken off the market by the company due to questions during the manufacturing process. Embeda must be swallowed...if the medication is crushed, chewed or dissolved the naltrexone will be released. The naltrexone will then block the opioid receptors, preventing the pain-relieving effects of the morphine. The naltrexone will have no effect on the pain receptors if Embeda is swallowed whole, as directed. The updated label states that EMBEDA has properties that are expected to reduce abuse via the oral and intranasal (i.e., snorting) routes when crushed. Nurses should know not to administer the pellets from the capsules through a nasogastric or gastric tube. Embeda is available in various strengths and may lead to tolerance over time resulting in a need for a larger dose to achieve the same pain relieving effect. One can also develop physical dependence and should not abruptly stop taking the medication but should taper the dose to avoid withdrawal symptoms. For more information on Embeda check out the website http://www.embeda.com.

Brush Up on Your Knowledge

1. The nurse is reviewing the lab results of a patient who has presented in the Emergency Room. The lab results show that the troponin T value is at 5.3 ng/mL. Which of these interventions, if not completed already, would take priority over the others?
   A. Put the patient in a 90 degree position
   B. Check whether the patient is taking diuretics
   C. Obtain and attach defibrillator leads
   D. Check the patient’s last ejection fraction

2. A patient arrives at the emergency department complaining of mid-sternal chest pain. Which of the following nursing action should take priority?
   A. A complete history with emphasis on preceding events.
   B. An electrocardiogram.
   C. Careful assessment of vital signs.
   D. Chest exam with auscultation.

3. Pulmonary function studies have been ordered for a client with emphysema. The nurse would anticipate that the test would demonstrate which of the following results?
   A. Increased residual volume, decreased forced expiratory volume, increased total lung capacity, decreased vital capacity.
   B. Increased residual volume, increased forced expiratory volume, decreased total lung capacity, decreased vital capacity.
   C. Decreased residual volume, decreased forced expiratory volume, decreased total lung capacity, increased vital capacity.
   D. Decreased residual volume, increased forced expiratory volume, increased total lung capacity, increased vital capacity.

4. The follow lab results are received for a patient. Which of the following results are abnormal?
   A. Hemoglobin 10.4 g/dL.
   B. Total cholesterol 180 mg/dL.
   C. Total serum protein 7.0 g/dL.
   D. Glycosylated hemoglobin A1C 5.4%.

5. Normal value for Total T4 (TT4) and a Total T3 (TT3) ?
The transformation of the health-care system is taking place every day even as you sit down to read this article. I am sure you see it every day even when you are not at work. A mother brings her child into a clinic for treatment of Otis Media. Instead of a physician, a nurse practitioner enters the office room to provide care for the child. You go in to get that scheduled surgery. You notice not an anesthesiologist about to administer the anesthetic but a certified nurse anesthetist. These health-care professionals are all advanced practice nurses (APNs). All have graduate-level degrees, and they serve as proof that the demand for APNs. A master’s degree in nursing is the educational core that allows advanced practice nurses to work as nurse practitioners, certified nurse midwives, certified clinical nurse specialists, and certified nurse anesthetist.

I challenge each of you to consider and pursue a career as an APN. Enroll in that RN to MSN program or that BSN and then MSN program. You can do this. The best way to ensure success in a master’s program is for you to understand your individual strengths and career desires and then find the faculty and college setting that are best suited to help you develop those strengths. The demand for high-quality care will continue to grow. There will continue to be many technological advances in healthcare. The quality and effectiveness of health care will continue to improve, and nurses with graduate degrees will play an active role in this trend.

Faith M. Campbell, MSN, RN
Nursing Program Director

Why Do Nursing School Need Alumni, Student and Employer Surveys?

Nursing programs hope to create nursing leaders, clinicians, teachers, and researchers who are committed to improving health and health care.

Survey data is summarized as aggregate data only. No individual responses are identifiable. Honest feedback is always appreciated.

Many changes have occurred in the WVJC ADN program because of survey responses. The resource center has been updated with more useful resources, homework assignments have been revised and decreased in many courses that require several projects and an assessment technology exam, and exams are now blueprinted and reviewed by all faculty members to ensure accuracy and evaluation of weekly course objectives. These are changes that better the program.

Completing these surveys aid with these beneficial changes to occur.

In 2014, WVJC ADN program received only three one year alumni surveys. This data is not helpful in identifying strengths and weaknesses in the program.

Please recognize the importance of taking five minutes to complete the surveys. Future graduates and nurses will benefit from your valuable input.

All nursing schools rely on the use of data in assessment and decision-making. Data-based decision-making is an essential element of continuous quality and improvement and helps faculty to assess the efficiency and effectiveness of current processes. Numerous methods exist for collecting data. NCLEX pass rates, scores on proctored assessment exams, employment rates, and survey collection to name a few.

Surveys can drive change that leads to program improvement. Schools of Nursing use a variety of surveys to assess student satisfaction with their academic program and the College. Two surveys conducted regularly for graduates to complete include the End of Program Survey (conducted the term a student graduates), which focuses on program satisfaction and the alumni survey (conducted 6 months, 1 year and 3 years post-graduation), which focuses on how the program prepared the graduate to work within their discipline. Employer surveys rate the graduate based upon the work place performance Survey contributions will provide valuable data that will be used to make decisions about the Programs and future directions of the curriculum. It also helps faculty determine how well the program prepares graduates to integrate into the workforce following graduation.

In addition, the accrediting bodies that review nursing programs, The Accrediting Commission for Education in Nursing (formerly known as the National League for Nursing) and the West Virginia Board of Examiners for Registered Professional Nurses, require an evaluation of the program by graduates. So, completion of surveys ultimately impact the program’s ability to maintain its accreditation and credibility in the community.

Nursing education data comprise an important component of the nursing workforce picture. By completing the surveys, you are helping to facilitate collection and analysis of education, supply, and demand data.
What is West Virginia Restore?

West Virginia Restore (WV Restore) is a monitoring and recovery program for nurses, in order to assure patient safety while the nurse is healing. The goal is to help restore a nurse to a state of wellness. This is a non-disciplinary, confidential program provided the participant complies with the contract requirements. If you believe this program will be helpful to you or to someone you know please contact WV Restore at the phone number or email below.

Phone: 304-932-7675

FAST FACT

According to AACN's report on 2013-2014 Enrollment and Graduations in Baccalaureate and Graduate Programs in Nursing, U.S. nursing schools turned away 78,089 qualified applicants from baccalaureate and graduate nursing programs in 2013 due to an insufficient number of faculty, clinical sites, classroom space, clinical preceptors, and budget constraints.

Hot Topics...

The West Virginia Board for Examiners for Registered Professional Nurses (WV RN Board) guidelines for continuing education requirements for drug diversion training and best practice prescribing of controlled substances training requires 3 hours of drug diversion training and best practice prescribing of controlled substances training by a Board approved provider to be completed as a prerequisite for licensure and during each renewal period. This training may be in 1 or 2 courses or may be a portion of a longer program provided the brochure or agenda describes the content and the number of hours attended. In addition, this 3 hour requirement is included in the current 12 hour annual requirement and is not an additional 3 hour requirement.

According to http://wvrxabuse.org, West Virginia leads the nation in prescription overdose deaths. Any person suspecting impairment of a nurse’s ability to provide safe nursing care may make a report to WV Restore and/or the WV RN Board. Under WV’s mandatory reporting rule, all licensed registered nurses must report any suspected impairment in practice to the WV RN Board. The West Virginia Restore program allows participants to avoid disciplinary action provided the terms of the monitoring agreement are successfully completed. Initially, the nurse will be required to refrain from nursing practice during the evaluation phase and any resulting treatment. The nurse may resume nursing practice when given authorization to do so by WV Restore. Be alert for signs of an impaired nurse: mood swings, poor appearance, deteriorating work performance or errors in charting to name a few. Substance use disorders estimated to occur in 1 in 5 or 20% of the population of nurses sufficient enough to impair practice. (Monroe, Pearson & Kenaga, 2008). Alternative to discipline programs allow nurses with substance use disorders or psychological conditions in recovery to remain active in nursing while being monitored. These programs promote patient safety through early intervention and quick entry into monitoring. West Virginia Restore is one such monitoring and recovery program for nurses, was established in July 2012. These programs provide a confidential voluntary alternative program for affected nurses to be rehabilitated and monitored in a therapeutic non-punitive and confidential manner.

Save the date: The third class will be graduating from the WVJC ADN Program on October 17th, 2015. Commencement and pinning will be held at Lakeview Golf Resort & Spa, 1 Lakeview Dr, Morgantown, WV.

The class of 2015 requests: if anyone has any NCLEX review books that are collecting dust, please donate them to the class. They will be greatly appreciated.
Nursing school is a very tough venture. It takes a strong, determined student to complete the program. Most of the students at WVJC are non-traditional students that have families and full-time jobs and have to juggle to study and do homework. One such student is Ashley Hart. Ashley is a dedicated student that works hard. She a baby while beginning nursing school and came right back without missing a beat. Ashley shared with us her journey.

I am a mother of three going through nursing school. It is rough managing my life and three small children’s lives. Having an extra person to lean on is hard to come by, but possible. My mom has been my support through it all. There are times I say I can't do this any longer and she is there to push me, telling me I CAN DO THIS. No one understands that nursing school contains most of your life, but it’s only two years. Two years to become a nurse something that I have wanted to do for a long time. Homework; I do that everyday. There is no setting aside time just for homework because that is almost every free moment I have. You become sleep deprived in school. My house is a disaster but my kids are happy and still alive, I’m passing my classes, and graduation is right around the corner. Determination and hard work, love for what you're doing, and the support (a shoulder to lean on) will be my success in to becoming a nurse.

Ashley Hart, SN  
Cohort 0915

Another student shares her experience:

Becoming a WVJC nursing student has been one of the most rewarding challenges I have encountered. As a current student, WVJC is molding me to become an exceptional nurse. The staff is friendly & they are available when you need them. The program criteria is demanding but that’s what it takes to become a nurse. Every late night, early morning, & every tear shed has been worth it in regards to succeeding in any nursing program.

Amy Thomas, SN  
Cohort 0915

I am a 2014 graduate from WVJC School of Nursing. Since graduation, I have had several interviews and chose employment with Genesis healthcare systems. They had a weekend position with excellent benefits and I saw it as a great opportunity to work around my current life situation and able to make a better life for my family! They were eager to work with me and my schedule and a great bunch of coworkers and clients to be around! Love the fact that I get the whole week off with my family and only work the weekend!

Jacqui Forester, RN  
Cohort 0914

“Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation, as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body…”  
-Florence Nightingale

92% of graduates in cohort 0914 of the WVJC Nursing Program have obtained positions as registered Nurses!

FAST FACT
The Healthy Nurse....

Often nurses state that how working a high stress job makes it hard to stay on track with eating healthy. Nurses often find when they are tired or stressed, they most likely reach for an unhealthy food item. Here are my tips for making the healthy choice, even when it is difficult:

1. **Create a habit.** If you get into a routine of eating healthy, your taste buds change. Your body will less often crave the unhealthy foods and start to desire fresh vegetables or fruit.
2. **Think before you eat.** What we eat today will haunt us later. Unhealthy food choices will end up contributing to high cholesterol, high blood pressure and obesity. So do not buy those unhealthy foods and they will not be within reach to eat.
3. **Phone a friend.** If you have a person you can talk to about the day to debrief you will be less likely to grab for that comfort food and maybe they will even discourage you from doing so if they are a good friend!
4. **Drink more water.** Staying hydrated will keep you focused and less stressed throughout your day.

**Answers to NCLEX questions on page 2:**

1. **C** This patient is undergoing an emergency cardiac event. Normal Troponin T levels are less than 0.2 ng/mL. Ventricular Fibrillation is the cause of death in most cases of deaths due to sudden cardiac arrest. Defibrillation is the most important action to take to prevent death.
2. **C** The priority nursing action for a patient arriving at the ED in distress is always assessment of vital signs. This indicates the extent of physical compromise and provides a baseline by which to plan further assessment and treatment.
3. **A** In emphysema, the client’s lungs lose elasticity and only partially deflate. Air is trapped in the alveoli. As a result of these pathologic changes, the amount of air remaining in the lungs after forced expiration (residual volume) is increased and the amount of air that can be forcibly exhaled (forced expiratory volume) is decreased. Total lung capacity is increased owing to hyperinflation of the lungs.
4. **A** Normal Hgb levels of adults is 12.1 to 17.2 grams per deciliter (g/dL)
5. 4.5 -11.5 ug/dL and 75 -200 ng/dL