

THE ROUTINE CHECKUP

IN THIS ISSUE

- **Message from the Secretary — Pg. 1**
- **ANSA Scholarship Winners Recognition—Pg. 2**
- **Job Interviewing Tips — Pg. 3**
- **NCLEX Test Taking Tips —Pg. 4**
- **February's Healthcare Awareness — Pg. 5**



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Message from the Secretary

Hello, everyone my name is Alex Richardson, and I am the ASU SNA secretary! I'm originally from Sheridan, Arkansas, and last summer I held a position as a patient care technician and nurse resident at St. Bernard's Medical Center in Jonesboro.

As the secretary of ASU SNA, I am in charge of keeping our meeting minutes in order, I have arranged SNA merchandise sales for the entire nursing college, and have arranged a nursing recruitment event with CHI St. Vincent Hospital.

While my time as SNA Secretary will soon come to an end, I am looking forward for what's to come for our board at National Convention, and am excited to be apart of paving the way for our future board members.

Throughout my time holding this position, I have cherished every meeting, event, and memory shared with my co-executive board members, and have really appreciated the advice and support from the SNA advisors not only for SNA, but also for my personal and professional life.

After I graduate in May, I will be moving to central Arkansas to work at the CHI St. Vincent Infirmary in the Medical Intensive Care Unit. Because of my time with the Student Nurse's Association, I'm confident in my professional future and know that I will always have my co-members to lean on.

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CONGRATULATIONS TO OUR ANSA SCHOLARSHIP WINNERS

Arkansas State's SNA would like to send out a huge congratulations to two of our SNA members, Megan Belvedresi and Sam Dean, for winning two out of the ten Arkansas Nurses Student Association (ANSA) scholarships! Each winner received a total of \$500 to apply to their trip to the National Student Nurses Association convention in Salt Lake City, Utah in April!

Each nominee had to fill out the ANSA scholarship application form that included their nursing school information, current GPA, leadership and organization history, a short essay describing about how involvement in a professional organization benefits the profession of nursing, financial needs and current income, national registration verification, and at least one letter of recommendation.

Congratulations Megan and Sam!!!! Great job on representing ASTATE!



Megan Belvedresi



Sam Dean

Job Interviewing Tips



- ⇒ **Professional Dress: No jeans, leggings, t-shirts, or clothing that is too tight or loose**
 - ⇒ **Ladies: Suit/Skirt and Jacket, Blouse, Comfortable Dress Shoes or Low Heels**
 - ⇒ **Gentleman: Suit/Jacket and Slacks, Collar Shirt with Tie, Dress Shoes and Belt**
- ⇒ **Walk in with a smile and make direct eye contact when speaking to someone**
- ⇒ **Put your phone away as soon as you walk in the front door!**
- ⇒ **Bring at least 3 questions to ask—the pay scale should not be your first question, wait for them to mention it first**
- ⇒ **Prepare yourself for possible questions!**
- ⇒ **Carefully think about your strengths and weaknesses**
- ⇒ **Practice, Practice, Practice! Figure out your selling points and prove to them that you are the BEST nurse for the job!**

*You Never Get a Second Chance
to Make a First Impression*

NCLEX Test Taking Tips

Shout-out to the Senior class for finally reaching the final home stretch! I'm sure most of you are counting down the days or you know someone who is! It is finally time to start figuring out where you want to go and what you want to do, but there is one major thing you have to get past first... the NCLEX. But no worries! YOU are going to rock it. If you have some self-doubt, hopefully these friendly NCLEX test-taking tips from NCLEX survivors will help ease some of your anxiety.

- NEVER delay care in NCLEX world. If there is an option that is implying for you to leave and come back later to reassess your patient, that is not safe practice. NCLEX is a **Right Now** test.
- If the scenario doesn't need an "action," it doesn't necessarily need an RN—we can delegate the task.
- Think like a brand new nurse
- Assume the worst—there are no happy NCLEX questions
- Ask yourself what will fix the client
- Never ask the client "why"
- READ THE QUESTION FIRST
- It is important to know the effects of medications
- You can have up to 265 questions and 6 hours to take the exam—as long as you are still receiving questions, you are still in the game. Do not beat yourself down or assume you've already failed if you see question-number 250. Remember, **YOU ARE STILL IN THE GAME!!!**

February's Healthcare Awareness

Throughout nursing school, we are taught how to recognize and respond to cardiac-related diseases along with taking many tests about it's anatomy and which nursing action we should provide given a critical situation within our scope of practice. Our occupation is pretty awesome! We know how to care for someone's heart, but what about taking caring of our own?

As college students, especially in nursing, we heavily rely on fast food, caffeine, and we sometimes average about 4 hours of sleep per night after long nights of finishing paperwork or studying! But if we do not take a step back and take time to manage our health, we are essentially damaging ourselves. Here are some tips to promote a healthy-heart lifestyle and some of the symptoms for an unhealthy heart!

Healthy Heart Tips

- At **LEAST 30 minutes** of exercise per day at least 5 days/week
- Find de-stressing activities like yoga, art, or music/pet therapy
- **DO NOT SMOKE** (or quit... do you want to have a CABG??... you've been warned)
- Shop on the outside aisles of stores
- Healthy Heart Diet: Fruits & vegetables, whole grains, low-fat dairy, poultry, fish, legumes, nuts & seeds. Limit intake of sodium and sugary food and beverages!

Symptoms

- Increased Anxiety & Restlessness
- Shortness of Breath
- Swelling of extremities & abdomen
- Fatigue
- Fast Heart Rate
- Confusion
- Lack of appetite

