



# Rapper

Mount Carmel College of Nursing News and Information

March 29, 2010

“This is a Test... This is Only a Test”

Active Shooter Response **DRILL** at MCCN on Monday, April 19



**Active Shooter Drill Set for Monday, April 19.** Dr. Ann Waterman's class NURS 400R is one among many MCCN classes in-serviced by Mount Carmel Safety and Security in preparation for the upcoming drill. Shown left to right (back row): Assistant Professor **Ann Waterman, PhD, RN**, officer **Tony Cox**, officer **Jason Decker**, student **Tori Wildermuth**; front left to right: students **Kelly Tomlinson**, **Amy Rudecki**, and **Leslie Pax**.

“We hope and pray that the day never comes when the College would need to actually use this emergency plan, but the drill on April 19 will give us hands on experience to make us better prepared for such a situation,” said **Dr. Ann Schiele**, President/Dean, MCCN. “Our concern for our students, faculty and staff makes us determined to be effectively ready and responsive should a crisis occur.”

The drill Dr. Schiele is referring to is the “active shooter” drill scheduled for Monday, April 19, on the Mount Carmel College of Nursing campus. The exercise will be similar to many conducted recently on college campuses across the nation. It has been carefully planned and will be just as carefully implemented.

**“This is a Test... This is Only a Test”**

We’ve all heard this familiar phrase countless times, usually associating it with the testing of a weather-related emergency siren. On Monday, April 19, here at MCCN, there will be test of the emergency response systems at the College and in the community to a simulated active shooter scenario.

The April 19 drill at MCCN, planned and held in partnership with Mount Carmel Safety and Security, and the Columbus Police Department, is the first active shooter response drill of its kind to be performed at a college or university in central Ohio. To make this drill as effective as possible, plans have been ongoing for over a year.

“Safety and security are of utmost importance,” says Dr. Schiele. “There have been multiple meetings, detailed studies, and focused discussions leading up to the drill on April 19.”

The governor and the Ohio Board of Regents have called for all colleges and universities in the state to review crisis management, particularly in light of the incidents over the past few years at University of Alabama, Virginia Tech, and Columbine, among others.

Dr. Schiele asks for everyone’s cooperation with the exercise and apologizes for any inconvenience or concern it may cause. “The safety of our students, faculty and staff is our highest priority, and this drill will help us ensure that we’re doing our best to keep everyone safe.”

**Next Rapper issue: What to expect during the drill; what you need to know about the drill, and what you should and should not do on Monday, April 19.**

**“This is a Test... This is Only a Test”**

**What:** Active Shooter Response Drill

**When:** Monday, April 19, 2010

**Where:** Mount Carmel College of Nursing

**Who is involved?** Mount Carmel College of Nursing, Mount Carmel Safety and Security, Columbus Police Department, and Mount Carmel Health Hospitals

**Purpose**

Incidents on college campuses have prompted colleges and universities across the country to reevaluate campus safety, security, and crisis management plans. Mount Carmel College of Nursing (MCCN) has done the same and joined forces with other institutions from across the state of Ohio, with the support of Governor Ted Strickland and the Ohio Board of Regents, to ensure that campus safety and security measures are continually addressed and effectively implemented. As part of this effort, many institutions, such as MCCN, are conducting active shooter response drills to test/ evaluate emergency procedures and processes.

**MCCN Active Shooter Response Drill on April 19**

Mount Carmel College of Nursing, in cooperation with Columbus Police and Mount Carmel Safety and Security, will conduct an active shooter response drill scenario on April 19, 2010, on the MCCN campus.

Involved in the drill will be Columbus Police representatives, MCCN students, faculty and staff, Mount Carmel Safety and Security and Mount Carmel hospitals and staff. The drill process will take approximately 6-8 hours. This will include the drill, post event assessment and communication.

**Your Cooperation Needed**

This will not be a “surprise” drill. The cooperation of MCCN faculty, staff, and students is requested in order to achieve maximum benefit from the drill. Please read and follow all instructions related to the drill. There will be additional, detailed instructions in the 4-12-10 issue of *The Carmel Rapper*. Do not call 911 during the drill or interfere with the completion of the drill activities.

Within a week following the drill, Columbus Police participants and Mount Carmel College and Mount Carmel Health System participants will convene to discuss event outcomes.

**More Details in the Next Issue**

Watch for more details and information in the 4-12-10 *Carmel Rapper*.

*Important* **DATES**

<u>MARCH 29</u>	Rho Omicron Luncheon, noon – 1 p.m., gym
<u>APRIL 2</u>	Good Friday (holiday) Last day to drop a semester course
<u>APRIL 5</u>	Spring Festival, 10 a.m. – 2 p.m., gym
<u>APRIL 13</u>	Game Night, 7 – 8:30 p.m., rec room
<u>APRIL 15</u>	STTI Spring Scholarship Evening, 5 – 8 p.m., Capital University
<u>APRIL 16</u>	Last day to drop a term 2 course
<u>APRIL 19</u>	Active Shooter Drill
<u>APRIL 22</u>	“A Girl’s Life,” MCE, 6 p.m.
<u>APRIL 26</u>	SNAM meeting, noon
<u>MAY 6</u>	Graduation Celebration Lunch, noon, Berwick Manor Party House
<u>MAY 7</u>	Pinning and Recognition Ceremony, 7 p.m., First Church of God
<u>MAY 8</u>	Commencement, 1 p.m., First Church of God

*Rho Omicron Membership*  
**LUNCHEON**

**TODAY, March 29, 2010**  
**Noon - 1 p.m. in the gym**

*This is a free event for members.*

Free honor cords for May Commencement will be given to graduating students who attend the luncheon. Those students not able to attend the luncheon may purchase honor cords independently from **Sherry Hull** at [shull@mchs.com](mailto:shull@mchs.com).

Registration is required for this free event. RSVP via WebCt Resources Announcements (Rho Omicron Announcements) or call 234-5800.

*Cap & Gown Ordering*  
**DEADLINE**  
*is April 1*

*Graduates attending* Commencement on May 8 are responsible for ordering their own cap/gown no later than **April 1, 2010**. Orders are placed online at [www.jostens.com](http://www.jostens.com).

- Follow the prompts for college-level graduation caps and gowns
- Search for *Mount Carmel College of Nursing*
- Place your order for either the bachelor's or master's product (they are different!)

**Remember: the order deadline is April 1.** Contact Records and Registration if you have questions (614-234-3959).



## Senior Spotlight on MARY BAKER

**Rapper:** Why did you decide to become a nurse?

**Baker:** When I was 12, my 92-year-old grandmother came to live with us after a hip fracture. She lived with us for eight years, the last two with dementia that required 24-hour care. During this time, I became certain I wanted to be a nurse. The idea had been forming since early childhood; my parents are nurses and nursing professors, and my older brother and sister went to nursing school. In 2007, I participated in my church's medical mission trip to Haiti. We opened a clinic that had been closed for years and treated over 400 patients. We returned the following year and again treated over 400 patients. I was already enrolled in nursing school, but these experiences ignited my passion. My desire is to use my education to serve the sick and injured who need it most. This is why I decided to become a nurse.

**Rapper:** Why did you choose MCCN?

**Baker:** Largely because of the family ties; my brother and sister are both graduates of MCCN, and my father was a professor at MCCN for almost ten years. I also prefer the small student/professor ratio. I was drawn by the College's reputation and faith-based philosophy. The close environment makes the experience more personal, and the instructors have a helping relationship with the students. The faculty, staff, and administration go out of their way to make students feel welcome at the college, and to make success a reality for earnest students.

**Rapper:** From the vantage point of senior year what have been the high and low points of nursing education?

**Baker:** The high point of my experience was induction into the International Honor Society of Nursing. The nursing education at Mount Carmel is exceptional; I cannot think of any low point in my experience here.

**Rapper:** What activities have you been involved with at the College?

**Baker:** I served as a counselor for Camp Mount Carmel 2008 and 2009. I participated in the College's program, "A Girl's Life," multiple times. I was a student representative for the College at the Statehouse for Independent College Day, where we advocated for federal funding for Independent Colleges of Ohio. I also participated in select fundraising for the College.

**Rapper:** What activities, commitments keep you busy outside of class and clinicals?

**Baker:** I am a Patient Care Assistant in the Float Pool at Mount Carmel East Hospital. I also teach the Primary Sunday school class, play the accordion, and sing at my church. I am very involved with international missions, and participate in a medical mission trip every summer.

**Rapper:** What are your plans after graduation? Long-range career/educational goals?

**Baker:** My plans include enrolling in a Nurse Practitioner program and obtaining a certification as a Clinical Nurse Midwife. I also plan to acquire a master's in education, become a nursing professor and a clinical instructor. After gaining knowledge and experience, my long-term goals are to be involved in long-term foreign medical missions.

**Rapper:** What is one piece of advice you would like to share with current MCCN students?

**Baker:** Your instructors are a wealth of information, and they are here to help you succeed. Consider them your friends, and take advantage of their knowledge as much as possible. They are your most valuable resource during your time at MCCN.

## Senior Spotlight on ANGELA SNIDER

**Rapper:** Why did you decide to become a nurse?

**Snider:** I have always wanted to work in healthcare. In my younger years, I wanted to be a physician. As I grew older, I realized that I loved taking care of people. I was raised with kindness and compassion instilled as the norm. My father is a pastor, and our family constantly ministered to others experiencing grief and loss. I became aware of my own desire to care and heal where I could.

**Rapper:** Why did you choose MCCN?

**Snider:** I had friends who attended here and encouraged me to apply. I was very happy with MCCN's reputation as a prestigious, well-respected College graduating baccalaureate-prepared nurses.

**Rapper:** From the vantage point of senior year what have been the high and low points of nursing education?

**Snider:** I came wanting to be an acute care nurse and had the best experience during my acute class. I learned so much during that amazing class! I am sure there have been lows, but the highs have been much more memorable, and I am so grateful I kept on even during the "lows."

**Rapper:** What activities have you been involved with at the College?

**Snider:** I currently serve as SGA secretary, and served as a class representative. I have been privileged to serve on the Academic and Professional Misconduct Committee for two years. I volunteered on the June 2009 Mexico Mission Trip and took supplies to The Gambia, West Africa, in June 2008. These experiences have been eye-opening and will serve me well in my career.

**Rapper:** What activities, commitments keep you busy outside of class and clinicals?

**Snider:** First of all, I am a wife and mother of three wonderful children: Kaitlyn, ten; Parker, eight; and Kelsi, seven. I attend their school PTF meetings and try to be as active in their education as possible. At church, I teach the teen Sunday school class and serve as choir director. I volunteer at two nursing homes each month and work in the emergency department at Mount Carmel East (MCE). While I do have my hands in too many things, I love being busy. I would not know what to do with a "normal" life.

**Rapper:** What are your plans after graduation? Long-range career/educational goals?

**Snider:** I am thankful I have a job offer as a nurse in the MCE emergency department. I plan to pursue a master's with a specialty in acute care nurse practitioner. I love the learning process and may someday enjoy teaching nursing students. My future plans also include missionary nursing. I have a soft spot for the underserved and would love to minister someday to their needs on a regular basis.

**Rapper:** What is one piece of advice you would like to share with current MCCN students?

**Snider:** Study hard! Take everything your teachers say to heart and know they are doing everything in their power to help you become a wonderful nurse! Remember that one day you will have responsibility that can save or take a life.



## Announcing a Junior-Level Curriculum CHANGE

In the MCCN curriculum, the major thrust of medical surgical nursing content is presented at the junior level (sophomore level is foundational; senior level builds upon the content).

In keeping with this focus, there will be a change in the current delivery of Med Surg I and II (NURS 305 and 306) effective fall semester 2010. The content of NURS 305 and 306 will be combined to form the new Med Surg course, NURS 309. NURS 309 will be taught as a 16-week nursing course with more clinical days devoted to patient care experiences. This curriculum change is taking place to more effectively meet course objectives and to introduce the content logically, sequentially, and consistently.

### Course Description, NURS 309

*Prerequisite:* Junior status

This course provides students with evidence-based knowledge in the management of adults and families experiencing human responses to alterations in fluid and electrolyte imbalance, oxygenation, ventilation, tissue perfusion, digestive function, immunologic function, hormonal regulation, regulatory function, motor sensory function, cellular differentiation (proliferation), and skin function and integrity. The nursing process provides the framework for the practice of nursing with clients of diverse backgrounds and in varied settings.

## Degree AUDITS

*Pre-licensure students* who want to verify current completion of program requirements may schedule an appointment to review their degree audits. Contact **Maggie Miller-Rea** (614-234-3959) to schedule an appointment.

RN-BSN Completion and Master's students should contact **Kip Sexton**, Program Coordinator, (614-234-5169) with questions about degree progression.

## Affiliated Course SCHEDULE

*Spring quarter starts* March 29 at Columbus State Community College and The Ohio State University. Any student taking a spring quarter class at one of these affiliated institutions is required to submit a copy of his/her course schedule to the MCCN Records and Registration Office (Marian Hall, Room 201).

All students must submit their CSCC or OSU course schedules to MCCN every term they take classes. Students who neglect to submit the required documentation will find that their credit hours at CSCC or OSU will not count toward calculation of total credit hour load at MCCN. Delinquent students may find themselves at less than full-time hours for financial aid calculation.

## A GIRL'S LIFE Set for April 22

The next "a girl's life" program, sponsored by Mount Carmel College of Nursing, is set for April 22 at Mount Carmel East in the Siegel Center.

The program is designed for girls ages 9-12 and their moms or special adults and focuses on issues of adolescence and puberty. Cost is \$25 per girl, which includes a tote bag, book and t-shirt. To register, please go to <http://www.mccn.edu/news-events/a-girls-life.html> to download a form or call 234-LIFE.





## Nurses Day at the Statehouse 2010

By **Pat McKnight**, MS, RD, LD



**Students from the RN-BSN Program:** seated left to right, **Christa McKernan, Deb Price, Julie Roth, and Toni Chops** (faculty). Standing left to right: **Debbie Altomare, Shelly Brown, Pat McKnight** (faculty), **Cathy Lapp, Leslie Pax, and Andrea Warren**.



Seated left to right: **Erin Rodas, Angela Snider, and Alyncia Bowen**. Standing left to right: **Denice Taylor, Lisa Robinson, and Ann Waterman**.

On February 24, Mount Carmel College of Nursing was well represented at the annual Nurses Day at the Statehouse by eight RN-BSN students, four students in the pre-licensure program and five faculty members. We reserved two tables so that we could sit together.

The first part of the program included remarks from several legislators, including Senator Sue Morano, RN — the ONLY nurse in the General Assembly. A panel of nurses from many areas of nursing each presented a three-minute highlight of their legislative issue. Again, MCCN was well-represented; speakers included Mount Carmel grads, **Jeri Milstead '57, Suzanne Martin '66, Beth (Campbell) Foster '75, and Nick Chmielewski '04.**

Following the program, our students and faculty visited the offices of State Senators Schaffer, Hughes, and Goodman. Lunch provided another opportunity to speak with legislators, and we found Representative Dan Stewart surrounded by MCCN students. Stewart's district includes Mount Carmel, and he is a regular guest speaker in the Health Policy class.

Following lunch, meetings with the aides to the State Representatives were held in their respective offices. Following those meetings, some students stayed to attend a hearing.

Again, it was a GREAT day — most said, “eye opening.” The experience will help these one-day nursing graduates realize how important it is to work with legislators and possess an increased “comfort level” to do so, as a result of Nurses Day at the Statehouse.

MCCN plans to participate in Nurses Day at the Statehouse again next year. If you are interested in attending next year's event, please contact **Pat McKnight**.

## Chaplain's CORNER

By Pete McClernon, College Chaplain

*I have made many retreats* over the years. I have gone to rustic places and luxurious places to “get away from it all” and concentrate on my walk with God — my journey of faith. At many more than one of these retreats, I have been invited to explore the question, “What would you die for?” This question and the conversation that surrounds it force one to radically examine deeply held values — depth of conviction — intensity of love.

But allow me to proffer an alternative question — a question which has bubbled to the surface of my consciousness often as I watch teachers return day after day to classrooms full of less-than-cooperative students; as I consider nurses and “in the trenches” healthcare folks (like our students who work as PCAs) spend thankless hours doing the most menial of tasks for sick people; as I read about mental health workers who — day after day — nudge their clients ever so closely — ever so slowly — toward what we call “normalcy.”

I think about parents up at all hours of the night with crying babies or heart-broken teenagers. I think about lovers spending hours on a telephone comforting a loved one who is going through hard times. I think about grandparents opening their homes to children and children's children for whom the economy has become too much of a burden.

Thinking about these people — and the day-in-day-out love they offer — prompts me to ask not “What are you willing to die for?” but “What are you willing to live for?” I wonder which question is harder to answer!

### Activities at Ohio Dominican University

MCCN students are cordially invited to attend activities and events at Ohio Dominican University's Bishop A Griffin Student Center. For up-to-date listings of activities visit ODU's website at [www.ohiodominican.edu](http://www.ohiodominican.edu), type in Griffin Student Center and calendar of events.

### Student Life Coming Attractions

Date	Event	Location	Time
Monday, April 5	Spring Festival	Gym	10 a.m. - 2 p.m.
Tuesday, April 13	Game Night	Rec Room	7 - 8:30 p.m.

### COSI Membership News – Student and Family Memberships

Four of the student COSI memberships have been renewed for another year. The other two memberships have been upgraded to Family Memberships. Students can now take their children (up to 4) and significant other to COSI for free! COSI memberships may be signed out on a daily basis. Memberships must be returned the next business day to ensure availability for other students. Memberships signed out on Fridays are to be returned the following Monday. Enjoy!

ATTENTION STUDENTS!

## MONEY Matters

### Important Dates

- **April 1** — Deadline date for completing the FAFSA if you will be enrolled for classes in the summer (2010)
- **July 1** — Deadline date for completing the FAFSA for the 2010-2011 academic year (fall and spring)

### OCOG

We recently received notification that the OCOG grant will be available next year, 2010-2011, at a reduced amount. If you are eligible for the OCOG you will see this on your 2010-2011 award letter.

### Campus Work Study

The College Work Program is another form of financial aid available to Mount Carmel College of Nursing students. In order to be considered for a position, these specific criteria must be met:

- Complete the 2010-2011 FAFSA
- Have a demonstrated financial need
- Complete the application for a work study position
- If you plan on working this summer your application is due by **April 19**.
- If you plan on working in the fall, the deadline date for turning in an application is **July 1**.
- **All applications will be available beginning April 1, 2010**
- Await a response regarding your eligibility from the financial aid office.
- Additional directions will be provided at that time.

*Please note: Submitting an application does not guarantee approval.*

### Book Grant Applications

Book grants are provided to students who demonstrate a financial need in securing books for courses that they are enrolled in at MCCN. If you are in need of assistance, please complete the book grant application in the financial aid office. You will need to include a list of books that you are requesting and you must have completed the 2010-2011 FAFSA.

All applications are due two weeks prior to the beginning of the semester.

All books purchased by the school through this program must be returned at the end of the semester. You may not sell them to another student. If you need to retain a book for future use, please inform the financial aid office in writing. The expectation is that you will return the book prior to your departure from the College. Failure to do so could result in you being charged the amount provided in the book grant.

— **Alyncia Bowen, PhD, MSA, Director of Financial Aid**, [abowen@mchs.com](mailto:abowen@mchs.com)



## Student Government Association (SGA) Officers and Representatives FOR 2009-10

**PRESIDENT:** Sarah Eichhorn (Senior)

**VICE PRESIDENT:** Emily Lust (Junior)

**SECRETARY OF RECORDS:** Angela Snider (Senior)

**TREASURER:** Leah Lewis (Senior)

**SECRETARY OF PUBLIC RELATIONS** (shared by): Crystal Goods (Senior) and Kelsey Tinkler (Junior)

### SENIOR CLASS REPRESENTATIVES

**Daniel Duble**                      **Tristen Greene**  
**Megan Messenger**           **Luke Vohsing**

### JUNIOR CLASS REPRESENTATIVES

**Melissa Bally**                      **Emily Berry**  
**Joe Derr**                              **Brittnee Doran**

### SOPHOMORE CLASS REPRESENTATIVES

**Stephanie Binkley**           **Ashley Degoey\***  
**Stephanie Harris**           **Kayla Munk**  
**Brittany Richards**           **Dani Smith**  
**Brooke Waddell**

\*Fairfield Medical Center SGA representative

### FRESHMAN CLASS REPRESENTATIVES

**Elizabeth Cassidy**           **Kelsey Horton**  
**Lyndsey Melvin**               **Ashley Winebrenner**

### ADVISOR

**Colleen Cipriani**

SGA is here for the students. Students are encouraged to contact their class representatives with any questions or concerns. SGA officers and representatives can be reached through their Mount Carmel email: First initial and last name @mccn.edu.



## Annual Phone-a-thon Raises Funds for SCHOLARSHIPS

Volunteer callers contacted Mount Carmel alumni from the class of 1932 to the class of 2009, to raise funds for student scholarships. The majority of the volunteers were students, nearly 40 of them and many of them scholarship recipients themselves. Ten faculty and staff, including President/Dean **Dr. Ann Schiele**, also volunteered, as well as five alumni who contacted members of their classes.

"Our student volunteers did a very good job with the calling. They engaged people on the phone, and were very pleasant and conversational," said **Kathy Espy**.

"We would like to extend a huge and heartfelt thank you to all of our volunteers," added **Phylis Crook**, Coordinator, Alumni Relations.



Volunteer callers (left to right): **Bridgett Brandon, Heather Harvyasi, Deborah Williams, Jan Burkey, Terri Rapp, and Shirley Cooley**

### Student Volunteer Phone-a-thon Callers

Mary Baker	Heather Harvyasi	Lisa Pollock
Emily Berry	Paige Jones	Terri Rapp
Levi Bodey	Leslie Jordan	Tracy Reyes
Akeela Bowen	Abdiwali Keynan	Katelyn Rose
Bridgett Brandon	Steve Knisley	Regina Sa
Tara Burleson	Laura Koch	Kelsea Simons
Rochelle Burton	Chelsea Krempel	Joy Sickles
Tracey Buskirk	Jessica Lencke	Jason Seckman
Sarah Compton	Michael Lim	Patrick Smith
Chelsi Cummings	Meena Mathew	Yvonne Spencer
Joe Derr	Milena Micu	Alaina Swett
Chyna Dolman	Melissa Myers	Deborah Williams
Sarah Eichhorn	Kaleigh Peters	Jessica Wonder

## GRADUATING Student Luncheon



Front row, l-r: **Crystal Goods, Ruth Moyer, Greg Mountain, and Andrew Wasson**; back row: **Kristen Zollinger, Joy L. Russell, and Molly Ellwood**

From l-r: **Branden Paris, Daniel Duble, Luke Vohsing, Jennifer Young, and Alyson Evans**, Master Program



Front row, l-r: **Nicole Thomas, Stefan Weber, Tristan Murry, and Chika McTier**; back row: **Chelsea Vest, Kelly Townsend, Dana Kise, Christina Schofield, and Kelley Dobek**



## LIBRARY

Monday - Thursday.....8 a.m. - 9 p.m.  
Friday.....8 a.m. - 5 p.m.  
Saturday.....8:30 a.m. - 12:30 p.m.  
Sunday.....Closed

Professional reference staff is available Monday - Friday, 8 a. m. - 5 p. m. If you need professional help or assistance during late evening and Saturday morning hours, Librarians will be available upon your request, primarily through scheduling time using the *Signing for Instruction* form on the library website at least 48 hours in advance, or by contacting a librarian in person.

## Saint Patrick's Day Dance PARTY



Students danced, enjoyed a baked potato bar and root beer floats, hung out and enjoyed each other's company.



## SIGN UP TODAY! BE PREPARED for the Active Shooter Drill and Weather Cancellations!

Faculty, staff, and students are strongly encouraged to register for the Communications Alert System as soon as possible.

Please see below on how to register. Remember when registering you MUST:

- Use a Mount Carmel computer (if you are a student you may want to stop by the CLE 2nd floor MCCN computer lab).

- Enter your network ID and password

By signing up for the MCCN Communications Alert System you can be alerted and informed in times of crisis, disaster and weather situations. Faculty, students and staff may self-register for the new system by using an on-site MCCN computer.

- Via Insight, enter internet address <http://mccnalert.mchs.com> and simply follow the prompts.
- Be sure to do the self-test that is part of the self-register process to confirm that the registration has taken place.
- The alert system messages are TEXT ONLY and can be sent to cell phones, pagers, personal computers or other electronic message devices. There are no limits to the number of devices that can be listed.
- You must register in order to be contacted and check the box to agree to assume any charges for alert system messages. Once registered you must update any changes to listed devices, such as new phone numbers.
- For your convenience MCCN ALERT now has the capability to notify faculty, staff and students when devices are about ready to — or have already expired. The message will say "Subject: MCCN Alert Expiration. This devices registration is set to expire on MCCN Alert soon."
- If you receive an alert, please check your account. Go into <http://mccnalert.mchs.com> (via Insight on a College or Mount Carmel computer), and log on to update the expiration date. Your log-in is your MCHS log-in (first/last initial and your ID #) and your password is your MCHS password.

If your devices are highlighted in red, click on devices address (on left), which will take you on a page with a calendar ICON. Click on the calendar and extend your expiration date to receive alerts. It is recommended that users extend out one-two years. (Updates necessary if phone service, etc. changes.)

If you have questions about the new system or need help signing up or updating, please contact one of the following individuals who will help you with the process:

- Robin Hutchinson Bell (Marian Hall 313) [rhutchinson-bell@mchs.com](mailto:rhutchinson-bell@mchs.com) or 234-1372
- Sherry Hull (Marian Hall 302) [shull@mchs.com](mailto:shull@mchs.com) or 234-5777
- Brenda Binkley (Marian Hall 310) [bbinkley@mchs.com](mailto:bbinkley@mchs.com) or 234-5726



## The Carmel RAPPER

The Carmel Rapper is provided bi-weekly by Mount Carmel College of Nursing with the assistance of Mount Carmel's Creative Services and Marketing Departments.

**Managing Editor:**  
Robin Hutchinson Bell

**Editor:**  
Elaine Kehoe

Deadline for information is every other Monday at noon.

For information or to comment, contact Robin Hutchinson Bell: 614-234-1372 or [rhutchinson-bell@mchs.com](mailto:rhutchinson-bell@mchs.com).





## Scholarship OPPORTUNITY for 2010 Nursing Grad

The American Association of Critical Care Nurses –Central Ohio Chapter (AACN-COC) is proud to offer a senior nursing student with the desire to become a critical care or progressive care nurse, a \$500 scholarship to use at your discretion.

The eligibility criteria:

- Senior nursing student who has or will graduate in 2010 and has not yet passed the state board exam
- An interest in critical or progressive care
- One written professional reference and contact information for two other personal or professional references
- Short essay addressing two topics:
  - 1.) Why you chose to become a nurse
  - 2.) Who and/or what experience inspired your desire to become a critical care or progressive care nurse

The AACN-COC was established in 1975. Meetings occur on the third Wednesday of the month, September through May. Benefits of belonging to the organization include networking, educational offerings with contact hours and dinner, professionalism, opportunities to serve and develop leadership skills, and most of all a place to have fun!

AACN-COC board members request that the student who is awarded the scholarship attend the meeting on May 12, 2010, for a presentation of the monies.

For more information contact us at [aacncoc@yahoo.com](mailto:aacncoc@yahoo.com) or call

President	<b>Vickie Gloeckner</b>	898-8610 or 234-7793
Secretary	<b>Anna Bockert</b>	234-6980
Treasurer	<b>Diana Billie</b>	557-6008

Please submit your essay and references by April 16, 2010 to: AACNCOC, PO Box 485, Columbus, Ohio 43216.

We look forward to you joining the exciting fields of critical care and progressive care nursing and hope we are a part of your journey.

Respectfully,

AACN-COC Officers and Board Members

**Vickie Gloeckner, Anna Bockert, Cheryl Williams, Diana Billie, Raejeanne Powers, Barbi Potts, Michele Lindner-Nash, Dorina Harper, K. Ashworth, Barb Powell**

## EASTER EGGS: More than Just a Holiday Art Project

By **Jenny Lobb**, Dietetic Intern

*Every Easter*, my family gathers together for an afternoon of coloring Easter eggs. Maybe your family has a similar tradition. If so, what do you do with all those eggs when the coloring has come to an end? Do you use them as weekend decoration? Throw them away? Eat them along with your holiday dinner? This year, if you don't already, try to take advantage of the wonderful nutrition that eggs offer!

Eggs are a nutrient dense food, meaning that they are rich in nutrients when compared to the number of calories they contain. A large egg contains only 70 calories, but packs six grams of protein and a variety of vitamins and minerals. Riboflavin, folate, vitamin B12, and vitamin D can be found in an egg. Eggs also contain two antioxidants, lutein and zeaxanthin, that contribute to eye health.

Although eggs are high in cholesterol, research has shown that regular egg consumption is not associated with increased cholesterol levels or coronary heart disease. It is an individual's total cholesterol that is associated with increased risk of coronary heart disease. Eggs can be consumed up to seven days a week as part of a healthy, balanced diet.

In addition to being nutritious, eggs are inexpensive, easy to prepare, and extremely versatile. Eggs can be poached, scrambled, boiled, or fried. They can be used to make egg salad, omelets, quiche, or frittata.

Prior to purchasing eggs, open the carton to make sure that the shells are intact and not cracked. Eggs can be stored in the refrigerator for four-five weeks beyond their pack date or for three weeks after they are brought home from the store.

For more information on selecting, storing, and cooking with eggs; or to find egg recipes, visit [www.incredibleegg.org](http://www.incredibleegg.org). A recipe for Pasta Salad (with eggs) and herb vinaigrette is below.

### Pasta Salad with Herb Vinaigrette

6 oz wheel-shaped pasta, cooked and drained  
½ cup shredded carrot  
1 cup chopped fresh broccoli  
6 hard boiled eggs, cut into wedges  
¾ cup chopped tomato

Dressing:

1/3 cup white wine vinegar	1 tsp dried basil leaves
2 Tbsp olive oil	1 tsp dried oregano leaves
2 Tbsp water	¾ tsp garlic salt

Whisk dressing ingredients in small bowl until blended. Combine pasta, broccoli, tomato and carrot in large bowl. Pour dressing over mixture and toss until evenly coated. Add egg, toss briefly. Cover and refrigerate at least four hours to blend flavor. Makes 4-6 servings.

**Nutrition Facts (per serving):** 341 calories, 15 g fat (3 g saturated), 308 mg sodium, 36 g carbohydrate, 3 g fiber, 16 g protein

**Healthy Tip:** Use your favorite reduced-fat Italian dressing in place of the dressing listed above.

**Resources:**

Jones, PJ. Dietary cholesterol and the risk of cardiovascular disease in patients: a review of the Harvard Egg Study and other data. *International Journal of Clinical Practice*. Supplement. 2009 Oct (163): 1-8,28-36. PubMed. 10 Feb. 2010.

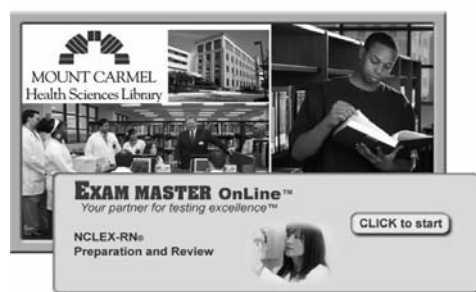
Nakamura, Y, et al. Egg consumption, serum total cholesterol concentrations and coronary heart disease incidence: Japan Public Health Center-based prospective study. *British Journal of Nutrition*. 2006 Nov 96(5):921-8. PubMed. 10 Feb 2010.

## LIBRARY News

By Stevo Rokсандic, Director, Mount Carmel Health Sciences Library

### Getting ready for the NCLEX-RN?

Your library will help you to take the stress out of your study preparations. Just visit MCCN Student Resources through your library website and register to use the **Exam Master NCLEX-RN® Online Preparation and Review.\***



After registration you will be able to access and use from any internet connection Exam Master test mode and study mode while you are preparing for the NCLEX-RN. Work on a pool of more than 3,800 questions at your own pace, quickly assessing your strengths and weaknesses. While practicing exams — just like the actual exam — on the computer, you build your confidence for the nursing boards.

If you need help to access this resource, stop by your library and pick up an information and instruction flyer or contact us at [library@mchs.com](mailto:library@mchs.com) or at 614-234-5214, daily 8 a.m. – 9 p.m.

\*Content for EXAM MASTER OnLine for NCLEX-RN® is licensed through Wolters Kluwer Health/Lippincott Williams and Wilkins, ©2008, Wolters Kluwer Health Lippincott Williams & Wilkins. Additional content is provided by Exam Master®, ©2009 Exam Master Corporation.

NCLEX®, and NCLEX-RN® are registered trademarks of the National Council of State Boards of Nursing, Inc, of which Exam Master® has no affiliation.

## Mexico Mission Trip CANCELLED

The planned Mexico mission trip sponsored by the West Ohio Conference has been cancelled, due to safety concerns.

We are appreciative of the leadership of **Hannah O'Handley**, MCCN faculty, and of **Dr. Jack O'Handley** who was to be the team leader for this trip. We are sorry for the patients we will not now see. Some of them use us as their primary care doctors and see us every time we come. They trust us and look forward to our coming several times a year.

Grateful thanks go to all of you who have donated items for this trip. Our plan is to donate items to the homeless shelters in Columbus, the YWCA Family Center, and several safe houses for battered women and children.

Some students have come forth with ideas to distribute the items to people who need them, such as making gift bags to give to the students at Avondale School. Some want to take gift bags to the patients in the Rehab Facility right next to the hospital. They may be able to be ready by Easter.

However, if you would like to have your items returned to you we will certainly do that. Please let me know as soon as possible. Please join in prayers for the people in Mexico.

**Kathy Espy**, 234-5276

**If you know of someone ready to realize their dream of a career in nursing at our MCCN-FMC campus, invite them to join us for...**

Mount Carmel College of Nursing at Fairfield Medical Center Information Session and Pizza Lunch Thursday, May 6, 2010 Ohio University Lancaster/Upper Lobby 11:30 a.m.-1:30 p.m.

Are you ready to realize your dream career in nursing? Learn more about pursuing a Bachelor of Science in nursing degree at Mount Carmel College of Nursing at Fairfield Medical Center (MCCN-FMC) at a free pizza lunch and information session. Meet admissions staff, students, and faculty — and take the next step in achieving an exciting career in the high demand field of nursing.

To RSVP call 800-225-0581 TODAY!

## REVISED Smoking Policy

*Tobacco use/smoking is prohibited* on any Mount Carmel property — indoors and out — including parking lots, sidewalks, garages, inside cars on Mount Carmel property, *inside and outside the College and Resident Apartments including the sidewalks and grounds surrounding them. Further, students are prohibited from smoking anywhere while wearing their student uniform, lab coat and/or student ID badge.*

Violators will receive one verbal warning. Consequences of continued non-compliance may result in dismissal from the residence hall and/or college.

## SNAM News

Schedule of SNAM Activities

**April 7-11** — NSNA Annual Convention in Orlando, FL

**April 26** — SNAM Meeting

# GRADUATION *Countdown*

*This series of details* highlights key information graduating students need to know before May Commencement. Check this listing for important deadlines and suggestions to keep your path to graduation on track.

- Complete your Community Service Program requirement and submit documentation to **Mary Nibert**.
- Order your cap/gown and optional announcements. Order online at [www.jostens.com](http://www.jostens.com). **The order deadline is April 1.**
  - Follow the prompts for college-level graduation caps and gowns
  - Search for *Mount Carmel College of Nursing*
  - Place your order for either the bachelor's or master's product (they are different!)
- Pick up your 7 Commencement tickets beginning **April 1** in Room 201, Marian Hall (8:30 a.m. – 4:30 p.m., Monday through Friday).
- If you wish to have your graduation announcement sent to news publications, complete the Graduation Publicity Form and place in **Robin Hutchinson Bell's** (College Relations) mailbox by **April 16**.
- Update your degree audit to make sure you are on track to complete all graduation requirements. Pre-licensure students contact Records and Registration; RN-BSN and Master's students contact **Kip Sexton**, Program Coordinator.
- Prepare for the National Council Licensure Exam–RN (NCLEX-RN) that will measure your competency to perform as a registered nurse and is required for entrance into the profession.
- Attend the graduation celebration luncheon on **Thursday, May 6, 12 noon**, at the Berwick Manor Party House, 3250 Refugee Rd. (professional dress is expected).
- Attend Pinning and Commencement rehearsal at First Church of God immediately following the celebration luncheon on Thursday, May 6.
- Prepare for graduation events:
  - Pinning & Recognition Ceremony will be Friday, May 7, at 7 p.m.
  - Commencement will be Saturday, May 8, at 1 p.m.
  - Both events will be held at the First Church of God, 3480 Refugee Road



## Save the Date! **SPRING FESTIVAL**

**Monday, April 5  
10 a.m. – 2 p.m. in the Gym**

*With*

Caricature Artist  
Henna Body Artist  
Handwriting Analysis  
Old-time Photo Booth  
Cotton Candy  
Burrito Bar

**ALL FREE!!!**



## 2010 Spring Scholarship Evening

Thursday, April 15, 2010  
5 - 8 p.m.  
Capital University Campus Center  
1 College and Main  
Columbus, Ohio 43209

**Event free for  
all MCCN students.**



### Spring 2010 Final Exam Schedule

#### Traditional Pre-Licensure Program

MONDAY, MAY 3		TIME	ROOM	FACULTY
NURS 405	Acute	8 a.m. – 10 a.m.	CLE 114	Nibert
NURS 406	Gerontology	8 a.m. – 10 a.m.	CLE 210	Maurer Baack
NURS 407	Pediatrics	8 a.m. – 10 a.m.	CLE 116	O'Handley
NURS 408	Transitions	8 a.m. – 10 a.m.	TBA	Waterman
NURS 305	Med Surg I	10:30 a.m. – 12:30 p.m.	CLE 210	Beyer
NURS 306	Med Surg II	10:30 a.m. – 12:30 p.m.	CLE 116	Campbell
NURS 307	OB	10:30 a.m. – 12:30 p.m.	CLE 206	Cooley
NURS 308	Psyc-Mental Health	10:30 a.m. – 12:30 p.m.	CLE 114	Bills
PSYC 225	Human Growth & Development	10:30 a.m. – 12:30 p.m.	CLE 310	Skybo
HUMN 320	Ethics – all sections	1:30 p.m. – 3:30 p.m.	CLE 114-116	Hiltbrunner
HLTH 416	Health Policy	3 p.m. – 5 p.m.	CLE 310	Bowen
TUESDAY, MAY 4		TIME	ROOM	FACULTY
SCIE 430	Integrated Science	8 a.m. – 10 a.m.	CLE 114	Garbellini
NURS 205	Foundations/Health Practices	9 a.m. – 11 a.m.	MSB Auditorium	Taylor
NURS 421	Community Health Nursing – Section M01	10 a.m. – 12 noon	CLE 206	Smith
NURS 421	Community Health Nursing – Section M02	10 a.m. – 12 noon	CLE 208	Chops
HUMN 201	Critical Thinking	12 noon – 2 p.m.	CLE 116	Hiltbrunner
NURS 361	Nursing Research – Section M01	3 p.m. – 5 p.m.	CLE 116	Skybo
NURS 361	Nursing Research – Section M02	3 p.m. – 5 p.m.	CLE 114	Cooley
NURS 361	Nursing Research – Section M03	3 p.m. – 5 p.m.	CLE 206	Reed
WEDNESDAY, MAY 5		TIME	ROOM	FACULTY
SCIE 231	Patho II – all sections	8 a.m. – 10 a.m.	CLE 206-208-210	Stinner
SCIE 124	A&P II – all sections	10 a.m. – 12 noon	CLE 206-208-210	Loscko
NURS 206	Pharmacology – all sections	2 p.m. – 4 p.m.	MSB Auditorium	Matta
SCIE 220	Nutrition	2 p.m. – 4 p.m.	CLE 114	Dreifke
THURSDAY, MAY 6		TIME	ROOM	FACULTY
HLTH 210	Health Promotion	9 a.m. – 11 a.m.	CLE 114	Piquero
HUMN 110	Individual & Religion	10 a.m. – 12 noon	MH-A	McClernon
HUMN 202	Expressions of Spiritualities	10 a.m. – 12 noon	MH-A	McClernon
SCIE 125	Microbiology – all sections	1 p.m. – 3 p.m.	MSB Auditorium	Voorhees
HLTH 320	Statistics	5 p.m. – 7 p.m.	CLE 208	Reed

#### NOTES:

1. NURS 421 faculty will provide final exam information to students.
2. Faculty will schedule Seminar and RN-BSN final exams as needed.
3. All final grades will be accessible by students in June (for those without record holds) Via the Student Portal CARMELink. Please Note: We do not mail grade reports.

## NURS 408 *Clinical Preferences*

*Students have the* opportunity to indicate preferences for clinical site (the type of unit) for NURS 408. A letter explaining the process and a form to print and complete will be posted on WebCT Resources near the middle of the term PRIOR to the term you will take NURS 408. Watch WebCT Resources DAILY for this posting.

After carefully reading the letter and completing the form, take the form to the Marian Hall front desk promptly. Request that it be date/time stamped and placed in Ann Waterman's faculty mailbox. Your clinical faculty will contact you regarding placement near the end of the term.

Although the preferred clinical days are M-T-W day shift, the student is expected to be flexible and work the preceptor's schedule for an average of 24 hours per week. Weekends and shifts other than day shift are to be expected.

Questions? Email **Ann Waterman** with N408 in the subject line: [awaterman@mchs.com](mailto:awaterman@mchs.com)

## Congratulations TO...

*Sophomore Kayla Munk*, who has received a \$2,500 scholarship sponsored by Johnson and Johnson through the Foundation of the National Student Nurses Association (NSNA)! She will be recognized as a scholarship recipient at the Annual NSNA Convention in Orlando in April.

*Our Nightingale indoor soccer team*, which is currently in first place in the Soccer First league with a 6-1 record and just two games left to play! This is the same indoor soccer team that won the championship in the winter.