**SOPHOMORES Step Up**

Nearly halfway through their nursing education, the class of 2012 has successfully met one of the biggest challenges: that first day of clinicals. Samantha Gillogly was so nervous the first day of clinicals, she couldn’t sleep the night before and felt sick to her stomach. Now that she has been in clinicals for ten weeks, it’s a lot less stressful. "It makes it so much easier to study for class, because you are actually doing what you learn! You get into a schedule and plan out tasks beforehand, and things are much smoother, so you have more time to bond with your patient."

Gillogly chose to become a nurse because she loves being around people, and the complexity of the human body will keep her challenged in her profession. She chose Mount Carmel because it was close to her home in Grove City, specialized in nursing, and is tight-knit community where the teachers and students can communicate freely.

Jim Martineau describes his feelings prior to clinicals as very excited and nervous. "I spent months and months learning new skills and was excited at the opportunity to put them into practice. It was at the end of the first clinical when I realized that in addition to all of the hands-on nursing there is a lot of paperwork to do."

Even though Martineau now has some experience, he still gets excited for clinical days. "I feel more helpful now to the patients and the nurses by having more confidence and self-sufficiency to provide holistic care. I’m enjoying giving SC injections and working with IV medications. It makes me realize that I’m that much closer to becoming a nurse,” says Martineau, whose long-range goal is to earn a master’s to be a nurse practitioner.

Kyle McMichael also approached clinicals with a combination of excitement and nerves. "It was nice to finally be out of lecture and getting ‘on the job training’ and using what we have learned." McMichael always had a strong interest in the medical field. "I spent months and months learning new skills and was excited at the opportunity to put them into practice. It was at the end of the first clinical when I realized that in addition to all of the hands-on nursing there is a lot of paperwork to do."

After graduation McMichael would enjoy becoming an oncology pediatric nurse, or a traveling nurse, and someday continue his education and become a nurse practitioner. "I have too years to decide, I am not rushing into anything just yet," McMichael concluded.

Dami Smith chose the nursing profession because she has always wanted to be able to help people, and have an impact on their lives. "When I was nine weeks old, I was hospitalized for 12 days with spinal meningitis. Fourteen years later when I went in for an appendectomy, the nurse who cared for me in the NICU remembered me. I thought it was great that after so many years and caring for thousands of patients, she remembered me!” says Smith. "I realized that nursing had made a huge impact on my life, and I wanted to make that kind of impact in someone else’s life one day, too."

With this background, it is not surprising that Smith has a passion for caring for infants and would like a job in a NICU in her hometown of Randolph in northeastern Ohio. After a few years of NICU experience, she plans to return to her hometown to work as a nurse practitioner, or a nurse midwife.

Sophomore class advisor, Denise Taylor, MSN, CNP, CWOCN, considers the class of 2012 a highly motivated class: enthusiastic, full of energy, and eager to learn.

Taylor has some advice for sophomores as they look ahead to their next two years of nursing studies. "Learn good study habits now. Utilize the many resources that are available here at the college, i.e. the library, the internet, academic success, EAP, etc. Take the time to connect the dots between lecture, lab, and clinical. Ask for patient assignments that can reinforce what you are learning or what you don’t understand."

The class of 2012 is the first MCCN class to include classmates at a satellite site. There are 20 sophomores at Mount Carmel College of Nursing at Fairfield Medical Center (MCCN-FMC) in Lancaster, Ohio, who are experiencing the same classes and clinicals as their counterparts at the Columbus location.

Interim MCCN-FMC program coordinator, Misty Mohler MS, RN, describes the MCCN-FMC sophomores as “so excited to become excellent nurses. They have worked so hard to get to this point and are invested in their learning, patient needs, and quality outcomes.”

Mohler advises members of the class of 2012 to continue to prioritize study time, always focus on the patient, and stay excited about the awesome career they have chosen. "In two years, you will reflect on this experience and be very thankful that you invested this time and effort."
The American Association of Critical Care Nurses—Central Ohio Chapter (AACN-COC) is proud to offer a senior nursing scholarship opportunity for 2010 Nursing Grad students, and faculty— and take the next step in your 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). Meet admissions staff, students, and faculty— and take the next step toward achieving an exciting career in the high demand field of nursing.

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

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 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 or call President
Vickie Gloecker 808-8611 or 234-7795
Secretary Anna Bockert 234-6980
Treasurer Diana Billie 557-6608

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Managing Editor: Robin Hutchinson Bell
Editor: Elaine Kelsoe

Deadline for information is every other Monday at noon.

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 Thursday, May 6, 2010 Ohio University Lancaster/Upper Lobby 11:30 a.m.-1:30 p.m.

*Light refreshments will be served
Are you ready to realize your dream 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). Meet admissions staff, students, and faculty— and take the next step toward achieving an exciting career in the high demand field of nursing.

To RSVP call 800-235-0581 TODAY!

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To RSVP call 800-235-0581 TODAY!
ACTIVE SHOOTER DRILL  Next Monday, April 19

What Can We Expect?

Monday, April 19, will definitely not be the typical Monday at MCCN. “On April 19, things are not going to go the way they usually do,” says Wally Norris, MCCW Safety and Security Manager. “There will be a huge police presence on campus, with Columbus Police officers stationed at all entrances searching every person who enters, people will be moving here and there; and classes will be interrupted.”

So, what should we do? What shouldn’t we do? Here are the best recommendations for everyone participating in the College’s first ever active shooter drill on April 19.

What Not to Do:

1. Don’t bring unnecessary items on campus — all persons in the training environment are subject to search to ensure no weapons come inside the perimeter. If you don’t really need it, don’t bring it, especially laptops, book bags, big purses.

2. Don’t attack the Columbus Police Officers — the officers are here to help. The Security Officer who will be portraying the “threat” will be clearly different from the other officers and wearing a Red Man Suit.

3. Don’t call 911 — in case of a real incident, calling 911 is recommended. Because this is a drill, no 911 call is necessary.

4. Don’t break any windows — again, a real threat means breaking windows may be necessary to escape, but not during the drill on April 19.

What to Do:

1. Bring your MCCN ID — you will not be allowed on campus without it.

2. Arrive early. If you have an 8:30 a.m. class, plan to be in class before 8:30 a.m. — the drill will begin at that time. The entry searches will take time and organizers want to start the drill on time.

3. Stimulate the appropriate Active Shooter response for the area you are in. Many in the College community have received active shooter response training; the drill is the time to practice. Here are the three key responses, depending on the circumstances (additional information detailed under “Recommended Active Shooter Responses”):
   • Evacuate — First response is to get to a safe place if you can.

   • Protect in place — Second response is to find a place to hide and/or keep the shooter from getting to where you are.

   • Attack — Third response is to use what is available to you to defend yourself by distracting, immobilizing the shooter.

4. Attack the Security Officer in the Red Man Suit — this Security Officer is at the drill to simulate the presence of a shooter and help you engineer your bodies to respond, to get up out of your desk, and put your training into action.

Recommended Active Shooter Responses:

Empowering People with Preparation and Practice

Pre-planning for such an incident will be your best chance for surviving. Know your escape routes, know how you will respond, and be prepared to “flip the switch” from being the prey to becoming the predator.

The guidelines below are based on the best available information. The Mount Carmel Safety and Security Department strongly urges each of you to familiarize yourselves with each scenario and the options provided.

In the event there is an active shooter in the building, call 911 (dial 9-911) then call Security by dialing 3, to notify them of the situation. If you are directly involved and exiting the building is not possible, the following actions are recommended:

• Go to the nearest room or office.

• Close and lock the door(s) if possible.

continued on page 4...
ACTIVE SHOOTER DRILL cont’d

- If the door(s) cannot be locked, barricade it with anything you have available (desks, chairs, tables, etc.).
- Cover any windows in the door (s).
- Move away from the door(s) and stay low.
- Remain quiet and act as if no one is in the room.
- DO NOT ANSWER THE DOOR(S).
- Wait for law enforcement or a MCCN Security officer to escort you out. Keep hands up in plain view until law enforcement can determine that you are not a threat.

If you must evacuate the area where a shooter is active:
- If you are running, cover your head and face with your arms, books, or anything you have available.
- Not all windows on campus will open. For those that do not open, break them. If you need to evacuate out a window, use anything you can to limit the distance you will fall.
- Hang your hands from the window ledge before jumping.
- Use your belt, pants, shirts, or a combination of these items to make an improvised rope.
- Fall into shrubs, grass, or mulch, if possible.

If you cannot escape and a shooter is in your room, trust your instincts:
- Lay perfectly still and “play dead” if the shooter is darting in and out of rooms, rapidly shooting.
- If you can see the shooter is taking time to reload, escape and/or fight to survive.

If the shooter points a firearm at you and you must fight, remember, you are fighting to survive! Do not allow yourself to be harmed.
- Use anything available to defend (scissors, pens, chairs, etc.).
- Attack in a group, if possible.
- Yell and shout to disorient the shooter.
- “Fight Dirty” (bite, kick, gouge eyes, etc.).
- Aim for the throat, eyes, chest, and groin.

What is an Active Shooter?
An active shooter is a person or persons actively engaged and intent upon shooting people. An active shooter is not interested in theft, robbery, or hostages, but in killing people. In law enforcement language, the term active shooter also indicates that the event is actively happening, with the perpetrator still in the area, still armed, and still a threat.

The active shooter response training and drill are designed to empower participants with the tools to be ready should such an unfortunate event occur at anytime in their lives. For future nurses, the April 19 drill is another opportunity in a safe and controlled environment to learn and practice additional emergency and life-saving skills.

VOLUNTEERS NEEDED for MCCN Active Shooter Drill April 19th
Students Will Receive Community Service Hours!

Students, faculty and staff are needed for the MCCN Active Shooter Drill, set for Monday, April 19.

A total of 12-15 people are needed, 7 a.m.-2 p.m. (You must participate for the entire time.) Students will receive community service hours for participating. Lunch will be provided, and volunteers will receive a $5 gift card to Java Job.

Interested? Please contact Colleen Grippiani TODAY at 234-5828 to sign-up.

SIGN UP TODAY!
Receive ALERTS in Times of Crisis, Weather and Disaster Situations...

...plus it will be helpful for the upcoming active shooter drill
set for April 19

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.
- Sign 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 E-L Isis, 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-test 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 messaging 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 assumes 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 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 login is your MCHS login (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. (If plans necessary if defense, service, etc. change.)
- If you have questions about the 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 513) shutchinson-86@mchs.com or 214-1372
  - Brenda Binkley (Marian Hall 310) binkley@mchs.com or 214-5776
  - Sherry Hall (Marian Hall 302) shull@mchs.com or 214-5777

LIBRARY
Monday - Thursday .......... 8 a.m. – 9 p.m.
Friday................................. 8 a.m. – 5 p.m.
Saturday............................. 8:30 a.m. – 5 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 e-mailing and scheduling time using the e-mailing for Instruction form on the library website at least 48 hours in advance, or by contacting a librarian in person.

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

Students Volunteers NEEDED
Receive Community Service Hours
Mount Carmel Health is looking for MCCN students to assist in health system community events. Please contact Diana Coomor, Mount Carmel Marketing, at 614-564-4111 or dcoomor@mchs.com.

Sunday, April 25, 8 a.m. - noon
Mount Carmel Women’s Health Fairs
Need two volunteers to pass out giveaways and information.
Chiller Easton Sports Barn
3509 Chiller Lane
Columbus

Saturday, May 1, Noon – 5 p.m
Bariatric Fashion Show
Need four volunteers to assist with flyer distribution, MC booth, models and greeting public.
Turtle Mall
5013 Turtle Crossing Blvd.
Dublin

Sunday, May 2, 1 - 4:30 p.m
MCW Premies Reunion
Need two volunteers to greet families, registration, help with setup and assist with finger/face painting, etc.
CON gym

Saturday, May 8, 9 a.m. – 3 p.m
Colorectal Seminar/Event
(see official name yet), Needed
Need four volunteers to greet and register guests, pass out goody bags, etc.
MCE Segel Center
### 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 content in 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

**Pre-Requisite:** 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-requisite: students who wish to participate in current completion of program requirements may schedule an appointment with Karen Greener to review their degree audits. Contact Maggie Miller-Rea (614-254-9055) to schedule an appointment.

### AWARDS

**The 2010 Excellence in Nursing Award AND The 2010 Excellence in Nursing Physician Recognition Award**

It’s Time to Nominate a Special Mount Carmel Nurse and Physician!

In its sixth year, the Excellence in Nursing Award recognizes Mount Carmel Nurses who exemplify outstanding nursing practice. The Physician of the Year Award is an award where Mount Carmel nurses nominate physicians who exemplify superior collaborative practice with MCHS nursing staff.

### Convenient ways to nominate:

- **• Online**
  - Visit the Excellence in Nursing Award website at https://secure.mchs.com/survey/index.php?sid=26

- **• Pick up a brochure at one of the four hospital communication centers, at the Mount Carmel Nurses’ Association web page, at the MiCHS website, at the MCCN website and at the JCAHO survey.**

- **• Contact any collaborative department leaders/unit directors.**
The 50-DAY DINNER Tradition Continues

Countdown to Graduation Celebration

Initiated last year by the class of 2009 and the Student Government Association (SGA), the 50-day dinner celebrates the graduating class’ accomplishments and anticipation of May Commencement. Nearly 40 seniors attended this year’s 50-day dinner held recently at the College. The Mount Carmel Alumni Association supported the event by underwriting a portion of the cost and providing association vice president, Stephanie Rae Adams Piquero ’97, RN, MSN, CPNP, as the speaker. Piquero, who is also an instructor at the College, spoke about the Alumni Association, described the graduation process, and shared tips about planning for a new career. Another representative of the alumni, Jill Trego Rill ’77, who serves as Scholarship Chair for the association, also attended the event and interacted with students.

Eight SGA underclassmen volunteered at the event, setting up and serving the food. The main course was Florentine’s Spaghetti. “The 50-day dinner was a simple event for the senior students to relax and celebrate the 50 days they have left, as well as planning for their next steps,” said Sarah Eichhorn, senior and SGA president. Seniors hope that the dinner remains a tradition for future students to maintain.

Ordering deadline for your cap-gown was April 1.

- Both events will be held at the First Church of God, 3480 Refugee Road.
- Commencement will be Saturday, May 8, at 1 p.m.
- Pinning & Recognition Ceremony will be Friday, May 7, at 7 p.m.

Congratulations to all!

More good news — my Student Health Nurse position will be a full-time, 12-month position, starting August 2010. I plan to conduct wellness programs in addition to my other duties here at the college. I encourage all of you to participate to learn more about lifetime healthy behaviors!

Happy Spring!

Kathy Walters, MS, RNC, NP-P-CN
Student Health Nurse
614-254-608, kwalters@mcchs.com

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.
- Ordering deadline for your cap/gown was April 1. If you failed to meet this deadline, contact Jostens immediately at 800-565-1164.
- Pick up your 7 Commencement tickets 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.
- 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.

SNAM News
April 26 — SNAM Meeting

Change in Faculty Positions

Stephanie Piquero has accepted the position of Sophomore Nursing Coordinator, effective with the beginning of fall semester. Denise Taylor continues in that role through the summer.

Cheryl Mace has accepted the position of full-time Coordinator for the Mount Carmel College of Nursing at Fairfield Medical Center in Lancaster, effective August 1.

Congratulations to all!