

carmel the Rapper

APRIL 9 2012

MCCN news & information



MOUNT CARMEL
College of Nursing

Reflecting the Heartbeat of the College: The Community Service Club

From **Paige Myers**



Student Caring for Our Community: Community Service Club officers (l-r) **Mandy Osaë-Attah**, **Tina Marie Cerra**, **Anne Turville**, **Maura Logan**, and **Paige Myers**

The Community Service Club was established because students at Mount Carmel have a passion to serve our community. The club wants everyone to know that all are always welcome to participate in any activities the club hosts. On September 26, 2011, Mount Carmel's new Community Service Club elected officers to get the ball rolling. The current officers are President: **Mandy Osaë-Attah**, Vice President: **Maura Logan**, Recording Secretary: **Anne Turville**, Secretary of Public Relations: **Paige Myers**, Treasurer: **Tina Marie Cerra**, and Advisor: **Colleen Cipriani**.

Our club's goal is to create activities to touch the people in the community who really need our help, as well as people who don't always get the attention they need. The Community Service Club is off to a great start this year with over 60 members and a variety of activities, and we continue to learn and grow each and every day.

The club has taken on a unique role in our own Franklinton Community. We have decided to serve the Holy Family Soup Kitchen once a month with the help of three-four volunteers.

To kick off the beginning of our service, the club partnered with the Social Committee to host a lunch with Francis Carr, who is the Director of the Soup Kitchen and Outreach at Holy Family Parish. At the lunch, faculty, staff, and students participated in a soup and chili cook-off that benefited the Holy Family Soup Kitchen. Participants enjoyed listening to Carr's presentation about the history of the soup kitchen and upcoming volunteer opportunities.

Our first volunteer opportunity turned out to be a great success. Many members felt very touched helping people in our own community. We are committed to volunteering at the soup kitchen throughout the summer and have plans to continue that commitment into the future.

We hope students continue to use the Community Service Club as a resource to build relationships as well as their community service hours. The Club has designed a club t-shirt that costs just \$10. Anyone interested in purchasing a t-shirt, please email **Paige Myers** at pmyers@mccn.edu

Dates to Remember

April 9	Nicaragua presentation
April 13	Deadline to drop an 8-week term 2 course
April 23	SNAM meeting
	Fall semester registration begins
April 27	Term 2 and spring semester classes end
April 30 – May 3	Final exam week
May 3	Graduation celebration luncheon and rehearsal
May 4	Pinning & recognition ceremony
May 5	Commencement

ATI Comprehensive Review for NCLEX Preparation

Beginning with the 2011-2012 academic year, students graduating from the traditional pre-licensure nursing program are required to attend an ATI Comprehensive Review for NCLEX Preparation. Students on track to graduate from the traditional pre-licensure program are assessed a \$250 senior year fee that enrolls them in the ATI Comprehensive NCLEX Review arranged by the College.

This year's three-day in-class review for May and July graduates will be held **May 7, 8 and 9, 8:30 a.m. – 4:30 p.m.** in the College Gym.

October, December and March graduates are offered an onsite review session if there are a minimum of 25 students in attendance. If there are fewer than 25 students, graduates will enroll in the comprehensive review in a self-paced online format with an individually assigned ATI course instructor. Second Degree Accelerated students will receive information from their Program Coordinators about the ATI review session.

Presentation: Students' Mission Trip to Nicaragua

Students, faculty and staff are invited to attend a presentation by **Denise Ferrell, Sharon Black**, and the students who traveled to Nicaragua in February. Presentation is TODAY, April 9, at noon, in the College Lounge. Please RSVP to **Kathy Espy** at 234-5276 or kespy@mccn.edu.

Spring Festival

And a Grand Time was Had by All!

On April 2, 300 students and several faculty and staff members enthusiastically celebrated the arrival of spring at MCCN's second annual Spring Festival. They enjoyed a free Burrito Bar and a free Ice Cream Sunday Bar (provided compliments of the Mount Carmel Alumni Association).

The event also included three Mega Shows from Cutting Edge Productions. More fun for all was playing XBOX 360 Extreme on six massive projection video screens. Students had a blast with "Bling Nation," as they dressed up in wild clothes to have their picture taken and then produce their own music video with American Pop Star.

The College extends thanks to Student Life Director, **Colleen Cipriani**, for organizing the festive event.



The Central Ohio Nursing Jobs Outlook

From **Ann Schiele, PhD, RN**, President/Dean

What we now have in central Ohio is a stable work force. Most of the positions our graduates obtain are due to attrition, which is a steady source. The good news is that employers are looking for baccalaureate prepared nurses, since the evidence confirms that the more highly educated the work force, the higher competency and safer environment for patients.

With new facilities comes the need for additional personnel, and new facilities are on the horizon. Nationwide Children's will open a new addition, and they love our graduates! In the fall of 2013, a large cardiac unit will open at Mount Carmel East, and The Ohio State University Wexner Medical Center is in the midst of a large building program.

From **Barbara Barta, PhD, RN**, Associate Dean, Undergraduate Programs

Nursing will always be a viable job market. Sometimes it takes patience and persistence to find that first position. For some, it takes three-five months, but they eventually do get a position. The old adage that it is easier to get a job if you have a job is so true. New graduates need to be willing to compromise a bit. Their ideal position may not be available just when they want it, but experience in their second or third job choice will provide opportunities for growth in the profession to prepare them for the ideal position when it is available.

From **Alan York**, Director of Talent Acquisition, Mount Carmel Health System (MCHS)

There will always be a need for new graduate nurses from MCCN. We value and depend on MCCN graduates to build our talent pool.

There are now approximately 90-100 MCHS nursing positions open, but just a limited number of those positions are open to new grads, due to the experience and background needed. One area that is very accommodating to new nurses is med-surg.

York's Job Search Tips

My best advice is to take every opportunity to work with an organization in a non-nursing capacity (PCA, tech, volunteer, etc.). While you're there, stand out. Show the nurse managers that you have what it takes, that you are familiar with and have an interest in their area.

Be sure to fill out the application in its entirety and include information that will set you apart, such as membership in a pre-professional nursing organization, leadership, volunteering — anything that demonstrates you are truly engaged in the profession and want to learn and grow as a nurse.

Research the dos and don'ts of interviewing and resume building. There are several websites devoted to these topics.

Job searching is networking. Potential assistance can come from LinkedIn, Facebook, instructors, peers, people you met in clinicals (employee referrals mean a lot).

If you do get that interview, be sure to dress the part — professionally. First impressions truly do count. The interviewer is assessing how candidates will present themselves to the patients.

Employers are looking for nurses with great customer service skills who will treat patients and co-workers with respect. So, don't just talk about clinical experience, include your customer service success stories, even if they occurred at a sales or fast food restaurant job.

Know the organization. If you can comment to the interviewer about something new going on there, that is really impressive.

Employers look for new graduates who are open to working various shifts and units.

Soon the MCHS website will make it easier for our job candidates to find open positions that they may be eligible for. In mid-April, you will be able to see which positions are open to applications from new nursing graduates. These positions will be clearly marked as "RN — New Grad Opportunities" and will be listed in the nursing professionals category for each of the hospitals.

If you do not land a job on your first try- don't get discouraged! The employment market changes constantly and new opportunities present themselves weekly. Stay focused on your search and use this experience as a learning opportunity.

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Are You Taking a Course Elsewhere?

Any student taking a class at one of our affiliated institutions (Columbus State Community College or The Ohio State University) is required to submit a copy of his/her course schedule to the MCCN Records and Registration Office (Marian Hall, Room 2C01).

Deadline for submitting Spring Quarter schedules was Friday, March 30.

Students must also notify MCCN Records and Registration when they drop or withdraw from an affiliated course. We have found this notification to MCCN frequently is not happening. Remember to keep MCCN updated on your affiliated status!

All students must submit their CSCC or OSU course schedules to MCCN Records and Registration every quarter they take classes. Students who neglect to fulfill this responsibility will find that their credit hours at CSCC or OSU may not count toward calculation of total credit hour load.

Financial aid awards are based on total registered credit hours. Delinquent students may find themselves at less than full-time hours for financial aid calculation.

IF YOU ARE CURRENTLY TAKING AN AFFILIATED COURSE OR HAVE WITHDRAWN FROM AN AFFILIATED COURSE AND HAVE NOT ALREADY NOTIFIED RECORDS AND REGISTRATION, PLEASE DO SO IMMEDIATELY.

Students at Ohio University-Lancaster

Students enrolled as freshmen in the MCCN-FMC program and taking classes at Ohio University Lancaster (OU-L) are also required to submit a copy of their Quarter course schedules to the MCCN Records and Registration Office (Marian Hall, Rm 2C01.)

Deadline for submitting Spring Quarter schedules was Friday, March 30.

All MCCN-FMC students must submit OU-L course schedules to MCCN Records and Registration every term they take classes at OU-L.

FMC program students must also notify MCCN Records and Registration when they drop or withdraw from an affiliated course. We have found this notification to MCCN frequently is not happening. Remember to keep MCCN updated on your affiliated status!

Degree Audits

Pre-licensure students who want to verify current completion of program requirements may schedule an appointment to review their degree audits. Contact Records and Registration (614-234-3870) or **Karen Greene** (614-234-5685) to schedule an appointment.

Students completing the **onsite** RN-BSN Completion Program and Master's students should contact Program Coordinator **Kip Sexton** (614-234-5169) with questions about degree audits.

Summer Session 2012 Registration

- Summer Session registration began the week of March 19.
- A limited number of summer courses will be offered.
- Register online via CARMELink.
- Course requests are in "reserved status" until approval by Records & Registration.
- Enrollment in sophomore nursing courses is restricted to students accepted into the Summer Advanced Placement Program and is not open to the general student population.

Fall Semester 2012 Registration

- Fall Semester schedule will be posted to CARMELink the week of April 16.
- Fall Semester registration will begin the week of April 23.
- Register online via CARMELink.
- Course requests are in "reserved status" until approval by Records and Registration.
- Registration windows dates are based (again) on your **current (Spring 2012)** classification.

Spring Semester Final Grades

Students can view final course grades via CARMELink after the end of Spring Semester (please allow a few days for processing). Printed grade reports are not mailed to students but are available by request from the Records and Registration Office (Marian Hall Room 201).

The Central Ohio Nursing Jobs Outlook *cont'd*

Hot, Hot, Hot: the National Outlook for Nursing Employment

According to the U.S. Department of Labor, Bureau of Labor Statistics (BLS), healthcare occupations show substantial projected job growth, especially registered nurses. Registered nurses' employment opportunities are expected to expand by more than 581,500 new jobs over the course of the projection period (2008-2018), more than any other occupation.

The BLS estimates that RN employment will increase by 22.2 percent, faster than the average for all occupations: more than twice as fast as the average. Growth is driven by technological advances, which permit more health problems to be treated, and by an increasing emphasis on preventive care. The number of older people, more likely to need nursing care, is projected to grow rapidly.

Where the Jobs Are

Employment of RNs will not grow at the same rate in every industry. The projected growth rates for RNs in the industries with the highest employment of RNs:

Industry	Percent
Offices of physicians	48
Home health care services	33
Nursing care facilities	25
Employment services	24
Hospitals, public and private	17

Outpatient Facilities

Employment in hospitals — healthcare's largest industry — expects slower growth than other healthcare industries. While the intensity of nursing care is likely to increase, requiring more nurses per patient, the number of inpatients will probably not grow much. Patients are discharged earlier, and more procedures are done on an outpatient basis. Rapid growth is expected in hospital outpatient facilities, such as those providing same-day surgery, rehabilitation, and chemotherapy.

More and more sophisticated procedures are now performed in physicians' offices and outpatient care centers, such as freestanding ambulatory surgical and emergency centers. Employment is expected to grow quickly in these places.

Long-term Care

Employment in nursing care facilities is expected to grow due to the increased number of older persons, many requiring long-term care. Many elderly patients want to be treated at home or in residential care facilities, which will drive demand for RNs in those settings.

Home Healthcare

The financial pressure on hospitals to discharge patients as soon as possible is projected to produce more admissions to nursing and residential care facilities and referrals to home healthcare. Job growth is also expected in units providing specialized long-term rehabilitation for stroke and head injury patients, as well as units that treat Alzheimer's victims.

Employment in home healthcare is expected to increase in response to the growing number of older persons with functional disabilities, consumer preference for care in the home, and technological advances that make it possible to bring increasingly complex treatments into the home. The type of care demanded will require nurses trained to perform complex procedures.

Aging RN Workforce

Employers in some parts of the country and in certain employment settings report difficulty attracting and retaining an adequate number of RNs, primarily because of an aging RN workforce and a lack of younger workers to fill positions.

Nursing Faculty Shortage

Qualified applicants to nursing schools are currently turned away because of a shortage of nursing faculty. The need for nursing faculty will also increase as many instructors near retirement.

The Central Ohio Nursing Jobs Outlook *cont'd*

Better Job Prospects for BSN and Advanced Practice RNs

Generally, RNs with at least a bachelor's degree will have better job prospects than those without a bachelor's. In addition, all four advanced practice specialties — clinical nurse specialists, nurse practitioners, nurse-midwives, and nurse anesthetists — will be in high demand, particularly in medically underserved areas such as inner cities and rural areas.

Wages

Median annual wages of registered nurses were \$62,450 in May 2008. The middle 50 percent earned between \$51,640 and \$76,570. The lowest 10 percent earned less than \$43,410, and the highest 10 percent earned more than \$92,240. Median annual wages in the industries employing the largest numbers of registered nurses in May 2008 were:

Employment services	\$68,160
General medical and surgical hospitals	63,880
Offices of physicians	59,210
Home health care services	58,740
Nursing care facilities	57,060

Many employers offer flexible work schedules, child care, educational benefits, and bonuses. About 21 percent of registered nurses are union members or covered by union contract.

Source:

<http://www.aacn.nche.edu/media-relations/nursing-shortage-resources/snapshot>

For More Information

Department of Labor, Bureau of Labor Statistics, <http://www.bls.gov/oes/current/oes291111.htm>

National League for Nursing, <http://www.nln.org>

American Association of Colleges of Nursing, <http://www.aacn.nche.edu>

American Nurses Association, <http://nursingworld.org>

National Council of State Boards of Nursing, <http://www.ncsbn.org>

National Association of Clinical Nurse Specialists, <http://www.nacns.org>

American Association of Nurse Anesthetists, <http://www.aana.com/>

American College of Nurse-Midwives, <http://www.midwife.org>

American Academy of Nurse Practitioners, <http://www.aanp.org>

American Society of Registered Nurses, <http://www.asrn.org>

Tips to Ease Your Job Search

From **Catherine M. Maurer Baack, MS, RN-BC, CNS**

Assistant Professor and Senior Class Advisor

For helpful basic job search information, please read the article at http://www.nursingcenter.com/library/JournalArticle.asp?Article_ID=541687

Prepare for the interview: Do your homework and look up the organization ahead of time. Know the mission and how you can support the mission.

Do not feel unprepared to answer questions about what to do in a certain patient care situations. Your interviewer knows that you are applying for your first nursing position. The interviewer is looking for certain skill sets and attributes:

- Judgment
- Ability to act under pressure/emotional stability
- Critical thinking when facing challenges
- Ability to take initiative
- Adaptability and flexibility
- Organization
- High stress tolerance
- Strong work ethic/willingness to do what it takes to get the job done
- Willingness to be a team player
- Leadership skills

Faculty and Staff Awards: We Want to Hear From You!

Invitations to vote for the awards were previously sent to your *Nightingmail* email. If you have not yet voted, please check your *Nightingmail* the week of April 2-9 for the ballots. Contact **Sherry Hull** at shull@mccn.edu if you have questions. Please take time to vote.

Congratulations to . . .

Director, Business Affairs, **Kathy Smith, BS, MBA**, on the recent successful audit of the College financials. There were no findings.

Hair Theater Beauty School Event to Benefit Wig Fund

They say laughter is the best medicine, and that theory will be put to the test on Sunday, May 6, when Hair Theater presents *Beauty School*, a one-woman show with humor/ memoirist, Pat Wynn Brown.

Beauty School is a fun performance that entertains, inspires and motivates positive life change — all on the path to never-fading beauty. It's a health and beauty aid of laughter and fun, and everyone graduates — even the *Beauty School* dropouts!

Proceeds from the event will benefit the Hair Theater Wig Fund, which enables central Ohio women and girls in financial need to buy wigs and/or hats during chemotherapy. Tickets are \$25 in advance and can be purchased in advance through the McConnell Arts Center, where the show will be performed. Any remaining tickets will be available at the door for \$30. For more information, call The Mount Carmel Foundation at 614-546-4500.



Community Service

Social Responsibility is one of the “Core Values” contained in the mission of Mount Carmel College of Nursing. In accordance with the College’s *Mission and Catholic Identity*, the Community Service requirement for nursing students includes the application of one’s skills and time to meet identified community needs of vulnerable and at-risk populations (e.g., children, elderly, homeless, poor and underserved, and organizations that support these populations).

This activity leads to learning and development through active participation in thoughtfully organized service that:

- is conducted in and meets the needs of the community
- involves reflection and analysis of the experience
- promotes the development of leadership skills, citizen skills, and social responsibility

Pre-licensure students are required to complete 20 clock hours of community service prior to the beginning of the last semester of enrollment (RNs enrolled in the BSN Completion Program and SDAP students must satisfactorily complete 10 clock hours).

Pre-licensure students who do not meet the deadline will be required to complete an additional 10 clock hours (for a total of 30 hours) in order to meet the graduation requirement. RN-BSN and SDAP students who do not meet the deadline will be required to complete an additional 5 clock hours (for a total of 15 hours) in order to meet the graduation requirement.

Any student who does not meet the requirement by the policy deadline may participate in Commencement activities but will not receive a diploma or be eligible for NCLEX-RN testing until this requirement is met.

Additional details regarding the Community Service Learning Program can be found in the *Student Handbook*.

Important Reminder for Future Members of the Nursing Profession

As warmer weather prompts welcome wardrobe changes, be aware that appropriate attire is still expected in the College and on the Mount Carmel campus. Keep clothing choices professional and avoid wearing short-shorts, bare bellies, low-cut tops, skimpy skirts, etc. Confused on what’s appropriate attire for a future healthcare professional? Consult the student handbook for details.

Who knows? MCCN shares a campus with potential healthcare employers. You might just run into one of those potential employers here on campus. Your clothing choices will leave a first (and lasting) impression that may be either instrumental or detrimental to future employment.

The Central Ohio Nursing Jobs Outlook *cont’d*

Prepare: think of times in your life/work history when you exhibited these qualities. Write them down so that you can recall them and use them as examples.

When the questions come, take a minute to breathe and think about what the interviewer is trying to learn about you.

Here is an example of showing you possess the skills the interviewer is looking for.

The interviewer’s question may be: “How would you handle an angry family member who thinks their loved one is not getting good care?”

Your answer may be: “I have never encountered that particular situation, but once when I was at work in the restaurant, a customer was angry about the service and this is what I did...” The skills are the same.

Couch all your answers in terms of what you can bring to the organization. Interviewers may tell you about what the organization can do for you, but rest assured they are most interested in what you can bring to them. Interviewers want to know that you are going to be there for awhile (Orientation programs and internships cost the employer a lot of money. They need to know their investment will be worth it).

Always write or email a thank you note within 24 hours. Express a desire to secure the position. Let them know you are looking forward to hearing from them.

Fast Facts About Nursing Careers

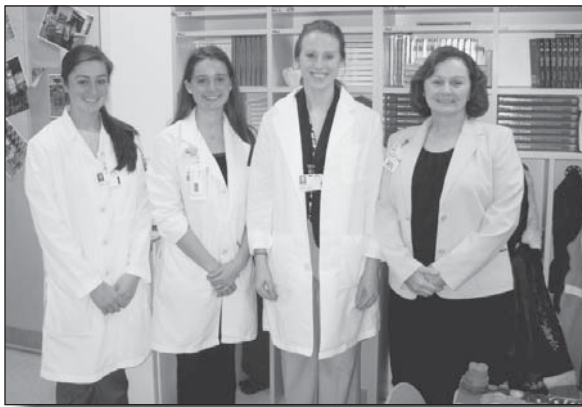
- Registered nurses (RNs) constitute the largest healthcare occupation, with 2.6 million jobs (as of 2008).
- About 60% of RN jobs are in hospitals.
- About 8% of jobs were in offices of physicians, 5% in home healthcare services, 5% in nursing care facilities, and 3% in employment services. The remainder worked mostly in government agencies, social assistance agencies, and educational services.
- Advancement opportunities may be more limited for those without a BSN or higher. Individuals who complete a bachelor’s degree receive more training in communication, leadership, and critical thinking, all of which are becoming more important as nursing practice becomes more complex. Additionally, bachelor’s degree programs offer more clinical experience in nonhospital settings. A bachelor’s or higher degree is often necessary for administrative positions, research, consulting, and teaching.
- The BLS projects RN job growth (2008-2018) at 581,500 new jobs over the course of the projection period, more than any other occupation. Hundreds of thousands of job openings will result from the need to replace experienced nurses who leave the occupation.
- The BLS estimates that RN employment will increase by 22.2% (2008-2018), more than twice as fast as the average.
- Overall job opportunities for registered nurses are expected to be excellent, but may vary by employment and geographic setting.

Nursing
JOBS

The Community Service Club: Holy Family Soup Kitchen



Community Outreach: Helping Children Learn About Nursing



Ambassadors for nursing (l-r): Hailey Ropp, Kristi Kowalski, Sarah Hanson and Toni Chops at Linden Elementary School

From **Toni Chops, MS, RN**

How can children in underserved communities learn about the different roles of the nurse? What do children in middle school know about the profession of nursing? What courses are important to prepare for a career in nursing?

These are some of the questions that were addressed when a group of MCCN students, under the direction of Professor **Toni Chops, MS, RN**, visited Linden Elementary School. Located in northeastern Columbus, the school uses a curriculum with a focus on science, technology, engineering, and mathematics (STEM).

Junior **Kristi Kowalski** and sophomores **Sarah Hanson** and **Hailey Ropp** worked with Chops to present a dynamic program about the many roles in nursing and "what it takes" to be a nurse. They shared their personal experiences in elementary and high school that contributed to their current success at MCCN. The nursing students used an experiential approach by demonstrating the functions of various pieces of equipment used in nursing, such as an oxygen mask, a dressing kit, sphygmomanometer, stethoscope, etc., and allowed time for a "touch and feel" experience. A game was designed to measure retention of information and prizes were awarded.

"I wanted to teach the students about nursing to help them realize that with hard work and determination, they are capable of going to college and finding a career they can be successful in even if the circumstances may not seem great," Hanson said.

"This experience provided a reassurance that I am pursuing a career that will truly make a difference in the lives of others. After teaching the students about nursing, I realized that nursing is not only about providing excellent health care, but also about being a professional and a role model," said Ropp.

This community service experience provided the MCCN students an opportunity to share their knowledge and abilities about their exciting journey in nursing and to help underserved children learn about the profession!

Exposing the Truth on Energy Drinks

By **Jessica Kusan**, Dietetic Intern

In 2011, energy drink sales were expected to surpass a shocking \$9 billion dollars in the United States^[1]. In recent surveys, 30-50% of young adults consume energy drinks on a consistent basis^[1]. People turn to these drinks for a boost of energy or a quick "pick-me-up" in the middle of the day. Consumers are led to believe that energy drinks will boost energy, decrease mid-day fatigue, enhance concentration, and increase mental alertness^[3]. Many, such as the famous 5-hour energy drink, claim to provide a long-lasting boost of energy with "no crash later."^[5] But before believing the propaganda, ask where the energy in these drinks comes from, what ingredients are used to make these drinks, and if they are safe^[7]?

Energy drinks are designed to produce a very rapid release of energy in the body. They are produced with extremely high doses of caffeine and enhanced energizing blends^{[3],[7]}. These blends contain herbal supplements, vitamins, amino acids, and sugar of herbal supplements, vitamins, amino acids, and sugar^{[3],[7]}. There is limited evidence that the consumption of energy drinks will improve physical performance, and decrease mental and physical fatigue^{[1],[3]}. Below is a list of common ingredients in popular energy drinks, along with a description of their effects on the body. As consumers, it is important to understand the nutritional impact of the ingredients used to create the drinks. Only then can we realize the many adverse effects.

1. Caffeine^{[1],[3],[4],[7]}: This staple ingredient is a central nervous stimulant that increases heart rate, blood pressure and frequency of urination. Though energy drinks vary in their level of caffeine, most contain large amounts of caffeine. Many drinks do not clearly identify the actual caffeine content on the label. A moderate dose of caffeine, 200-300 mg or 2-3 cups of coffee, throughout the day is not harmful; however, the FDA does not limit the amount of caffeine in energy drinks. Most drinks vary in caffeine content, providing 75-280 mg of caffeine in one serving, with most drinks containing a shocking 2-3 servings in one can. Excessive intake of caffeine can lead to headaches, anxiety, rapid heart rate, muscle tremors, sleep disturbances etc.

2. Guarana^{[1],[3],[4],[7]}: This ingredient found in Rockstar and Monster is said to enhance physical activity, increase energy, and promote weight loss. A plant extract that contains caffeine, one gram of guarana is equivalent to almost 40 mg of caffeine. Many consumers are unaware that the addition of guarana will increase the caffeine content of the energy drink, placing many individuals at risk for caffeine toxicity.

3. Sugar^{[1],[3],[4],[7]}: Many energy drinks contain large amounts of sugar. For example, a 16 oz Red Bull contains 220 calories and a 24 oz Rockstar tops the chart with 420 calories. It is commonly known that sugar effectively produces energy, but there are negative side effects when calorie intake from sugar surpasses physical activity. Most of the calories from these energy drinks consist of simple sugars that quickly and dramatically raise blood sugars. This is very problematic for a person who must control their blood sugars. When these simple sugars rush into the blood, the pancreas becomes overrun. It diverts excess sugar to fat stores, which leads to weight gain.

4. Electrolytes^{[1],[3],[4],[7]}: Sodium and potassium are common electrolytes found in most every energy drink. Many consumers would be shocked to find out that most energy drinks contain 25-200 mg of sodium per serving, averaging around 500 mg of sodium in one drink alone. To put this into perspective, the new dietary guidelines recommend no more than 2,300 mg of sodium per day for a healthy individual. One drink can contain 22% of the required daily sodium intake. If you are an African American over the age of 50 with hypertension or kidney disease, the dietary recommended value decreases to 1,500 mg a day. This means one drink can contain as much as 33% of the required sodium intake. Excessive consumption of energy drinks and increased sodium intake may lead to hypertension, high blood pressure, and fluid retention.

The bottom line is that an occasional energy drink is okay, but not preferable^{[6],[7]}. Increased consumption of energy drinks containing large amounts of sugars, calories and sodium may lead to weight gain, high blood sugar, high blood pressure, and hypertension^{[6],[7]}. It is not recommended for pregnant women, children, and adolescents to consume energy drinks^{[4],[7]}. If you consume energy drinks on a regular basis due to lack of energy or fatigue, your fatigue may be caused by a lack of sleep, decrease in physical activity and not consuming a nutritious diet^{[6],[7]}.

Instead of energy drinks, eat for energy. Do not skip meals; eat on a regular basis^[7]. This will keep energy levels stable throughout the day^[7]. Include whole grains, fiber rich carbs, lean protein and healthy sources of fat, such as walnuts or olive oil into your diet^[7]. Most important, get enough sleep at night. Sleep will help reenergize you and reduce the chance of a mid-day crash^{[6],[7]}.

References:

- [1] Seifert, Sara M., and Judith L. Schaechter. "Energy Drinks Harmful to Children." *FYI Living*. 21 Mar. 2011. Web. 02 Apr. 2012. <<http://www.fyiliving.com/research/energy-drinks-harmful-to-children/>>.
- [2] Malinauskas, BM, VG Aeby, RF Overton, Aeby T. Carpenter, and Heidal K. Barber. "A Survey of Energy Drink Consumption Patterns among College Students." National Center for Biotechnology Information. *U.S. National Library of Medicine*, 31 Oct. 2007. Web. 02 Apr. 2012. <<http://www.ncbi.nlm.nih.gov/pubmed/17974021>>.
- [3] Bergen, Jenna. "The New Power Brew: Do Energy Drinks Really Work?" *Fitness Magazine*. Web. 02 Apr. 2012. <<http://www.fitnessmagazine.com/health/energy-boosters/tips/healthy-energy-drinks/>>.
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- [5] "5-Hour Energy Drink Review." *Health and Life*. 02 Apr. 2012. Web. 02 Apr. 2012. <<http://healthlifeandstuff.com/2010/05/5-hour-energy-drink-review/>>.
- [6] Zeratsky, Katherine. "Can Energy Drinks Really Boost a Person's Energy?" Mayo Clinic. Mayo Foundation for Medical Education and Research, 27 Mar. 2012. Web. 02 Apr. 2012. <<http://www.mayoclinic.com/health/energy-drinks/AN01303>>.
- [7] "Energy Drinks: Boost or Bust?" *Life Care Alliance: Nourishing The Human Spirit*. Print.

Spring 2012 Final Exam Schedule

Main Campus Traditional Pre-Licensure Program			
MONDAY, APRIL 30	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	9 a.m. – 11:30 a.m.	MH A, B, & C	Waterman
NURS 307 Mother-Infant	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 210	Bills
NURS 309 Med Surg	10:30 a.m. – 12:30 p.m.	CLE 114-116	Beyer
PSYC 225 Human Growth & Development	10:30 a.m. – 12:30 p.m.	CLE 208	Hickey
HUMN 320 Ethics – all sections	1:30 p.m. – 3:30 p.m.	CLE 310	Hiltbrunner
HLTH 416 Health Policy	3 p.m. – 5 p.m.	CLE 114	Bowen
TUESDAY, MAY 1	TIME	ROOM	FACULTY
NURS 205 Foundations/Health Practices	9 a.m. – 11 a.m.	CLE 206-208-210	Piquero
NURS 421 Community Health Nursing	10 a.m. – 12 noon	CLE 114	Chops
HUMN 201 Critical Thinking	12 noon – 2 p.m.	CLE 116	Hiltbrunner
NURS 361 Nursing Research – Section M01 & M02	3 p.m. – 5 p.m.	CLE 114-116-206-208-210	Skybo
NURS 361 Nursing Research – Section M03	3 p.m. – 5 p.m.	MH B	Bevan
WEDNESDAY, MAY 2	TIME	ROOM	FACULTY
NURS 422 Adv. Dynamics – all sections	9 a.m. – 11 a.m.	CLE 114-116	Fernandez
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.	CLE 206-208-210	Duggan
SCIE 220 Nutrition	2 p.m. – 4 p.m.	CLE 114	Dreifke
THURSDAY, MAY 3	TIME	ROOM	FACULTY
SCIE 231 Patho II – all sections	8 a.m. – 10 a.m.	CLE 114-206-210	Stinner
SCIE 125 Microbiology – all sections	9 a.m. – 11 a.m.	MH A-C, CLE 310	Voorhees
HUMN 110 Individual & Religion	1 p.m. – 3 p.m.	CLE 206-208	Patch
HLTH 320 Statistics	5 p.m. – 7 p.m.	CLE 206	Reed

Faculty will schedule Seminar and RN-BSN final exams as needed.

All final grades will be accessible by students (those without record holds) on CARMELink. Please Note: MCCN does not mail grade reports.

MCCN-Fairfield Medical Center Program			
MONDAY, APRIL 30	TIME	ROOM	FACULTY
NURS 408 Transitions	8 a.m. – 12 noon	Delta	Smith
NURS 206 Pharmacology	9 a.m. – 11 a.m.	Gamma	Duggan
TUESDAY, MAY 1	TIME	ROOM	FACULTY
NURS 205 Foundations/Health Practices	9 a.m. – 11 a.m.	Delta	Mohler
NURS 307 Mother-Infant	9 a.m. – 11 a.m.	Gamma	Cooley
SCIE 231 Patho II	1 p.m. – 3 p.m.	Gamma	Stinner

NOTE: Students without record holds can view final grades on CARMELink. MCCN does not mail final grade reports.

Library Hours

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 opening 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.

Money Matter\$

Success = Opportunity + Preparation

I have often heard that the formula for success is opportunity + preparation.

Applying this principle to financial aid is easy. Now is the time to prepare to seize every opportunity available. MCCN provides several opportunities for students to reduce their tuition bill by securing scholarships. Please take advantage of this **OPPORTUNITY** and apply for any scholarship you feel you are eligible to receive. Now is the time to secure your references. Now is the time to prepare for 2012-2013.

All MCCN scholarship opportunities are posted on CARMELink. Please check CARMELink for updates.

Summer APP Students: Please prepare for your junior year by completing your FAFSA by the below noted deadline. Your aid will be split into three semesters: Summer, Fall and Spring.

Summer Financial Aid Disbursements: All financial aid for the Summer Semester will take place after July 1, 2012. The 2012-2013 academic year officially begins for the Department of Education on July 1. Therefore, we must adjust our disbursement period to comply with the new academic year. If you have extenuating circumstances, please schedule an appointment with me or **Kathy Smith**.

Interest Rates: The summer is a transition semester. The Department of Education updates interest rates for the upcoming academic year in the summer, typically after July 1, 2012. The 2012-2013 academic year begins the transition of all Stafford Loans (Subsidized and Unsubsidized) interest rates to one amount, 6.8%.

Financial Aid Information Sheet: By now every freshman through junior should have received the financial aid information sheet in your mailbox. Please complete this form and return it to **Theresa Garaux** in financial aid. This form helps us to prepare for the upcoming academic year.

May Graduates: Congratulations on reaching this momentous milestone! In order to finalize your undergraduate academic experience, you will need to complete the Exit Counseling for Federal Student Aid. This may be accomplished by going to StudentLoans.gov, click on Exit Counseling and complete. Please reference NSLDS.ed.gov to determine the amount of Stafford Loans you have secured while enrolled. Please contact **Theresa Garaux** at 234-1842 if you have questions.

Please note: If you have not received Federal Loans from MCCN please email a statement to this effect to TGaraux@mccn.edu

Parent (PLUS) Loan and Private Loans

Each year you must reapply for the PLUS and/or a Private loan. When you receive your 2012-2013 award letter, the process is provided. Please take time to carefully calculate your financial need for the entire academic year. Remember, each time you apply for a PLUS loan or a Private Loan your credit report will be pulled.

Alyncia M. Bowen, PhD

Director, Financial Aid
abowen@mccn.edu

MCE Celebrates 40th Anniversary this Year

From **Claus von Zychlin**, President & Chief Executive Officer
Mount Carmel Health System



We can take pride in Mount Carmel's 125-year history of growing along with our communities to meet their healthcare needs. This year, we celebrate a milestone of this commitment. April 17 will mark the 40th anniversary of the opening of Mount Carmel East (MCE) in 1972.

In the mid-1960s, the Columbus Hospital Federation (later renamed Mid-Ohio Health Planning Federation until it ended in 1982) asked the Sisters of the Holy Cross to consider building a hospital on farm land they owned on the far east side of Columbus. At the time, the area's population was small and Interstate 270 had not yet been completed. However, the Federation knew that once the outerbelt was completed, development and population growth would follow – and local residents would need convenient access to healthcare services. The Sisters broke ground on the new hospital in 1969, and three years later MCE opened its doors.

As the east side grew, MCE grew along with it. The first medical office building was built in 1980. By 1983, MCE had added critical care units, and by 1985 surgery capacity had to be expanded. Maternity Services was added in 1990. In 1993, the South Tower was built. The Bruce E. Siegel Center for Health Education was completed in 1994. And in 2002 and 2003 the Emergency Department expanded to double its capacity, and the East Tower housing the Heart Center and expanded Maternity Services was completed.

MCE has planned several anniversary celebration activities throughout the year. At noon on the anniversary date of Tuesday, April 17, the Most Reverend Frederick Campbell, Bishop of the Catholic Diocese of Columbus, will officiate a special celebratory mass in the Siegel Center Auditorium. Immediately following the service, Bishop Campbell will conduct a blessing and rededication ceremony for the hospital. In June, MCE will hold a cookout for associates, physicians and volunteers. Still in the planning stages are additional activities to be held later this summer and into the fall.

ATTENTION STUDENTS: Opportunity to Earn Credit for Summer Camp Nursing Seminar or Community Service Hours

Flying Horse Farms

Flying Horse Farms (FHF) is a camp for children with serious illnesses that annually serves over 1,500 campers with cancer, heart disease, heart surgeries, Crohn's, asthma, arthritis, sickle cell, hemophilia, and other blood-related disorders. For most of these children, the typical summer camp experience is impossible, but with FHF's state-of-the-art medical facilities and 24/7 medical staff, campers can have a "spectacularly average" camp experience. Sophomore and junior students may take a camp nursing seminar for credit while assisting at the camp or volunteer for community service hours. If interested in the summer camp nursing seminar or volunteering at FHF, contact **Hannah O'Handley** at hohandley@mccn.edu or 614-234-3874.

Flying Horse Farms 2012 Camp Dates

Camp	Check In Date	Camp Shift Days
Heart Camp	June 16	June 17, 18, 19, 20
Hematology/Oncology Camp	June 24	June 25, 26, 27, 28
Hematology/Oncology Camp	July 7	July 8, 9, 10, 11
Pulmonary/Nephrology Camp	July 15	July 16, 17, 18, 19
Rheumatology/GI Camp	July 28	July 29, 30, 31, Aug 1

Go to flyinghorsefarms.org and apply.

Mount Carmel Images for Women: Volunteer Opportunity

Mount Carmel Images for Women — specializing in the unique needs of women dealing with breast surgery and breast care — is in need of MCCN student volunteers to assist with a variety of projects including preparing patient birthday cards, invitations for special events, and brochure mailings for physician offices, etc. The volunteer opportunity is very flexible — four to eight hours per month. Images for Women is located on the Mount Carmel East campus, 5965 East Broad Street. Interested? Contact **Darla Hickle** at dhickle@mchs.com or 614-234-7460.

SNAM* News

*Student Nurses Association at Mount Carmel

Calendar of Upcoming Events:

April SNAM Meeting: April 23

NSNA Graduation Cord

Are you an NSNA member graduating in 2012? Be sure to see **Dawn Hughes**, SNAM Advisor, for information about obtaining your NSNA graduation cord. Cost of graduation cords is \$10.

SNAM Student Nurse Sweatshirt Sale

Black hoodie: \$25 **Black zip-up fleece:** \$30

If interested, please email SNAM Vice President **Brooke Waddell** at bwaddell@mccn.edu. Checks can be made out to **Dawn Hughes** (with SNAM in the memo line) and can be placed in Brooke's mailbox.

Student Government Association (SGA) Officers and Representatives for 2011-12

President

Brooke Waddell

Vice President

Jena Verbance

Treasurer

Ashli Temple

Secretary of Records

Stephanie Binkley

Secretary of Public Relations 1

Kayla Munk

Secretary of Public Relations 2

Annie Hahn

Senior Class Representatives

Ashley Degoey*

Stephanie Harris

Dani Smith

*Fairfield Medical Center SGA representative

Junior Class Representatives

Benjamin Moore

Symphony Voelkel

Molly Wake

Sophomore Class Representatives

Devon Baldwin

Stephanie Rienschild

Brett Teiga

Freshman Class Representatives

Katie Bradley

Sarah Brantley

Brielle Daugherty

Whitney Eal

Jenna Grunden

Will Taylor

Savannah Whitten

Advisor

Colleen Cipriani

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Managing Editor:

Robin Hutchinson Bell

Editor:

Elaine Kehoe

Photographer:

Chris Steel

Layout:

Carol Stokes

Deadline for information is every other Monday at noon.

For information or to comment, contact Robin Hutchinson Bell at 614-234-1372 or rhutchinsonbell@mccn.edu.

Attention Graduates!

Students graduating in May must have account balances paid in full no later than **Wednesday, April 25, 2012**, in order to receive a diploma at commencement on May 5. Any payments received between April 25 and May 3 must be in the form of cash, cashier's check, or online credit card. Please contact the business office if you have questions.

If you received any of the following loans while you were a student, you will need to schedule an exit interview with the Business Office no later than **Friday, April 27, 2012**, in order to receive a diploma at commencement on May 5.

- Alumni Loan
- Kelley Loan
- MCCN Student Loan
- Memorial Loan
- Nursing Student Loan
- Nurse Faculty Loan
- Schell Loan

Please contact **Tammy** at tcharles@mccn.edu or 614-234-2266 to schedule.

Student Activities

COSI

Four student (Center of Science and Industry) COSI Columbus memberships and two family COSI memberships are purchased annually for MCCN students. Individual students and students with families (up to 4 children and significant other) can be admitted 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!

Ohio Dominican University's Bishop A. Griffin Center

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 www.ohiodominican.edu, type in Griffin Student Center and calendar of events.

Countdown to Graduation!

Stay tuned to this list of expanding details highlighting key information graduating students need to know before May Commencement. Check this update for important deadlines and suggestions to keep your path to graduation on track.

- Make sure you are on track to complete all degree requirements by requesting a degree audit. Pre-licensure students contact Records and Registration; RN-BSN and Master's students contact **Kip Sexton**, Program Coordinator.
- Complete your Community or Professional Service Program requirement. Undergraduates and RN-BSN students submit documentation to **Colleen Cipriani**; graduate students submit documentation to **Kip Sexton**.
- Resolve any holds on your student record (business office balance, library materials, financial aid exit counseling) that will prevent you from receiving your diploma and obtaining a transcript.
- Order your cap/gown and optional announcements. Order online at www.jostens.com. **The order deadline was March 29.**
 - Click on "Find My School's Store" at the top of the page.
 - Search for *Mount Carmel College of Nursing*.
 - Follow the prompts for "Graduation Caps and Gowns."
 - Click on either the **bachelor's** or **master's** product (They are different!).
 - Follow the "Design It" prompts to place your order.
 - *Note:* one tassel comes with your order; there is an option to order additional tassels
- Try on your cap and gown when it arrives. Remove wrinkles according to instructions provided, and hang up the gown until Commencement.
- Each graduating student will be allotted 6 tickets to Commencement (no charge).
 - Tickets are available for pick-up in the Records & Registration Office (Room 201, Marian Hall, 8:30 a.m. – 4:30 p.m., Monday through Friday).
 - No tickets are required for the Pinning/Recognition Ceremony.
- Complete the appropriate BSN or MS Graduation Exit Survey (a link was sent to your mccn.edu email).
- If selected for an Exit Interview, schedule a time with one of the interviewers listed (email was sent to randomly-selected students the week of March 26).
- Pre-licensure students completing all degree requirements **by May 5, 2012:** register for the ATI RN Predictor and Critical Thinking Exit Assessment. Sign up on the registration sheets located on the bulletin board outside of Records and Registration, Room 201, Marian Hall.
- *Pre-licensure students:* prepare for the National Council Licensure Exam – Registered Nurses (NCLEX-RN) that will measure your competency to perform as a registered nurse and is required for entrance into the profession, by attending the ATI Comprehensive NLCEX Review on **May 7-8-9**. Check the *Student* tab of CARMELink for additional details.
- Prepare for graduation events:
 - Celebration luncheon and rehearsal, **Thursday, May 3, 12 noon**
 - Pinning/Recognition and Commencement Rehearsal, **Thursday, May 3, 2 p.m.**
 - Pinning/Recognition Ceremony, **Friday, May 4, 7 p.m. (arrive by 6 p.m.)**
 - Commencement, **Saturday, May 5, 1 p.m. (arrive by 12 noon)**
 - Both ceremonies will be held at the First Church of God, 3480 Refugee Road

Cap and Gown Ordering for Graduates

Each graduate attending Commencement on May 5 is responsible for ordering and paying for his/her own cap/gown. **The ordering deadline was March 29.** Contact Records & Registration if you have questions (614-234-3870).