

Spring 4-2015

The Stethoscoop, April 2015

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PROUD Article: The Male Perspective on Being a Nurse

By: Alex Smith and David Baker

For years the profession of nursing has created what some would call a stereotype. When you ask someone what they think of when discussing what a nurse looks like, a majority of people would picture a woman. Over the years the profession is seeing an increasing amount of men deciding to break this stereotype. Being a male, I can say that the reason I chose to pursue a degree/career in nursing is not to break this stereotype but instead, I chose this profession because it allows me the opportunity to help others when they need help the most. In my opinion, a successful nurse is not based on their gender or skin color but rather if they can show compassion, as well as providing proper care to a variety of patients.

Becoming a nurse was probably one of the best decisions of my life. Yes, I am a male who is in a female dominated career. I am the minority. It is difficult not to be known by the professors because I am one of the few men in the program. My experience with being a male nurse can be challenging at times. Patients will ask me why I decided not to become a doctor. My answer to that is I want to work with people/patients in giving more personal care. Another experience that I have had is patients that aren't use to having a male nurse and breaking the mold that "nurses are women." This gives me the great opportunity to show my patients that men can give the same care as women.

Being a male student here at MCN has shown me that yes, a majority of nurses are women, however in my first full year in the nursing program, I can say without a doubt, that this profession is just as much a males profession, as it is a ladies. At MCN I have never felt left out or judged because I chose to pursue an education in nursing to become a male nurse or "nurse", as some would call it. If anything, deciding to become a male nurse has allowed me to take more pride in my choice for a profession. I like to think of it this way, once you become a nurse you cannot have preference in giving care to only women or men. For this reason I believe that a male can be just as good a nurse as a female can. Within the program I've had my struggles in dealing with certain areas of study such as the Maternal Infant course and certain lectures pertaining to the female anatomy. However, just as I have used my fellow female students to gain a better perspective, they have used me and other male students to gain a better perspective as well. As I near the end of my junior year of what definitely is the toughest curriculum I've ever had, I would encourage any male to join me, and many others in breaking the stereotype and begin pursuing a nursing degree. I can say with 100% certainty that I wouldn't be as happy in any other major as I am here at MCN while I work hard to earn my BSN. Yes, more scrub tops are pink or purple, but who said men don't look good in pink?

March Madness

By: Hannah Bernadette

March Madness (no, not the collegiate basketball tournament), also known as Chi Omega's Philanthropy Event, features a variety of Greek houses that choreograph their own dances to compete in front of an audience. This year's was a giant success! They raise thousands of dollars for Make-A-Wish Foundation every year. The competition this year was pretty intense, but Sigma Chi Fraternity and Phi Sigma Sigma Sorority took home the gold. Everyone did a phenomenal job.

How Does Physical Activity Affect Your Health?

Physical activity has many benefits to the human body and even to the mind. It is a great stress reliever and one of the best things you can do for your health. Not only does it control weight, increases your chances of living longer and strengthens your bones and muscles, it also reduces the risk of cardiovascular disease, type II diabetes, metabolic syndrome, and some forms of cancer (*Physical Activity and Health*). Another awesome aspect of physical activity is that there is something for everyone, and a quick workout is always better than no workout.

Dangers of Prolonged Exercise

There is a risk of muscle or bone injuries as the intensity of your physical activity increases and it is recommended that beginners start slow and gradually work up their intensity and duration to decrease potential injuries. It is always important to stay properly hydrated and to take breaks when needed to help your muscles recover. Especially with the warmer summer weather coming up, it is important not to overexert yourself. The benefits of physical activity certainly outweigh the risks, however.

Two quick and easy recipes for picnics!

By: Miranda Matheny

Fruit Salad



10-15 grapes
2-3 bananas
5-8 strawberries
1 can chunk pineapple, drained
1 can peach pie filling

Slice bananas and grapes. Cut up strawberries in chunks. Add pineapple and pie filling. Stir and Chill.

Golden Garden Dip

½ lb. Velveeta cheese, cubed
¼ c. milk
½ c. dairy sour cream
2 T. finely chopped green pepper
2 T. finely chopped green onion
2 T. chopped pimientoo

Heat cheese and milk over low heat (or microwave); stir until sauce is smooth. Add remaining ingredients; mix well. Chill. Serve with assorted vegetable dippers. Makes 1 2/3 cups.

Eat to Beat Stress: 7 Soothing Foods

By: Lauren George

1. Avocados and Bananas

These two fruits decrease blood pressure thanks to their high amounts of potassium.

2. Tea

When your nerves are high, a calming cup of tea helps bring them down to normal.

3. Fish

All the omega-3 fats in this heart healthy food manages adrenaline levels to keep you relaxed.

4. Carrots and Celery

These fresh, crunchy veggies will help keep you mentally alert without eating too many calories.

5. Milk

Chalk full of B vitamins, protein, vitamin D and calcium, a glass of this will promote sleep and allow you to feel rejuvenated upon awakening.

6. Nuts

Whether you grab a handful of almonds, pistachios, or walnuts, this snack will enhance your immune system with zinc and other vitamins.

7. Dark Chocolate

Stress hormones lower with this sugary treat through releasing mood-improving serotonin.



Study Tips for Finals!

By: Marissa Nicastro

First: Turn off the phone and all other electronics! Unless you need it to study, it should not be in arms reach.

Prioritize: Schedule certain times of the day for each exam you have to study for.

Study Early: THE EARLIER THE BETTER!! The sooner you start the sooner you can be done and feel less stressed the about the exam.

Lots of notes? Try reviewing page by page. If you study early, you can study about 2-3 pages a day and by the time the night before the test comes it will be more of a review than a cram.

Make up test questions: Use your material to make your own test questions to help you review. You can even write those questions on notecards, so you can study them anytime.

Notecards: Make notecards about the main concepts, test questions, and ideas that you tend to struggle with. If you are a multitasker, bring your notecards to the gym.

Outlines: Make an outline of your notes from class. Take the notes from your notebook and rewrite them in a shorter and organized way to help you review. It is better to write out your notes than typing your notes. Study has shown that those that write out their notes understand and remember the material better.

Study Groups: Make a study group with people from your class AFTER you have already gone over the material on your own. Study groups are good for asking questions and going over the hard concepts, not for re-teaching the whole semester.

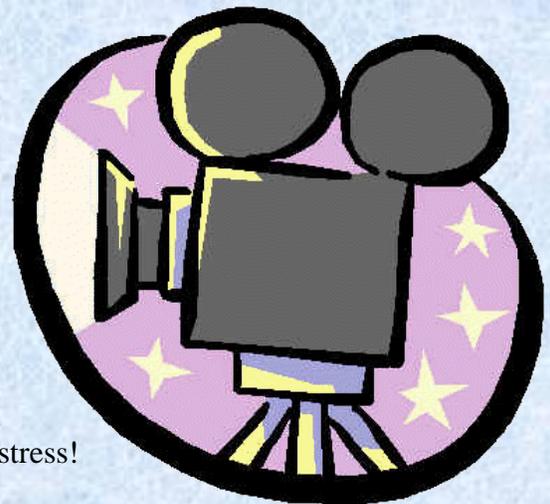
Teach someone else: You could teach someone from your class the hard concepts that you still struggle with, but the person does not have to be from class. Teach your best friend, roommate, and/or pet.

Take breaks: Take scheduled breaks during studying and reward yourself depending on how much you get done. Those rewards could consist of taking a break and watching your favorite show, having a little treat, or doing any of the following stress relievers.

***Of course make sure you are well-rested and eat a healthy breakfast before the test. ***

Stressed?

1. Go to the gym
2. Take a walk
3. Mediate or do yoga
4. Read something you enjoy
5. Go see a movie
6. Go bowling
7. Pawsitively stress free. Go pet some cute puppies to relieve your stress!
8. Get a Massage at Student Health. It is only 15 dollars!
9. Call your family and talk with them
10. Take a nap!



Autism Awareness Month

By: Maddie Jacobs

Every year autism awareness is celebrated during the month of April. More than 3.5 million Americans have an autism spectrum disorder and the amount of people with the disorder has increased by 6-15 percent each year from 2002-2010. During April there are many events help to bring awareness to autism disorders. Some of these events include presidential and congressional declarations, local events and partner opportunities that help raise funds and bring awareness. One company that participates in autism awareness month is Toys R Us. In 2013, Toys R Us raised over \$2 million dollars for Autism speaks, an organization that sponsors autism research and awareness, and in 2014 they provided a \$600,000 grant to the organization. How can you participate in autism awareness month?

Visit www.autismspeaks.org to find an awareness walk near you!

Donate to the Autism Society to help fund research

Participate in the Light It Up Blue campaign by wearing blue on April 2nd.



Want to be a part of the Stethoscoop???

The Stethoscoop is a fun and easy activity for nursing students to do outside of class. We create one journal every month. Each member can write their own article on anything that is appropriate for that month. We provide ideas that can be written about, or you can write about something that you have a passion for like mental health nursing. You can even write a fun short story if you would like! The amount of time the Stethoscoop takes up each month depends on the individual person. Typically it does not take any longer than an hour to write an article. There are also leadership positions that are available that may take up a little more time: president, chief editor, assistant editor, and media planner.

The Stethoscoop is an organization that does not meet in person typically. All our communication is done via a group on Facebook. Therefore, each member can take their time and write their articles whenever is best for them before the due date. This is a very fun and creative group that nursing students have the opportunity to be a part of. If you are interested in joining please contact Caroline Shaw at ceshaw@ilstu.edu or Miranda Matheny at mlmathe@ilstu.edu.

A Tribute to Our Seniors

Congratulations and good luck out there!



I can't believe graduation is finally here! The last four years were some of the best of my entire life. After I graduate I would love to move to Chicago to pursue my career. I have a passion for children and mental health and would love to combine the two. Getting my masters in nursing is also something I would like to do within the next few years. Also I would love nothing more than to follow my dreams by dancing for the Chicago bulls!

Kristen Smith



After graduation I will be a pediatric intensive care unit nurse in the Chicago area.

Lauren George



I hope to have a job working in the ER in my hometown next year. I really want to become a travelling nurse but I'm waiting a year or two to obtain experience before I start doing that.

Lindsay Murga

I will be graduating in August with the accelerated cohort and then taking Kaplan and NCLEX moving back to Chicago and looking for a job in the city or northwest suburbs. I really love peds and OB but would love to float or be on a med surg floor as well!

Brittney Wils



April 2015 Issue—Events

By: Lindsay Murga

April

- Fri. April 10th- Double Feature Friday 7:15pm @ Braden Auditorium
- Sat. April 11th- Family Swim 10-12pm @ Student Fitness Center Pool
 - Walk/Run for the Kids 12-2pm @ Illinois State University Quad
- Tues. April 14th- SWAT Wellness Gazebo! 10:30-3:30pm @ Schroeder Hall Annex
 - Massage 1-5pm @ Student Services Building room 379
 - Meditation for Positive Living- Students 3:30-4:30pm @ Student Fitness Center room 254C
 - Redbirds vs. Illinois 4:30-5:30pm @ Duffy Bass Field
- Wed. April 15th- SWAT Wellness Gazebo! 10:30-2:30pm @ Outside Stevenson Hall
 - Massage 1-5pm @ Student Services Building room 379
- Thurs. April 16th- SWAT Wellness Gazebo! 10:30-3:30pm @ Schroeder Hall Plaza
 - Mindfulness Class for Students 3:30-4:45pm @ McCormick Hall room 184
- Fri. April 17th- Sibling Weekend 2015 @ Illinois State University
 - 2015 Gamma Phi Circus Spring Show 7-9pm @ Redbird Arena
- Bring it Back to Normal 8-1pm @ Brown Ballroom
 - 2015 Gamma Phi Circus Spring Show 1-3pm @ Redbird Arena
 - To Infinity and the Quad 4-9pm @ the Quad
 - 2015 Gamma Phi Circus Spring Show 7-9pm @ Redbird Arena
- Mon. April 20th- F.L.A.M.E General Assembly Meeting 7-8:30pm @ Rachel Cooper second floor lounge
- Tues. April 21st- SWAT Wellness Gazebo 10:30-3:30pm @ Outside by Felmley Hall
 - Massage 1-5pm @ Student Services Building room 379
 - Meditation for Positive Living- Students 3:30-4:30pm @ Student Fitness Center room 254C
 - Redbirds vs. Illinois Wesleyan 6pm @ Duffy Bass Field
- Wed. April 22nd- SWAT Wellness Gazebo! 10:30-2:30pm @ the Quad
 - Massage 1-5pm @ Student Services Building room 379
 - Redbirds vs. Webster 6pm @ Duffy Bass Field
- Thurs. April 23rd- SWAT Wellness Gazebo! 10:30-3:30pm @ Outside by Stevenson Hall
 - MCN Nurses Week: Alumni/Student Social 12-1pm @ Edwards Hall
 - Mindfulness Class for Students 3:30-4:45pm @ McCormick Hall room 184
 - MCN Candlelighting Ceremony 5pm @ Alumni Center
- Fri. April 24th- Redbirds vs. Missouri State 4:30pm @ Duffy Bass Field
 - MCN Nurses Week- MNAO Golden Jubilee 2-4pm @ Alumni Center
- Sat. April 25th- MCN Nurses Week- MNAO Awards and Reunion Banquet 11-3pm @ Alumni Center
 - Best Buddies Friendship Walk 11:45-12:45pm @ Bone Student Center
 - Redbirds vs. Missouri State 2pm @ Duffy Bass Field
- Sun. April 26th- Family Swim 12-2pm @ Student Fitness Center Pool
 - Redbirds vs. Missouri State 1pm @ Duffy Bass Field
- Mon. April 27th- Blue Man Group Live 7:30pm @ Braden Auditorium
- Tues. April 28th- Massage 1-5pm @ Student Services Building room 379
 - Meditation for Positive Living- Student 3:30-4:30pm @ Student Fitness Center room 254C
- Wed. April 29th- SWAT Wellness Gazebo! 10:30-2:30pm @ the Quad
 - Massage 1-5pm @ Student Services Building room 379
- Thurs. April 30th- SWAT Wellness Gazebo! 10:30-3:30pm @ the Quad

May

- Fri. May 1st- Redbirds vs. SIUE 4:30pm @ Duffy Bass Field
 - SWAT Wellness Gazebo and Nutrifest! 11:30-2pm @ Circus Room
 - Nutri-Fest 2015 11:30-2pm @ Circus Room
- Sat. May 2nd- Redbirds vs. SIUE 12pm @ Duffy Bass Field
 - Redbird Track and Field Invitational 2pm @ Redbird Track & Field Complex
 - Redbirds vs. SIUE 3pm @ Duffy Bass Field
- Sun. May 3rd- Redbirds vs. SIUE 1pm @ Duffy Bass Field
- Mon. May 4th- PAWSitively Stress Free 2-6pm @ Milner Library 3rd Floor
 - Finals Relaxation Yoga 8:30-9:30pm @ Student Fitness Center Sport Courts
 - Finals Week Charge Up 9-11am @ Schroeder Plaza
- Tues. May 5th- Finals Week Charge Up 9-11am @ Schroeder Plaza
 - Massage 1-5pm @ Student Services Building room 379
 - PAWSitively Stree Free 2-6pm @ Milner Library 3rd Floor
- Wed. May 6th- Massage 1-5pm @ Student Services Building room 379
 - Finals Relaxation Yoga 8:30-9:30pm @ Student Fitness Center Sport Courts
- Fri. May 8th- MCN Commencement Ceremony 4-6pm @ Braden Auditorium
 - Spring Commencement for College of Arts and Science 7-9pm @ Redbird Arena
 - Army ROTC Commissioning Ceremony 1-3pm
- Sat. May 9th- Spring Commencement for College of Education 9-11am @ Redbird Arena
 - School of Information Technology Commencement Reception 10-11am @ Old Main room
 - Spring Commencement for College of Applied Science and Technology 12-2pm @ Redbird Arena
 - Spring Commencement for College of Business 4-6pm @ Redbird Arena
 - Spring Commencement for College of Fine Arts 7-9pm @ Braden Auditorium

References

- "Autism Speaks." More Than \$2 Million Raised During Toys"R"Us® Campaign. Autism Speaks, 6 May 2014. Web. 02 Apr. 2015.
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- "National Autism Awareness Month | Autism Society." *Autism Society National Autism Awareness Month Comments*. Autism Society, n.d. Web. 02 Apr. 2015.
- "Physical Activity and Health." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 16 Feb. 2011. Web.