

1-1-2013

The Stethoscoop, Issue 5

Mennonite College of Nursing

Follow this and additional works at: <http://ir.library.illinoisstate.edu/mcnsteth>



Part of the [Nursing Commons](#)

Recommended Citation

Mennonite College of Nursing, "The Stethoscoop, Issue 5" (2013). *The Stethoscoop*. Book 5.
<http://ir.library.illinoisstate.edu/mcnsteth/5>

This Book is brought to you for free and open access by the Mennonite College of Nursing Publications at ISU ReD: Research and eData. It has been accepted for inclusion in The Stethoscoop by an authorized administrator of ISU ReD: Research and eData. For more information, please contact ISURed@ilstu.edu.



October's Job Fair

Preparing for the Job Fair

By: Andrea Schoen

As the Healthcare Careers Fair on October 29th (from 12:30 p.m.-3 p.m.) approaches, it is important to start preparing early to make the best impression possible. The first step to prepare for the fair is by making a resume. The career center website has great advice on making a resume along with sample resumes to use as a reference. The career center also allows students to print their resume for free Monday through Friday from 8 a.m. to 4:30 p.m. In addition, they offer appointments and walk-in hours for resume critiques. This is great for students that have never made a resume before.

For students that are on a time crunch, on October 22nd in Edwards, room 111 a resume critique is being offered as well. This will take place from 12:30 p.m. to 2:30 p.m. It is open to everyone no matter what stage their resume is in. The next step in preparing for the career fair is dressing the part. For both men and women, a two-piece suit is best. A professional pair of slacks with a clean-cut shirt is also acceptable. Everything should be as professional as possible. It is important to cover all body art and tattoos with clothing to maintain a business professional appearance.

Organizing a thirty second "commercial" to sell yourself is a great way to break the ice with a recruiter. Before going to the interview, it is important to research the companies that will be attending the fair. Write down some key facts about the employer. Next, describe three strengths you would like to tell the employer about. After, develop your introduction. This can be done in a multitude of ways and depends on each person's personal preference. Including information like current jobs or summer internships, along with strengths is a great thing to include in the introduction. Also, including the information from your research of the company and how you can benefit them by working there is necessary to include. Keep in mind that the introduction is your time to sell yourself to the recruiter.



Overall, the career fair is a great way to get your name out into the healthcare field. Furthermore, it can be used as a learning opportunity that can lead to a future job. If taken seriously, one can increase their interviewing and networking skills. It is a great chance to market your skills thus far and I encourage everyone to attend!

Hot Nursing Jobs!

By: Maggie Tonkin

Have
You Heard
About...


A nurse anesthetist, also called a CRNA (certified registered nurse anesthetist), is a hot job in the nursing world today. Many are attracted to the higher pay which is typically around \$150,000 per year. To become a nurse anesthetist, one must become a registered nurse with a Bachelor's degree first. It is also required that the RN work in an acute care setting such as the ER or an ICU for one year.

Going to school to be a nurse anesthetist takes about 3 years after receiving a Bachelor's degree. There are many schools with this program in Illinois including: DePaul University, Rosalind Franklin University of Medicine and Science, Rush University, Millikin University, and Southern Illinois University at Edwardsville. Information retrieved from American Association of Nurse Anesthetists.

Upcoming Events

By: Mallory Steffen

October Events

- 
- 10/11: Redbird Volleyball vs. Wichita State 7:30-9pm @ Redbird Arena
 - Reggie Nights 8pm @ Bowling and Billiards Center
 - 10/12: [Family Swim](#) 1:30-3:30pm @ Metcalf Pool
 - Volleyball vs. Missouri State 7:30-9pm @ Redbird Arena
 - 10/13: Redbird Soccer vs. Loyola 1-4 pm @ Adelaide Soccer Fields
 - 10/14: Columbus Day
 - Mennonite College of Nursing Open House for BSN Program 1-2pm @ Bone Student Center
 - 10/15: [Message](#) 1-5pm @ Student Services Building (15 min for \$15)
 - 10/16: Central Illinois Graduate School Fair 9-12pm @ Bone Student Center
 - [Message](#) 10-12pm
 - 10/17: [Are You LinkedIn?](#) 12-1:30pm @ Student Fitness Center (Registration Required)
 - 10/18: Double Feature Friday 7-11pm on Quad (Despicable Me 2 and Monsters University)
 - 10/19: Football vs. Indiana State 1-4pm @ Hancock Stadium
 - 10/20: Soccer Vs. Evansville 1-4pm @ Adelaide Soccer Field
 - 10/22: [Message](#) 1-5pm @ Student Services Building
 - "How to Interview" with Dr. Diane Cepela 4:45-5:45pm @ Degarmo Hall 308
 - Volleyball Vs. Valparaiso 7-9pm @ Redbird Arena
 - 10/23: [Message](#) 10am-2pm @ Student Services Building
 - 10/25-27: Family Weekend
 - 10/26: MCN Open House Lab Tours 8:30-11:30am @ Old Main Room in the Bone
 - Football vs. South Dakota 1-4pm @ Hancock Stadium
 - Free Bowling and Billiards 7-11pm @ Bowling and Billiards Center
 - Bill Cosby 8-10pm @ Braden Auditorium
 - 10/27: Soccer vs. Drake @ Adelaide Soccer Field
 - Family Swim 1:30-3:30pm @ Metcalf Pool
 - 10/29: [Nursing Health Professions Fair](#) 12:30-3pm @ Bone Student Center
 - [Message](#) 1-5pm @ Student Health Services
 - 10/30: [Message](#) 10am-2pm @ Student Health Services (appointment required)

November Events

- 11/1: Volleyball vs. Bradley 7-9pm @ Redbird Arena
 - Reggie Nights Bingo 8pm Bowling and Billiards Center
- 11/2: Football vs. Northern Iowa @ Hancock Stadium
 - Volleyball vs. Loyola 7-9pm @ Redbird Arena
- 11/6: [Are You LinkedIn?](#) 4-5pm @ Student Services Building (registration required)
 - [Message](#) 10am-2pm @ Student Services Building
- 11/8: Swimming and Diving Vs. Evansville 6-8pm @ Horton Field House
- 11/11: Senior Seminar 1-2:30pm @ Horton Field House



Our next issue will cover the dates starting with November 8th. If you have any events that you would like highlighted in our next issue, [email me](#) the date, time, and location along with any additional information



Student Spotlight



By: Casey Vinyard



Name: Christine Larson
Age: 22
Semester: 2nd Semester Senior
Hometown: St. Charles, IL
Occupation: SIM Lab Assistant
Favorite Color: Tickle-Me-Pink
Favorite Food: Soup of any sort
Favorite Class: Psychiatric Nursing
Favorite Quote: "Laughter is timeless, imagination has no age, and dreams are forever" - Walt Disney



What has stood out to you in Mennonite College of Nursing?

The thing I love about Mennonite is the constant support system that allows us to grow as nurses as well as individuals. I have made great friends and had wonderful clinical advisors and teachers that have helped me along my way in this program. These individuals have pushed me to grow academically as well as socially. Many of the people I have met here I am sure I will stay in contact with throughout the rest of my life. I would not trade this experience and am proud to say what program I have graduated from.

As a second semester senior, what are your biggest nerves/concerns regarding graduating?

My greatest concern about graduating is finding a job that is the perfect fit for me. We have grown to learn who we are in this program and what type of nurse we want to become. The next step is actually moving forward in our careers and becoming a new piece to the hospital we choose. I know that I will be happy with whatever I choose, however it is always scary starting something new.

What specialty are you looking into developing into a career?

I wish I could say that I have completely made up my mind on this question, however that would be a lie. I am still being introduced to new experiences in clinical (as well as in life) that continue to push me in different directions. I can say that I am between psychiatric, pediatrics and labor/delivery. All three of these clinical rotations made me excited to wake up and go to each week.

As a Lab Assistant, what are some of your favorite things about the SIM Lab?

I have loved my experience of being a lab assistant because not only are you able to help offer guidance to other semesters, it is also an opportunity for constant learning. It forces you to stay proficient in your skills and, in addition, you are continuously being taught by your peers and teachers. With each semester we progress in MCN, we all become more comfortable. Working in the SIM Lab allows you to see each class grow from the beginning to the end of the year. I also love how many people it has allowed me to meet in this program.

What advice do you have for future/current nursing students at Mennonite?

My advice is to take a deep breath and love the semester that you are in. These four semesters go by fast (and trust me, I was sick of hearing that from people ahead of me) but you can learn so much when you are in it. I also emphasize to new nursing students that grades do not distinguish how you will be as a nurse. Figure out a balance of what you need to do and what will make you happy. It is great to get involved in as much as you can, this program will give you back what you put into it.



Do YOU want to be in the spotlight? E-mail us at

MCNStethoscoop@gmail.com

Fun Fall Festivities



By: Lauren George

Now that midterms are over, put the books down, and relax by enjoying all of the activities that fall has to offer! The days may be getting shorter, the air may be getting colder, but this is the time to grab the people you love and savor the season!

- 🍁 Go apple picking.
- 🍁 Get lost in a corn maze.
- 🍁 Go for a hayride.
- 🍁 Tailgate at an ISU football game.
- 🍁 Drink hot spiced cider.
- 🍁 Carve a pumpkin.
- 🍁 Build a bonfire.
- 🍁 Eat a candy apple.
- 🍁 Re-watch your favorite scary movie.
- 🍁 Go on a hike and enjoy the cool, autumn weather!

Nursing Then & Now

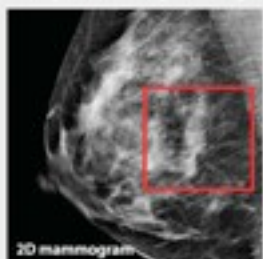
By: Laura Milas

Mammograms Go 3D

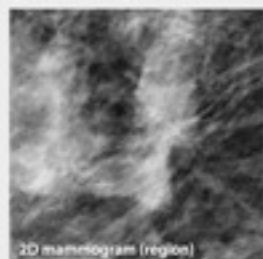
Traditional 2-dimensional mammography has been around since 1969 and uses a low amount of radiation. However, patients often must be called back into the office to re-screen them due to uncertainty about the findings. This not only raises stress in patients but leads to extra testing and extra exposure to radiation. 3D mammography technology, also known as tomosynthesis, uses more radiation than the typical mammogram but it gives doctors a clearer picture of any problem areas. Washington Radiology Associates in the DC metro area has had an increase in breast cancer detection of 38% and has reduced the number of call backs by 20-30% using 3D mammography since 2011. The clearer picture can lead to better detection and potentially earlier treatment. According to Carol Lee, a radiologist at New York's Memorial Sloan-Kettering Cancer Center, young women with dense breasts will potentially benefit the

most from this new technology because it can better differentiate between cancer and dense tissue. Although this technology is not yet available country wide, both OSF St. Joseph and Advocate BroMenn here in town provide this service. 3D mammography is performed additionally with 2D mammography but the cost is not yet covered by insurance.

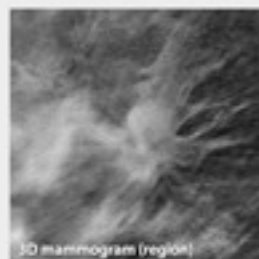
2D Digital Mammogram Image vs 3D Digital Mammogram Slice



2D mammogram
The screening 2D mammogram shows a possible lesion in the central breast.



2D mammogram (region)
Even when the 2D view is enlarged, the margins are difficult to assess.



3D mammogram (region)
3D mammography shows a spiculated mass—very likely a malignancy.