How to Survive Nursing School

PRESENTED BY: THE EPSILON KAPPA CHAPTER OF ALPHA DELTA NU NURSING HONORS SOCIETY CLASS OF MAY 2018
In This Presentation We Will Be Discussing...

- Family/School Balance
- Clinical Survival/Do’s & Don’ts
- Study Habits
- Note Taking
- Organization
Family & School Balance

BY: KRISTIN PAUL, RACHEL BOUDREUX, AND REBECCA HAWKINS
Communicate With Your Family & Friends

- Coordinate planning
- Ask for help
- Don’t feel guilty
- Surround yourself with support
- Nursing school takes up A LOT of time, but don’t forget about your family, friends, or YOURSELF
Take Care of Yourself

- It’s the little things.....
Work Smarter Not Harder

- Multi-task!
How to Study with Kids

- Movie and Popcorn
- All do homework together
- Park, chick-fil-a, etc.
Making Time for Your Spouse

- Just like you schedule study time, schedule time with your spouse. Scheduling helps you from neglecting your relationship or your studies.
Have Fun and Relax!

- Nursing school is stressful and you have to keep it under control.
- Remember, the more stressed you are the more it will affect your personal life and school work.
- Organize your time and don’t overbook yourself so that you can spend time with family and friends.
- You’ll keep your sanity by taking breaks. Sit down with your loved ones to watch a movie, eat, or just talk!
Organize!

- You have calendars and planners for yourself, make one for your family too
- They can take a look at the calendar to know when you’re available

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Clinical Survival/Do’s & Don’ts

BY: JESSICA BUTLER & KRISTEN SIDARI-LOMAS
Be Prepared!

- Know where you are supposed to be
- Be on time
- Have what you need

It's Halloween let's party!
Oh wait! I'm in nursing school and I have clinicals tomorrow!
someecards user card
Decide to Have a Positive Experience!

- Don’t go searching for information about clinical instructors
- Create good relationships with the nursing staff
- Don’t be upset if you aren’t on a unit you don’t want to be on
Make the Best of Your Clinical Day!

▪ Assess, assess, and assess some more!

▪ Don’t get hyper-focused on hard skills!

▪ Learn to connect the dots!
Be a Part of the Conversation!

- **ASK QUESTIONS!**
- Listen during post-conference
- Add to the conversation
“It’s Just The Little Things”
NEVER STOP DOING LITTLE THINGS FOR OTHERS. SOMETIMES, THOSE LITTLE THINGS OCCUPY THE BIGGEST PART OF THEIR HEART.

www.WithGreatLove.net
Study Habits

BY: TARA BUSTOS
WANT TO HANG OUT AFTER STUDYING?

WHAT IS "AFTER STUDYING"?
What works for everyone may not work for YOU!!

- Flashcards
- Highlighting
- Recording Lectures
- Prep U
- Study Groups

Stop Doing What Doesn’t Work
Before Class

- Review Chapters in the concept map

- Print out Power Points / Notes (If applicable)

- Get an idea of the questions you might have

- Get GENERAL idea of the concept as a whole!
Before Test

- Do NOT cram!!
- Study a little EVERY day!
- SHARE notes!
- Watch YouTube videos on topics you don’t understand.
- Do not overthink!
Test Day

- Just BREATHE!!!!

pause

breathe

repair your universe

proceed
KEEP CALM YOU WILL FINISH NURSING SCHOOL
Note Taking

BY: MIHO THERIOT
Main Methods

▪ Outline Notes
▪ Note Cards
▪ Concept Maps
    (Note: Please revisit Nursing School Tool Kit for details)
▪ OneNote
1. Outline Notes

Main topic

1. Subtopic 1
   a. Point A
   b. Point B
   c. Point C

2. Subtopic 2
   a. Point A
   b. Point B
   c. Point C

Example

**Contraceptives**

Birth control is a method or device used to prevent pregnancy. 
Note: Nursing plays a primary role in providing education about contraceptive choices and teaching about the use of different methods.

- Educate about "safe sex" practices: Prevention of STDs, avoid unplanned pregnancies, reduce/limit number of people the client engage sexual activities with, feel good about themselves and their relationships
- Be sure to F/U in 1 – 3 weeks on the effectiveness of the method chosen
- The ideal method: Safe, 100% effective, easily obtainable, affordable, acceptable to the user & sexual partner, free of effects on future pregnancies

1. **Abstinence**: Effective in adulthood but not in the early teen. Decision needs to be mutual agreement. Compliance, 0% failure rate, Most effective way to prevent STD

2. **Oral Contraceptives (The Pill)**: Prevents ovulation by mimicking the hormonal state of pregnancy (increased estrogen level). 99% effective. Prevents ovarian/endometrium cancers, improves acne and increases bone density.
   - Side effects: Weight gain, breast tenderness, nausea/vomiting, breakthrough bleeding, depression, decreased libido.
   - "ACHES" – Should call health care provider immediately
     a. Abdominal pain
     b. Chest pain
     c. Headache (severe)
     d. Eye problems (loss or blurring)
     e. Severe leg pain (calf or thigh)
   - Education: Be compliant. It is the key to the most effectiveness. Take it the same time each day. If missed one, take two together. If missed more than two, test yourself for pregnancy. Adolescent girls should have well established menstrual periods (2 years) prior to starting the pill when to start pills. Not preventing from getting STDs.
   - Drug that interfere with effectiveness: Birth control, iron, antibiotics, other prescription drugs
2. Note Cards

Example

**ABG Normal Values**

1. pH
2. PO2
3. PCO2
4. SaO2
5. HCO3

- 1. 7.35 - 7.45
- 2. 80-100 mmHg
- 3. 35-45 mmHg
- 4. 95-100 %
- 5. 22-26 mEq/L
3. Concept Map

Example
Any Questions?

HEY
YOU CAN DO IT!
Write it Down

- Do not try to remember everything you need to do and everywhere you need to be. You WILL forget something.

- Keep it all in one place. Try not to have multiple places you have to look – ex. Clinical Grid, course syllabus, personal calendar, appointment cards, phone. - I even schedule time to study and complete PrepU

- Color Code – Try a different color for homework, tests, clinicals, appointments, family activities.
Class Work

- Keep a binder- try dividing by subjects and putting everything in that category in one place. Note - Don’t throw this away. Later semesters will build on this information. EX> all of my cardiac notes are in one section even though they are from different semesters. Also in this section are my cardiac notes from A&P.

- Notetaking can be difficult- My notes are in different colors based on if they were taken during pre-reading, during class, or noted after the test as something to remember in the future.
Keep it together (and always have copies)—use a clipboard with storage. Keep up with your clinical assignments, skills check off, daily assessments, nurses notes in one place.

Keep your work—My pathology and drug cards are in a separate notebook in alphabetical order for quick reference if needed.

Handy Dandy Notebook—in my notebook I have important lab values, notes on a complete head-to-toe assessment, cardiac strips, maternity and pediatric notes and critical care information. Ex> When pulling a rainbow blood draw what order do you complete the tubes (it’s also good to understand why).
Pharmacology

- Know your classes-Mine have the drug name highlighted by drug class.

- Do it the same way every time- When I organize my cards they look similar to the drug cards we complete for clinical assignments (but can fit in my pocket). When I study I say the information in the same order EVERY TIME so when I see the information on a test I can picture the card.

- Buy them if you need to – There are several books/cards that will do this for you.
You can do this!

If you stay organized you will know what needs to be done AND when.

If you need help – ASK!
How to survive Nursing School!
1. Organize
2. Study
3. Pray

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