

# Nurse+Talk

July 2018



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- ⚙ Self-care: Physical Fitness
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## SUMMER SAFETY – The Fourth of July

### The Explosive Truth on Fireworks

By: Meghan Morrow, Communications & Newsletter Director

While it may not seem like The Fourth of July without a thrilling display of fireworks, **leaving the show to the professionals** is the best way to ensure safety this holiday season.

According to the [Consumer Products Safety Commissions annual report](#), eight people lost their lives in firework-related accidents in 2017. Another 12,900 people were treated in the Emergency Department for injuries sustained while celebrating with fireworks.

#### Safety Tips:

- ⚙ **Leave it to the Experts:** Grab your friends, a blanket, and cozy up to watch the many *professional*, [public displays](#) throughout Michigan this holiday season.
- ⚙ **Sparkler Safety:** although sparklers may seem like a harmless toy, they are the [leading cause](#) of all firework-related injuries. They can burn at temperatures of nearly 2,000°F and can easily be dropped, ignite clothing, or “spun” in an unexpected path. In 2017, sparklers were the cause of half the injuries sustained to children under the age of five. Sparklers were also involved in the accidental death of a four-year-old last July in Wisconsin. Sparklers are notorious for serious burns of the hands and face. They also frequently injure the eye, with 1,200 cases reported last year. In some cases, permanent vision loss is the result. The [American Association of Ophthalmology](#) recommends attending public shows to celebrate the holiday rather than purchasing dangerous fireworks, including sparklers. If the purchase of consumer fireworks is legal in your state and you choose to use them, keep in mind the following safety tips:

- Never allow children to play with sparklers
- Those handling fireworks should always wear protective eyewear that meets the American National Standards Institute’s safety standards.



**2018 Detroit Ford  
Fireworks**

[Photo Source](#)

⚠ **Be Alert:** Not all firework-related injuries are sustained by those igniting or using the fireworks. In fact, nearly half of those who sustained injuries last year were bystanders. This highlights the importance of being aware of your surroundings.

- Be mindful of barriers at public displays, remaining at least 500 feet away from the launch area.
- If you see illegal or dangerous use of fireworks, notify law enforcement immediately.
- If you come across an unexploded firework – DO NOT touch and immediately contact law enforcement.

⚠ **If You Choose to use Consumer Fireworks:** Firework laws vary by state. If consumer fireworks are legal in your state and you choose to undertake the risks associated with their use, keep in mind these safety tips from the [National Safety Council](#):

- Never use fireworks while impaired by drugs or alcohol
- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never light them indoors
- Only use them away from people, houses and flammable material
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire

⚠ **Who is at risk?** Everyone! Victims last year ranged from age four to 57. However, men, young children, and young adults are statistically more likely to sustain a firework-related injury.



**St. Ignace Firework Display  
over the Mackinaw Bridge**

[Photo Source](#)

## Alcohol Consumption and Summer Heat

By: James Reder, Community Health, Image & Breakthrough to Nursing Director

The summer heat is upon us, and so are the festivities! To cool down, many people find themselves by a lake, a pool, or a sprinkler set up in their backyard. This Fourth of July, many adults will choose an alcoholic beverage to quench their thirst and beat the heat. Drinkers should be cognizant of their alcohol consumption because alcohol and heat can be a dangerous combination.

With the temperatures increasing this time of year, it is important to stay hydrated. Alcohol is a diuretic meaning it causes your kidneys to release water. When you are sweating due to the warm weather on top of urinating excess water due to alcohol's diuretic effects, you are more likely to become dehydrated. Dehydration can cause fatigue, dizziness, and confusion and could cause you harm if you are operating a motor vehicle, such as a boat, or swimming in a body of water. Drinking alcohol and operating any motor vehicle is never safe.



**Drinking adequate water becomes increasingly important when you factor in water loss due to sweat from heat and the diuretic effects of alcohol.**

[Picture Source](#)

Additionally, alcohol is a vasodilator, and when mixed with hot weather, one is more susceptible to fainting.

The CDC suggests it is important to drink 16 to 32 ounces of fluids each hour to avoid dehydration. It is important to not wait until you are thirsty to drink water. Beverages that will help you cool off and hydrate your body include water and sports drinks. Try to avoid beverages that contain high amounts of sugar because they can further support dehydration. Sports drinks can be helpful in moderation, but should be consumed within serving size guidelines because heavy consumption will add excess calories to your diet due to the sugar (CDC, 2017).

Click [here](#) to learn more on how to avoid Dehydration and Heat stress.

A Blood Alcohol Concentration (BAC) of 0.08 is the legal definition of drunk if you are over 21 and 0.02 if you are under 21. If you have a BAC of 0.02 you will have impaired concentration and may be unable to focus on moving objects or multitask. A BAC of 0.05 will cause you to have some loss of small-muscle control and take longer to respond to emergencies. A BAC of 0.08 will cause impaired speech, balance, vision, reaction time, and the ability to swim safely. These effects are heightened by sun exposure and heat which is why you may be at higher risk even if you do not have much to drink.

Other important things to consider this Fourth of July and all Summer:

- Take breaks from the sunlight. Give your body a break by spending time indoors or in the shade.
- Apply sunscreen of 15 SPF or higher if you are exposing your skin to the harsh summer sunlight for extended periods of time. Also consider wearing wide brim hats and sunglasses to protect yourself from the sun's rays.
- Wear loose fitting and light clothing to avoid overheating.
- Pace yourself and do not drink in excess. The CDC recommends a safe number of drinks to consume a day is: 2 drinks a day for men and 1 drink a day for women.

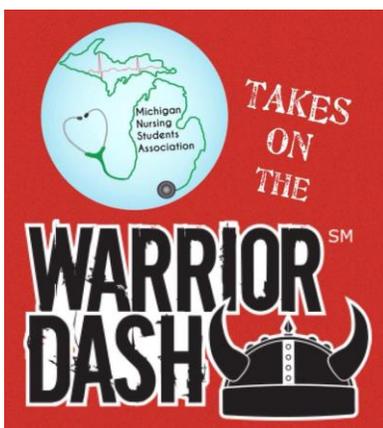


Picture Source: CDC



#### Resource Links:

<https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>  
<https://www.cdc.gov/niosh/topics/heatstress/default.html>  
<https://www.hazelden.org/web/public/ade70528.page>  
<https://www.cdc.gov/niosh/mining/UserFiles/works/pdfs/2017-126.pdf>



#### The 2018 Warrior Dash is less than ONE MONTH away!!

In our quest to promote self-care and physical fitness, MNSA members will be competing in this challenging, yet fun race on July 28<sup>th</sup>.

**Want to join in on the fun? Click [here](#) to register!**

Interested in receiving a REFUND on your race registration fee from MNSA? Use the hashtag **#MNSAWarrior** in your training pictures and in your pictures at the race to be entered in a drawing to receive **HALF of your registration fee back + a bag of "Warrior Swag"\***

\*Photos must be public to qualify for entry. Facebook, Instagram & Twitter entries are all valid. Must show proof of race registration and cost if selected.



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## FUNDRAISING

Help MNSA raise money for our “Rainy Day Fund”. This fund will help provide resources to members who fall into hard times during nursing school. It is our goal to provide our members with the support they need to reach their goals!

[Shop the link](#)

### Self-Care: Physical Fitness

During the month of July, our self-care topic is physical fitness. Below are the [American Heart Association's Guidelines](#) for exercise to promote overall cardiovascular health:

- At least **30 minutes** of moderate-intensity aerobic activity at least **5 days per week** for a total of **150 minutes**
- OR
- At least **25 minutes** of vigorous aerobic activity at least **3 days per week** for a total of **75 minutes**; or a combination of moderate- and vigorous-intensity aerobic activity
- AND
- Moderate- to high-intensity **muscle-strengthening activity** at least **2 days per week** for additional health benefits.

#### The benefits of making exercise a priority:

As nursing students, it can be difficult to find the time to be physically active each week. Between exams, clinicals, work, and trying to spend time with family... it can become overwhelming to think about taking 150 minutes each week to dedicate to your fitness. However, if you refresh your memory on the numerous benefits of exercise, short-term and long-term, you may find a way to squeeze in a half hour of physical activity each day... no matter what your schedule looks like.

1. **Weight control:** probably the most obvious benefit, yet it is a very important aspect to your overall health. Excess weight can not only affect how you feel about your appearance, it can pose serious health threats.
2. **Combat Disease:** “Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight, being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases ([Mayo Clinic](#))” Cancer, arthritis, stroke, falls and diabetes mellitus type II are some of the other diseases/health threats that exercise helps to mitigate.
3. **Improve your mood:** When you exercise your brain releases endorphins, or chemicals that improve your mood and help decrease stress. With a lower level of stress, you will be able to better focus on your nursing school material or be more present while spending time with your family.
4. **Get better sleep:** exercise can aid you in sleeping longer and deeper. Who wouldn't want to feel more rested, especially for those early morning wake-ups for clinical!?
5. **Get social:** Exercise doesn't have to be a chore. With so many ways to be active, search for a way that is fun for you! Encourage your family or nursing school friends to join you.

***Be on the lookout for our physical fitness tips on our social media each week this month!***



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## Newly Elected Board of Directors



### Community Health, Image & Breakthrough to Nursing Director - James Reder

- Michigan State University BSN Student
- Anticipated Graduation: December 2018
- Aspiring Cardiac Intensive Care Nurse
- Read James' full bio [here](#)



### 1<sup>st</sup> Vice President – Glenn Swartz

- Baker College BSN Student – Cadillac, MI
- Anticipated Graduation: May 2020
- Passionate about politics and advocacy
- Read Glen's full bio [here](#)

# Thank You

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