Check out a fun way to test your nursing knowledge!

Nurse Honor Guards: An Amazing way to bring honor and remembrance to those that most deserve it

#MNSA's Instagram Photo Contest: read how YOU could be a WINNER!

Nervous for clinicals? Can’t handle all the stress? ASK FLO in the new advice column!
Volunteering at Swampfoot was so much fun. We were at the Rope Swing obstacle where people swung over like Tarzan. I was there to help explain the obstacle and the objective it had. The objective was to get over the log, easier said than done. I helped people over by giving them a little push which brought so much joy to their faces because they completed such a hard obstacle. Another board member filled up cups and handed out water to the runners. We all cheered them on with words of encouragement and PUMP up music was playing as they ran past. Another set of volunteers from MNSA was at the registration booth where they registered the runners and helped pin on their numbers, they got to see them before they became mud-soaked creatures! John the founder of Swampfoot donated $45 for every volunteer to the Lone Survivor Foundation. This Foundation helps to make families and war veterans have an easier transition from the battle field to everyday living. I am so happy I got to help out for such a great cause. My sunburn was so worth it, it was such an amazing experience, I cannot wait till next year to volunteer. Heck maybe I will even try to run the course myself!
#MNSA Instagram Photo Contest!

Each month there will be a different topic and a new opportunity for you to enter the contest. Be creative and have fun with it! If your picture is chosen it will appear in a variety of MNSA’s pages, including our website, Facebook page, Instagram, twitter, and the next issue of Nursetalk (NSNA Award Winner twice in a Row)!

The winner will receive 25 dollars!

**This Month: #MNSAsummeradventure**

- **Instagram** is a free app you can download on any mobile device. If you need help getting started or figuring out the app you should go to: https://help.instagram.com/
- Before you enter the contest you must Follow us at michigan.nsa
- add the hashtag (listed above in blue) in the caption and tag michigan.nsa in the photo!
- Contest begins the **1st** of every month and closes on the **20th** of that month
- You may enter a total of **2** pictures each month
- Pictures must be **Professionally appropriate** (no nudity, alcohol, illegal substances, etc.)

The **top 3** pictures will be chosen by the MNSA Board Members once the contest is closed. From there those that are chosen will be messaged from MNSA in regards to verifying MNSA membership:
- You will be asked to send us your name, MNSA membership ID number, School you attend, and personal email (school one preferred). You must be Following Michigan.nsa to win
- Once information is confirmed then there will be a vote for the **1** winner

If your picture is chosen as the winner you will be **emailed** and asked for further information so that the prize can be awarded! The money will be in the form of a gift card, cash or any sponsored voucher. You may choose what information is shared with the public (i.e. name, school) or the picture can be kept anonymous in all publications

***Disclaimer: Any picture you enter into this contest may be used by the Michigan Nursing Students Association for anything deemed appropriate by the Board of Directors***

Next Month get ready for #MNSAbest2school
Modern-day nursing as we know it owes much to military tradition. For example, nurses have traditions such as pinning ceremonies and oath-taking, as do the various branches of the military. And now there is a growing movement to revive the tradition of recognizing a nurse’s service with honor guards at the time of death. Following in the tradition of military and police honor guards, healthcare agencies and individual nursing organizations are making available nurse honor guards for the funeral and/or burial services of nurses who have passed away. While there may be variations from place to place, the purpose of the honor guards is the same: to commemorate the service of a nurse who has passed away. Nurse honor guards feature nurses dressed in traditional white uniforms, white caps, and sometimes capes, who participate in funeral and/or burial services in the manner requested by the family.

One newspaper eloquently describes the honor guard at the funeral of a Cedar Rapids Nurse: “As if ghosts of nurses past, they show up at a funeral to pay their last respects to a deceased comrade. As they stand guard over a casket, they wear traditional white uniforms and shoes, the Navy blue and gold capes of old, and starched white caps that once identified nurses everywhere. They sit together during the service — two, four, up to six in one pew. They read “A Nurse’s Prayer” that begins “Give me strength and wisdom; when others need my touch ...” and, before they leave, they present a family member with a porcelain replica of a Florence Nightingale lamp, a symbol of the first nurse of modern times who lit the way for all who serve.” (Reference: http://thegazette.com/2012/01/16/nursing-honor-guard-pays-last-respects).
Another online source describes the three poignant tributes that the Nurse Honor Guard may perform:

“[1]The Nightingale Tribute: The Nightingale Tribute and a Nursing Sonnet may be read anytime during services or graveside.

[2] Final Call to Duty: The Final Call to Duty may be performed during the services or at the graveside. During the Final Call to Duty, the Nightingale Lamp is lit in the nurse's honor, and the nurse's name is called out with a request to report to duty. With no response, the nurse's name is repeated twice more with the same request. After the third and final call the nurse is retired, and the lamp's flame is extinguished. This is the final call for one who has served selflessly and given their lives for the good of their fellow man; their tasks are complete, their duties are done, they are going home.

[3] Casket Honor Guard: The Honor Guard will stand guard at the nurse's casket, standing silently to give their last respects. At predetermined times during the visitation, the Honor Guard will be exchanged and the Nightingale Lamp will be passed with each replacement guard. At the end of the service, the Honor Guard places a white or red carnation/rose or a nursing cap on the nurse's casket to signify the nurse's devotion to his or her profession” (Reference: https://www.facebook.com/notes/shellesys-watch-nursing-honor-guard/services-offered-by-honor-guard/544804765587128).

A number of Michigan healthcare agencies, including St. John Providence, provide Nurse Honor Guard Services. If you or anyone you know would like more information about obtaining a Nurse Honor Guard for your loved one, it is best to contact the deceased individual’s former employer or a national organization such as The Nightingale Tribute Nurses Society Honor Guard Inc., which may be contacted at (239) 370-7133.
Can You Guess the Medication?

Across
3. CLASS: GI, antiemetic. DOSE 25-5- Mg Q 3-4 Hrs PO/PR/IM/IV. EFFECTS: sedation drowsiness dry mouth blurred vision.
7. COMPLICATIONS: hypotension, total spinal neurologic sequelae, spinal headache, nausea, shivering.
9. CLASS: Narcotic. DOSE: analgesic 10-20mg q3-6 hrs prn sc/im/iv. Effects
10. CLASS: CNS, analgesic narcotic. Dose: Im 1-4 mg Q3-4 Hours Iv 0.5-2 MG Q6-8 Hrs Intranasal 1MG repeat Q 90 Secs. Effects Sedation

Down
1. CLASS: CNS narcotic. DOSE 50-100 mg IM/SC q 3-4 Hrs. EFFECTS: nausea, vomiting, itching, sedation, respiratory depression, dizziness.
2. COMPLICATIONS: toxic reactions with excessive amount of the drug, accidental injection, spinal headaches.
4. CLASS: antihistamine, sedative, antiemetic. DOSE: 25-1-- MG PO/IM Q 6 HRS
5. ADVANTAGES: analgesic, woman is awake during labor and birth, continuous technique allows different blocking for each stage of labor
8. ADVANTAGES: immediate onset of anesthesia, easy administration, smaller drug volume. DISADVANTAGES: hypotension, higher risk for fetal hypoxia, short acting.

Go to www.michigannsa.org/nursetalk-newsletter.html and scroll down to crossword answer key!
**The NurseTalk Advice Column!**

**Ask Flo**

Florence Nightingale is an idol to nurses everywhere. She changed the face of nursing as we know it. She prided herself on hygiene, which decreased death rates, training new nurses and demanding respect for women in the workplace. She devoted her life to making nursing the best it could be! So who better to ask when you have something weighing on your mind? Florence would! Even though I’m the legal drinking age, my nursing school instructors all warned us against getting photographed drinking any alcoholic beverages.

**Dear Flo,**

I’m on break from nursing school over the summer and I’m really having a good time! When we go out there is almost always the chance that some alcohol will be involved. Nothing out of the ordinary, but things like beers at a barbecue or drinks at a graduation party. My question is this: _How careful do I have to be about getting photographed around alcohol?_ Even though I’m the legal drinking age, my nursing school instructors all warned us against getting photographed drinking any alcoholic beverages.

**Sincerely,**

**Nursing-Student-on-break**

**Dear Nursing-Student-on-break,**

Your instructors are giving you some pretty good advice. In addition to the background checks that you go through during nursing school, many employers will also do their own background checks or hire outside companies to do these on any nurses considered for employment. A review of many popular social media sites such as Facebook, Twitter, Instagram, etc., is likely part of this process. Given the high standards of conduct that nurses are held to, you don’t want to take the chance that you might be passed over as a job candidate because you were tagged dancing on the bar at your friend’s bachelorette party, drink in hand.

Does this mean that one picture makes people think that you are going to be a terrible, alcoholic nurse? Of course not. But look at it from an employer’s point of view: they receive many resumes from brand-new nurses with credentials like yours. Why give anyone the chance to pass over you for a job interview?

All that said, by no means should you put your life on hold, you need a break from the grueling experience of nursing school, to have fun and enjoy yourself responsibly. If you feel comfortable doing so, tell your friends why you don’t want to be part of a photo involving a champagne fountain and/or a row of margaritas. If not, just be aware of your situation and quietly move away when someone pulls out their iPhone and starts snapping away. If you find that a friend has posted pictures which you aren’t comfortable with, ask that person to please take them down and explain your reasons for doing so, if you want.

If you want more information about nursing students and potential social media pitfalls, go to the National Student Nurses Association website for some really good information.

**Sincerely, Flo**

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**The MNSA Legislative Corner**

With the Michigan legislature out of session, why not try to read up on the importance of adequate nurse-patient ratios to client outcomes? Earlier this year, the CDC linked overall nurse health to adequate patient staffing ratios (Reference: http://blogs.cdc.gov/niosh-science-blog/2015/05/06/patient-ratio/)

As we reported before, California is the only state in the union with long-term state mandated patient-nurse ratios. The success of California’s legislative initiative was the result of persistent lobbying by nurses who rightly believed that such legislation would result in better outcomes for their patients and themselves. The following link affords a glimpse into California’s historic legislation: http://www.workingnurse.com/articles/The-Nurse-Patient-Ratio-Five-Years-Later.

If you have any questions about this legislation or ways in which you can get involved, please contact the MNSA 1st Vice President, Ola Glezen.
Good Luck getting prepared for school to start again! More events are being planned and will be posted online soon!

Have a great rest of your summer! :)
Want to be IN the Newsletter??
If you would like to send us an article about what YOUR school is doing, what YOU experienced in clinical, or something YOU learned and would like to share, please let us know. Feel free to send articles from your SNA’s newsletter as well. Reach out and share your stories, experiences, and “ah-ha” moments with your fellow MNSA members! Please email your article to mnsa.newsletter@gmail.com with your name and school included. Please send in anything Before the 20th of each month.

References:

Cover: Picture taken by and received from Rachel Krueger
Pages 1: Swampfoot Photo retrieved from www.swampfoot4mile.com, Pictures taken by and recievied from MNSA board Member Kristin Drumm,
Page 2: Polaroid Picture retrieved from: http://insight-designs.co.uk/blog/2012/06/10/free-polaroid-image-and-clipping-mask-tutorial/, #MNSAPatrioticNurse picture submitted by Jennifer Hampshire
Page 3-4: pictures recievied from Ola Glezen
Page 5: Crossword Puzzle and Answer Key retrieved from http://www.armoredpenguin.com/crossword/Data/best/nursing/nursing.meds.01.html
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