Winter Wellness!

With winter conditions continuing into March, patients are at an increased risk for winter-related ailments such as falls and car accidents related to ice, hypothermia, and frostbite. Review the signs and symptoms of these common conditions & learn about some safety tips you can provide to your patients!

Some symptoms of hypothermia include:
- Constant shivering
- Slurred speech or mumbling
- Stumbling
- Drowsiness or low energy
- Weak pulse
- Slow, shallow breathing

Some symptoms of frostbite include:
- A slightly painful, prickly or itching sensation
- Red, white, pale or gray-yellow skin
- Hard or waxy-looking skin
- A cold or burning feeling
- Numbness
- Blisters

Winter Safety Tips:
- Always wear a seat belt
- Don’t use cruise control driving in winter weather
- Put extra clothes and a warm blanket in the trunk of your car in case you get stuck.

Student Spotlight

"Dear Professor,

Today is the last day at Generose 3W at the Mayo Clinic. I have had an exceptional and life-changing experience the past ten days. As I reflect on my time here, one of the most profound and healing moments occurred in conversation with your Luther nursing student, Beth.

I am sure I am not telling you anything you don’t already know, but this young woman is wise beyond her years, oozing with empathy and compassion and a gifted listener, and an exceptional human being. Her clinical interview skills were only surpassed by her extraordinary kindness.

Because of confidentiality, I am aware I cannot make personal contact with her, but this young woman is wise beyond her years, oozing with empathy and compassion and a gifted listener, and an exceptional human being. Her clinical interview skills were only surpassed by her extraordinary kindness.

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- Letter to Professor Overvold-Ronneking on the care provided by a Luther student

March Is Red Cross Month + American Red Cross

Winter weather has cancelled more than 50 Red Cross blood drives, resulting in about 1,340 uncollected blood and platelet donations. Sign up to donate blood today!
Where will nursing take YOU?

With all Luther nursing students generally having the same experiences in their four years of educational training, it can be easy to forget about care giving “outside” of the typical realms such as medical-surgical nursing in hospital or clinic settings. The skills you develop as a Luther nurse, though, will be able to take you anywhere ... so take a minute to dream about where you want your nursing career to take you!

1. Forensic Nurses: This type of nursing involves more evidence collection, victim advocacy, and legal knowledge than the typical nurse will probably use in his or her career. In this type of nursing, you’ll work with medical examiners, police investigators, and prosecuting attorneys.

2. Writing/Editor Nurses: Feeling too buried in your stack of nursing textbooks currently to remember that it took lots of nurses with writing and editing skills to create them? If you enjoyed nursing research classes, then this may be a great career possibility for you.

3. Nurses with Wings: Life Flight is a critical life-saving service that involves nurses caring for patients in helicopters on their way to area hospitals. Life Flight nurses need to be ready to go at any time, like firefighters and paramedics, to respond to a call. Shadowing in the emergency department and doing ride-alongs with paramedics may give you a taste for what this type of nursing career may be like!

4. Nursing Teachers: The current nursing shortage doesn’t just involve an increased need for nurses at the bedside ... It also calls for more teachers willing to join rapidly expanding nursing programs to teach the next generation of nurses.

5. Travel Nursing: This type of nursing allows one to travel nationally and internationally, filing hard-to-staff positions in a variety of locations, usually for a few months at a time. Some travel nurse agencies will even provide stipends to defray housing costs. Travel nurses are great at learning quickly and following instructions with minimal supervision.

Besides these “atypical” nursing careers, there is also correctional nursing, nurse midwifery, hospice nursing, home health, and lots more!

A Look Ahead

March 18th at 7:00pm (Valders 367): Professor Jayme Nelson will be speaking about her experiences as a nurse & nurse practitioner. Bring a friend!

The nurse is discharging a patient from an inpatient alcohol treatment unit. Which of the following statements, if made by the patient’s wife, indicates that the family is coping adaptively?

A. “My husband will do well as long as I keep him engaged in activities he likes.”
B. “My focus is learning how to live my life.”
C. “I am so glad our problems are behind us.”
D. “I’ll make sure that the children don’t give my husband any problems.

Correct answer: B (The wife working to change codependent patterns)