## Summer Internship Updates

While summer is a great time for nursing students to relax and take a break from that large stack of textbooks ... it is also the ideal time to gain clinical experience through internships. Many senior nursing students kept busy this past summer at various hospitals, laboratories, and other healthcare agencies. We asked a few of these students to tell us about their internship and share any advice for students who are interested in an internship in the future!

### Andrea Schaffer (shafan02@luther.edu)

**Where you interned:** University of Iowa Hospital (Iowa City, IA) on the General Medicine unit.

**Most exciting thing you did:** helping with dressing changes, and one nurse let me start an IV on her in the break room!

**Internship details:** paid, full time, applied online in March

**Advice:** don’t apply for an ICU position, because most of the interns there just cleaned and had minimal patient contact.

> "I feel so much more comfortable in the hospital setting than I did before my internship! Plus Iowa City is super fun!"

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### Kate Schroeder (schrka05@luther.edu)

**Where you interned:** Gillette Children’s Specialty Healthcare in St. Paul, MN on the adult unit (neuro/trauma)

**Your typical day:** review assignment, get report, assess patient and get vital signs, perform various cares (wound, trach, IV fluids, positioning, etc.), chart and report off!

**Most exciting thing you did:** put a new trach into a patient who was trach– and vent-dependent!

**Internship details:** paid, full time (days and evenings), would definitely recommend to other students! Found internship through the Gillette Children’s website.

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### Gretchen Peterson (petegr06@luther.edu)

**Where you interned:** Sanford Hospital (Sioux Falls, SD) on the Labor & Delivery unit.

**Your typical day:** began in the OR with c-section deliveries, post-op and newborn care ... and then caring for patients in labor. If I was lucky, I’d meet the new baby before my shift ended at 7:30pm!

**Most exciting thing you did:** my preceptor and I got to deliver a baby ourselves because the mom was progressing too fast for the physician to get there in time!

**Internship details:** paid, full time

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### Mariah Mierau (mierma01@luther.edu)

**Where you interned:** Mayo Clinic (Rochester, MN) Summer III program on the Colorectal and Medical Surgical unit.

**Your typical day:** paired with a clinical coach for 10 weeks—did patient cares, documentation, dressing changes, changing ostomy appliances, and PICC/Hickman site care!

**Most exciting thing you did:** OR observation day!

**Internship details:** paid, full time, (8 or 12 hr. shifts), heard about internship through Mayo nurses during junior year.

> “You make friendships with other nursing students and staff members—and you’ll gain so much knowledge & confidence!”

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### Maria Streyle (strema02@luther.edu)

**Where you interned:** St. Luke’s Hospital (Cedar Rapids, IA) on the Cardiothoracic Surgical unit.

**Your typical day:** assessments, medication administration,charting, and patient cares. Also visited other floors and units.

**Most exciting thing you did:** spent a day in the ICU & NICU!

**Internship details:** paid, full time, applied in response to a recruiter email from St. Luke’s to Luther students.

> “This provided a great opportunity to go through the interview process and orientation before I start applying for jobs!”

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### Nicole Shatko (shatni01@luther.edu)

**Where you interned:** The Hormel Institute: Medical Research Center (Austin, MN), a cancer research facility, in a lab focused on cell death & cancer genetics — with the SURE (Summer Undergraduate Research Experience) program.

**Your typical day:** at first, learning lab techniques such as western blotting, cell culture, and PCR. Then my task each week was to genotype transgenic mouse samples.

**Internship details:** 10-weeks with a paid stipend, with a significant pay raise after the 10-weeks & the opportunity to work until the end of the summer. Full time, 8am-5pm. Although not directly-nursing related, this internship helped me learn about the raw research process!
**NURSING IN THE NEWS**

**Henrietta Lacks**

In 1951, Henrietta Lacks died of cervical cancer. Prior to her death, doctors took samples of her tumor cells—without her consent. The cells, known as HeLa cells, “have been the subject of more than 74,000 studies, many of which have yielded profound insights into cell biology, vaccines, in vitro fertilization, and cancer,” according to a recent New York Times article (Zimmer, 2013)*.

This summer, Henrietta Lacks made news again when the National Institutes of Health (N.I.H.) settled on an agreement with the Lacks family to create a “HeLa Genome Data Access” group. Two members of the Lacks family will participate in this group, whose aim is to regulate the access to - and monitor the research from - the HeLa cells (Zimmer, 2013).

“**When Nurses Bond with their Patients**”

“I never told [my patient] that he reminded me of my grandfather ... and I often wonder if I should have. But I worried that in showing this man a little extra attention, I had somehow breached the therapeutic relationship.”

Read the full blog at: well.blogs.nytimes.com/2013/09/13/when-nurses-bond-with-their-patients/

* References supplied upon request: email lsna@luther.edu

**NCLEX Question!**

The clinic nurse receives four phone messages. Which phone message should the nurse return FIRST?

A. The client reports a headache for 3 days that is unrelieved by narcotic medications.
B. The client reports ankle pain and swelling after twisting it yesterday on the job.
C. The parent of a preschooler calls and reports “My child has a sore throat and a rash.”
D. The toddler’s parent calls and anxiously reports “My baby swallowed a dime.”

**Just for Laughs: Jack-o-lantern Carving for Nurses**

“The Hospital Gown”

EKG Pumpkin

Pumpkin Emesis

Patient Organs

Florence Nightingale Pumpkin

**A Look Ahead**

October 15th: LSNA Meeting
October 29th: Nursing Banquet

**Check out LSNA online:**
www.luther.edu/lsna
Contact LSNA at:
lsna@luther.edu