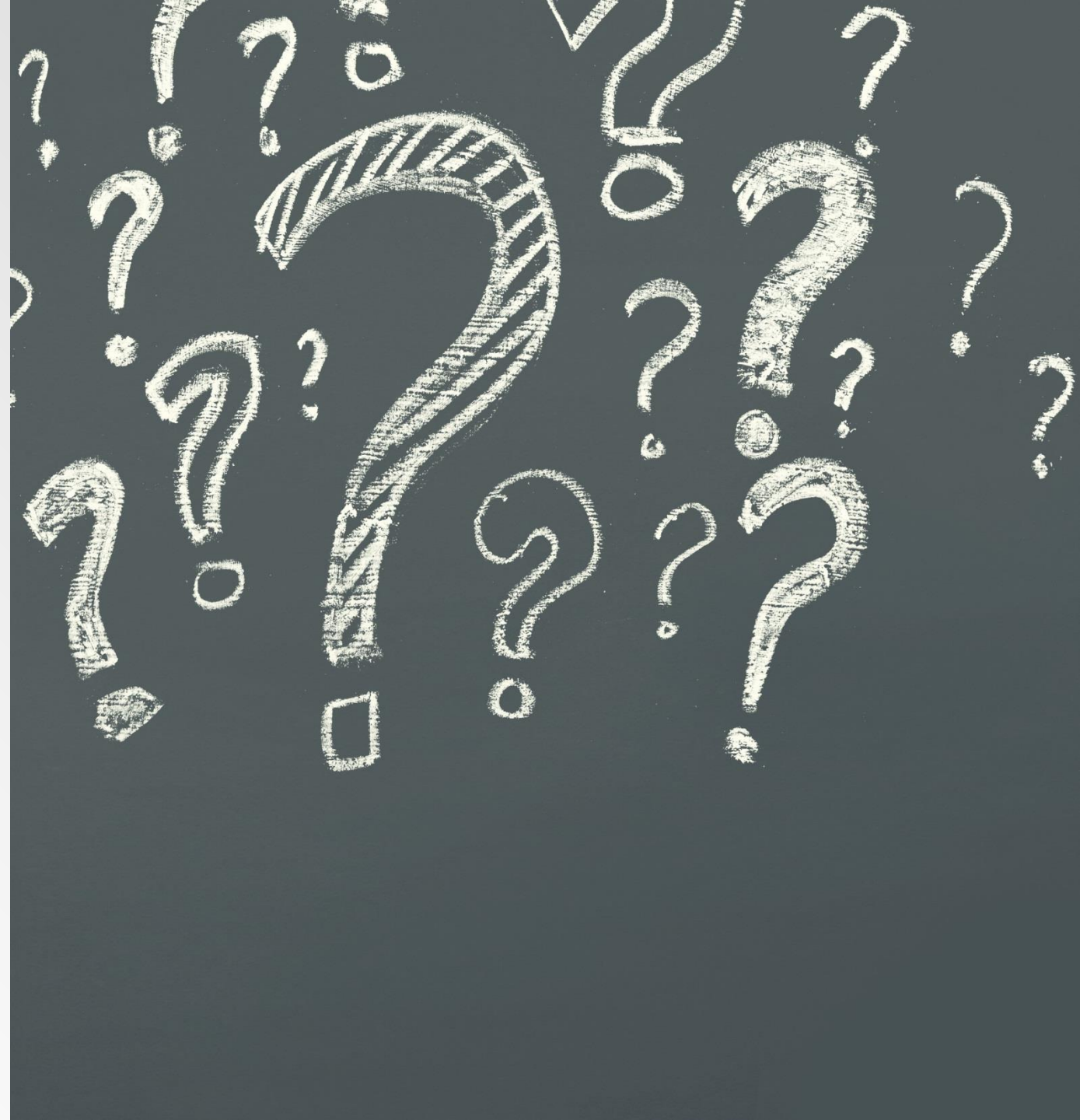


skyscape

How to THRIVE, not Merely Survive as a Nursing Student

PRESENTED BY:

Keith Rischer, MA, RN, CEN, CCRN



Our Speaker



Keith Rischer, MA, RN, CEN, CCRN

Website: KeithRN.com

Email: Keith@KeithRN.com

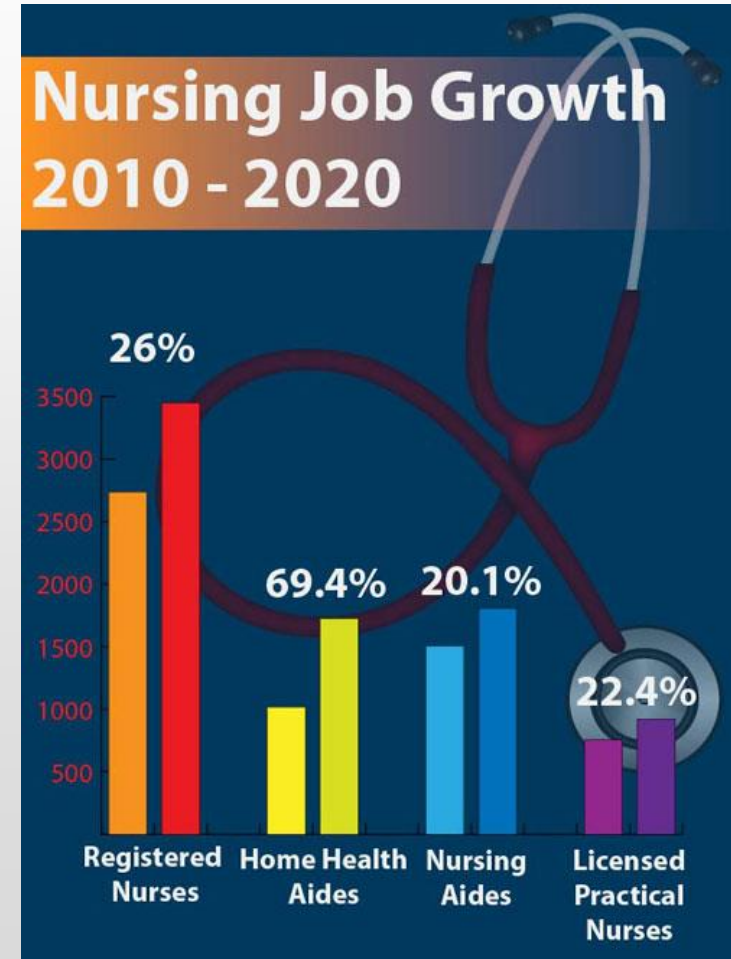
Agenda

- Identify the essential character traits needed to be successful as a nurse
- What content must be known DEEPLY to be successful
- How to THRIVE in nursing school!
- Skyscape resources
- Q&A



You are needed!

- Top occupation for growth through 2022
- 1 million new nurses needed!
 - Staff nurses
 - Nurse practitioners
 - Nurse anesthetists
 - Nurse educators



Copyright © 2015 Barco's Nightingales Foundation. All rights reserved.

Do you have what it takes?

READY SET SUCCEED

Take the Quiz!

1. What is your passion in life?
2. Why do you want to be a nurse?
3. Do you easily identify with the feelings of others?
4. Do you enjoy and find fulfillment in serving others?
5. Is spirituality important to you and how comfortable are you discussing this with others?
6. What kind of character do you possess?
7. Do you possess a strong work ethic?
8. What are you willing to give up to make school a priority?
9. How do you perform under stress?
10. How do you handle conflict with others?

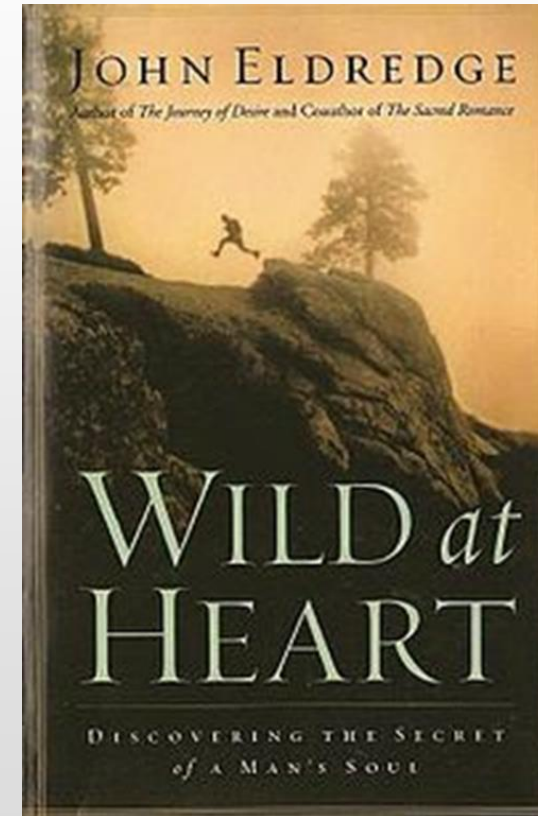


#1. What is your passion in life?

What would you be willing to do for free because I enjoy doing it?

“Don’t ask yourself what the world needs. Ask yourself what makes you come alive, and do that.

Because what the world needs are people who have come fully alive.”



#2. Why do you want to be a nurse?

- Motivation matters!
- Be honest



#3. Do you easily identify with the feelings of others?

- Is it in you?
- Empathy defined
- Nurses=Good Samaritan
 - See the need
 - Respond with compassionate care



#4. Do you enjoy and find fulfillment in serving others?

- Service industry jobs
 - Anticipate needs
 - Customer centered
- Nursing = serving others



#5. Is spirituality important to you and how comfortable are you discussing this with others?

- Medical model
- Nursing care=Holistic care
 - Physical
 - Spiritual
 - Emotional
- Spirituality vs. religion
- Spiritual care
 - Hope
 - Meaning



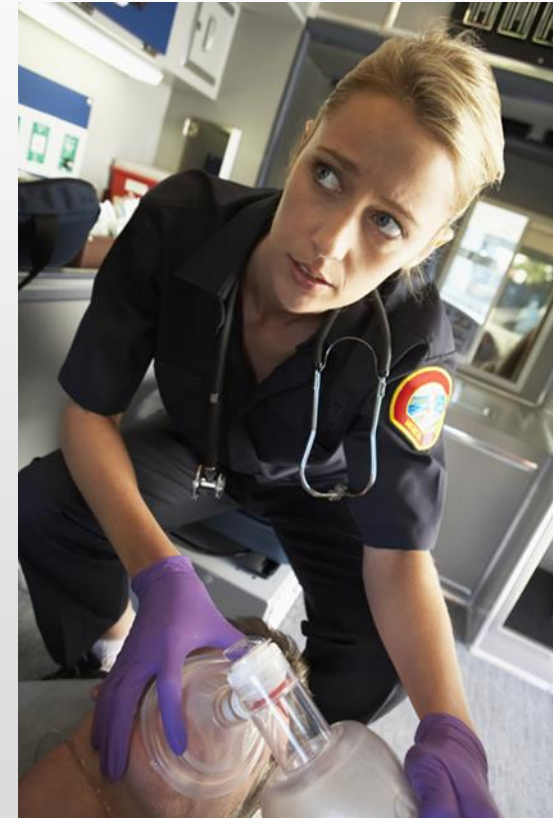
#6. What kind of character do you possess?

- Truthfulness/honesty
- Obedience
- Humility
- Sympathy
- Punctuality



#7. Do you possess a strong work ethic?

- Nursing school is hard work!
- Nursing is hard work!
- Patient acuity
- Multiple patients



#7. What are you willing to give up to make school a priority?

- 168 hours week
- Nursing difficult and challenging major
 - Requires 20+ hours week to study
- Start with social media
- Evaluate work commitments



#8. Do you have a natural aptitude for science?

- Nursing is a science
- Applied sciences just as important
 - Pathophysiology
 - Pharmacology/mechanism of action
 - Fluids & Electrolytes
 - Math/dosage calculation



#9. How do you perform under stress?

- Nursing school and clinical practice is stressful!
- Stress of practice
- Life and death



#10. How do you handle conflict with others?

- Do you seek common ground?
- Do you hold grudges and find it hard to forgive?
- Bullying and incivility endemic in nursing
 - Never speak ill of others
- Commit to **VALUE** and **RESPECT** your colleagues, faculty and patients always



How to Thrive not Merely Survive as a Nursing Student

YOUR JOURNEY

How Did You Do?

- 8-10
- 5-7
- <5

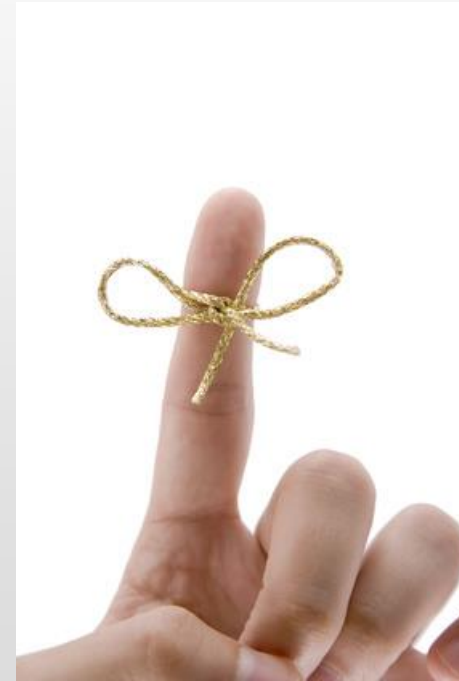
What type of degree?

- **Licensed Practical/Vocational Nurse (LPN/LVN)**
 - Twelve months education
 - Primarily skilled care/transitional care/home care practice settings
 - Ability to transfer into second year of community college RN program (LPN to RN)
- **Registered Nurse (RN)**
 - Associate degree (prerequisites + 2 years)
 - Diploma degree (3 years)
 - Baccalaureate degree (4 years)
 - Masters degree (6 years)
 - Nurse practitioner
 - Nurse anesthetist



Lower your Expectations

- Grades
- Constructive feedback
- Don't take it personal
- Give yourself grace to be a student learner



Take care of yourself!

- Avoid the “tyranny of the urgent”
- Value of Self-Care
- Personal Lifestyle Strategies
- Professional/Educational Lifestyle Strategies

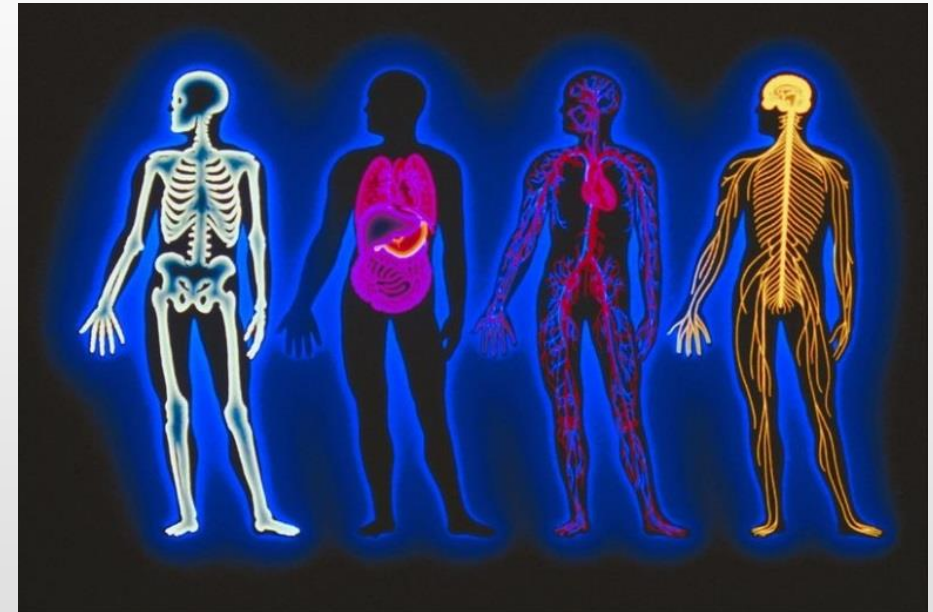


What you must know

TIPS FOR SUCCESS

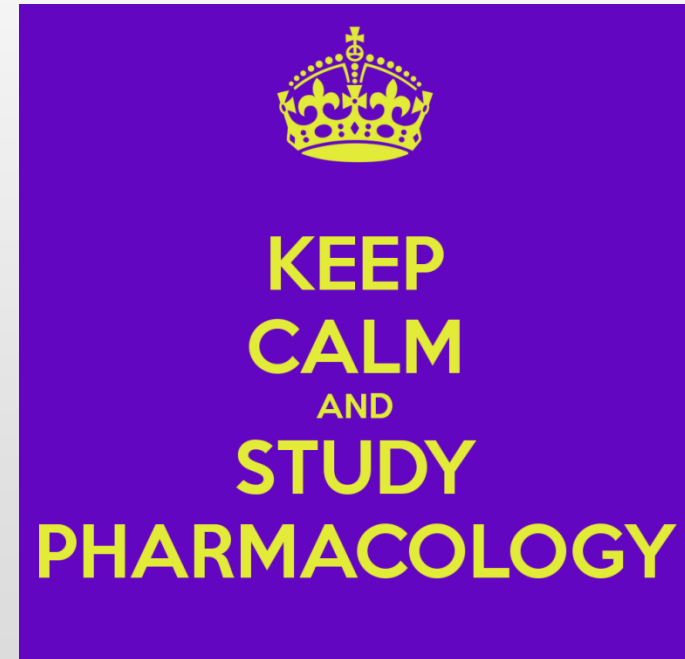
What You Must Know Well

- Anatomy and Physiology (A&P)
 - Disease processes
 - Understand mechanism of action



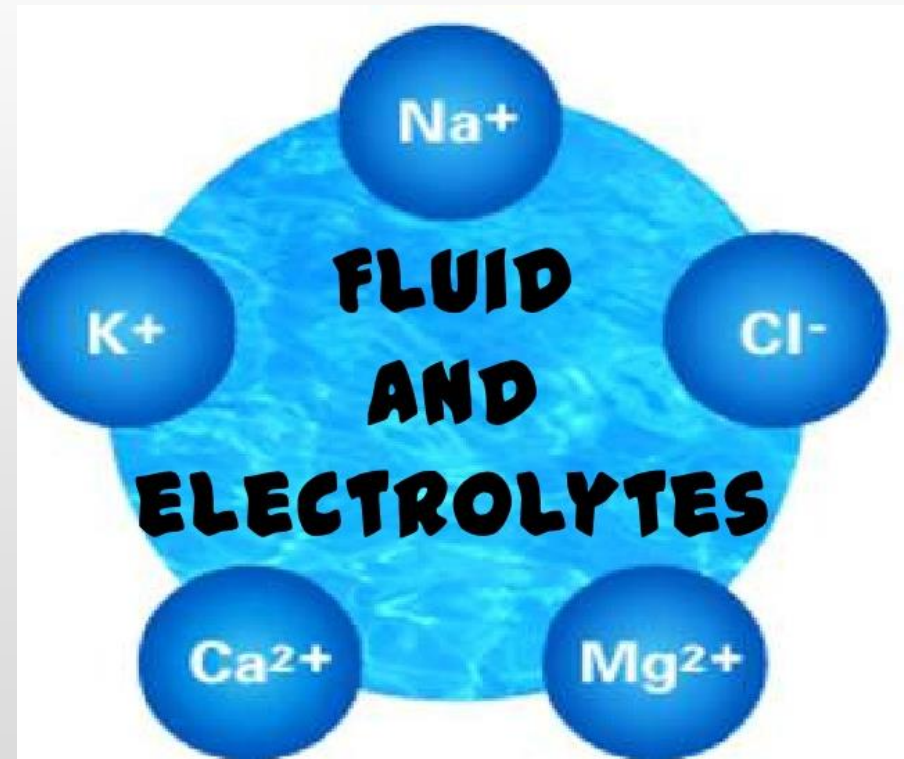
What You Must Know Well

- Pharmacology
 - Mechanism of action
 - Pharmacologic classes



What You Must Know Well

- Fluids and Electrolytes (F&E)
 - Lab values
 - Why abnormal?
 - Requires deep understanding of A&P



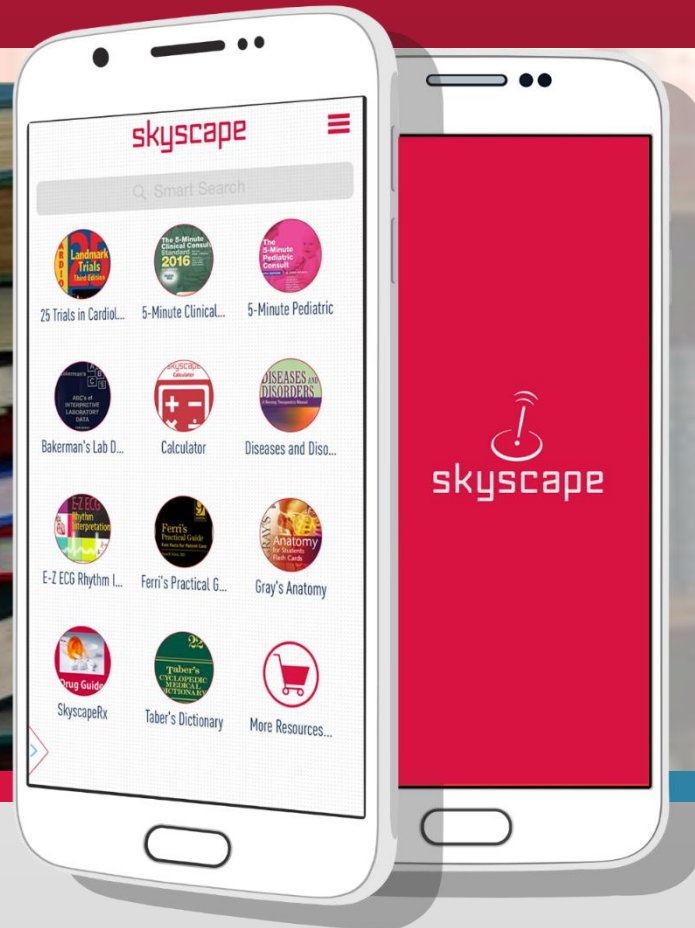
Beyond Graduation: Practical Steps to Transition Successfully

- Get a mentor
- Ask questions
- Be humble
- Show respect
- Network with other nurses and find a solid support system
- Be a lifelong learner
- Keep your nursing books

Skyscape

ANSWERS YOU NEED WHEN YOU NEED THEM

What is Skyscape



An innovative learning tool that helps you find the right answers, right away.

Skyscape resources are available on multiple mobile platforms, including: iOS (iPhone, iPad, iPod touch), Android devices and accessible online using a web browser.

**1.0M+
USERS**

**400+
MEDICAL RESOURCES**

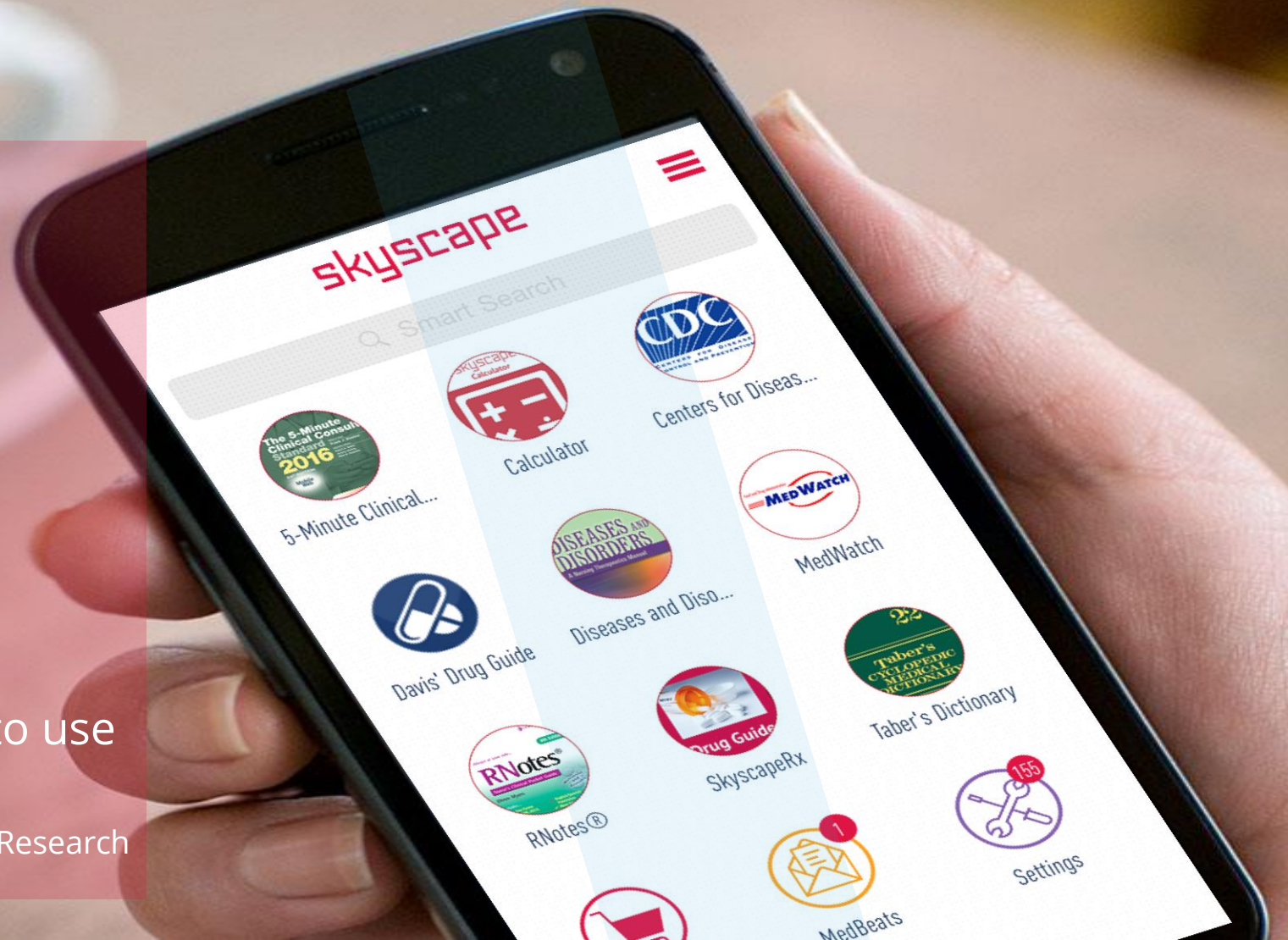
**30+
PUBLISHERS**

Top Reasons to Adopt Mobile Technology

CONVENIENCE

- 71% of **HCPs** consider smartphones an **essential part** of their practice; 84% consider it critical*
- Portable & available at the **point-of-care**
- **Up-to-date** information
- Creates a **digital library** as a student, that you can continue to use as HCP

*2011 Manhattan Research



Get the Skyscape Medical Library

Android



Requires Android 2.2 and up.

iOs



Requires iOS 6.0 or later.

Online



Requires Internet connection.

Skyscape Content

- *“Do You Have What it Takes to Be a Nurse?”*
 - 25 questions with relevant reflections
- Portfolio of over 100 nursing resources in one integrated app
 - Trusted publishers
 - Cross-reference



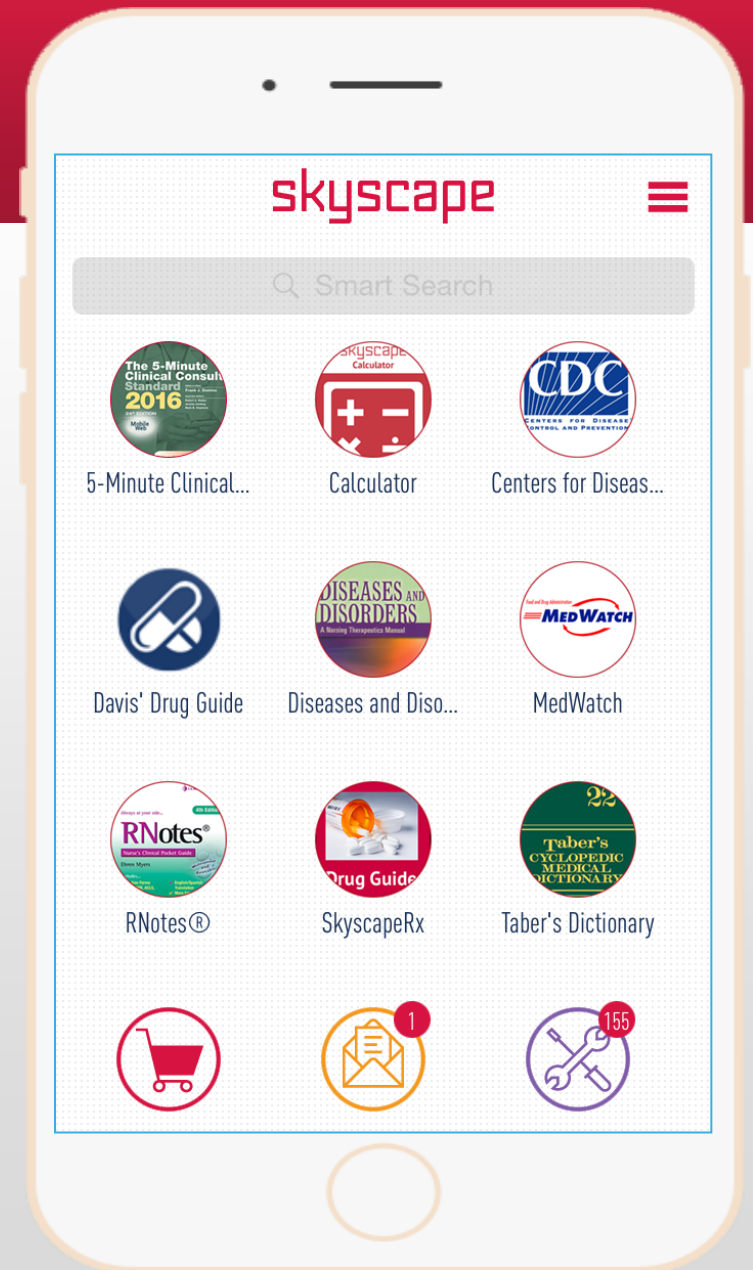
Access to Credible Drug Information

Nurses & Nursing Students Want Mobile Access to Credible Drug Data

Based on a Survey of 4,000 nurses and Nursing Students

- 71% of nursing professionals use a smartphone for their job
- 66% of nursing students use a smartphone for nursing school
- 85% of respondents want a mobile app version of a drug guide
- 89 % want access to an app version of the traditional print version

SOURCE: A 2012 survey by Lippincott Williams & Wilkins (LWW), a publisher of the top-selling Nursing 2013 Drug Handbook, of nearly 4,000 nurses and nursing students.



Covering your Curriculum with 100+ Nursing Titles from Fundamentals to NCLEX®

Fundamentals/Skills/Assessment/Diagnosis

Taylors, Doenges: Nurses Pocket Guide to Diagnosis, RNotes and much more!

Dictionaries

Stedman's, Dorland's, Taber's, English/Spanish Words and Phrases

Drug Information

Davis's Drug Guide for Nurses, Lippincott Nursing Drug Guide, IV Medications, Medical Letter Handbook of Adverse Drug Reactions

Med-Surg and Lab/Diagnostic Tests

Diseases & Disorders, Fischbach: Manual of Lab & Diagnostic Tests, Pagana: Mosby's Diagnostic & Lab Test Reference

OB, Peds and Psych

OB/Peds Women's Health Notes, Psych Notes, Pocket Guide to Pediatrics

NCLEX

Davis's NCLEX-RN® Success, Lippincott's Review for NCLEX-RN®, Saunders Q&A Review

Journals and Newsletters

CDC Spotlights, MedWatch, Preventing Chronic Diseases, ICD-9 Coding, Medical Calculators and more

NURSING VALUE SUITES

A Universe of Information at Your Fingertips



- Provide comprehensive decision support, designed for today's nurses, nursing students and educators
- Created in partnership with publishers and authors you know and trust
- Convenient and reliable source for learning and quick reference for patient care using Skyscape's patented Smartlink™ and Smartsearch™ technology



DRUG INFORMATION

Davis's Drug Guide for Nurses with built in drug dosing calculation tools (Deglin, Hazard, Sanoski) 



Mosby's Nursing Drug Reference (Skidmore-Roth)



Intravenous Medications (Gahart, Nazareno)



LAB & DIAGNOSTIC TESTS REFERENCE

Skyscape Labs 



Davis's Comprehensive Handbook of Laboratory and Diagnostic Tests With Nursing Implications 



Mosby's Diagnostic and Laboratory Test Reference (Pagana)



DISEASES & DIAGNOSIS REFERENCE

LPN Notes: Nurse's Clinical Pocket Guide 



RNotes®: Nurse's Clinical Pocket Guide 



Diseases and Disorders: A Nursing Therapeutics Manual 



Clinical Companion for Medical Surgical Nursing: Patient-Centered Collaborative Care (Ignatavicius, Winkelman)



Skyscape Is More Than Just an E-book

Books come to life

- Vibrant color images
- Interactive flowcharts
- New editions & updates

Section Navigation

- Quick access to subsections of topics

SmartLink™

- Cross-reference current topic to other titles

SmartSearch™

- Search the entire library on your handheld device

MedBeats™

- Access to breaking medical news including FDA recalls

Free Resources

- Skyscape Rx
- Skyscape Clinical Consult
- Center for Diseases Control
- Skyscape Clinical Calculator

skyscape

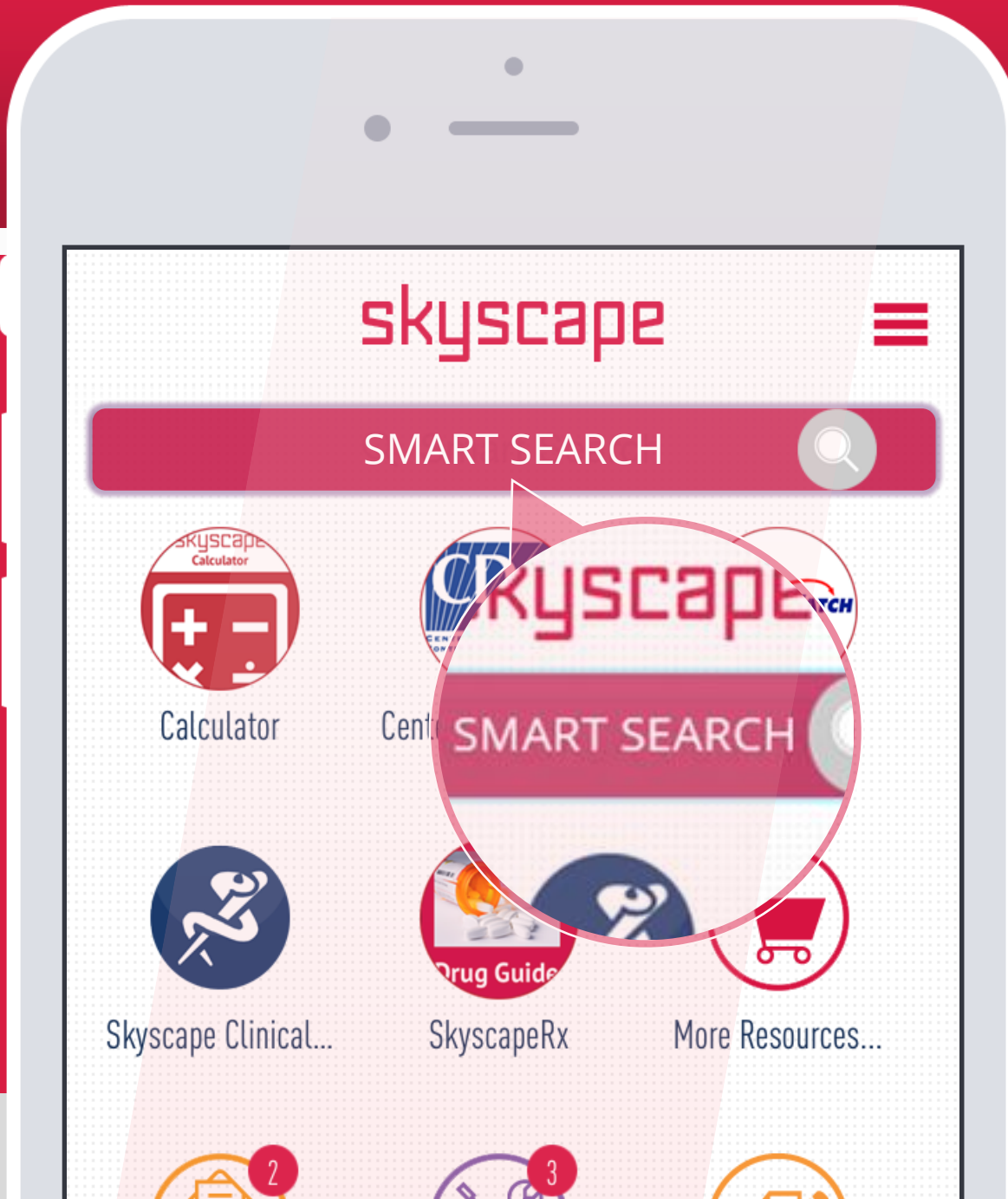
SMART SEARCH

SKYSCAPE MEDICAL LIBRARY



SMART SEARCH

Quickly & Easily
Search Your Entire
Skyscape Library
For A Topic



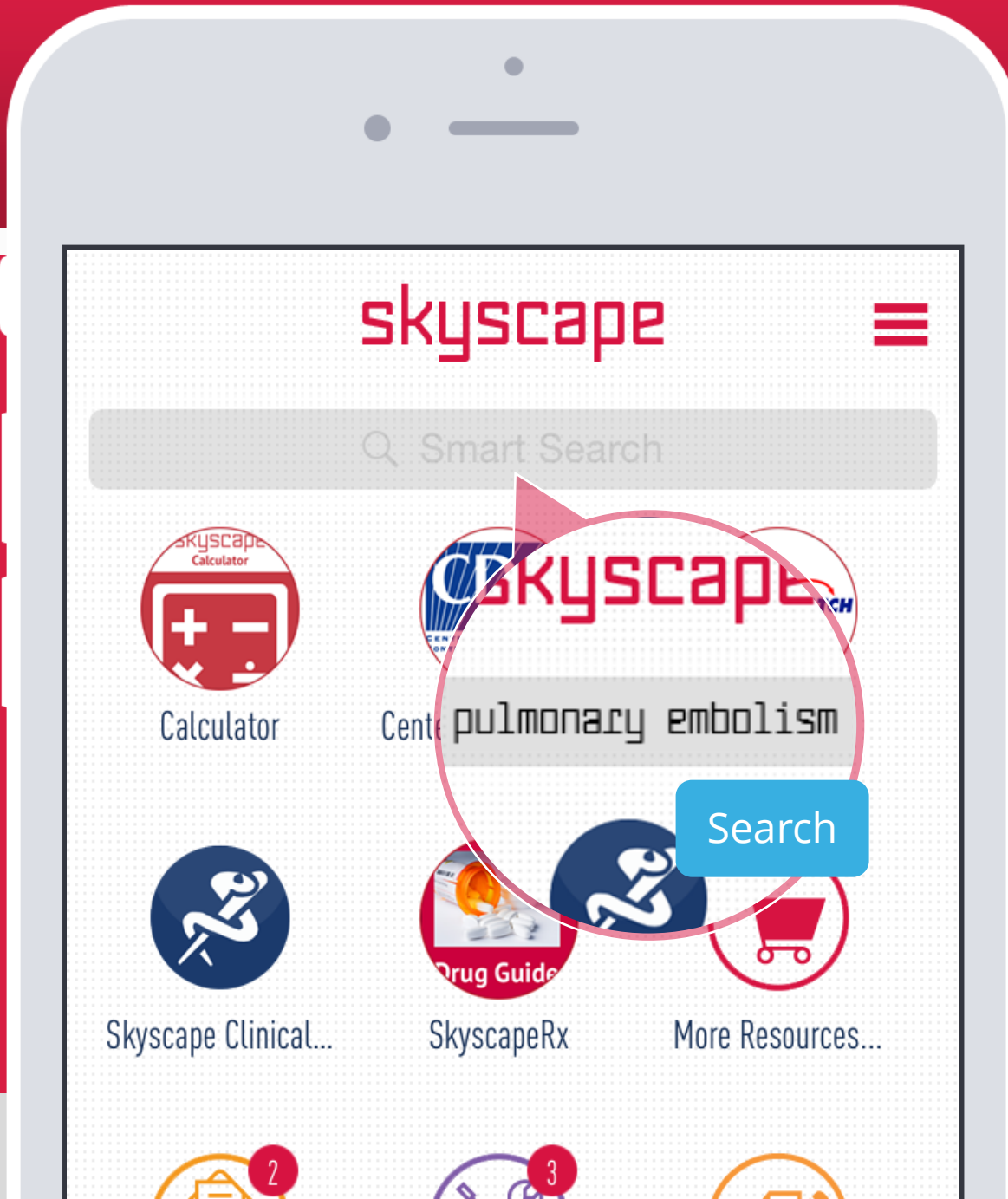
SMART SEARCH

SKYSCAPE MEDICAL LIBRARY



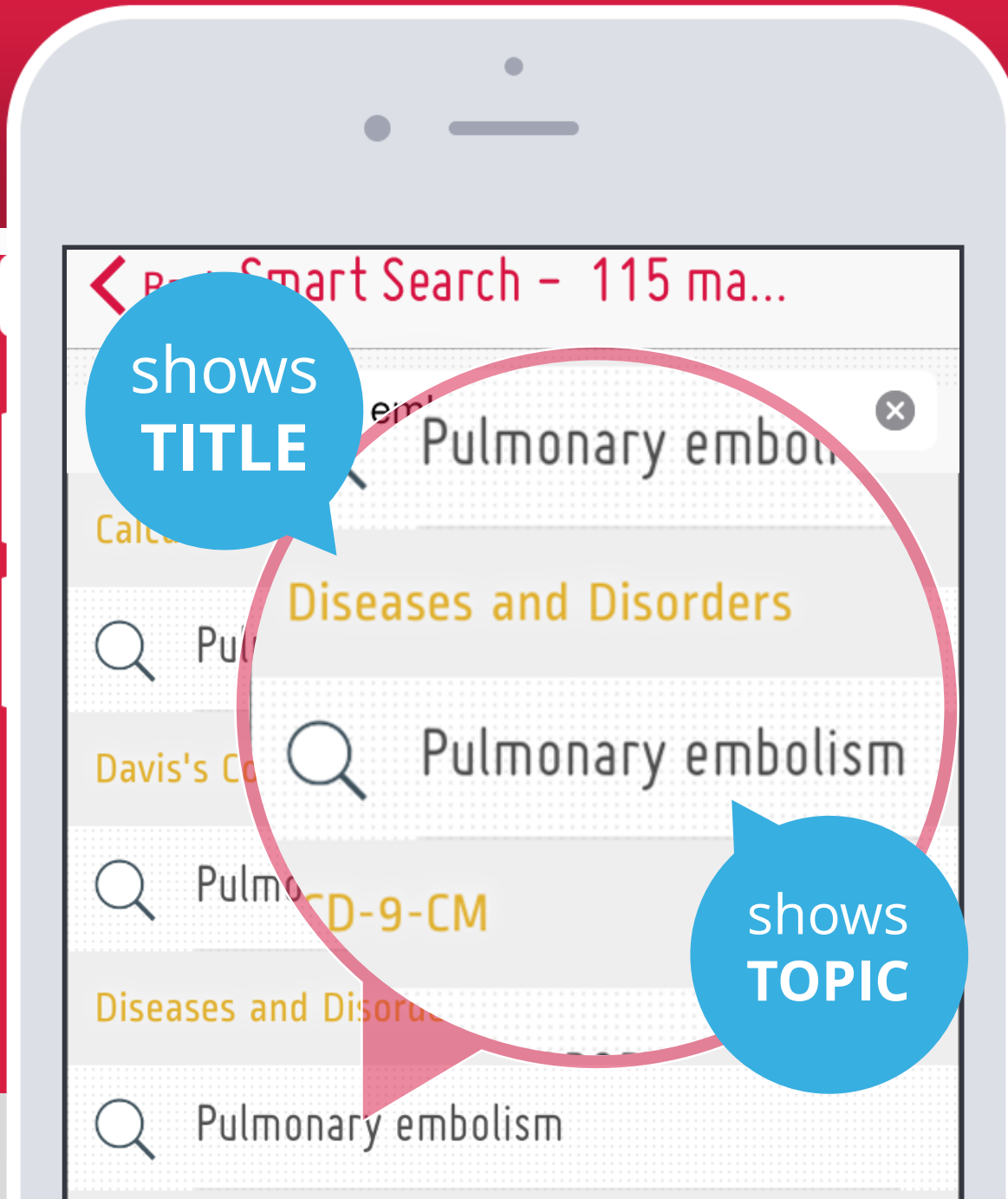
SMART SEARCH

1. SMART SEARCH >
2. PULMONARY EMBOLISM >
3. SEARCH



SMART SEARCH

SKYSCAPE MEDICAL LIBRARY



SMART SEARCH

Search results give ALL resources that contain information about the topic.

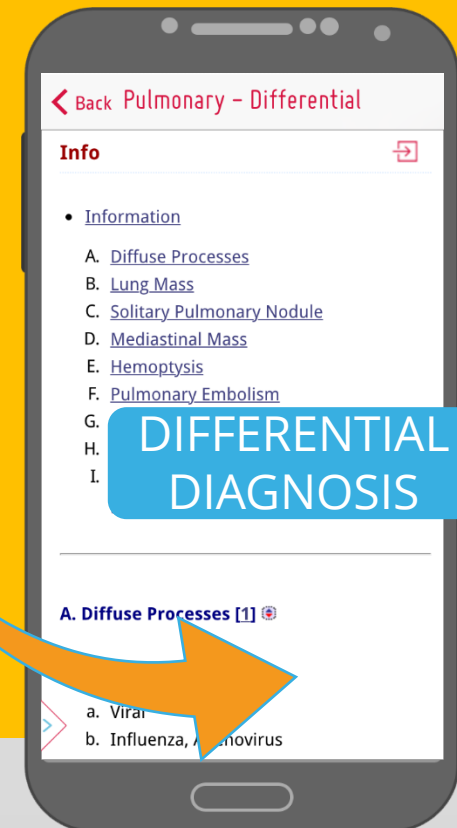
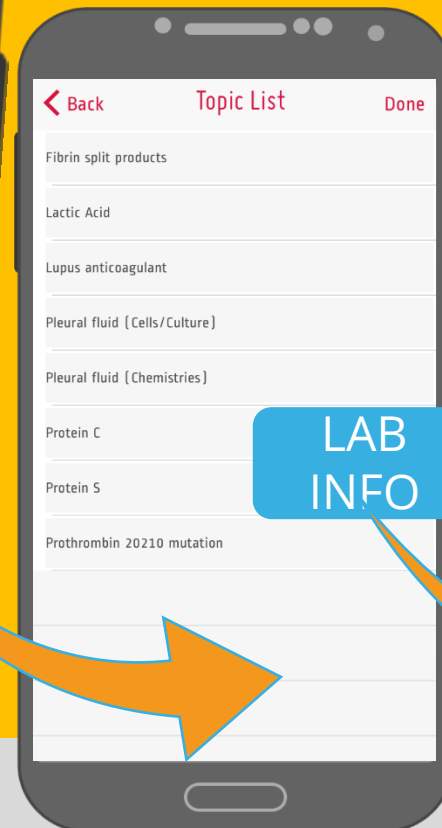
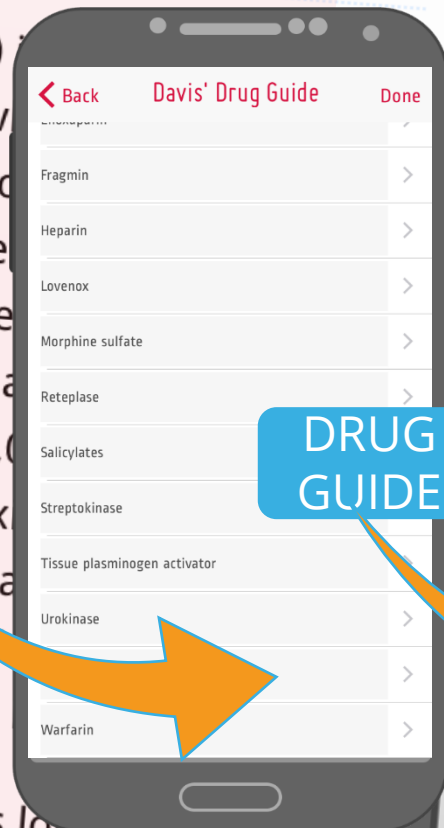
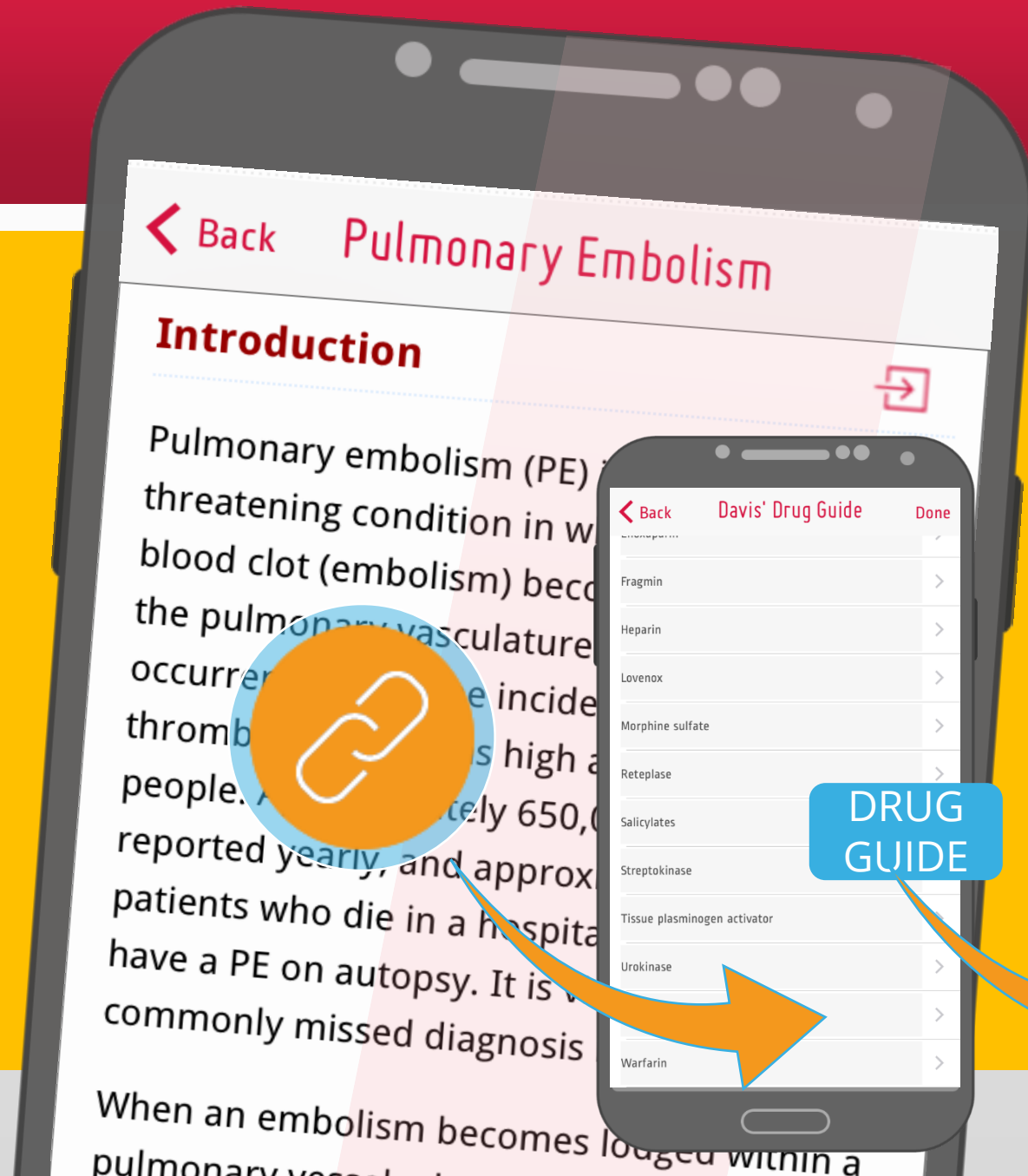
Shows TITLE & TOPIC

SMART LINK

SKYSCAPE MEDICAL LIBRARY

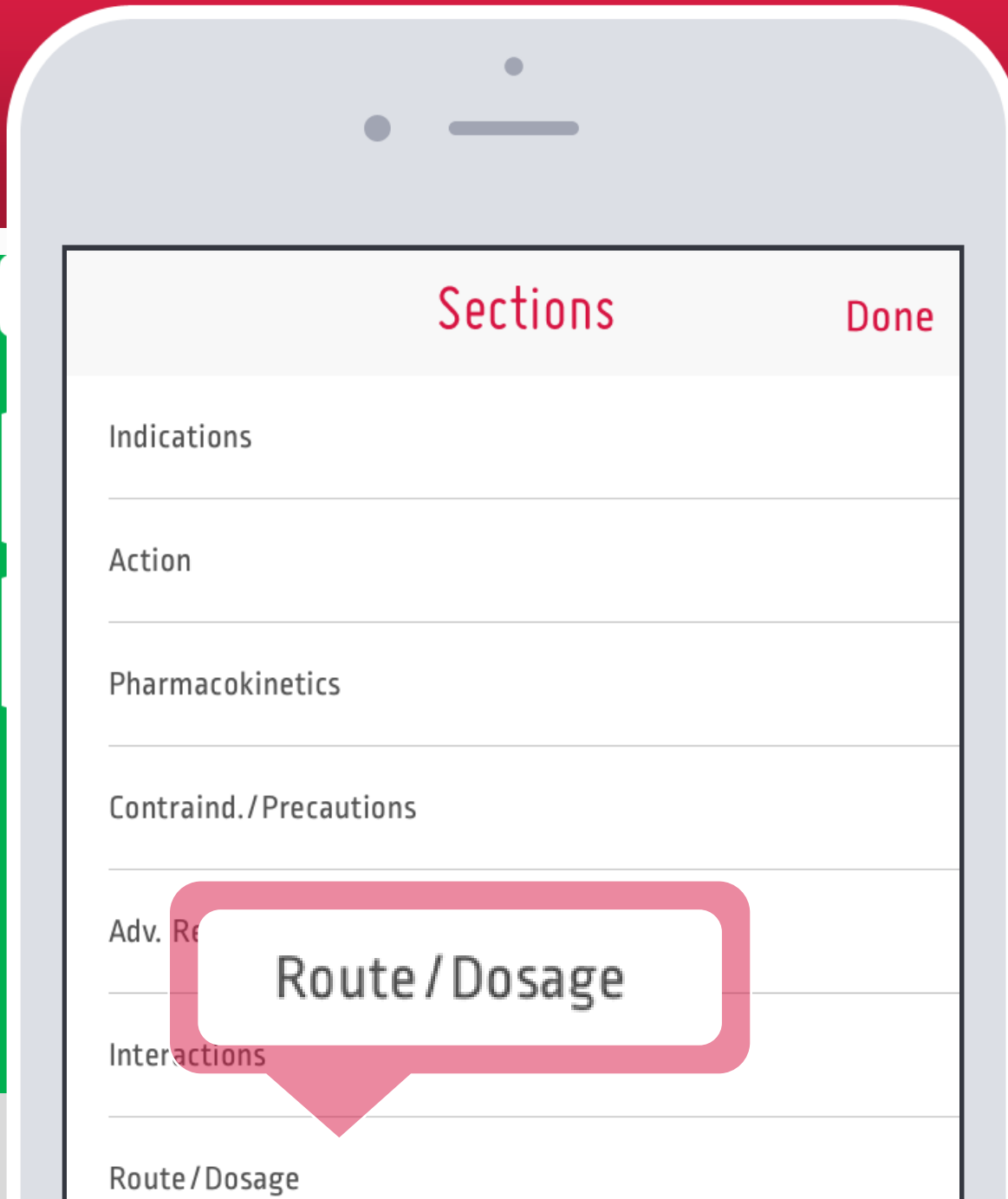
SMART LINK

Automatically links the current topic with related information in other Skyscape products.



DOSAGE CALCULATOR

SKYSCAPE MEDICAL LIBRARY



DOSAGE CALCULATOR

While viewing a drug you can access a built-in drug dosing calculator.

Choose Route/Dosage Section

DOSAGE CALCULATOR

SKYSCAPE MEDICAL LIBRARY

DOSAGE CALCULATOR

The Route/Dosage section contains built-in dosage calculator.

Back warfarin...

Weight 100
lbs ▼

Dose (mg/kg/dose) 0.1 ▼

clear

Result
4.5 mg/dose

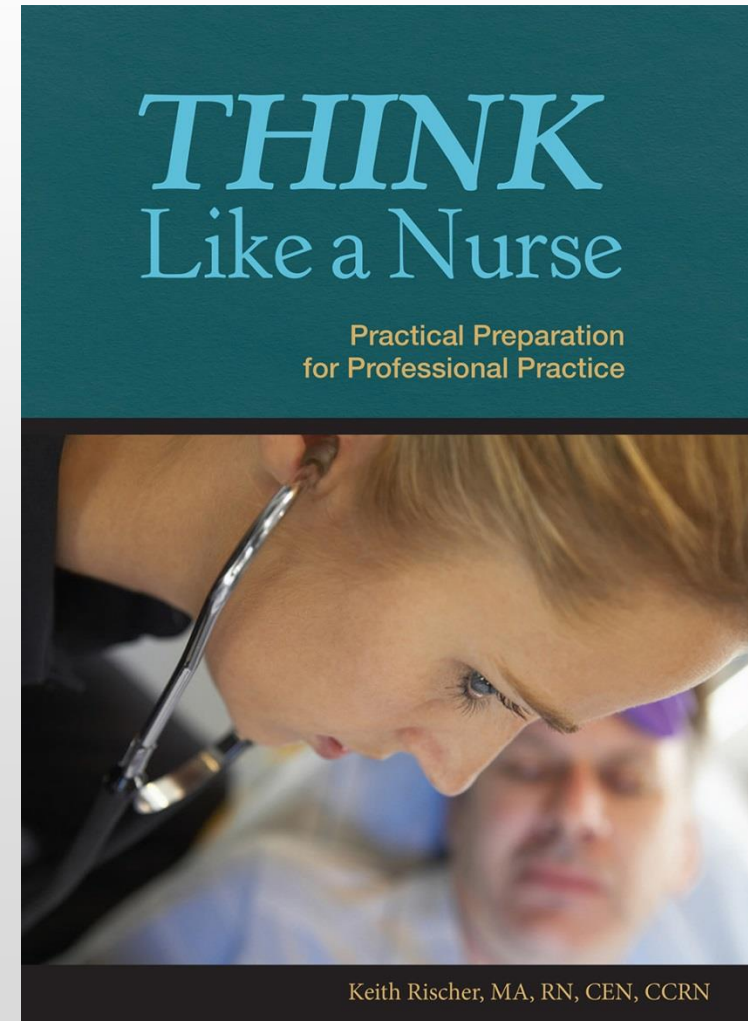
Route
IV

KeithRN.com Resources

- **THINK like a Nurse!**
 - Paperback: KeithRN.com
 - STORE on homepage
- **FREE bundle of student resources**
 - Home page KeithRN.com
- **Weekly blog**
- **YouTube channel**
 - Think like a Nurse

Contact Keith

- Keith@KeithRN.com



Final Take Aways

- Know thyself
- Be sure nursing is a good “fit”
 - Identify weaknesses to make them a strength!
- Utilize resources that will help you be successful



It's your turn!

- Questions?



Skyscape Galaxy



Publish



Skills



Share



Skyscape Galaxy



Play



Track



Test

Learn More
www.skyscape.com/groups

Thank You

- To learn more about Skyscape offerings visit:
 - www.skyscape.com/groups
- To learn more about our Webinar Series visit:
 - www.skyscape.com/webinars2015
- Other Questions:
 - Email webinar@skyscape.com
- Complimentary resource
 - “Do You Have What it Takes to Be a Nurse?”
 - www.skyscape.com/takes2bnur

