

THE NSA STETHOSCOOP

THE WEEKLY PITT NURSING STUDENT NEWSLETTER

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NCLEX QUESTION OF THE WEEK

Test your knowledge and try out our weekly NCLEX question!

UPCOMING EVENTS

Find out what NSA events are up and coming!

STUDENT SPOTLIGHT

NSA highlights a student each week, help us recognize them!

PET OF THE WEEK

Check out a member of Pitt NSA's super cute pets!

IMPORTANT LINKS

Find links to event attendance forms, interest forms, committees, and submissions for our next newsletter!

AHA WEAR RED DAY ARTICLE

Academic feedback form HERE!!

Use this form to share ideas with our new academic chair! If you have any academic concerns, we can also help find you resources.

Pitt NSA has a website! Check it out HERE!

Explore our website to meet the board, reference old Stethoscopes and GBM slides, see what's next on our calendar, and find any important links!

General feedback form HERE!

Fill out this form to leave any comments or ideas about NSA so we can better serve you.

Financial feedback form HERE!

Fill out this form for any financial questions or concerns that we can help you with. This can be anonymous if you wish.



NCLEX Question of the Week

A client is treated for cardiac dysrhythmias. The health care provider prescribes the calcium channel blocker verapamil, 80 mg orally every 6 hours. Which assessment finding does the nurse identify as a serious adverse effect of the medication?

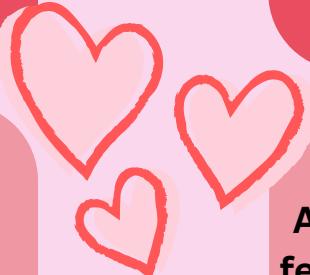
1. Dizziness.
2. Flushed skin.
3. Bradycardia.
4. Peripheral edema.

Interested in leadership and being more involved in NSA? Join a committee through the links below!
(10 points for joining)

[Social Committee](#)
[DEI Committee](#)
[Research Committee](#)
[Mental Health Committee](#)
[Formal Planning Committee](#)

Valentines for Veterans
Interest Form [HERE!](#)

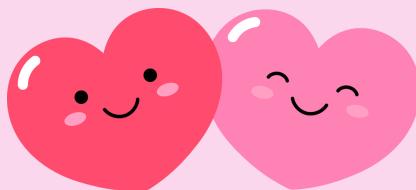
Tuesday, February 10th at
7pm in Vic 122



Are you interested in providing feedback on EXXAT? The Clinical Management Office is looking for participants for a focus group to be held in late February. Email LJK76@pitt.edu if interested! 10pts for attending

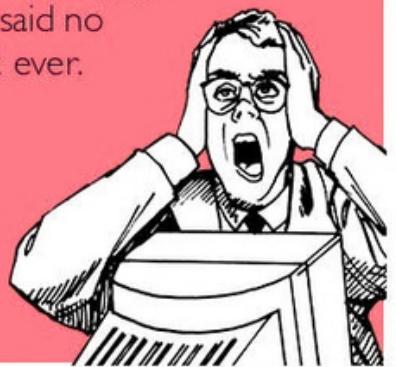


Come to our GBM tomorrow, **February 9th** to find out!



Meme of the week!

I love "select all that apply" test questions, said no nursing student ever.



someecards
user card

For new members or those who paid last spring, it's time to pay dues!

Fill out this form before payment \$15 cash or check (made out to the University of Pittsburgh)

Sarah, our business manager, will be in Victoria to collect dues before and after our GBMs!

Submit a nursing meme to be featured in the newsletter for five points [HERE!](#)

NSA is planning a Zumba class at the rec center together! Let us know if you're interested [HERE!](#)

Fill out [this interest form](#) to attend our Valentine's self love night!



What do you use to study? Add it [HERE](#) to help us form a list of reliable study resources!

If you are interested in being a tutor or finding one, sign up [HERE](#)! Tutors will get ten points!

Craving some Panera? We have a fundraiser! Join us February 11th 8am-7pm to help support Pitt NSA

Use code FUND4U on the app or kiosk at

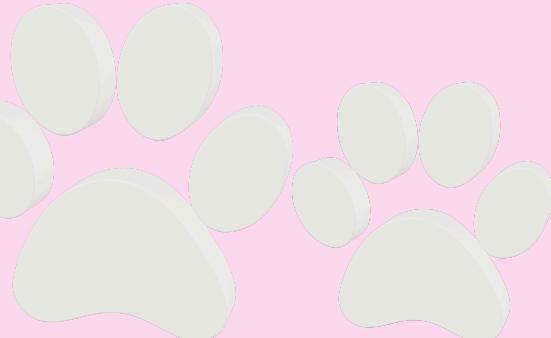
Meet us at the Panera on Forbes! 3800 Forbes Ave

MACRO (Multidisciplinary Acute Care Research Organization) is looking to hire undergraduate research assistants to start this semester throughout the summer. Applications due February 9th, email LJK76@pitt.edu for more information if interested.

Pet of the Week



Luke!
Laboradore Retriever



American Heart Association Wear Red Day

By our Health Promotion Chair, Abbey Padden

This past Friday, February 6th, was the American Heart Association's National Wear Red Day! Each year, the American Heart Association encourages people to wear red on the first Friday of February to raise awareness for heart health, specifically in women. Cardiovascular disease is the #1 killer of women in the US, and many other places across the world. According to the AHA, it kills more women each year than every form of cancer combined, yet only 44% of women are aware of this threat to their health. It affects women at a higher rate than men due to changes in hormones during pregnancy, menopause, and more. In addition, traditional symptoms of heart disease are seen more in men, so women often go undiagnosed due to different symptom presentations. Because of this, the American Heart Association partnered with the National Heart, Lung, and Blood Institute to launch the Go Red for Women Campaign in 2004. This campaign has helped raise money for research focusing on women's cardiovascular health, spread awareness of how common this issue is, and connected women with resources to help them keep their hearts healthy. The symbol of this campaign is the iconic red dress pin, and it is now celebrated each year on the first Friday of February with National Wear Red Day. As February approaches each year, remember to wear red to support the women in your life, and don't forget to spread awareness for cardiovascular disease in women all throughout the year! With more research and awareness, we can help keep women's hearts healthy!

References:

- <https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give>
- <https://www.goredforwomen.org/en/about-heart-disease-in-women/facts>
- <https://www.goredforwomen.org/en/>
- <https://www.stmaryshealthcaresystem.org/blog-articles/national-wear-red-day-raises-awareness-heart-disease-women#:~:text=National%20Wear%20Red%20Day%20began,heart%20issues%20can%20be%20preventable!>

NCLEX Answer:

3. Verapamil blocks calcium channels in the heart and blood vessels. Blockade at the SA node reduces heart rate. Bradycardia, especially symptomatic bradycardia, indicates the client is experiencing an adverse reaction. If present, the client requires further assessment and treatment in collaboration with the health care provider.

Important links and ways to contact us:

Website

Instagram: @pittnsa

Email: pittnsa@gmail.com

Fill out the form below to earn points for attending events or submitting something to the Stethoscoop!

Event Attendance Form



Have a great week!
With love, Pitt NSA

