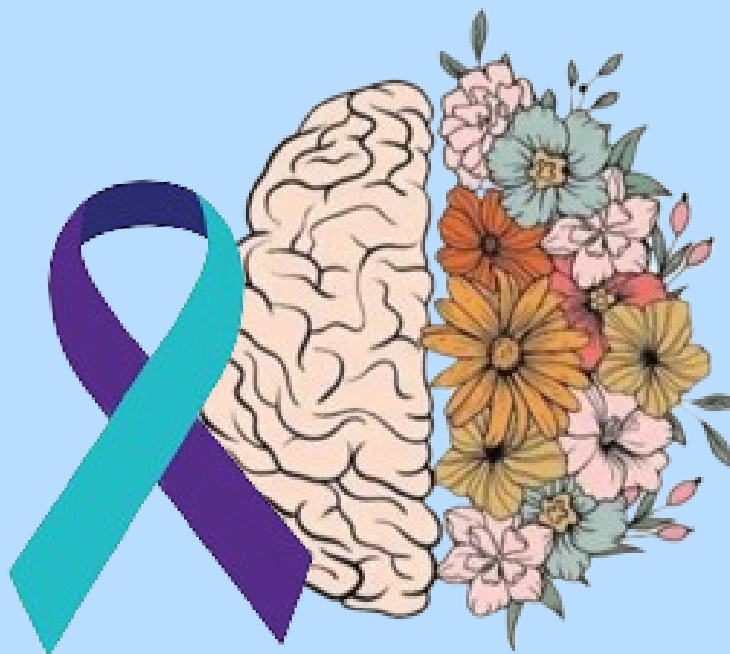


# THE NSA STETHOSCOOP

THE WEEKLY NURSING STUDENT NEWSLETTER



Check out the NSA website [HERE!](#)

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**Welcome new members and  
welcome back returning members!**

This is our weekly newsletter where you can find important information about upcoming events, read weekly articles, and find important links! Happy reading :)

**General Feedback Form**



This form is to leave any comments/ideas about NSA!

**Financial Feedback Form**



This form is for any financial questions/concerns & is completely anonymous if you wish!

**Ava Meglio - President**



Ava is a senior, and she hopes to work as an oncology nurse and become an NP one day!

Leah is a senior! She wants to work as a pediatric psych NP.



**Leah Stone - Vice President**

**Ally Vicks - Business Manager**



Ally is a junior! She is interested in labor and delivery nursing.

Sophia is a junior, and she is interested in labor & delivery and transplant nursing.



**Sophia Espailat - Professional Development**

**Astrid Yerardi - Social Chair**



Astrid is a senior, and she wants to work as a pediatric ICU nurse!

Stephanie is a junior! She hopes to become a pediatric oncology nurse!



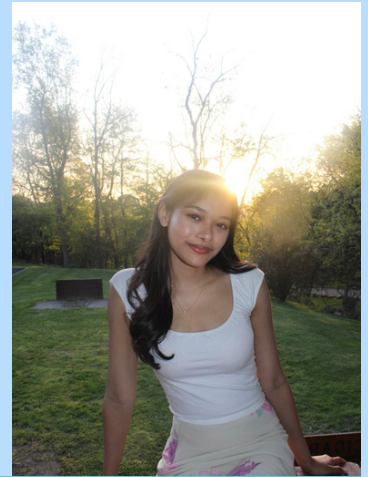
**Stephanie Adamousky - Service Chair**

**Ann Barney - Secretary**



**Ann is a senior!**  
She loves  
critical care,  
but is excited to  
be a nurse  
anywhere!

**Nila is a junior!**  
She loves  
working with  
babies and  
wants to be a  
pediatric nurse.



**Nila Chakravarthy - Health Promotion**

**Amanda Theckston - Fundraising**



**Amanda is a senior, and she wants to become a neonatal ICU nurse.**

**Nolan is a sophomore! He is looking to work as a child/adolescent psych nurse.**



**Nolan Blaze - Mental Health**

**Nathalia Sosa - DEI**



**Nathalia is a sophomore, and she hopes to become a nurse anesthetist!**

### **Interested in NSA Leadership?**

There's opportunities at the Pitt, Pennsylvania (SNAP), and national (NSNA) levels! Ask any one of us about our positions! **Also** - Sophia is Nominations & Elections Committee (NEC) Chair for SNAP and Leah is NEC Chair for NSNA and handles Pitt elections as a part of her VP role!

# Suicide Prevention Month

September is recognized as National Suicide Prevention Month. It serves as an important reminder that we have a responsibility to support mental health and prevent suicide. Whether it's checking in on a friend, starting a conversation, or sharing resources, small actions can make a big difference.



**Your life matters.  
You are not alone.**



**American  
Foundation  
for Suicide  
Prevention**

Here are some resources from the American  
Foundation for Suicide Prevention



## NCLEX Question of the Week



**The nurse coordinates care on the medical-surgical unit. Which client indicator, if assigned by the nurse to the LPN/LVN, suggests professional negligence? (Select all that apply.)**

- A. Client with white blood cell count 7,000/mm<sup>3</sup> ( $7 \times 10^9/L$ ).
- B. Client with hemoglobin 6 g/dL (60 g/L).
- C. Client with blood urea nitrogen 80 mg/dL (28.56 mmol/L).
- D. Client with prothrombin time 10 seconds.
- E. Client with a fasting glucose 130 mg/dL (7.21 mmol/L).
- F. Client with platelet count 22,000/mm<sup>3</sup> ( $22 \times 10^9/L$ ).

(Answer on Page !)

## Upcoming Events

### Blood Drive:

9/18 Victoria 1<sup>st</sup> Floor @ 12:15–5pm  
[click for donation signup!](#) (20 pts)

### Fall Leadership Series:

First Session: NSNA & SNAP + Your  
 Leadership Color on 9/22 @ 7 in  
 VIC262  
[Interest Form](#)

### SNAP Convention

[Info Sheet](#)  
[Interest Form](#)

### Dues Collection!!!

\$15 cash or check

Fill out [this form](#) before paying  
 dues

If you cannot make any of the  
 dates below, fill out [this form](#) to  
 find a time to meet with Ally, our  
 business manager.

- Lobby of Victoria - 6pm–7pm Thurs 9/18
- Lobby of Victoria - 6pm–7pm Tues 9/23
- GBM - September 24th
- GBM - October 6th

## Student Spotlight

### Kelly Cincotta

Kelly is such an incredible friend who has a special gift for making others laugh, even in the most serious situations. She is one of the kindest, most compassionate people I know. I have no doubt that she is going to make an amazing nurse in the future

## Pet of the Week



Dexter

**Correct answer: B, C, & F**

**Rationale:**

**B.** This client is not stable because the hemoglobin is critically low. The client will require close monitoring by the nurse and a blood transfusion. Normal values are:

**C.** This client is not stable because the blood urea nitrogen (BUN) is markedly elevated, a sign of decreased renal perfusion. This finding indicates either hypovolemia or kidney failure. The normal range is 10 to 20 mg/dL (3.6 to 7.1 mmol/L).

**F.** This client is not stable because of a critically low platelet count, which suggests severe thrombocytopenia. The client will require close observation for bleeding by the nurse and platelet transfusions. The normal platelet count is 150,000 to 450,000/mm<sup>3</sup> (150 to 450 x 10<sup>9</sup>/L)

## Important Links!

[Event attendance form](#)

[Attendance spreadsheet](#)

[Follow @pittnsa on instagram](#)

Email us at  
[pittnsa@gmail.com](mailto:pittnsa@gmail.com)

[Leave advice for 1st year students here!](#)

### COMMITTEES:

[Resolutions Committee](#)

(due 9/15 – see [info sheet](#))

[Social Committee](#)

[Mental Health Committee](#)

[DEI Committee](#)

# See you at our next GBM on 9/24 at 6:30!

WITH LOVE, PITT NSA