

THE NSA STETHOSCOOP

THE WEEKLY NURSING STUDENT NEWSLETTER



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

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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!

BREAST CANCER AWARENESS MONTH



Spreading awareness for breast cancer is very important. Breast cancer is the second most common cancer diagnosed in women in the United States. With widespread awareness and funding in research, the survival rate for people with breast cancer is increasing.

Risk factors:

Personal or family history of breast cancer,
benign breast disease
Inherited changes in BRCA1 or BRCA2
genes
Dense breast tissue
Early menstruation, increased maternal
age at first birth, never giving birth, starting
menopause at a later age
Taking hormones with estrogen and
progestin for menopause symptoms
Drinking alcohol
Obesity
Radiation therapy to chest

Learn how to do a self breast exam using this link:

<https://www.nationalbreastcancer.org/breast-self-exam/>

Symptoms:

Breast lump
Flattened / inward nipple
Breast skin color changes
Size / shape / appearance
change of breast
Dimpled skin on breast

Diagnosed by:

Physical exam
Clinical breast exam
Mammogram (x-ray of
the breast)
Ultrasound
MRI
Biopsy
If cancer is detected,
further testing is done to
study the cancer cells
and to identify if the
cancer has spread

What can nurses do?

Teach patients the importance of self-breast exams
Educate patients about risk reduction and healthy habits
Advocate for patients needs and assist in symptom management
Help address questions about screenings and treatment
Offer support with navigating through their care plan

Treatment:

Surgery (Breast-conserving surgery, total mastectomy, modified radical mastectomy)
Radiation therapy (external with a machine or internal using needles, seeds, wires, or catheters)
Chemotherapy (drugs typically have systemic effect in the bloodstream)
Hormone therapy (slows/stops hormone-sensitive tumors from growing)
Targeted therapy (identify and attack specific cancer cells)
Immunotherapy (strengthen immune system to fight cancer cells)



<https://www.cancer.gov/types/breast>
<https://www.mayoclinic.org/diseases-conditions/breast-cancer/symptoms-causes/syc-20352470>

NCLEX Question of the Week

The nurse reviews the care needs for a group of postpartum clients. Which client does the nurse identify as being most at risk for developing postpartum hemorrhage?

- A. Client who delivered a 9 lb, 8 oz (4.3 kg) newborn.
- B. Client with an episiotomy.
- C. Client with engorged breasts.
- D. Client requesting assistance with fundal massage.

(Answer on Page 5)

Upcoming Events

Health Promotion!

- Narcan Training (5 pts)
 - Get certified online and receive nasal Narcan via mail
- Be The Match (10 pts)
 - Link to donate!
- Walks! Sign up to walk or volunteer (15 pts)
 - Buddy Walk
 - T1 Diabetes
 - Vision Walk
 - NEDA
 - Light the Night

Dues Collection!!!

\$15 cash or check

Fill out **this form** before paying dues

If you cannot make the next GBM, October 6th, fill out **this form** to find a time to meet with Ally, our business manager.

Midwife Center Tour 10/18 at noon - **Interest Form**

Collab with Days for Girls on Oct. 13th from 8-9 in WPU room 510

Student Spotlight

Come to this week's GBM...

Pet of the Week



Georgia

Correct answer: A. Client who delivered a 9 lb, 8 oz (4.3 kg) newborn.

Rationale:

A. Delivery of a large birthweight infant (greater than 9 lb [4.1 kg]) leads to increased uterine stretching, which can cause uterine fatigue and poor tone.

Important Links!

[Event attendance form](#)

[Follow @pittnsa on instagram](#)

[Attendance spreadsheet](#)

Email us at
pittnsa@gmail.com

See you at our next GBM on Monday 10/6 at 6:30!

WITH LOVE, PITT NSA