



# Nursing Newsletter

## While You Were Sleeping...



While most students and faculty were just starting to relax and enjoy their break, senior LPN students began their Summer Intensive. Over a six-week period, students earned 240 clinical hours through simulation in the classroom.

In those 240 hours, students focused on clinical pharmacology, assessment techniques, clinical documentation, and a plethora of skills that they will be practicing in the clinical environment throughout the upcoming year.

Clinical simulation is a technique, not a technology, to replace or amplify real experiences with guided experiences that evoke or replicate substantial aspects of the real world in a fully interactive manner (Gaba, 2004). No evidence is available regarding the outcomes of substituting traditional clinical experience with simulation; however, experts agree that it is not the number of hours, but the quality of the experience. If students are going to be placed in clinical settings where there is inadequate opportunity for hands-on experience, employment of simulation by capable faculty with meaningful debriefing may offer a better alternative.

## Have you Been Vaccinated?

### Myths about Vaccines

At the start of a new school year, immunizations are essential because they protect students from the spread of all sorts of deadly diseases. Despite this fact, there are several myths that dissuade parents from vaccinating their children.

According to PublicHealth, here are a few myths about vaccinations:

**Myth** - Vaccines contain toxic ingredients.

**Fact** - Vaccines actually contain ingredients at a lower dose than we are naturally exposed to in our environments.

**Myth** - Vaccines cause autism.

**Fact** - the causes of autism have always been a mystery.

**Myth** - Vaccines can infect children with the disease that it is trying to prevent.

**Fact** - Vaccines may cause mild symptoms resembling those of the disease but this is not to be confused with the actual disease.

The Florida Department of Health in Broward County provides routine immunizations for children and adults in order to decrease vaccine-preventable diseases. If you are interested in receiving free vaccines, please follow-up with the nearest Department of Health.

**North Regional Health Center**  
601 West Atlantic Boulevard  
Pompano Beach, FL 33060

**Lauderdale Lakes WIC Center**  
4481 N. State Road 7  
Lauderdale Lakes, FL 33319

**Paul Hughes Health Center**  
205 NW 6th Avenue  
Pompano Beach, FL 33060

**Coral Springs WIC Center**  
10077 NW 29th Street  
Coral Springs, FL 33065

## Vaccines for Teenagers

KidsHealth's List of Doctor-Recommended Vaccines for Teenagers:

- Tdap (Tetanus, Diphtheria, and Pertussis)
- MMR (Measles, Mumps, Rubella)
- Hepatitis A
- Hepatitis B
- Meningitis
- HPV (Human Papillomavirus)
- Varicella (Chickenpox)
- Polio
- Flu (Influenza)

**No need to vaccinate all of your children, only the ones you want to keep**

Vaccines are made from the same germs (or parts of them) that cause disease; for example, polio vaccine is made from polio virus. But the germs in vaccines are either killed or weakened so they won't make you sick.

Vaccines containing these weakened or killed germs are introduced into your body, usually by injection. Your immune system reacts to the vaccine in a similar way that it would if it were being invaded by the disease – by making antibodies. The antibodies destroy the vaccine germs just as they would the disease germs – like a training exercise. Then they stay in your body, giving you immunity. If you are ever exposed to the real disease, the antibodies are there to protect you.



## Celebrate August !

### National Immunization Awareness Month

**August 1 – 7**

National Minority Donor Awareness Week

**August 27**

Mother Teresa's Birthday

**August 28**

Dr. Martin Luther King, Jr. gives "I Have a Dream" Speech

**August 30**

The Amistad is seized.

## NurseLife Exploration

Blanche Ely partnered with Jersey College this summer to introduce nursing to many of our incoming students through the NurseLife Exploration Program. Our students worked collaboratively throughout simulations and hands-on learning opportunities that will prepare them for transition into the Nursing Program.



## Changes to the Nursing Newsletter

With the 2019-2020 school year, are proud to introduce our new Nursing Newsletter Editor, Ms. Edjie Joseph.



Edjie looks forward to creating a newsletter that addresses the needs of the faculty, the students, and the community. If you have any suggestions or information on community events, please stop by the Nursing Lab and ask for Edjie.

## Free Community Events

Aug. 11 – Sunset Beach Yoga 8:30a. Between Lifeguard 12 & 13, N. Ft. Lauderdale, 33304

Aug. 13 – Food & Psoriasis: Does it Matter? 6-8:00p. 2495 E. Commercial Boulevard, Ft. Lauderdale, 33432

Aug. 20 – Meditation for Relaxation 6-7p. Lauderhill Park Central Library, Lauderhill, 33311

Aug. 26 – Natural Health and Essential Oils 6-7p. Orange Room Salon, Pompano Beach, 33060

Aug. 28 – Pre-running Workshop 6-8p. PhysicalOne, 350 NW 70<sup>th</sup> Ave Ste A, Plantation, 33317