



Nursing Newsletter

LPN Students Prepare for Clinical through Live Simulation.

LPN students at Blanche Ely High School are not letting any grass grow under their feet. As student nurses prepare to go into community hospitals, several teachers have permitted their students to participate in "live simulations".

When Mrs. Cheryl Hodgson-Toeller was informed that it may take a few weeks to gather the necessary paperwork prior to beginning formal hospital clinical rotations, she identified classes that would be able to appreciate the goal of the nursing students.

Coach Dritz was also a very strong supporter of this goal by permitting his physical education classes to attend simulations in the nursing lab.

When students arrived in the nursing lab, they would be presented with an index card that included a medical diagnosis, medications, diet, and teaching. The nursing students would be required to complete a modified assessment, inform the student what diagnosis was on the card, the medications (in addition to side effects), associated with the diagnosis, an appropriate diet, and any additional teaching a patient with that diagnosis would require.

We would like to thank all of the teachers and students who have been working with us to perfect our clinical skills.

Next Month: A special section from the desk of the Health Science Classrooms!

Pathways to Nursing at Blanche Ely

Students select a pathway to best help them meet their college and career goals.

- Pre-Medical Sciences
- Practical Nursing
- Academy of Health Science
- Career Dual Enrollment @ Atlantic Technical College

The Importance of Sleep

The National Sleep Foundation released updated recommendations for sleep:

Teenagers (14-17): Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)

Younger adults (18-25): Sleep range is 7-9 hours (new age category)

Recommendations from the NSF for better sleep:

Stick to a sleep schedule, even on weekends.

Practice a relaxing bedtime ritual.

Exercise daily.

Evaluate your bedroom to ensure ideal temperature, sound, and light.

Sleep on a comfortable mattress and pillow.

Avoid caffeine, especially before bed.

Turn off electronics before bed.

Dr. Johnson offers advice and an inspirational message to nursing students.



Some drink coffee in the morning; others join the JROTC Hat Run/Walk for the Cure.



Suggestions Welcome

This newsletter is a new creation of the LPN students at Blanche Ely High School.

If you have any input or would like to see us focus on a particular topic, feel free to share your ideas!

If you have information on upcoming health related events, we would love to list them for our faculty and students!

Free Community Events

Nov. 3 – Celebration of Health. 10:00a. Florida Blue Fort Lauderdale Center
1970 Sawgrass Mills Circle. Sunrise, 33323

Nov. 8 – Lifestyle Expo Health and Wellness Fair. 10:00a – 3:00p Next Stop Broadway
2855 Coral Springs Drive, 33065

Nov. 9 – Health and Wellness Fair. 2:30p – 6:00p. RWCCI 2800 Prospect Rd. Ft. Lauderdale, 33309

Celebrate!

November 8th

National STEM day

November 11th

Veterans Day

November 15th

The Great American Smokeout

November 13th

World Kindness Day

November 23rd

National Native American Heritage Day

SAVE A LIFE, GET FREE STUFF!

Wednesday November 7

8:00am - 2:00pm

Blanche Ely High School

DONATE BLOOD!

All donors will receive a FREE Fleece Blanket, Pizza, 3 Community Hours, snacks, drinks, and a wellness checkup including blood pressure, temperature, iron count, pulse and cholesterol screening!

Look for the BIG RED BUS

