

# Student Pulse



Cabarrus College of Health Sciences | November 2013

## november 2013 activities & deadlines

Friday

Monday

4

Spring registration starts! See page 5

Tuesday

5 **Cookie  
Decoration Bar**  
Pavilion  
1:30pm

Wednesday

6

Thursday

7

8



11

**Coffee Study  
Break**  
Pavilion  
1 - 2:30pm

12

13

14

15

18

**SGA meeting**  
237  
9:30am

19

20

**Angel Tree  
Kickoff**  
Pavilion  
2pm  
Holiday treats &  
service kickoff

21

22

**Spa Day**  
Pavilion  
12:30 - 2pm  
Make natural body  
products, paint your  
nails holiday colors  
& get a massage

25



26

**DIY Ornaments**  
Pavilion  
12-2pm

27

**Thanksgiving Holiday- No classes, College closed!**

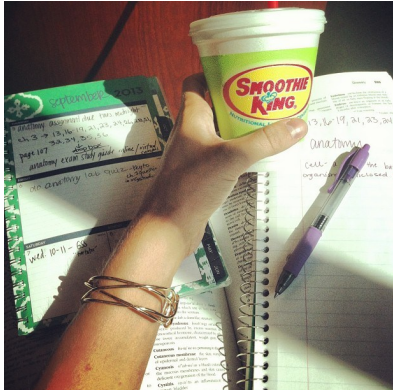
28

29



# Instagram Contest Winners

We hosted a contest on Instagram to kick off our brand new Cabarrus College Instagram account. Students, faculty and staff were asked to post their best pictures of their experiences at Cabarrus College with the hashtag #WhyILoveCabarrusCollege. Each winner will receive a Cabarrus College hoodie with the owl mascot. We had 98 photo entries. Here are the winners!



**Best Academic Photo**  
Cydney Arey– Surg Tech  
“Free Smoothie King while I study. #lovemyschool.”



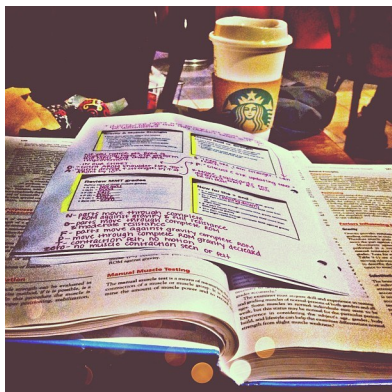
**Clinical Uniform Photo**  
Kelli Little– Nursing  
“Survived my first day of nursing clinicals.”



**Silly Photo**  
Kristi Brigman– Nursing  
“I guess it wasn’t too bad.”



**Most Artistic Photo**  
Erin Hinckley– Nursing  
“Beautiful cloud reflections in the windows.”



**Most Creative Photo**  
Hayley Pethel– OTA  
“The best way to study.”



**Best Lab Photo**  
Brittan Hendrickson– Nursing  
“Who wants some sheep brain?”



**Best Faculty/Staff Photo**  
Rachel Houston & Kristi Pair  
“Awesome co-workers and fun!”



**Most Inspirational Photo**  
Haley Love– Nursing  
“This school has provided three generations of nursing education to my family.”

Follow us on Instagram @Cabarrus\_College!

# Student achievements & updates

## Associate of Science in Nursing

ADN Students Teach Health Promotion in Local Schools: By Patti McCahan, ADN instructor

The first clinical course in the revised ADN curriculum is Nursing 111, Foundations in Nursing – Health Promotion. With a health promotion focus, nursing students had to consider primary prevention strategies for school-aged kids that would decrease their risk(s) and help develop healthy lifestyle patterns. Seven clinical groups visited 7 local schools including elementary, middle and high school settings in Cabarrus County. The students were challenged to develop presentations that were not only informative but creative. Topics and presentation methods varied depending on the school population. One group taught hand hygiene to kindergarten and 1<sup>st</sup> graders by creating a song for the children to sing while washing their hands a specified amount of time. A group who presented drinking and driving hazards to high school students borrowed “drunk goggles” from local law enforcement to simulate drinking while intoxicated. Other topics presented included dental hygiene, peer pressure and bullying, nutrition, exercise and stress, drug abuse and the negative effects of smoking now and in later life.

The nursing students were well received by the school-aged kids at all levels and teachers were eager to invite our nursing students back!

## Occupational Therapy Assistant

By Katie Yacevich, OTA student

The OTA family is getting bigger! We have the freshman, sophomores, professors and a new clinical instructor. Our new clinical instructor is Michelle Mehrtens BA, COTA/L and we would like to welcome her to the OTA family. I hope all the freshmen are enjoying their first semester of OTA School. The sophomores are approaching the end of the last semester before Fieldwork # 3. OTA School is great! We are always learning new treatments and ways to adapt them.

Come and join SOTA as we have our next meeting. At our last meeting, Tracy, a wonderful guest speaker, joined us and shared a lot about her life. I interviewed one of our OTA sophomores Kathryn Wilson, who shared a little about what she learned from Tracy. Kathryn said, “She spoke to us about her life with Low Vision and her therapy dog. She shared with us about the mannerisms that you should have for someone with Low Vision and a therapy dog. She shared some of her commands that she uses with her therapy dog. She also told us her therapy dog gets to relax when he comes home. He goes outside in the fenced in yard and just plays like a normal dog would. One thing that was very interesting about her therapy dog is he doesn’t just watch out for things in Tracy’s foot path but he watches all around her. She gave an example of when a tree branch is low the therapy dog will give her some type of signal to stop or pull in a different direction. She was a great speaker and I learned a lot!”

Guest speakers are amazing and we learn so much. Our next SOTA meeting will be held on November 12, 2013 at 10:45 am in the OTA lab. We will be discussing the roles of the different SOTA officers, about the upcoming event of the Wheelchair Basketball Tournament and sharing pictures of different outings we have gone to in OTA School. Come join us as we have a great time together. I hope everyone is having a great semester!

# Chris' Corner

## The Carrot...

It was a very big moment in a very small person's life. I was five years old and finishing up a full year of kindergarten in Waterloo, Iowa. I was playing the role of a carrot in our end of the year theatrical presentation. As I recall, the story line of the play seemed to be based less on dramatic moments and more based on maximum participation. As luck would have it there were twenty-six kindergartners and exactly twenty-six roles.



Of course, to me, there was no role more important than the role of the carrot. I can't vividly recall exactly what my motivation was as the carrot, but I am reasonably certain that I was a beautiful, gorgeous carrot, the kind of carrot that was always popular and had lots of friends (those friends were the tomato, celery and potato – what a great soup we made!)

To be honest, I don't remember much about the play, but I do remember after the play. My teacher, Ms. Richards, said to me, "You were the best carrot I've ever seen." That moment is frozen in my mind. When I recall it, I can almost smell the kindergarten classroom (a combination of finger paint and Max the class hamster.)

I've always wondered why that moment has stuck with me for so long. And not that long ago while I was thanking a previous employer and realizing my shortfalls in recognizing outstanding employees, it came to me. It was the recognition that marked the moment. My teacher singled me out and recognized my achievements. She essentially said to me, "you're special." Her recognition of me meant so much that the moment became a cherished memory.

Each day we have the opportunity to recognize the people around us. How many times do we ignore that opportunity? Most of us know that it's important to provide each other with that recognition but in the hustle and bustle of our daily chores we sometimes forget. Goodness knows that I have already forgotten how important this is.

I would like to encourage each of us to take a moment and make this right! Recognize someone around you – it doesn't matter whom or for what – simply do it. My guess is you'll make someone's day. So, in keeping with the spirit.... "Thanks to each and every one of you who have made my time here at Cabarrus College such an enjoyable experience."

Have a great November – and a Happy Thanksgiving!

Chris Corsello, Dean for Student Affairs and Enrollment Management



# What's Happening

## SCHOLARSHIPS

Congratulations to Casey Greene (ADN) and Tamika Lattimore (OTA) for winning scholarships based on their involvement in one or more student activities and their scholastic achievement!

## Reminder Students on Payment Plans:

In Sonis the default semester will be changing in November once registration begins for Spring. When you log into Sonis to make your payment, be sure to **CHANGE** the semester back to Fall to ensure your payment will be posted correctly, or you may contact the Business Office at 704-403-2216 to make payment by phone.

## 1098 t Tax Forms

The Business Office will mail your tax forms in January. Please log into your Sonis account to ensure we have accurate address information prior to December 31, 2013. This form is needed when filling your taxes.

A one page publication that describes the America Opportunity Tax Credit:  
<http://www.irs.gov/pub/irs-pdf/p4772.pdf>

## Spring Tuition Due: 01/08/14

Payment Plans are available for students. If interested, come by the Business Office located in the Student Support Center. Cost for payment plans are only \$50 and you have the option of payments bi-weekly or monthly.

Do you like to save moooney?



**Coming soon to the front lobby-**  
Budget Savings Tips to help you save moooney! Tell us the tip you like the mooost to enter for a chance to win a Chic-fil-A gift card! Drawing runs from November 1<sup>st</sup> – November 15<sup>th</sup>!

## CLASS REGISTRATION

We heard you! As a number of you were in clinicals when registration began, we have moved our registration dates/times. Baccalaureate students can register for spring classes beginning Sunday, November 3rd at 9pm. Associate and diploma students can register beginning Tuesday, November 5th at 9pm.



# College news & updates

## Suggestion Box

There is a box in the lobby where anyone can submit suggestions or comments. The comments/suggestion are anonymous unless you wish to identify yourself. The box will be checked weekly. Every suggestion will be routed to the appropriate person or department and action will be taken if possible/appropriate.

## Privacy Corner

The Health Information Portability and Accountability Act of 1996 (HIPAA) mandates the protection of patients' personal health information (PHI). As students and future healthcare workers, you are responsible for maintaining your patient's privacy and confidentiality. PHI can only be shared with individuals who have a "need-to-know". Students may access and review a patient's medical records as part of the student's clinical experience because this review aids in the student safely providing care to the patient. Prior to leaving the clinical facility, students need to physically remove the client's name from any document that will be leaving the facility. Students may also elect to shred any document that contains PHI.

PHI includes, but is not limited to:

- Patient name
- 4 digit room number
- Social security number
- Medical record number
- Address
- Date of birth

Clinical groups often discuss patient care as part of clinical teaching conferences. This allows multiple members of a clinical group to learn from one student's experiences; however, each member of the group is expected to protect the patient's privacy.

**Unacceptable ways to share patient information include:**

- E-mail
- Text messages
- Unauthorized pictures of a patient or family (Carolinas Healthcare System must provide authorization to take pictures)
- Sharing information via social media such as Facebook or Twitter.



# An International Adventure in Radiography

By Rhonda Weaver RT(R)(M)(BD)(CT)

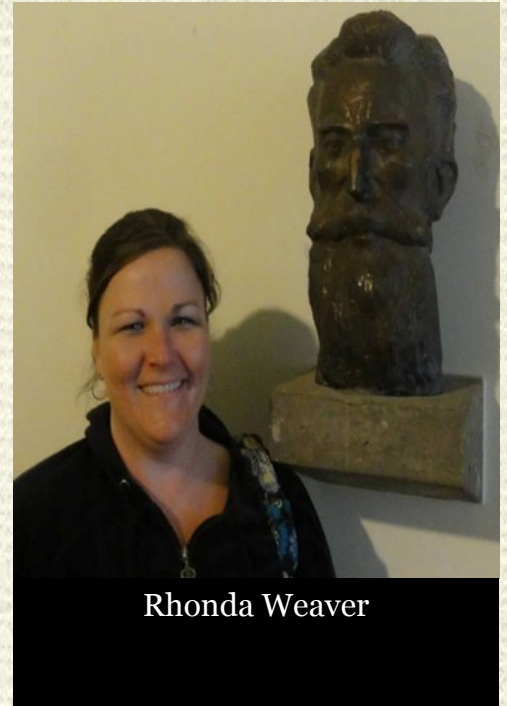
I have worked as a Radiologic Technologist for 14 years. I am registered in several modalities including mammography, bone densitometry, and computed tomography. As with any healthcare profession, we learned about the discovery of x-ray and the founding fathers of radiography early on in our studies. Wilhelm Conrad Roentgen was the first person to produce X-rays, known originally as Roentgen rays on November 8, 1895. His discovery of the invisible but powerful rays that revealed the bones inside bodies has developed the possibility of many elements of modern medicine. Roentgen earned the Nobel Prize for his work in physics in 1901.

As part of my Master's degree program I had the opportunity to visit Germany for my International Comparative Healthcare course in May of 2013. During this trip I had the opportunity to visit Würzburg Germany where Wilhelm Conrad Roentgen's lab was located. Two blocks from our hotel was the actual lab which held the original equipment Roentgen used to produce the first x-rays. I visited the lab where Roentgen discovered x-rays and had the opportunity to look at the first x-ray images which were ever produced. This

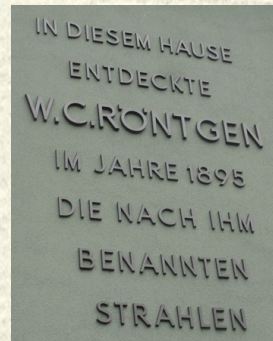
opportunity, for me, was amazing. To be in the place where my career in healthcare was founded was an awesome opportunity and one that I will always remember.



Roentgen's Laboratory



Rhonda Weaver



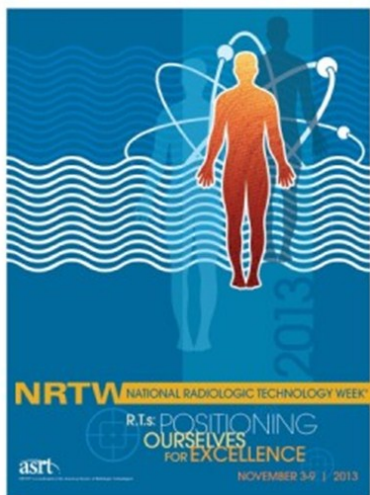
An early x-ray of a hand. Early x-ray images were developed and recorded on glass plates.

National Radiologic Technology Week is celebrated annually to recognize the vital work of R.T.s across the nation. The celebration takes place each November to commemorate the anniversary discovery of x-ray by Wilhelm Conrad Roentgen on Nov. 8, 1895. The week-long celebration calls attention to the important role medical imaging and radiation therapy professionals play in patient care and health care safety.

They say that a picture is worth a thousand words, but the development of Radiography, Ultrasonography, CT, MRI, Nuclear Medicine, and Radiation Therapy show doctors what's happening inside the body in a non-invasive fashion which has been worthwhile for saving thousands of lives. Medical Imaging techniques have been referred to as "surgery without a knife" and have led to the diagnosis of many disease processes.

## Just a few fun facts about Radiologic Technologists:

- We are educated- Radiologic Technologists earn Associates in Science in Radiography.
- We are registered- Radiologic Technologists must pass the American Registry of Radiologic Technologists examination in Radiography and for each additional modality in which they specialize.
- We continue our education- All registered Radiologic Technologists must complete 24 CE credits related to their field bi-annually to maintain their accreditation.
- We are necessary- Without diagnostic imaging diseases would go undiagnosed and untreated.





# Faculty Achievements

By Melanie Gass

## North Carolina Occupational Therapy Association Presents Awards to Cabarrus College Faculty Members

The Annual NCOTA Conference is the largest gathering of Occupational Therapists, Occupational Therapy Assistants, and students each year in NC. This year the conference was held in Raleigh on October 19-20. At the conference, two adjunct faculty members in the Occupational Therapy Assistant program at Cabarrus College were honored.

Brandon Scott was presented with the Award of Outstanding Practice for Clinical Education. This award recognizes an individual for practice excellence in Physical Disabilities, Administration, Pediatrics, Home Health, Gerontology, Mental Health, Clinical Education (both academic and non-academic), Community Service, Developmental Disabilities, Research, and Technology. Nominees must be NCOTA members. This award is competitive within the area of practice recognized.

Amber Ward received the Suzanne C. Scullin Award. This is the highest award honored by the NCOTA. This award recognizes an individual's significant contributions to the practice of occupational therapy as well as contributions to the NCOTA. This award is presented to an individual only once and is not necessarily awarded each year.



Brandon Scott (left) and Amber Ward (right)



NCOTA Fall Conference Attendees



# Photos from DTA conference



Megan Stoner and Cindy Dail at Masquerade



Mallory McCarthy, Lori Lewis and Taylor Denton



Kristie Wallace and Denise Naclerio

"It was amazing to see how many OT's renew their license year after year for 20+ years. What could be more comforting than pursuing a profession where long term satisfaction is at its best? I feel like I gained an incredible amount of confidence and security after attending the conference. I cannot wait to attend conferences in the future and grow as an OTA/S!"  
-Taylor Denton, freshman



Rebecca Talley and Taylor Starnes

"My favorite quote from the keynote speaker was, 'Make people look good and sustain the gains when they aren't with you.' Each time I accomplish this task I bring value as an OTA."  
-Ebony Jones, sophomore



Lori Lewis, Mallory McCarthy and Taylor Denton working at a SOTA table.

"I attended sessions on lymphedema, SCI, and holistic approaches to pediatric therapy. Each session had valuable information that will affect my practice as a COTA, but I also realized how well my classes have prepared me to be a professional. I understood the terminology and concepts presented-which was a big boost to my confidence level!"  
- Kristie Wallace, sophomore



Cindy Dail and Meghan Stoner Volunteering



# OTA conference

## ***Occupational Therapy - The Power of the Profession State Conference Brings Practitioners and Students Together***

Fourteen OTA students (8 freshmen and 6 sophomores) and three faculty attended the North Carolina Occupational Therapy Association (NCOTA) Fall Conference in Raleigh, NC on October 19-20<sup>th</sup>. Students enjoyed networking with occupational therapists (OTs), occupational therapy assistants (OTAs), and OT and OTA students from across North Carolina, attending educational sessions, and observing the Annual Business Meeting and NCOTA Awards Presentation.

Freshmen Nicole Blackwell reflected on the importance of state professional organization, "I feel very comfortable and confident in the NCOTA and their stance to stand ground on the importance of OT. I felt they are true advocates for the therapist...and aim to better the profession for future success. Knowing someone is lobbying [for occupational therapy] is also a great benefit."

The conference offered sessions which covered the broad scope of occupational therapy, including pediatrics, health and wellness, physical rehabilitation, and mental health, just to name a few. Some specific courses that students and faculty attended include:

*Holistic Approaches to Pediatric Therapy: Integrating Yoga and Nutrition*

*The Role of Occupational Therapy with Critically Ill and Ventilator Dependent Patients*

*AOTA Federal Advocacy: Issues and Update*

*Addressing New SCI Patients in the Acute Care Settings*

*Sensory Processing/Integration: From Referral to Treatment*

*Clinical Perspectives on PTSD: The Role of Occupational Therapy*

Students had the opportunity to be involved in other ways at the conference. Two freshmen students, Cindy Dail and Meghan Stoner, in addition to attending the entire conference, spent time volunteering for NCOTA, helping with set up, registration, and organization (see photo on previous page). Several students helped sell "OT" t-shirts and bags at the SOTA merchandise table. Sophomores Denise Naclerio and Kristie Wallace attended a four hour pre-conference institute on the October 18<sup>th</sup>, "Lymphedema: Treatment and General Treatment Options" which was presented by Carolinas Rehabilitation therapists Lisa Malec, OTR/L, CLT-LANA and Nancy Murphy, OTR/L, CLT.

An important aspect of conferences is professional networking opportunities, and students and faculty attended "Special Interest Networking Sessions" on Sunday morning in the areas of Pediatrics, Assistive Technology, and OT Education. Sophomore Kristie Wallace mentioned how networking was important to her, "I really enjoyed getting to eat lunch with three OTRs at the conference. They shared their work experiences and some tricks of the trade they have learned."

Overall, students learned, grew professionally, and realized the power of advocacy for the profession. Freshmen Rebecca Talley summed it up, "The NCOTA conference made me excited that I am going into such a great and powerful profession!"

"It was enlightening to see the future of what our profession will be accommodating. As our society changes, we will be seeing new "groups" of people whose needs must be met. We know that autism is huge right now, but it never occurred to me what our society will look like when all these "autistic children" are adults and will need to be independent full functioning individuals. OT will have to bridge that gap and assist them in meeting their societal needs. Another group that is on the rise is with the aging population that will want to stay more independent in their own home vs. assisted living. The effects of the obesity/diabetic epidemic that is plaguing our society hard right now. The shift will be to engage in health promotion vs. treating all the illness and diseases."

—Nicole Blackwell