

VOL. 1 ISSUE 1 · OCT 2023

# STETHOSCOPE STORIES

Official Newsletter of Regis Student Nurses Association



## Welcome to Stethoscope Stories

BY MORGAN COLEMAN

Regis Student Nurses Association is happy to introduce the bi-monthly newsletter tailored for the enjoyment of Regis Nursing Students and staff. We are here to introduce to students what it is really like to be a nurse. Another thing we are passionate about is sharing topics of conversation that students and faculty are passionate about.

To be involved in creating the future issues of this newsletter, reach out to Morgan Coleman. With everything going on in the world, healthcare, and on campus, this is another outlet for students and faculty to speak their minds.



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# In Loving Memory of Kai Mitchell

JUSTIN GARCIA-GRACE

With heavy hearts and tearful eyes, we come together to remember and celebrate the life of Kai Mitchell, a remarkable soul who left this world far too early at the age of 20. Kai, a junior at Regis University, was not just a student; they were a shining star within our community. As a nursing major, Kai's dedication to their studies and their future in healthcare was inspiring to us all. Additionally, they served as co-captain of our dance team, seamlessly blending their passion for nursing with their love for dance. It reflected their spirit—vibrant, caring, and full of life.

Kai's impact extended far beyond their academic pursuits and dance moves. They were a loving child, sibling, and friend. Their warm smile and open heart made them a beloved figure among their peers. Kai possessed an uncanny ability to sense when someone needed a helping hand, a listening ear, or just a comforting presence. They embodied the true essence of what it means to be a nurse—to care for others with unwavering compassion.

As members of the Student Nurses Association at Regis University, we extend our deepest condolences to Kai's family and friends. We share your profound grief and want you to know that you are not alone during this trying time. Kai was one of us, a fellow student nurse, and their loss leaves an indelible mark on our close-knit community.

Kai's memory will forever be etched in our hearts. Their legacy of love, compassion, and selflessness will continue to inspire us as future nurses. We invite you to join us in commemorating Kai's life at a memorial service tentatively scheduled for Saturday, November 25th. Details will be shared once the plans are finalized.

In closing, let us remember Kai not for the sorrow of their loss but for the joy of their presence. May their spirit guide us in our pursuit of nursing care excellence, and may their memory be a blessing to us all.

"What we  
have once  
enjoyed we  
can never  
lose; all that  
we deeply  
love becomes  
a part of us"

HELEN KELLER



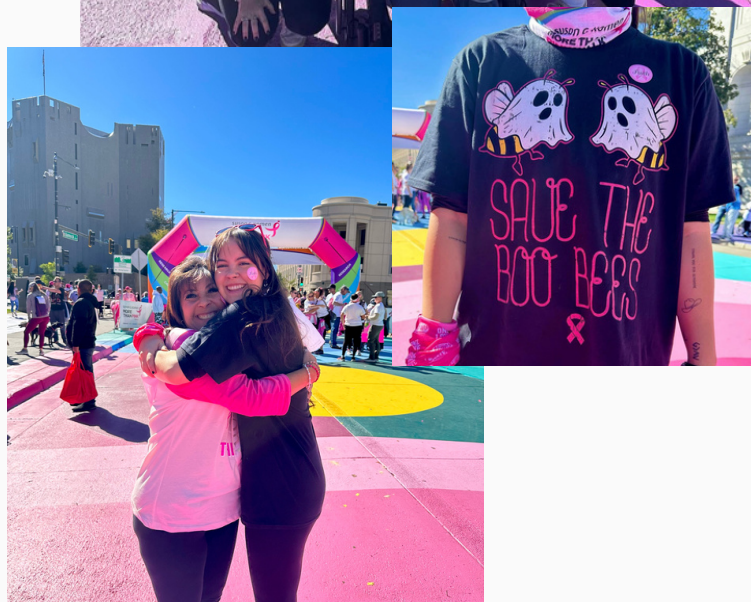
# BE AWARE

A Testimony of Kori & Denise Rhoads

## F Breast Cancer

BY KORI RHOADS

October is Breast Cancer Awareness month and we wanted to take a moment to recognize and show our support to Breast Cancer patients and their families. My name is Kori Rhoads and I'm a senior in the traditional nursing program, throughout my 4 years at Regis I've experienced plenty of hardship within the realm of education, but nothing I've experienced in nursing school compares to the hardship I have faced outside of school. This past summer my mom, Denise, went in for her first ever mammogram and just weeks later was diagnosed with stage 2 breast cancer. Getting those biopsy results turned my family's world upside down, especially my mom's. She was shocked, scared, angry, overwhelmed, and everything in between. Cancer doesn't wait around and it sure doesn't care about feelings, so my mom's summer rapidly became a blur of oncology appointments, medical tests & procedures, and major decisions to make. She handled everything with more grace, faith, and strength than I have ever seen. A breast cancer diagnosis affects more than the patient, it also affects their entire support system. Caregivers play a huge role in a cancer patients' journey, so we also want to recognize and applaud caregivers as they steadfastly support & care for their loved ones in the most kindhearted, heroic way.





“I went in for my first mammogram in May of 2023. I decided to wait until I was 50 thinking that was the right time to get my mammogram.

Like many women I thought it would just be a routine appointment. Unfortunately, they saw something in the mammogram, and I had to go back for another appointment. Again, they saw a small mass and I now needed a biopsy. How can this be! Once I got my biopsy it was just the long-dreaded waiting process to find out if it was malignant or benign. I remember the day as I was driving, and I received the call from the doctor. All I remember hearing her say was you have cancer. The fear set in. I was overwhelmed trying to hear everything she was saying. My journey began in May of 2023. It’s been a long emotional road. My

family has been my greatest strength, their love and support has given me the strength to fight. I’ve learned no matter what age you are at risk of breast cancer. With this being my first mammogram I’m so thankful that my cancer was found early, and the doctors had a plan and moved quickly. Please don’t wait no matter what age get checked regularly.” – Denise Rhoads, Breast Cancer Survivor



## Denise Rhoads



As nursing students, we have touched on the topic of cancer a lot and it’s something that a handful of us have experienced and provided care for in our clinical settings. In class, we’ve talked about things such as etiology, risk factors, and clinical manifestations. However, I believe the most important thing we have learned in our discussions regarding breast cancer is how to educate our patients about the measures that can be taken to identify breast cancer as early as possible. Meaning, to stress the importance of self-examinations and routine screenings. In my mom’s case, she went in for routine screenings, but that one screening saved her life as it caught her cancer in a very early and very treatable stage. Early diagnosis and treatment have decreased the rate of breast cancer and its mortality rate.



**Inflammatory breast cancer**



**Hereditary and gynecologic cancers**



**Male breast cancer**

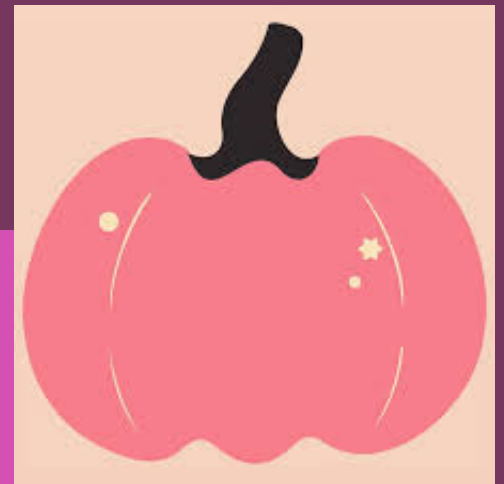


**Metastatic breast cancer**





Breast cancer will affect one in eight women during her lifetime, so it's our job as future nurses to be an advocate for our patients, use our voices, knowledge, and passion to help ensure every woman knows and has access to the screening, support, and care that she deserves. Remember: awareness, prevention, and education are the best opportunities for early detection and life-saving treatment.



# LIVING WITH A NURSING STUDENT

Sarah Roman

One of the perks of living with a nursing student, is anytime I feel like something may be wrong with me, I can ask her. One of the best pieces of advice she gave me was “Sarah, go to bed”. But in all seriousness, I am so grateful I have her to put a Band Aid on my paper cut, she even has Hello Kitty ones sometimes. I grew up with a mom who was a nurse, and I felt like she could cure any illness, bump, or bruise that I had. Now I am living with a nursing student, and I witness the amount of work it takes to be the healer I always thought my mom was. I see her get up at 5 am (well not see her, but hear her and think it's a ghost) and go to clinical. She will come home from the day and tell us about how many steps she took and her lack of lunch break.

Living with a nursing student is like living with a very disgruntled angel that loves to help people and who can run off of 6 hours of sleep every night. She will come home and study while her other two roommates will be yelling at the screen when something crazy happens in Vampire Diaries. The ability to concentrate with that going on is impressive. I will come to her someday and tell her I feel gross and her response is “how much have you had to drink and eat today” (I had coffee and some Halloween candy). So, I may not be the best patient, but living with a nursing student shows me that not everything has to be a trip to the doctor (not even wiping out on the ice in our driveway). Thanks for being the emergency room roommate.



Sarah and her roomie!





# MEET THE RSNA CABINET



Hi, I'm Ilse. I am the current President of RSNA. I am a Hispanic first generation student as well! I am interested in becoming a Med/Surg or a Pediatric nurse. Some things I love to do is cook some delicious food/sweet goods as well as lift weights and move my body. I am super excited for you all!



Hello, my name is Peityn Springstead, and I am currently serving as your Vice President. I am responsible for supporting everyone when needed and communicating with you guys about upcoming events! My hobbies are running and hanging out with dogs! I am excited to serve in this term.

Hey y'all! My name is Morgan Coleman and I am the Director of the Traditional Cohort for RSNA. When I am not working or at clinical you can find me sitting outside doing homework, reading, or in the crossfit gym.





Hi my name is Carmen Caudillo (she/her)! I am the RSNA secretary. I am responsible for keeping track of members' event attendance, NSNA number, and volunteer hours. Please email me if you have any questions about your hours or need to submit your volunteer hours.



Greetings and welcome to RSNA! My name is Riley, and I am a senior in the nursing program and philanthropy chair in RSNA. Aside from hiking with my dogs, I enjoy spending time with my friends and family. Thanks for your interest in RSNA.



Hello! My name is Shelby Finnegan, and I'm a senior in the traditional nursing program! My role is the Fundraising Officer, and with that my responsibilities include coordinating and running fundraisers to support the RSNA chapter. When I'm not studying for school, I love to do yoga and watch Grey's Anatomy!



Hi everyone, I'm Tristan! I grew up in Aurora, Colorado and have wanted to become a nurse for as long as I remember. During my free time I love playing volleyball, skiing, and hiking with my family, friends, and dogs!





My name is Kori, I'm from Westminster CO, and I'm the social media officer! I'm a senior in the traditional program and hope to go into pediatric cardiology or labor & delivery post-graduation! When I'm not in class or studying I'm usually hangout with my friends, at church, or at home with my cats, reading books, listening to Taylor Swift, watching movies, and baking!



Hi, I'm Alyssa! My position in RSNA is Co-Philanthropy Chair. I'm a senior in the nursing program and I am interested in working in cardiology when I graduate. In my free time I like to spend time outside either hiking or paddleboarding.



Hi! I'm Noah Virant, the RSNA Treasurer for the '23-'24 academic year. I'm originally from Cleveland, Ohio and no, it's not just corn - but I did grow corn. I'm also the general manager of KRCX, Regis' radio station and completing the applied craft brewing certificate here at Regis.



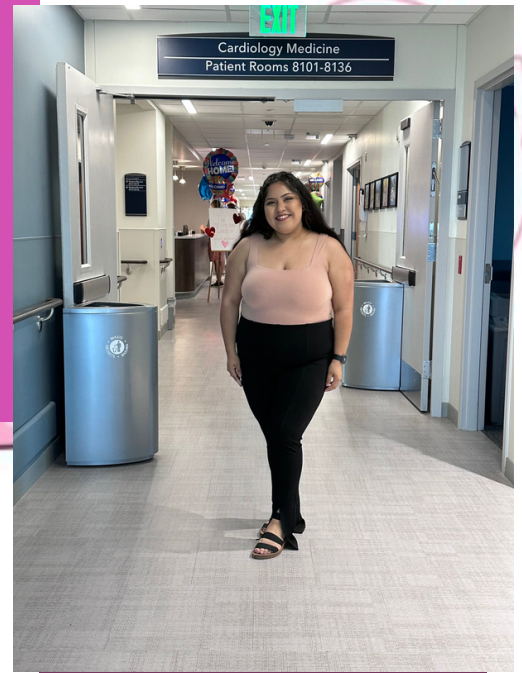
Hi everyone! My name is Rachel and I am a senior in the nursing program. I am the mentorship co-chair in RSNA. I am originally from San Francisco, California and I love to explore Denver in my free time. I also love to ski, play volleyball with friends, and explore new restaurants. Please reach out if you have any questions about RSNA or nursing school in general!







Hi, I'm Danielle! I am from Parker Colorado, and am a third generation Colorado native. Outside of nursing school, I like to go to the gym and explore Denver with my friends! I am one of twelve kids in a blended family, and I love every bit of it. I am interested in starting out in pediatric nursing, but am currently a Nurse Extern on a Labor and Delivery unit! I love being apart of RSNA, it has made a huge difference in my experience here at Regis!



To be apart of edits in the future, email Morgan Coleman ideas!

[mcoleman007@regis.edu](mailto:mcoleman007@regis.edu)



Hello everyone. My name is Isabella Cruz and I'm a recruiter here at RSNA and a senior in the traditional program! When I'm not studying, I like to spend time with my 5 dogs and my farm animals.

Boo



Boo

