

STETHOSCOPE STORIES



Happy new semester Regis Rangers! We know that you have been working hard and want to take a moment to recognize the time and hard work of every level of nursing student.

Remember, it is also important to take time for yourselves and enjoy the break while you can. We have the rest of our lives to work, and only one chance (hopefully) to enjoy undergrad. Take the time. do the fun things, and find the balance in nursing school. A challenging and rewarding career is on the horizon, so learn balance now!





HAPPY NEW YEAR

From our family to yours, we hope that everyone had Happy Holidays and a Happy New Year! May this next year bring joy, love, and achievement. Especially to our Rangers finishing up this Spring!



Cheers to 2024!



DECEMBER 2023 GRADUATES!

As the Regis Student Nurses Association, we wish all cohorts who graduated in December 2023 the best of luck with their careers. May you enter the world of nursing with healing and change in your hearts. May you make a difference for all of the patients you may encounter. Cheers and Congratulations!

HIGHLIGHTS -2023-



VACCINE
CLINICS,
BAKE SALES,
TRIP-OR-
TREAT
STREET
& MORE!



MEN AND
WOMEN FOR
AND WITH
OTHERS

CURA
PERSONALIS

MAGIS

NURSING ANGEISMS VOL. 1

1. IF ITS STICKY, WET, AND ISN'T YOURS...PUT ON GLOVES
2. WE DON'T NURSE IN A SILO, NURSING IS A TEAM SPORT...IF YOU AREN'T SURE GO GET HELP!!
3. WORK WIVES/HUSBANDS ARE A THING....GET COMFORTABLE WITH IT.
4. TRAUMA BONDING IS A SURVIVAL TOOL IN CRISIS SITUATIONS, IT'S NOT PRETTY, BUT RECOGNIZING IT AND HELPING EACH OTHER THROUGH IS PRICELESS. IT'S OK TO PAUSE AT A POINT, JUST DON'T UNPACK AND STAY IN VICTIMIZATION, GUILT, OR SHAME. FORGIVE YOURSELVES, EACH OTHER AND MOVE ON.
5. CRAP HAPPENS IN NURSING.....LITERALLY
6. TAKE YOUR VACATIONS AND DON'T WORK 15 SHIFTS IN 2 WEEKS! BURN OUT IS A THING....AND HERE'S THE THING....BURNED OUT NURSES DON'T RECOGNIZE IT RIGHT AWAY BECAUSE IT DEVELOPS OVER TIME! LOVE YOURSELVES AS MUCH AS YOU LOVE YOUR JOB, OTHER PEOPLE AND YOUR PETS!!
7. IF YOU THINK YOU KNOW EVERYTHING....THE UNIVERSE, YOUR PATIENTS AND CO-WORKERS WILL PROVE QUICKLY THAT YOU REALLY DON'T KNOW EVERYTHING....AND SOMETIMES....IT'S A SUPER PAINFUL EXPERIENCE. STAY HUMBLE IN YOUR PROFESSION AND YOU WILL GROW IN MORE WAYS THAN YOU CAN IMAGINE.

NURSING ANGEISMS VOL. 1

8. DARK HUMOR HAS A SEAT AT EVERY PROVIDERS TABLE...IT'S A LITTLE LIKE FINE CHINA, YOU HAVE TO KNOW WHEN TO BREAK IT OUT AND KNOW WHO YOUR AUDIENCE IS. KNOWING WHO YOUR AUDIENCE IS GOING TO BE THE DIFFERENCE BETWEEN A LOT OF LAUGHTER OR A TRIP TO HUMAN RESOURCES.....

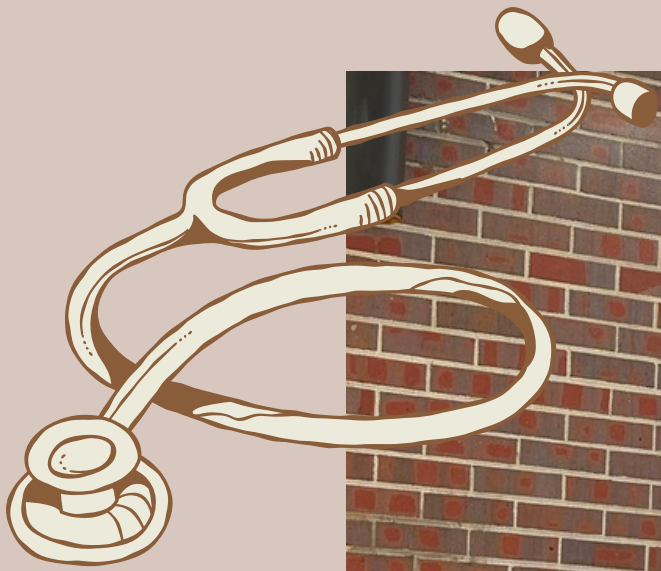
9. FOR THE LOVE OF ALL THINGS HEALTH CARE...IF YOU AREN'T SURE....ASK!! EGO HAS NO PLACE IN PATIENT CARE. WE ARE ALL LEARNING....EVERYDAY, EVERY SHIFT, AND WITH EVERY PATIENT WE LEARN SOMETHING NEW.

10. TRUST YOUR GUTS!! IF SOMETHING DOESN'T FEEL RIGHT...FOLLOW UP!!! ASK THE NEXT QUESTION, LOOK FOR THE NEXT VITAL SIGN....DIG DEEPER INTO THAT CHART...WHEN WE MAKE MISTAKES...ITS USUALLY BECAUSE WE DIDN'T ASK THE RIGHT QUESTION OR TRUST THAT WE WERE ON THE RIGHT TRACK!!



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HOW WE FEEL ABOUT THE START OF 2024!



LEARN & MASTER

MEDICATION MASTERY FOR NURSING STUDENTS: UNVEILING THE SECRETS OF DRUG INTERACTIONS

At first glance, CYP enzymes may seem like cryptic codes, but trust us, they're the gatekeepers to understanding medication interactions. Cytochrome P450 (CYP) enzymes are crucial in metabolizing drugs in our bodies. These enzymes metabolize some medications, and here's where the magic happens – inducers and inhibitors can affect how these enzymes work.



LEARN & MASTER

Meet the Players: Inducers vs. Inhibitors:

Inducers: Think of them as the cheerleaders of CYP enzymes. They rev up the enzyme activity, leading to faster drug metabolism. One familiar inducer in our daily lives is tobacco or smoking. Yes, you read that right! Smoking induces CYP enzymes, which can affect the effectiveness of various medications. So, for our health-conscious friends out there, another reason to quit smoking!



Remember the mnemonic **CRAP GPS**:

Carbamazepine

Rifampicin

Alcohol

Phenytoin

Griseofulvin

Phenobarbitone

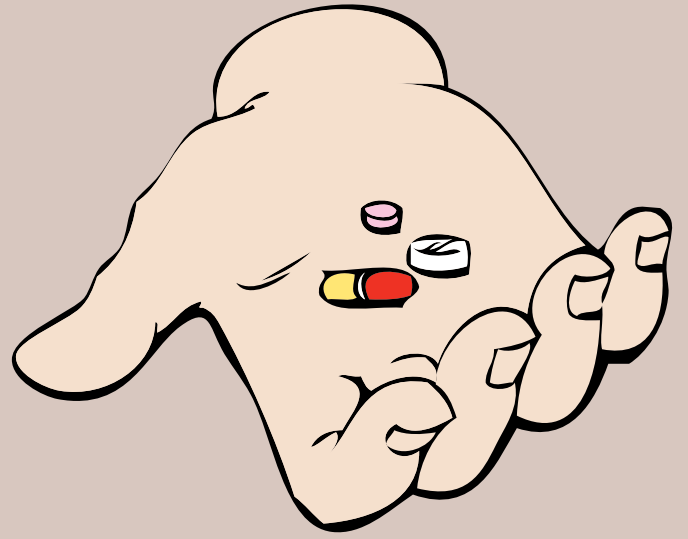
Sulphonylureas

These are common CYP450 inducers you should keep in mind.



LEARN & MASTER

Inhibitors: On the flip side, inhibitors are the traffic cops, slowing down enzyme activity. They can cause drug levels to rise, potentially leading to adverse effects or reduced therapeutic effects.



Remember the mnemonic

SICKFACES.COM:

Sodium valproate

Isoniazid

Cimetidine

Ketoconazole

Fluconazole

Alcohol* & Grapefruit juice

Chloramphenicol

Erythromycin

Sulfonamides

Ciprofloxacin

Omeprazole

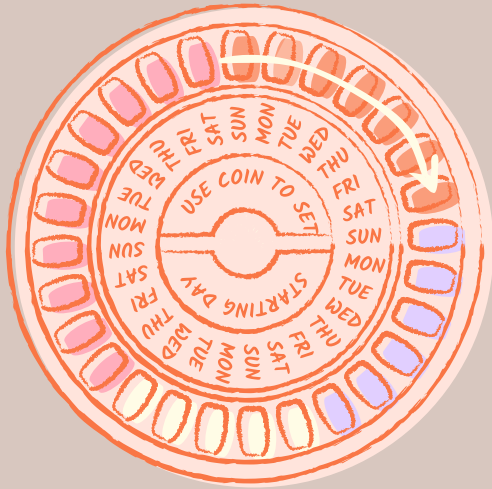
Metronidazole

These are common CYP450 inhibitors you should keep an eye on.



LEARN & MASTER

ANTACIDS, ORAL CONTRACEPTIVES, AND PSYCHOTROPICS, OH MY!



Here's a golden nugget of wisdom:

avoid taking psychotropic medications (commonly used for mental health) within two hours of an antacid. Why, you ask? Antacids, like inducers, can affect the metabolism of psychotropic drugs. Maintaining this time gap ensures you receive the intended therapeutic effect without interference.



For our nursing students, it's essential to know that certain psychotropic medications can render hormonal contraceptives less effective, increasing the risk of unintended pregnancy. Always consult with your healthcare provider when combining these medications to ensure your chosen contraceptive method remains reliable. Here are some examples of psychotropic medications that may affect the effectiveness of hormonal contraceptives:

Rifampin: An antibiotic used to treat tuberculosis.

Carbamazepine: Often prescribed for epilepsy and bipolar disorder.

Phenytoin: Used in the treatment of seizures and certain mood disorders.

Topiramate: A medication for epilepsy and migraine prevention.

St. John's Wort: An herbal remedy sometimes used for depression and anxiety.

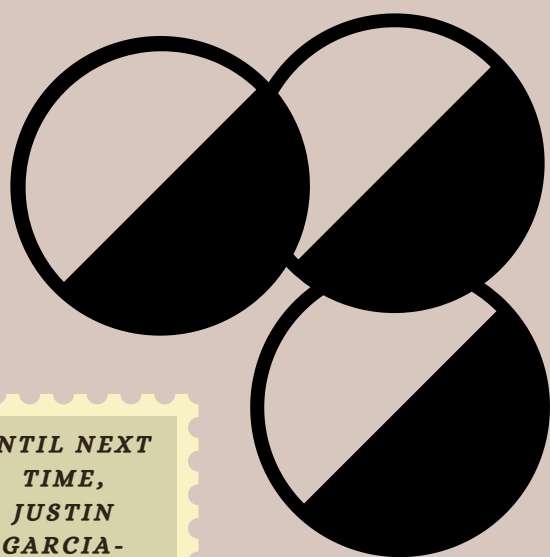


Navigating the Maze: Potential

Ramifications:

Understanding inducers and inhibitors isn't just for textbook knowledge; it's for better patient care. A nurse who comprehends how medications interact with CYP enzymes can help prevent drug interactions, reduce adverse effects, and optimize patient treatment outcomes.

So, in your journey towards becoming exceptional healthcare professionals, remember this – knowing your CYP enzymes is like having a secret key to personalized patient care.



Pharmacology might seem daunting, but it's essential to our nursing education. Inducers and inhibitors of CYP enzymes offer us an exciting insight into the world of medication management. As future nurses, you are the gatekeepers of patient safety, armed with knowledge to ensure the right drugs do the right things at the right time. Stay curious, stay passionate, and remember: CYP enzymes are your allies in nursing! Thank you for being a part of the Student Nurses Association, where we nurture knowledge and a passion for healthcare.

UNTIL NEXT TIME,
JUSTIN GARCIA-GRACE,
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APRN,
PMHNP-BC

HAPPY START OF SEMESTER #2



CATCH US AROUND CAMPUS AND SAY HI!

