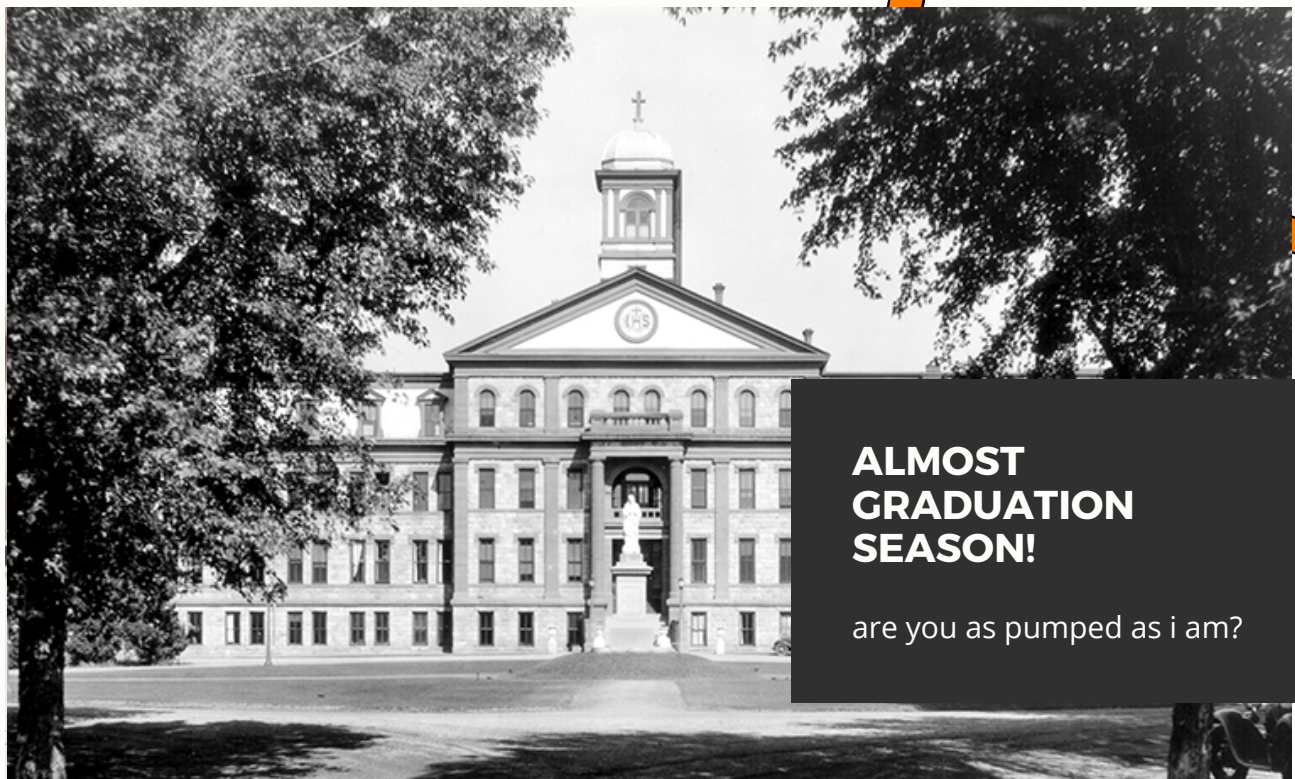


STETHOSCOPE STORIES

Official Newsletter of Regis Student Nurses Association

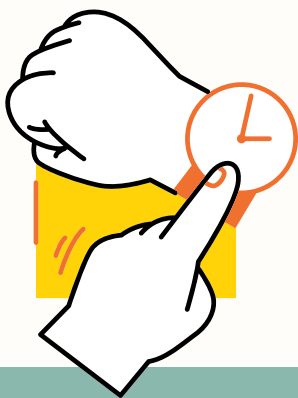


ALMOST GRADUATION SEASON!

are you as pumped as i am?

SPRINGING FORWARD!

Morgan Coleman



Regis Rangers, we are so proud of how hard you all have been working. Halfway through the spring semester; we can smell the sun and flowers. Summer is right around the corner so hang on.

Seniors, soak up your last eight weeks... I've heard it goes fast. Make this a time in your life to say "yes" to all of the fun things.

Juniors, you get the whole summer off. Use that time to get some rest, work hard, and enjoy the sunshine.

Underclassmen, you're new and fresh... keep it that way! Enjoy school and keep studying hard. Two years goes fast, don't waste it.

WHAT'S BEEN HAPPENING IN RSNA...

Ronald McDonald House Service - Riley Semsch

The Ronald McDonald House of Denver offers a comforting haven for families with hospitalized children, ensuring they can stay close without any financial burden. Families are invited to stay for the entire duration of their child's treatment at no expense. As part of this initiative, we had the chance to prepare a meal for these families. Our cooking session took place in the RMHC kitchen, catering to approximately 30 people.

As a cohesive RSNA team, we collaborated to craft a delightful breakfast spread featuring casseroles, pancakes, fruit salad, and sausages. Contributing to our community was a fulfilling experience, fostering stronger connections among team members. Following our cooking endeavor, we captured the camaraderie with group photos alongside animated characters, sharing laughter and cherishing the moment. It's safe to affirm that our cooking adventure was as enjoyable as the shared moments afterward.



In RSNA we work together and have fun together... join us next time!



NURSE PRACTITIONER SHOUTOUT

Are you ready to embark on a thrilling journey through the world of nurse practitioner specialties in Colorado? Buckle up because we're about to dive into the exciting realm of advanced practice nursing and discover the incredible opportunities that await you!

*What kind of nurse do you want to be?
Continue making educated decisions!*

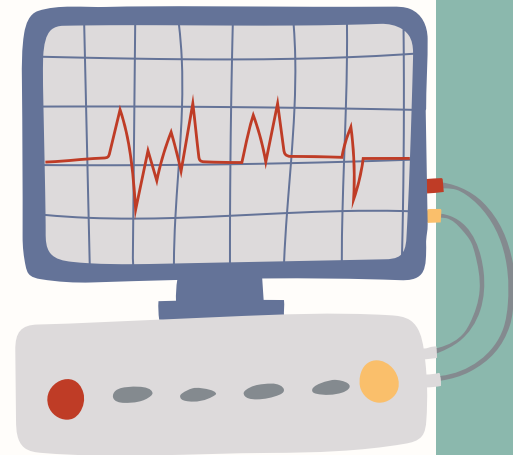
Picture this: you're a freshly graduated nurse eager to make your mark in the healthcare industry. But wait, what's that? You need to decide which specialty to choose. Fear not, my friend, because Colorado has a smorgasbord of options that will make your head spin (in a good way)!

Let's start with the cream of the crop: Family Nurse Practitioners (FNPs). These healthcare heroes are jacks of all trades, treating patients of all ages and tackling a wide range of health issues. And the best part? They're in high demand! In Colorado, FNPs earn an average annual salary of \$108,000. That's enough to buy a lifetime supply of stethoscopes and still have money left over for a fancy spa day!

But wait, there's more! If you're a fan of tiny humans, consider becoming a Neonatal Nurse Practitioner (NNP). These specialists work with the most delicate and precious patients, ensuring newborns receive the best care possible. And the rewards are sweet: NNPs in Colorado earn an average of \$120,000 per year. That's a lot of diapers!



The Acute Care Nurse Practitioner (ACNP) specialty might be your calling for those who prefer an annually fast-paced environment. These adrenaline junkies work in hospitals and critical care settings, managing patients with complex health conditions. And the payoff? ACNPs in Colorado earn an impressive average of \$115,000 annually. It's time to upgrade your coffee maker because you'll need it!



But let's not forget about the unsung heroes of the mental health world: Psychiatric Mental Health Nurse Practitioners (PMHNPs). These compassionate professionals help patients navigate the challenges of mental illness, providing much-needed support and treatment. In Colorado, PMHNPs earn an average of \$125,000 per year. That's a lot of therapy sessions (for your patients, not you)!






Of course, there are countless other specialties to explore, from Pediatric Nurse Practitioners to Women's Health Nurse Practitioners and beyond. Each one offers its own unique challenges and rewards, and Colorado is the perfect place to start your journey.

So, what are you waiting for? Grab your scrubs, put on your thinking cap, and prepare to embark on the adventure of a lifetime! With so many incredible nurse practitioner specialties in Colorado, your imagination (and maybe your student loan balance) is the only limit. Happy exploring, future NPs!

ORLANDO, FLORIDA

Morgan Coleman



Help me wish some of our RSNA cabinet members safe travels as they embark on a journey to Orlando, Florida! They are participating in the National Student Nurses Association Conference. They will be learning new ways to lead our own RSNA, evidenced based practice, and how to be the best nurses they can be. In the next issue of this newsletter we will present pictures of their adventure!



CORNED BEEF HASH RECIPE

Justin Garcia-Grace

Ingredients:

- 1 (3-4 pounds) corned beef brisket with spice packet
- 1 large onion, quartered
- 4 cloves garlic, minced
- 2 bay leaves
- 2 tablespoons pickling spice
- 1 teaspoon mustard seeds
- 1/2 teaspoon black peppercorns
- 1 pound baby red potatoes, halved
- 4 large carrots, peeled and cut into 2-inch pieces
- 1 medium head of cabbage, cut into wedges

Instructions:

- Rinse the corned beef under cold water and place it in a large pot or Dutch oven.
- Add the onion, garlic, bay leaves, pickling spice, mustard seeds, and peppercorns to the pot.
- Pour in enough water to cover the beef by about 1 inch.
- Bring the mixture to a boil, then reduce the heat to low, cover the pot, and let it simmer for about 2 1/2 to 3 hours, or until the beef is tender.
- Remove the beef from the pot and set it aside, covered with foil to keep it warm.
- Add the potatoes and carrots to the cooking liquid and increase the heat to high. Cook for about 15 minutes or until the vegetables are almost tender.
- Add the cabbage wedges to the pot and cook for an additional 5-7 minutes, or until the cabbage is tender but still slightly crisp.
- While the vegetables cook, slice the corned beef against the grain into thin slices.
- Using a slotted spoon, transfer the vegetables to a serving platter. Arrange the sliced corned beef on top of the vegetables.
- Ladle some cooking liquid over the beef and vegetables, and serve hot with your favorite mustard or horseradish sauce on the side.

