

# MANS Quarterly

MARYLAND ASSOCIATION OF NURSING STUDENTS

## 2012-2013 MANS Executive Board:

Cheryl Appleton, UMSON  
manspresident@gmail.com

Donna-Sue Lammie, UMSON  
mansvicepresident@gmail.com

Kristin Butt, JHU  
manssec@gmail.com

Brian Faulkner, UMSON  
manstreasurer@gmail.com

Austin Combs, CCC  
mansnewsletter@gmail.com

Alexandra Del Barco, UMSON  
manscommunity@gmail.com

Vacant  
mansbtn@gmail.com

Sarah Cook, UMSON  
mansmembership@gmail.com

Gewreka Nobles, CCBC  
mansfaculty@gmail.com

Theresa Card, UMSON  
mansadvertising@gmail.com

## Contributing Authors:

Austin Combs, CCC

Zachary Stavrakis, CCC

Elizabeth A. McKee, UMSON

Kathleen Hallock, UMSON

Alexandra Del Barco, UMSON

Newsletter Designer:  
Jill Agnew

## EMERGENCY NURSING BY AUSTIN COMBS, CCC

It's often said that nursing students should take the opportunity to get their foot in the door before going into the field. I believe doing this is truly valuable. In December of 2011, I was hired as a Clinical Nurse Extern in the Johns Hopkins Hospital Emergency Department. The best part of the Emergency Department is the variety of patients you see on a regular shift. One of my recent experiences in my patient assignment involved someone with a blood sugar just less than 2000 while a patient one room over presented with a blood sugar of 18. Within the next two rooms there was a chemo patient with a temperature of 40.3 C, and a 75 y/o female being heparinized for an elevated troponin, presenting with SOB.

Since Hopkins exists as a Level 1 Trauma Center, throughout the shifts we hear overhead pages for "Delta Trauma" or "Medical Patient." These pages are usually followed by estimated time of arrival, whether they come in with EMS or if they're walk-in patients. If the patient is not identified, staff will use terms such as male doe or female doe for registration purposes. Instead of the patient having their name on their ID bracelet it will read "male" or "female" with a number. One of my first nights on trauma I heard, "Delta Trauma five-minute ETA, Delta Trauma five-minute ETA male doe pack...Full Arrest" paged overhead. The incoming patient arrived with EMS, intubated, with no pulse. When I heard "multiple gun shot wounds", I thought maybe three to five, not twenty plus.

*continued on pg. 5*

## EXPLORING MY FUTURE IN NURSING BY ELIZABETH A. MCKEE, UMSON

Nursing provides a wide variety of opportunities in a vast array of settings. Deciding on your educational goals is often necessary to achieve personal and professional goals. As a student nurse getting ready to enter the field of working nurses, I have the following questions asked on a regular basis. Will you continue on in your education? Are you going to get a certificate, masters, or doctoral degree? What degree will you pursue? Each time I consider the variety of options that make nursing the career I already love.

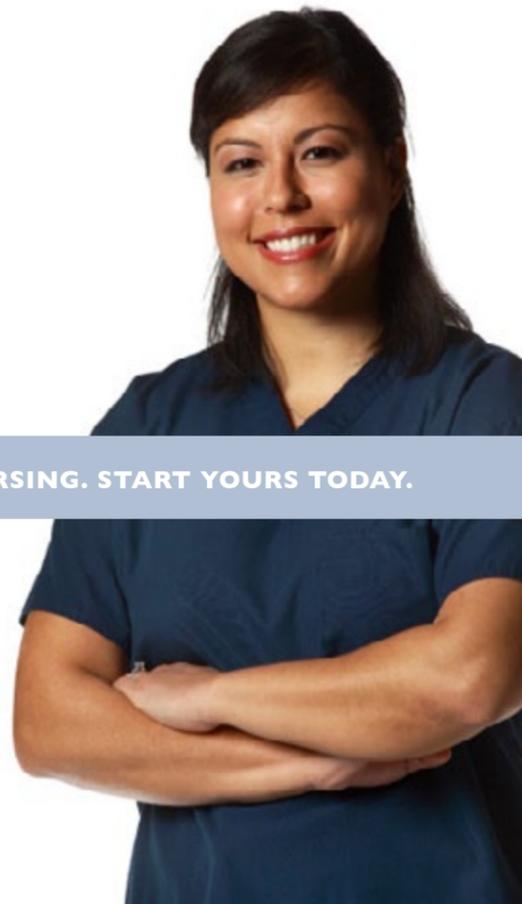
Where do you start? For most nurses, the decision begins with the choice to pursue either an associate's or bachelor's degree. In an interview with Margaret McNeill, Critical Care Clinical Nurse Specialist from Shady Grove Adventist Hospital, she admitted her desire to advance her career through education started during her bachelor program. "My Bachelor's program always emphasized that as a profession nurses needed to pursue more knowledge than provided during our undergraduate education, so I always knew I would go on for more education."

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## Presidential Minute

with Cheryl Appleton, UMSON

Presidential Greetings:

Hello all! My name is Cheryl Appleton, and I am your 2012-2013 Maryland Association of Nursing Students (MANS) President. I'm extremely excited to be representing the state of Maryland in the National Student Nurse Association (NSNA). Here's a little bit of information about myself: I'm originally from Pennsylvania, born and raised in a small town in the middle of nowhere. I moved to the Washington D.C. metro area after graduating college with my first degree in Music Education. I worked for approximately ten years in several different jobs, including preschool teacher, nanny, customer service representative, and an assistant producer/development coordinator. I guess you could say I tried a lot of different things but never really found a good fit for me. Along the way I married (and divorced), and had a beautiful son. He's now almost nine years old, and he's both my greatest treasure and my biggest challenge every day of my life. I live close to my school, the University of Maryland, Founding Campus at Shady Grove, with my partner and my son. I am loving my senior year, and feeling blessed to be surrounded by the support of great family and friends.

Your MANS Board started laying groundwork this past summer for a very productive year! We attended the Northeast Leadership Conference in August in New York City, and gained some very useful knowledge about NSNA as well as methods for running a successful state nurses association. We have also begun planning and implementing several projects, including Bylaws revisions, a website "facelift," scholarship application review, state convention planning, a membership drive, sponsor and vendor recruitment, a Council of School Leaders meeting, and several community outreach and service initiatives. Stay tuned for updates!

Best of luck to all students for a terrific fall semester! We're looking forward to seeing you all at the state convention on January 26, 2013!

Sincerely,

Cheryl Appleton

President

Maryland Association of Nursing Students

## UMMC SUMMER STUDENT RESIDENCY JOURNAL BY KATHLEEN HALLOCK, UMSON

After six shifts on the Medical IMC unit, I feel like I've vastly expanded my repository of knowledge of the "clinical picture" often described in classroom but really not well understood until entry to practice. On my first shift, my nurse preceptor LaTonya and I identified a change in mental status and worsening dyspnea on exertion in one of our patients with a history of COPD. After notifying the doctor and asking her to order an ABG, our suspicions were confirmed that the patient was in a state of respiratory acidosis. The doctor ordered continuous BiPAP to improve her condition and it was very rewarding to return to work with her later in a more pleasant, vibrant mood.

Many of our patients' prognoses were very poor, i.e. a patient with pulmonary fibrosis whose SpO2 would drop into the 70's with slight activity, even when wearing a face mask with oxygen at a high flow rate. To conserve her oxygen, we asked the doctor to order for a Foley to be inserted. With the incidence of CAUTI, it seemed counterintuitive to me at first, but it was a good lesson in prioritization. Including the aforementioned patient, it seemed as though we had a lot of patients that were optimal candidates for hospice. LaTonya and I found out later that this patient coded and passed away within a week of our care for her. It's a heavy burden for the nurse, who wants to help the patient get better and leave for home or rehab. I've learned that sometimes the best you can do is just do all you can to leave them more comfortable than when you found them.

I feel like I need a lot of improvement talking to patients and families under these circumstances. Another patient with worsening stage IV lung cancer had family visiting, and I admired as LaTonya engaged the patient in talking about his grandchildren. Meanwhile, one of his adult daughters started to cry. I'm not really good at comforting people when they're upset; my usual tactic is to try to make people laugh, but I don't think it's appropriate in most nursing situations. So, instead, I quietly offered her some tissues. It's interesting how with some clients, the relationship is strictly nurse-patient, but with others it seems that you're taking care of the whole family. I really like this aspect of nursing because it sheds light on the patient's life outside of the hospital and allows the nurse to take on a greater variety of roles adapted to each individual patient's needs.

Clinically, I think I have a lot of room for improvement, especially when it comes to balancing my psychomotor technique and task orientation with critical thinking and clinical decision-making. I feel very fortunate to have this opportunity to get to practice the skills I learned in school in a dynamic workplace where it is sometimes impossible to follow textbook instructions to the letter, especially when the resources available are different than those in the lab. I am lucky that LaTonya is such a patient preceptor because I have committed some of the most cliché nursing bloopers, such as breaking the seal on a saline flush with too much force and squirting saline in the direction of a visitor! I have already accepted that there are some mistakes that have to be made in order to improve my practice, however I often fear consequences to patient safety. I think I need to be more confident in my skills and knowledge to strike a better balance between what I CAN do and what I THINK I can do.

### Vacant Positions on the MANS Board: Breakthrough to Nursing Chair

If you are interested in being a part of the MANS Board please contact Sarah Cook at  
mansmembership@gmail.com

## EMERGENCY NURSING BY AUSTIN COMBS, CCC

continued from the cover...

After multiple rounds of CPR the Trauma Attending Physician calls out for a thoracotomy kit. Within seconds, one of our Support Associates quickly grabs a heavy kit, which sounds more like a toolbox being shaken. In this kit were a large set of tools that the doctors used to crack open the patients chest. In only my first few weeks working at Hopkins, in front of me lays a patient with their chest cracked open. As one of the residents began injecting epinephrine directly into this patient's heart, I started thinking about what I had learned about epinephrine in nursing school; Epinephrine constricts blood vessels. Even after multiple units of blood and pressurized bags of NS through my first 16G IV catheter I had ever placed, the patient's blood pressure continued to drop. Eventually, time of death was called and I returned back to my patient assignment.

Working in an emergency department, allows for opportunities to experience an entire spectrum of patients from rare endocrine disorders, psychiatric patients, medical patient's trauma patients, and the occasional ETOH patient who mistakes a trash can for a urinal. I am currently in my last two classes of nursing school, which are psych and critical care, and I've realized that I already have so much knowledge in these areas after working in the ED. I always thought an ER is where my heart would be but after this year I am sure it's where I belong. I urge all motivated and determined nursing students to start volunteering, shadowing, or working as a CNA/Tech. Many hospitals like Hopkins, UMMC, and GBMC all have special positions set aside for student nurses who are ready to put aside their textbooks and gain hands on experience. Working as an Emergency Technician during nursing school truly has been a valuable and amazing experience.

### EXPERIENCES OF A NORTHWEST HOSPITAL NURSE ASSOCIATE

BY ZACHARY STAVRAKIS, CCC

My name is Zachary Stavrakis and I am in my last semester of Nursing School at Carroll Community College. I would like to discuss the valuable experiences I have gained from working as a Nurse Associate at Northwest Hospital Center on the IMC Unit. The Northwest Hospital healthcare team collaborates on a daily basis to ensure that patients receive the highest quality of care. I am currently working as a Nurse Associate which is a PRN position given to nursing students concurrently enrolled in classes. Working in this position has acclimated me to the fast paced hospital environment and has given me the opportunity to learn and practice various clinical skills that were forbidden in my nursing school clinical. I have been educated and validated by peers on performing many clinical skills including but not limited to phlebotomy, obtaining IV access, and reading basic ECG arrhythmias. Before I had applied to nursing school my dream was to become a critical care nurse and making an impact on patient's lives.



Becoming a nursing associate on the IMC unit at Northwest Hospital Center has made my dreams become a reality. I have found my place in the nursing world and look forward to my future in nursing. I attribute a lot of my clinical practice of critical skills, structure, knowledge, and passion for nursing to the education I have received in nursing school at CCC and from my experiences as a Nurse Associate at Northwest Hospital center. I encourage all nursing students in their early or late semesters to seek out positions like these in any hospital you choose.

## Meet your new board!

### **Cheryl Appleton, President**

Cheryl Appleton is the President of the Maryland Association of Nursing Students. She is 37 years old and a second-degree student at the University of Maryland, Founding Campus at Shady Grove. She has a great partner and a nine-year-old son – they both keep her stepping! Cheryl feels that her nursing studies have been a life-changing experience, and she's both excited and sad to be finishing her student nursing. She is enthusiastic about working with this year's MANS Board of Directors, and is eager to be part of the progress in their endeavors.



### **Donna-Sue Lammie, Vice President**



Donna-Sue Lammie is currently in her second semester at the University of Maryland School of Nursing (Shady Grove). Upon completion of her BSN, she plans to enroll in a CRNA program at an area school and also become a nurse educator in the years that follow. Some of the things that she is passionate about are education and health care issues for people in developing countries; especially in St. Lucia, her homeland. The most influential person in her decision to become a nurse is her older brother, a twenty-two year type I diabetic. Donna-Sue works part-time as a laboratory technician at the American Red Cross where she also volunteers on the Safety Committee and Emergency Response Team. She was the 2012 recipient of the Tiffany Award for Employee Excellence.

### **Kristin Butt, Secretary**

Kristin Butt is the 2012-2013 Secretary on the MANS board of Directors. Kristin is a senior nursing student at the Johns Hopkins University School of Nursing and will be graduating in May 2013. Originally from Falmouth, Maine, Kristin graduated in 2011 with a B.S. in psychology from Davidson College, located outside of Charlotte, North Carolina (a.k.a the location of the April 2013 NSNA National Convention). Over the summer Kristin began working as a clinical nurse extern on a surgical oncology unit at the Johns Hopkins Hospital, which she says "has been a great learning experience." In addition to NSNA, Kristin is involved in the Birth Companion program supporting women throughout their pregnancy, during labor, and after they give birth. After graduation, Kristin hopes to pursue a career as a pediatric nurse and would eventually like to go back to school to become a Pediatric Nurse Practitioner.



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## Meet your new board!

### **Brian Faulkner, Treasurer**

Brian Faulkner is a second semester student from the University of Maryland School of Nursing at Shady Grove. He is a husband and father of three children. Service is nothing new to him; he has served seven years in the military and is still an Active Duty Soldier. He has organized and fundraised for Swimming Tournaments and "The Fallen Rugger" Rugby Tournaments that were free for all participants. As a board member to the Fort Leonard Wood Rugby Football Club he help raise over \$5000 for the Wounded Warrior Project. Last year he served as his school's delegate and ran for a NSNA national board position. He looks forward to working with the MANS board as the Treasurer and using his time and skills to promote community service among all the nursing students in the State of Maryland. Feel free to contact him at [manstreasurer@gmail.com](mailto:manstreasurer@gmail.com) with any questions.



### **Austin Combs, Newsletter Chair**



Austin is currently in his last semester of Nursing School at Carroll Community College with the expected graduation date of December 2012. While originally from Maryland, before attending Nursing School, Austin spent a little over 3 years in the Rocky Mountains of Boulder, Colorado. Austin currently works as a Clinical Nurse Extern in the Adult Emergency Department at the Johns Hopkins Hospital. Austin loves teaching and helping other students. Throughout nursing school he has been a peer mentor, peer tutor, attends "supporting our students" seminars held each semester and serves as the Vice President CCC's NSNA. After NCLEX Austin hopes to begin working as a Critical Care Nurse and start volunteering as an RN at Access Carroll, a healthcare office for the uninsured of Carroll County. Austin plans to go back to receive his MSN in either Nursing Education, Trauma/ Critical Care Nurse Practitioner, or Pediatric Nurse Practitioner.

### **Sarah Cook, Membership & Nominations Chair**

Sarah Cook is a senior at the University of Maryland School of Nursing at the Baltimore campus. She decided to pursue a career in nursing because of its incredible options and the chance to make a difference in someone's life everyday. After graduation in May 2013, she hopes to focus on cardiac nursing in an ICU step-down unit. Prior to nursing, she worked at the National Endowment for the Arts in Washington, D.C. as a program manager for a national reading program. Sarah holds a BA in English, with a creative writing focus, from Ohio Wesleyan University.



*Continued on Page 8...*

## Meet your new board!

### **Theresa Card, Public Relations Chair**

Theresa is member of the University of Maryland's Baccalaureate Nursing program class of 2013. She grew up in upstate New York, and spent several years in Manhattan after graduating with a BA in English Literature from Barnard College. Prior to pursuing a nursing career, Theresa worked in not-for-profit management, provided consulting services to entrepreneurs, and founded The Good Little Dog School. Theresa moved to Baltimore for the summer of 2009 to work on a dolphin behavior research project at the National Aquarium, and has been here since. She lives in Towson with her partner Christopher, daughter Sierra, three dogs, and four parakeets. In addition to serving as the MANS PR chair, Theresa is the UMB USGA Parliamentarian and represents UMB on the University System of Maryland's Student Council.



### **Alexandra Del Barco, Community Health Chair**



Alexandra Del Barco is in her third semester at the University Of Maryland School Of Nursing and completed her nursing prerequisites at UMBC. Alexandra was a part of the 2 + 2 Partnership Program between UMBC and UMB. She currently works as a student nurse in the Neurotrauma ICU at University of Maryland Shock Trauma, where she previously volunteered for 4 years. She plans on being a Critical Care/ Trauma nurse before going back to school to be a Critical Care Nurse Practitioner. Alexandra has a vast experience volunteering with Camp Possibilities, a camp for diabetic children, Habitat for Humanity, and the University of Maryland Medical Center Breathmobile. She plans on holding various events such as a Sandwich-A-Thon, Emergency Kit Day, and a dodge ball fundraiser for Camp Possibilities. She will also be working with Script Your Future to help advocate the importance of medication adherence.

### **Gewreka Nobles, Faculty Advisor**

Presently works for the American Nurses Credentialing Center (ANCC) as an Education Program Specialist.

In 1975, Ms. Nobles graduated with an ASN degree from Norfolk State College in Norfolk, VA, a BSN degree in 1996 and a MSN in 2000 from Barry University in Miami Shores, FL.

She has held numerous clinical and managerial roles in Adult Medical Surgical and Pediatric nursing. Teaching experience includes instruction at Barbara Goleman Senior High School for a Health Occupations program and nursing at Miami-Dade Community College in Miami, FL and the Community College of Baltimore County in Baltimore, MD.



## SCRIPT YOUR FUTURE BY ALEXANDRA DEL BARCO, UMSON

Poor medication adherence is a national problem. Medication adherence means taking medications as directed by a health care professional no matter what form the medication is in—pill, oral solution, inhaler, injection, or topical ointment. One out three Americans never fill their prescriptions or fail to take their prescription as directed. This leads to serious health consequences and avoidable costs. As more Americans are being affected by a chronic condition, the cost for patients and the health care system continue to grow. This nation needs a campaign to raise awareness of this critical public health issue. This is where Script Your Future comes into play. Script Your Future is a campaign of the National Consumers League that educates consumers and their family caregivers about the importance of taking medication as prescribed as a vital first step toward better health outcomes. This three year campaign is focused on patients affected by three serious chronic conditions—diabetes, respiratory disease and cardiovascular disease. Education is prevention. Spreading the word about medication adherence and the importance of it can raise awareness about the issue and enable patients to be knowledgeable about their health care. Script Your Future spreads the word by participating and volunteering at various events during the year. Last year, I went to the Maryland Health Expo to hand out adherence cards. It was a great success and I felt like many people were made aware of the national problem at hand. There are events going on at least every month as well as coalition meetings. For more information or for future events please contact manscommunity@gmail.com or access the MANS website at <http://www.marylandnursingstudents.org/> under Community Health Activities.

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## EXPLORING MY FUTURE IN NURSING

continued from the cover...

BY ELIZABETH A. MCKEE, UMSON

Additionally, in most hospitals and facilities today, a Bachelor's degree is becoming the preference and is often required to achieve advanced degree programs within nursing.

Certificate programs allow for exploration and education within a particular field of nursing. Available in topics such as environmental health, global health, teaching in nursing, nursing informatics, and nursing management, certificates can allow the new nurse to get his or her feet wet. The wide array of schools across the country offer a variety of courses, and in this technologically savvy age, many can be taken online.

Masters degrees provide a host of options for the nurse with the desire to advance their practice. The clinical nurse leader option provided by the University of Maryland offers the student with a Bachelor's degree in a field other than nursing to become an RN along with the added benefit of a time frame of 16 to 23 months. Additionally, Master of Science specialties focus on adult, pediatric, family, gerontological, and psychiatric mental health nurse practitioners, nurse anesthetists, nursing informatics, community and public health, and the trauma/critical care/emergency specialty unique to UMD, a combination of the clinical nurse specialist and acute care nurse practitioner.

At the doctorate level, both a PhD and DNP are available. Doctor of Philosophy (also called PhD) programs usually require a GPA of 3.0 or greater in coursework from the bachelor's through the master's level. A master's degree and evidence of student's likely success are also regular entry requirements. Focusing on research and leadership, PhD programs differ from their clinical counterpart. DNP programs adhere to the same pre-requisites, with an additional focus on a large number of practical hours to ensure the nurse has proficient knowledge within the area of chosen study.

Working to obtain any of these degrees, it is the passion for nursing that drives advancement, and can be a very personal decision requiring a lot of thought and support. For Mrs. McNeill, this is especially true. "I truly enjoy being a nurse and decided as a professional nurse I wanted to expand my knowledge through graduate education. This was so that I could practice at an advanced level, work with other nurses to optimize patient outcomes, conduct research to expand the knowledge of nursing science, and teach." Her extensive credentials include Critical Care Registered Nurse, Critical Care Clinical Nurse Specialist, Board Certified Nurse Executive, and Certified Institutional Review Board Professional. And in the interest of transparency, I have to admit, Margaret McNeill is in fact my mother and nursing inspiration. Preparing to graduate in May 2013, it is my mother's achievements through her valuable years as a nurse that I learned of my own passions, and she has shown me what excellent difference an educated nurse can make.

### RUN FOR STATE OFFICE!

2013-2014 BOARD OF DIRECTORS ELECTIONS!  
33<sup>rd</sup> Annual MANS Convention, January 26, 2013

APPLICATIONS AND MORE INFORMATION AVAILABLE AT  
<http://www.marylandnursingstudents.org/>

## CALENDAR OF EVENTS

### MARK YOUR CALENDARS! HERE ARE SOME

#### IMPORTANT UPCOMING DATES:

##### OCTOBER:

18<sup>TH</sup> - 19<sup>TH</sup> - MARYLAND NURSES ASSOCIATION (MNA) CONVENTION AT ANNE ARUNDEL MEDICAL CENTER

##### NOVEMBER:

2<sup>ND</sup> - 1<sup>ST</sup> ANNUAL PEDIATRIC NURSING EDUCATION SYMPOSIUM HOSTED BY THE UNIVERSITY OF MARYLAND CHILDREN'S HOSPITAL

8<sup>TH</sup> - 11<sup>TH</sup> - NSNA'S 30<sup>TH</sup> ANNUAL MIDYEAR CONFERENCE, SAN DIEGO, CALIFORNIA

##### JANUARY:

26<sup>TH</sup> - MARYLAND ASSOCIATION OF NURSING STUDENTS (MANS) 33<sup>RD</sup> ANNUAL STATE CONVENTION

Kim, RN, Memphis • Ericka, LPN, Los Angeles • Courtney, RN, Washington D.C. • Mercy, LPN, Baton Rouge • Madelyn, LPN, Cleveland • Ellen, RN, Brooklyn • Avery, LPN, Houston • Pam, RN, Denver • Melissa, RN, La Jolla • Jenney, RN, St. Paul • Rebecca, LPN, Lincoln • Evelyn, LPN, St. Petersburg • Mary Beth, LPN, Lawrence • Kathy, RN, Orlando • Mike, RN, Denver • Kendra, LPN, Miami • Roger, RN, Overland Park • Mary, RN, Kansas City • Anaheim • Maggie, RN, Des Moines • Sandie, LPN, Louisiana • Jodie, LPN, Cleveland • Brooklyn • Michelle, LPN, Dallas • Patricia, RN, Colorado Springs • Dell, RN, La Jolla • Christine, LPN, Sioux City • Eve, LPN, St. Paul • Mary Beth, LPN, Lawrence • Katlyn, RN, Las Vegas • Matthew, RN, San Bernardino • Kendra, LPN, Miami • Kevin, RN, Overland Park • Karen, RN, Memphis • Lori, LPN, Bunker Hill • Grant, RN, Washington D.C. • Deanna, LPN, Boston • Betsy, LPN, Sandusky • Vicky, RN, Rock Island • Danielle, LPN, Austin • Paula, RN, Aurora • Melinda, RN, Phoenix • Cindy, RN, St. Louis • Stacey, LPN, North Platte • Tara, LPN, Denver • Barbara, LPN, Manhattan • Kevin, RN, Charlotte • J. RN, Salt Lake City • Sally, LPN, Miami • Forrest, RN, Memphis • Helen, RN, Indianapolis • Julie, RN, Los Alamos • JoAnn, RN, Little • LPN, • Lisa, RN, St. Charles • Ronald, LPN, Sioux City • Leigh, LPN, Oklahoma • Hector, RN, Orlando • Michaela, RN, Tampa Bay • Cassandra, LPN, • Morgan, RN, Oak Park • Amy, RN, Lake George • Ali, LPN, Ann Arbor • Tristan, RN, Detroit • Louisburg • Kelly, LPN, Lancaster • Elizabeth, RN, Crested Butte • Randy, LPN, Seattle • Lauren, RN, Providence • Beverly, RN, Atlanta • Grant, RN, Toledo • Paula, LPN, Philadelphia • Avery, LPN, • Jackie, LPN, Traverse City • Bonnie, RN, Reno • Mike, RN, Arlington Heights • Callista, LPN, Michigan • Brent, RN, Dearborn • Kathleen, RN, Memphis • Brenda, LPN, Los Angeles • Suzanne, RN, New York City • Margo, LPN, Chicago • Cassie, LPN, Lake Charles • Jack, RN, Brooklyn • Ginger, LPN, Houston • Pat, RN, Pagosa Springs • Merideth, RN, Sacramento • Jen, RN, Ithaca • Ronaldo, LPN, Scottsdale • Evelina, LPN, Mendocino • Margaret, LPN, Flint Janie, RN, Columbia • Deidra, RN, Dover • Ken, LPN, Miami • Carter, RN, Kansas City • Andrea, RN, Wichita

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- Nursing Informatics
- Pediatric Primary Care Nurse Practitioner
- Pediatric Acute Care Nurse Practitioner
- Psychiatric Mental Health Nurse Practitioner
- Trauma, Critical, and Emergency Nursing:  
Clinical Nurse Specialist and Acute Care Nurse Practitioner

### CERTIFICATES

- Environmental Health
- Global Health
- Teaching in Nursing and Health Professions

### DOCTORAL DEGREES

- Doctor of Philosophy
- Doctor of Nursing Practice

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