

## COACH NEWS

SON Dean: Dr. Michael Evans 806-743-2738	Department Chair: Dr. Melinda Mitchell-Jones 806-743-4842	Program Director: Dr. Laura Opton 806-470-9642	Education Technology: Phillip Crawford 325-696-0530	Student Business Services: 806-743-7867 ext. 332	Coach Hire Liaison: Cheryl Wright 806-743-4282 Jeannette Diaz 806-743-9212
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### IMPACT OF COACHING A Student Perspective

The role of the preceptor is so critical because with this role it is the opportunity to cultivate strengths, develop confidence, model ethical nursing practices, and ultimately develop the future of nursing. In the beginning of nursing school, the fear, uncertainty, and anxiety can blind a student from seeing their goals and remember the reason *why* they wanted to become a nurse. When the preceptor takes a student under their wing and guides them, they are not only teaching them how to be a nurse, but giving emotional support in a way that allows the student to know that there is someone in their corner rooting for them to succeed. It's not an easy job to take care of an entire patient load and precept at the same time. These nurses are spectacular!

I specifically remember a time early on in my clinical experience when I was so overwhelmed, that I was on the verge of bursting into tears. My preceptor was able to recognize my stress and give me space to calm down, yet encourage me to keep pressing toward my goals. From that day forward, my relationship with

her became one that inspired me to push through the boundaries that come with learning the profession, and achieve my goals of learning how to execute my responsibilities as a practicing nurse today. I am so thankful for the opportunity I had to work with my preceptor because she truly molded my nursing practice. I am most thankful for her helping me to link nursing theory to clinical practice, teaching me to remain level headed and calm, allowing me to learn at my own pace, and always being ready to teach. Through the student/preceptor role, I know I will always have a friend, colleague, and role model that I can count on.

-Angela Thomas BSN, RN - December 2015 graduate



I enjoy precepting and coaching students. Their enthusiasm refuels mine. I feel it is not only my duty to teach the basic tools like meds and interventions, but also to remind the student that nursing is the most challenging, scary, beautiful, fun, satisfying, thankless, loving job we can do. It takes knowledge to be a nurse but we can't forget to support the love and heart that is the foundation of a truly good nurse! I rely heavily on my sense of humor and I teach my students to do the same. We have to be real with our patients. Honesty is a must. Patients entrust us with their lives. It is so imperative that students understand the intimacy of that relationship. Students can so easily get caught up in studying, tests, notes and words. I think it's our job as coaches to draw them out of that bubble into the real world. They need to understand that they are in charge of someone's mother, sister, grandmother or child's life. It's no longer a case study. Watching that process take place is so satisfying for me. I love watching them grow from terrified little newbies to confident seniors ready to take on NCLEX! Have fun Coaches! -Shealee Mitchel BSN, RN from BSA ER

### COACH TO COACH

VISIT THE COACH PORTAL AT [HTTP://NURSING.TTUHSC.EDU/COACHES](http://nursing.ttuhschool.edu/coaches) FOR  
INFORMATION RELATED TO STUDENT COURSES & COACH SUPPORT



## WEBINAR CONNECTION INFORMATION:

April 6, 2016  
9:00 AM - 10:30 AM

[Join Skype Meeting](#)

Call-in: 1-877-743-9001 (Conference ID: 7030451)

April 18, 2016  
9:00 PM - 10:30 PM

[Join Skype Meeting](#)

Call-in: 1-877-743-9001 (Conference ID: 7030451)

## PHARMACOLOGY CONTINUES.....

Incorporate with every clinical experience

Prior to the administration of any medication, the student should be able to verbalize the key information to safely administer the medication.

- Indication for the patient/client and action
- Contraindications/Precautions
- Adverse Reactions/Side Effects
- Verify the Route and Dosage
- Implementation such as pre/post assessments, monitoring, and patient teaching
- In addition for IV medications- Rate of Administration, Compatibility, and Dilution

Medication administration is also a wonderful time for you, as the coach, to inform the student of additional information learned through experience. Such as the side effect of administering Reglan too fast. As stated in drug reference, Sky Scape (2016), this causes intense anxiety, restlessness and then drowsiness. It is one thing to read this key information in the drug reference and another to experience it. The student may see and read this information but not connect it with practice, as they will administer the

medication over the recommended rate. However, we know through experience that even administering a medication as recommended, the patient/client may still experience a side effect. Discussing this with the student helps bring the importance of the medication information from the book to the practice setting.

In addition to the medications provided in the March 2016 edition of the Coach E-Newsletter the following medications are of focus for April and May:

- Anti-infective Drugs
- Anti-inflammatory Drugs
- Immune and Biological Modifiers
  - Immunosuppressants
  - Chemotherapy
- Gastrointestinal Drugs
  - Acid Controlling
  - Bowel Disorders
  - Anemia Drugs
- Dermatologic, Ophthalmic, Otic Drugs
- Medication Safety



## FIRST SEMESTER COURSE INFORMATION & CLINICAL FOCUS



### Spring Semester Course Timeline:

SPRING: 1/12 - 5/16				
MLK: 1/18, Spring Break: 3/15-18				
Jan	Feb	Mar	Apr	May
*NURS3205 Clinical Competency I: Boot Camp				
1/22-2/22 NURS3307 Health Assessment				
2/22-5/6 NURS3408 Pharmacology				
**1/26-5/13 NURS3510 Foundations Clinical				
	2/15-5/6 NURS3380 Foundations Didactic			
			3/28-5/16 NURS3315/3105 OB Didactic & Clinical Clinical on 5/2-5/12	

### Mark Your Calendar with these Important Dates:

- 4/1/16: Mid-term Evaluation due, these can be accessed through the coach portal
- 4/6/16 @ 0900: Coach Webinar
- 4/18/16 @ 2100: Coach Webinar
- 5/13/16: Final Evaluation due and semester is complete
- Don't forget to review the checklist weekly and provide feedback

### Clinical focus for April:

- Developing foundational nursing skills:
  - Nasogastric Tubes
  - Airway (Suctioning, Oxygen)
  - Urinary Catheters
  - Intravenous Access
  - Isolation
  - Safety & Privacy (Chart Review)
  - Hygiene
  - Communication
  - Review of CNA skills
- Developing Assessment Skills
- Standards of Practice and Professional Practice
- Terminology
- Medication administration with Calculations

THANK YOU FOR YOUR CONTINUED SUPPORT AND  
DEDICATION TO OUR PROGRAM AND PROFESSION