

COACH NEWS

SON Dean:
Dr. Michael Evans
806-743-2738

Department Chair:
Dr. Melinda Mitchell-Jones
806-743-4842

Second Degree BSN
Program Director:
Dr. Laura Opton
806-470-9642

Veteran to BSN
Program Director:
Dr. Debbie Sikes
015.404.1558

Education Technology:
806-743-4248
sonistaff@ttuhsc.edu

Student Business
Services:
806-743-7867
ext. 332

Coach Hire Liaison:
Meghan Reid
806-743-1435
Meghan.reid@ttuhsc.edu

EMPOWERED

“Being empowered means that you have the ability to effectively motivate and mobilize yourself and others to accomplish positive outcomes in your practice and work environment. When you’re committed to enhancing your knowledge base and incorporating evidence-based practice (EBP) research findings, you become a positive change agent and can serve as a role model for your peers, supervisors, and the community. The final outcomes of nursing empowerment are increased workplace satisfaction, enhanced nursing autonomy, and improved patient outcomes” (Jordan, R. and Davis, C., 2013)

Improve your empowerment with these suggested tasks.

1. **Enhance Leadership Skills** by enrolling in leadership courses, become involved in organizational meetings, seek formal or informal opportunities to practice leadership within the organization.
2. **Positive Change Agent** by increasing nurse satisfaction with evaluating work environment, seek opportunities to change or find solutions in bettering the work environment and seeking opportunities to collaborate nurses to work on a project for betterment of the work environment, policies and patient safety.
3. **Gain Certificate** by “You can gain personal and professional satisfaction by obtaining specialty certification that reflects your level of expertise in a specialized area. You may want to form a study group with your coworkers for specialty certification exams. Research has shown that when hospitals are staffed with baccalaureate-prepared nurses

who hold specialty certifications, 30-day patient mortality is dramatically lower. Nurses who attain specialty certification are more invested in the success of their organization, collaborate more effectively with their healthcare team, and are more empowered in their work area.” (Jordan, R. and Davis, C., 2013).

4. **Evidence Based Practice Cheerleader** by incorporating evidence based practice in our everyday practice increases patient safety and evaluating or seeking new evidenced based practice. Enhance your knowledge with online continual nursing courses and attending courses at the local Universities.

“You should continuously strive to be a role model within your work environment and encourage your team members to join you on the journey to empowerment.” (Jordan, R. and Davis, C., 2013)

Our coaches are the top and empower our students daily!

Thank you for all you do!

REFERENCES:

Jordan, R. and Davis, C. (2013) Are you empowered?

Nursing made Incredibly Easy, March/April
2013

doi: 10.1097/01.NME.0000426297.01571.5d

COACH TO COACH



"I've been a preceptor and coached new grads and nursing students for several years. However this is my first year coaching for the Texas Tech second degree nursing program. The faculty do a great job matching student and coach to facilitate a quick bond, which is a must due to the fast nature of this program. It is important to quickly build a rock solid foundation with the student. I do this by including them in every aspect of patient care. Allowing them to be as independent as possible builds their confidence. I offer constructive criticism, but most importantly praise when needed. I love teaching but my passion is caring for patients at the bedside, so being a clinical coach is the best of both worlds. These students will soon be our work colleagues, therefore it is imperative to shape them into safe, competent and confident patient advocates!"

- Christina Garcia, RN, CMSRN

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



THIRD SEMESTER COURSES INFORMATION & CLINICAL FOCUS



Fall Semester Course Timeline:

FALL: 8/24 – 12/9			
Labor Day: 9/5, Thanksgiving Holiday: 11/24-25			
Aug/Sept	Oct	Nov	Dec
		10/28-12/9 NURS4310 <i>Synthesis of Nursing Knowledge</i> ATI Comprehensive Predictor on 10/28 & 12/5	
8/24-12/2 NURS4398 <i>Acute Care Nursing Didactic</i>			
8/24-12/5 NURS4510 <i>Acute Care Nursing Clinical</i>			
8/24-9/23 NURS4317 <i>Community Nursing</i>			
9/26-10/28 NURS4318 <i>Management & Leadership</i>			
	10/31-12/2 NURS4316 <i>Health Promotion</i>		
		11/7-12/5 NURS4219 <i>Clinical Competence II</i>	
COMPLETION DATE: 12/10/2016			
TTUHSC OFFICIAL GRADUATION CEREMONY: 5/2017 - TBD			

Mark Your Calendar with these Important Dates:

- 8/24/16 - Clinical begins
- 10/7/16 - Midterm
- Evaluations due
- 10/7/16 – Half clinical checklist due
- 12/5/16 - Final
- Evaluations due
- 12/5/16 – Clinical checklist due
- 12/5/16 - Last day for clinical
- 12/10/16 - Graduation
- Weekly review of clinical checklist and performance feedback

Clinical focus for September:

- Patient/family centered care
- Emergency nursing care
- Cardiovascular:
 - Diagnostics, procedures and hemodynamic monitoring
 - Rhythm interpretation and conduction system
 - Myocardial infarction, Acute Coronary Syndrome, Coronary Artery Bypass Grafting
 - Hypertensive crisis, heart failure, endocarditis, myocarditis, pericarditis
 - Aneurysm, dissection, cardiac tamponade
- Shock:
 - Systemic Inflammatory response syndrome, Multi-organ dysfunction syndrome
- Respiratory:
 - Pulmonary Hypertension, Cor Pulmonale
 - Artificial airways and management, chest tubes and management,
 - Pneumonia, pleural effusion, pulmonary edema, pulmonary embolism
 - Acute asthma events, Chronic pulmonary obstructive disease exacerbation
 - Chest trauma

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