

THE NSA CITYSCAPE

SAN DIEGO CITY COLLEGE NURSING STUDENT ASSOCIATION

EMAIL NEWSLETTER



· DECEMBER 2020 ·

CULTURAL CONSIDERATIONS

-SVETLANA FADEEVA, CULTURAL AWARENESS DIRECTOR

Muslim:

- Islam rules prohibit alcohol, non-Halal animal meat. Halal meat is reared and slaughtered differently from conventional meat.
- During Ramadan, Muslims fast. They cannot have any food, liquids, including water, as well as oral medication, between sunrise and sundown.
- Medications that contain gelatin or pork-based fillers are forbidden. Although, Islam may permit the use of any drug in a life-threatening situation.

African American:

- May refuse pain medication due to fear of addiction.
- May refuse bath, shower or washing hair after giving birth until bleeding stops.
- Some patients may try to hide their health conditions or limitations to avoid shame or embarrassment.

Jewish:

- Only kosher food is allowed. Kosher meat needs to be slaughtered in a way that is humane and all the blood from the animal is drained.
- Mixing any meat with dairy is not allowed and separate utensils should be used. Mixing fish with dairy is acceptable.
- Major amputated limbs may need to be buried in consecrated ground.

Hindu:

- Most are vegetarian.
- Bathing after a meal may be viewed as harmful.
- Right hand is used for eating and left hand for hygiene and toileting.

Chinese:

- May prefer to be addressed as Mr, Mrs, or Miss.
- Direct eye contact may considered impolite by older generation.
- Handing objects with the left hand may

be viewed as offensive.

- Using both hands is preferred because it is a sign of respect.

Russian:

- The most common treatment in Russia is bedrest, that is why the idea of ambulating as soon as possible may be met with dismay.
- May not want DNR status.
- Believe that it is important to wear warm clothes in order not to get sick. Patients may not want to use the AC.

Mormon:

- Euthanasia is prohibited.
- Consuming of coffee, tea, alcohol, and tobacco is discouraged.
- Fasting, with no food or drink for 24 hours, may be required once each month.
- Birth control is not approved. Abortion is often prohibited.

Resources:

<https://commons.emich.edu/cgi/viewcontent.cgi?article=1600&context=honors>

http://www.healthcarechaplains.org/docs/publications/landing_page/cultural_sensitivity_handbook_from_healthcare_chaplains_network.pdf

<https://www.ncbi.nlm.nih.gov/books/NBK499933/>

WHAT'S IN THIS ISSUE

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GETTING TO KNOW JOEL RAZO...“THAT GUY”

-MARLYNA PIDDUCK

Picture a 6'2", maybe taller, man with a thick beautiful Jonny Bravo style haircut, wearing glasses sitting in the front row on the first day of nursing school. He hardly speaks but when he does he is very composed and calm and never afraid to ask the tough questions. One of the first conversations that we had as a cohort was religion and how it would affect nursing care. Joel spoke up and gave us insight on his religious beliefs and practices as a Jehovah's Witness. A fellow classmate asked him if he can call him "J-dub". With a smile and a laugh, he just said "Nope! Joel is good! Just Joel."

Once a few of us started to get to know Joel, we found that he was a very funny, intelligent, and caring person. He can be very reserved and quiet, so not a lot of his peers get to know the Joel I have gotten to know. He always referred to himself as "that guy". To be honest, this is the guy you want on your team. I wanted to share his story. Joel hesitantly agreed to be interviewed. So I present to you a little Q&A with Joel Razo.

Interviewer (I): "Why are you becoming a nurse?"

Joel: "For me, the reason why I am becoming a nurse, is because I really enjoy taking care of people. But more specifically, taking care of them in their times of need. I felt as a CNA, I had reach a plateau of where there is only so much I can do. If I can get this training I can even help more people in a deeper way. That has always been kind of my motivation to become a nurse."

I: "Do you see yourself progressing further in the health career?"

Joel: "I definitely see myself being comfortable as a nurse. But I see, I think, myself becoming a nurse practitioner. That again, the more training can help me have even more impact on people, and that is really my goal."

I: "How has COVID effected your school career and studying?"

Joel: "COVID has really changed everything for me. School has really become unpredictable and it has taken a lot of the control that you typically have and [COVID] has taken that away. So now you feel a lot less control over school. For my career the biggest impact was the early COVID days. Early March, April, and May those times were really uncertain. During that time it reminded me how fragile we are as front line staff. There is only so much pressure and anxiety that we can face before it can start to have a negative effect. So for me it made me realize what was really important in my life which is spiritually, my marriage,



my family. It kind of made refocus on those things so I can better deal with those pressures at work."

I: "Now that everything is virtual, has any of it effected your studies?"

Joel: "I think that's been great. I know zoom is not everyone's cup of tea, but personally having more time, less travel time, not having to worry about going anywhere, has given me more time for studying. We have saved so much money on gas."

I: "Where do you work at, as a CNA correct?"

Joel: "I currently work at UCSD on the 8th floor, which is a Medsurg floor. I have been a CNA for 12 years."

I: "WHHAAAA?!"

Joel replies while laughing: "Yes! I started when I was 6 years old, no I am just kidding. This was my first job in the health field. I worked at Starbucks and other jobs prior but when I was 18 years old, that is when I start working as a CNA. I started with 3 years at a long term care SNF facility and then 9 years in acute care. I have worked all over like Tele, ICU, ED, Trauma, so I've got to get a whole picture of the acute care scene here in San Diego."

I: "What made you become a CNA in the first place?"

Joel: "You know I wanted to become a nurse right away, for me it was logical to become a CNA. But before, I spent some time doing ministry work so that kind of post-poned



becoming an RN and I went through this phase where I really wasn't sure whether if I should go back to school or not."

I: "How long where you doing ministry work?"

Joel: "I did full time ministry for about 8 years. I got to travel to Dominican Republic for a little bit. Currently my wife and I are a part of a Persian ministry so we have gotten a chance to go to Europe when there was a lot of Afghan refugees there. We got to do some ministry work there and now we are doing it here in San Diego. It is a big part of what keeps us going."

I: "How has COVID effected your family life?"

Joel: "I would say, we are a lot more cautious in the things that we do. We don't go out as much besides grocery stores or our jobs. So we have to kind of not think about what we are missing out on but kind of look for new opportunities that COVID has brought us. So we get to spend a lot more time at home together which has been nice for my wife and I... most days (laughs). When I do the things I am supposed to do things are great. So I think it has brought us together in a lot of ways."

"When [COVID] was early we really didn't know what it was. I was allowed one step in the house and that was it. I had to disrobe myself and I got to be inside, which was good. We sat everything to the side and didn't wash my scrubs right away because the early data stated that COVID can survive on certain surfaces for like 3 days. So, my scrubs sat in a bag for 3 days. I had to wipe my shoes down and then go straight to the shower."

"Sonia (wife of Joel) has been amazing! At first, I mean I wasn't a denier, but I was like we have seen corona before. We were going to be fine. I did not expect what we have now but she did. She knew. She said, 'We're doing this!' Insinuating the decontamination processes at the door."

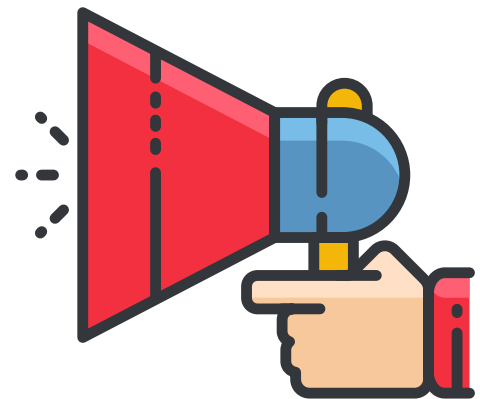
I: "What are some motivations that have gotten you this far in the program in the middle of a pandemic?"

Joel: "The one thing that I have told myself since early on in my career I have always told myself is that I'm the one giving care but tomorrow I could be the one in the bed. I have used that to keep in mind that all of this is for a purpose. When I have my patient I'm gonna take care of him to the best

of my abilities because one day it can be me there. That helps me not lose touch of what this is all for. We are not really learning care plans to be really good at care plans, we are learning all of these things because one day we will be helping and caring for people".

I: "Anything that you wish to share with your classmates?"

Joel: "I am honestly so impressed with our class, we have such a strong cohort. If I were to say one thing it would be to remind everybody that no matter how hard it is or it is made for us by others, nursing needs you. Nursing definitely needs you. Not only is there a shortage but people are really hurting out there and they are really needing us to be there for them. Nursing school is a short phase, and it's painful... sometimes more painful than necessary, but please continue because they really need us. It just may not feel like it now."



UPCOMING EVENTS

Dec 1st -Feb 23rd SDCC

Foundation Board scholarships open. For more information visit sdccity.academicworks.com

Dec 14th-Jan 31st Winter Break

Dec 17th Volunteer opportunity with Acute Care CNA Class. Email Veronica for more information at sdcc.nsa.btn@gmail.com

Feb 1st Spring Semester Begins

HEY FIRST YEARS!

-SHOSHANNA REYES

The SDCC nursing class of 2021 were asked what they wish they knew as a first-year nursing student. Here is their sage advice.

"I wish I had known more about our resources such as the ATI adaptive quizzes provided. I didn't know about them until second semester."

-Mike Gutierrez (pictured below with his niece)



"Be flexible and expect the unexpected (COVID-19). Don't question the professors. Know how you learn the best and stick with it." -Gabriel Espana

"Fluid and electrolytes info! I wish that someone would've told me that we need to follow the objectives for each module. I wish I didn't spend a lot of time doing a care plan the night before clinicals. I wish I knew how to start a care plan"

-Ailyn Villarreal Reyes

"Office hours really helped me. Some professors even lent me books to study with. They give great study tips as well. Also you get to know the professors really well... and learn about their individual expectations... and teaching styles."

-Jenny He

"My advice is to get to know your fellow students, make friends, start group chats, and form more study groups. You shouldn't have to suffer alone, in silence. Share the pain because everyone can relate. Nursing school will scar your life, in a good way." - Wise Anonymous



"Don't be afraid to reach out to your profs. I think something everyone needs to hear at some point is not to get discouraged if things don't go exactly according to plan or if mistakes are made because it's all a part of learning and things do work out eventually. Just trust in the process even though it's hard sometimes." -Veanne Cuyugan (pictured above)

The first year of nursing school can be daunting, it will stretch your mind and test your grit but with the support of your classmates and faculty and you can do it. You absolutely can.

thank
you ❤️

A huge appreciation shout out to the contributing newsletter team for their creativity, resources, precious time, and heartfelt efforts. THANK YOU!

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If you have ideas or are interested in contributing to the newsletter please contact Shoshanna Reyes, SDCC NSA Communications Director at sdcc.nsa@gmail.com