

THE NSA CITYSCAPE

SAN DIEGO CITY COLLEGE NURSING STUDENTS'
ASSOCIATION
EMAIL NEWSLETTER

· JANUARY 2021 ·

PULSE OXIMETRY AND RACIAL BIAS

-EMILY CARPENTER, SDCC NSA PRESIDENT

As we all know from our classes, pulse oximetry doesn't always give us a completely accurate reading. From low perfusion to improper placement to fingernail polish, many things can affect the accuracy of a pulse ox monitor. Alarming, even rapid or severe oxygen desaturation may be inaccurately reported by a pulse ox monitor.

But did you know that race and skin tone can also affect pulse oximetry accuracy?

A study done this year by the New England Journal of Medicine is the latest in a string of studies that demonstrate inaccuracy in pulse ox monitoring for darker-skinned patients. They found that Black patients were almost three times more likely to experience hypoxemia that was undetected by a pulse ox monitor, (occult hypoxemia), than White patients. This has disturbing implications when we consider our reliance on pulse oximetry in triage patients, and in deciding how and when to adjust supplemental oxygen levels, which is especially relevant when we consider how we triage patients for COVID-19 and the disproportionate impact COVID-19 has had on black, indigenous, and people of color (BIPOC) communities. We may be placing BIPOC patients at increased risk for hypoxemia and related complications, leading to overall worse health outcomes in BIPOC communities.

So what can we do right now to address this injustice within our own practice? As we all know, the first step is to assess. Knowing that the pulse ox monitor has a higher chance of inaccuracy with BIPOC individuals, it is important for us to use other assessment tools. Does the patient appear ashy, have shortness of breath, or difficulty breathing? What is their cap refill? What are they saying to you? Believe your patients when they express anxiety about being unable to catch their breath and don't be afraid to ask the physician for an ABG for a



more accurate look at your patient's blood oxygen levels. Racial bias in healthcare isn't going away anytime soon, and while small changes in our own practice won't solve this systemic issue, it may make the difference between a positive and a negative outcome for the patient right in front of you.

Relevant research:

- <https://erj.ersjournals.com/content/32/4/1053>
- <https://pubs.asahq.org/anesthesiology/article/102/4/715/7364/Effects-of-Skin-Pigmentation-on-Pulse-Oximeter>
- <https://www.bmj.com/content/371/bmj.m4926.full>
- <https://www.nejm.org/doi/full/10.1056/NEJMc2029240>

WHAT'S IN THIS ISSUE

- **Pulse Oximetry and Racial Bias**
- **Overcoming COVID Vaccination Anxiety**
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- **SDCC Professors share the significance and their memories of the Pinning Ceremony**



OVERCOMING COVID VACCINATION ANXIETY

-RICKY GUEL

With the rapidly worsening Coronavirus pandemic and overwhelming increase in cases, companies and vaccine makers have raced to produce vaccines to combat the virus. Coronavirus vaccines are new and unfamiliar, causing some people to be scared, skeptical, and fearful. People have the right to be fearful or wary of a new vaccine, but not without first informing themselves with trustworthy research sites, articles, and healthcare professionals.

Jason Esguerra, RN, wanted to do some research of his own as he is a member of the healthcare field and "wanted to be up to date on research because it is a huge part of the nursing profession". He was initially concerned by the expedition of the vaccine, but in conducting his own research he found that the vaccine was able to be expedited at the pace it is was due to "increased funding, mass international effort, and less difficulty in finding people to volunteer for vaccine trials." For previous vaccines, developers often had difficulty finding individuals willing to participate; however, the Pfizer and BioTech vaccine trials had large numbers of willing to participants. After conducting his own research and deciding to get the Pfizer COVID-19 vaccination, Jason now wants to be a voice of reason to recommend and teach others who may be uninformed or misinformed about the vaccine.

The COVID vaccine may be accompanied with some side effects including arm soreness, fever, chills, fatigue, and headache. Jason, like others, experienced arm soreness at the site of injection, slight body aches, and headache which went away within 24 hours, but he was very glad he ultimately made the choice to get vaccinated. For those who have any doubts or are still unsure whether they should receive the vaccine when eligible, be sure to talk with your healthcare provider about your concerns and do some research of your own on reputable sites such as the CDC website and other government agencies who approved the vaccine.

For more information about Covid-19 vaccinations visit

- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



UPCOMING EVENTS

Dec 1st -Feb 23rd Scholarships available through SDCC Foundation Board. For more information visit sdccity.academicworks.com

Jan 21st Head to Toe Assessment practice for 1st and 2nd years from 3-5pm. Zoom ID: 836 5235 9356
Passcode: 12345

Jan 22nd Volunteer opportunity with Acute Care CNA Class 9-11am
Email Veronica for more information at sdcc.nsa.btn@gmail.com

Jan 22nd Fundraising committee meeting at 12pm. Zoom ID 859 1517 1436

Jan 27th Training and education to better understand the needs both medically and mentally of transgendered youth. Presented by Trans Family Support Services of San Diego. From 6-730pm Zoom ID: 864 0579 7685 Passcode: TFSS

Feb 1st Spring Semester Begins.
WELCOME NURSING STUDENTS
CLASS OF 2022!





FACULTY SHARES CHERISHED MEMORIES AND THE SIGNIFICANCE OF THE PINNING CEREMONY

**-STATEMENTS COLLECTED BY LARISSA
JOHNSON, SDCC NSA VICE PRESIDENT**

Hello Students,

I was Pinned in the San Diego City College Theater where we have held the Convocations and other special events at City. In the large auditorium was my precious Mother, a CNA and my Grandmother, an LVN. I had been "Capped" as an LVN in the Balboa Park "theater" in 1978 which was a very special event. To finally achieve my goal of completing the, at times, tough RN program and get my gorgeous pin was quite an accomplishment. I have worn that beautiful SDCC RN Program pin for every ceremony since I joined as a faculty in 2006 as an adjunct.

This past year was a sad one as the pinning was not a possibility. I hope you all can somehow make it happen. A special memory of mine was at the 1993 SDCC RN Pinning Ceremony was when I had been selected to give one of the speeches in front of the entire auditorium which was overflowing. Out in the audience of course was my family, but several of my colleagues that I worked with at Scripps Mercy Hospital were there as well to support me and demonstrate their caring and joy at my accomplishment. Yes, the Pinning was very special and my memory of it is very vivid. Best Wishes to you all!

Professor Rhonna Porch, MSN, RN-BC, PHN.....almost retired ☺

I remember my pinning very well.

I had several personal issues that arose throughout my nursing education, and finally coming to the point of graduation was more than just the completion of my studies, but was the symbol of a fresh start in my life. I eagerly awaited the chance for independent practice and the opportunity to have a positive impact on the community.

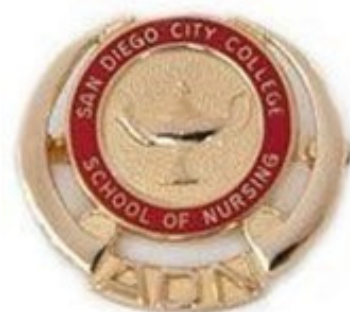
I remember those that meant the most to me: my parents, my lifelong friend from childhood (we are still friends to this day!) and the man who would become my husband all looked so proud. I even remember what I wore: my first white uniform, white stockings & brand new white Nurse Mates (no scrubs allowed back then!).

I wore my pin proudly for nearly 30 years - until I lost it somewhere (I still hope I find it!). I was so moved the year that SDCC students "pinned" their instructors during pinning rehearsal & I wear my City College nursing pin as proudly as I wore my Seton Hall pin.

The tradition of pinning goes back to the days of Florence Nightengale, as so much of our profession does. Florence used pins as a way to honor excellence & that tradition has continued to be a moment of recognition of the sacrifices and efforts of nursing schools world wide. More than just a piece of jewelry, the nursing pin, and the ceremony of pinning, represent the welcoming of new practitioners to the profession and provides experienced nurses the opportunity to reflect on their practice, on the joy of anticipating what lies ahead, and the chance to recommit themselves to the science and art of nursing.

The ceremony is a meaningful one upon which graduates can warmly reflect for the rest of their lives. I am glad I did not miss mine, and I am equally glad to say that I have only missed one or two pinnings at City College over the past 15 years (one being when I traveled to Delaware to welcome my niece to the profession at her pinning!).

Professor Catherine Shafer, MSN, RN



PINNING CEREMONY CONTINUED...

Please share with your peers. I agree with Professors Porch and Shafer regarding pinning.

For our recent class of 2020, It was unfortunate when our graduates could not be pinned. When I received my nursing pin, I identified myself as a nurse, especially after repeating the nursing pledge. My Dean of Nursing, Dr. Rossitto and faculty welcomed me to the nursing profession. Being pinned by Dr. Rossitto, and having my faculty and family cheer for me was an honor.

Nurses make a difference in patients' lives and the health of their communities, but becoming a nurse takes a lot of hard work. Nursing students need to acquire clinical reasoning and clinical judgment to be effective on the front lines to implement safe and quality care to the patients we serve. Our esteemed faculty have provided our essential nursing students with these skills.

There is a lot of dedication and hard work that goes into earning your degree in nursing. For many, the culmination of this effort is the pinning ceremony. Many colleges and universities embrace this unique nursing school tradition, which takes place in addition to graduation.

Our nursing pinning ceremony's significance is symbolic of welcoming our outstanding nursing students into the nursing profession. Nurses are an essential part of the global healthcare workforce. According to the World Health Organization, of the estimated 43 million health workers around the world in 2015, nearly half were nurses or midwives. Almost three million nurses live in the U.S.

A little history to share about the long history of the nursing pinning. Dating back more than 1,000 years to the 12th-century crusades, which was a violent period, women devoted to caring for the injured and ill were given large Maltese crosses to wear on the battlefields.

It's also the legacy of the famed Florence Nightingale hundreds of years later that has influenced modern-day nursing school pinning ceremonies. Hospitals recognized Nightingale's impact on healthcare, particularly nursing, and began creating pinning programs starting in the mid-1880s.

By 1916, pinning ceremonies were common in the U.S. and England. San Diego City College Nursing Education Program's nursing pinning ceremony is a time-honored tradition and our nursing students of their hard work and dedication. Our nursing students need to celebrate

their accomplishments with their supportive families, excellent faculty members, and school representatives.

Thank you both for allowing me to share.

References: Please share these references with your peers.

- www.hcpro.com/NRS-250713-4931/In-the-know-The-history-and-importance-of-the-pinning-ceremony.html
- <https://nursinghistory.org/pinning-tradition/>
- https://www.who.int/gho/health_workforce/en/
- <https://minoritynurse.com/nursing-statistics/>

With appreciation,

Dr. Dometrives Armstrong, DNP, MSN, FNP, PHN, RN
Acting Associate Dean|Director of Nursing Education

Graduation is right around the corner

**PINNING
CEREMONY
COMMITTEE**

IS SEEKING INDIVIDUALS TO GET INVOLVED IN
PLANNING! IF INTERESTED PLEASE CONTACT
SDCC.NSA.VP@GMAIL.COM



A warmhearted thank you for those that devoted their precious time, resources, and creativity in the production of this newsletter during the winter break.

Emily Carpenter
Ricky Guel
Larissa Johnson
Micah Williams

Professor Porch
Professor Shaffer
Dr. Armstrong



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