

# THE NSA CITYSCAPE

SAN DIEGO CITY COLLEGE NURSING STUDENTS'  
ASSOCIATION  
EMAIL NEWSLETTER

· MARCH 2021 ·

## MOVE OVER MEN, IT'S MARCH - CELEBRATING WOMEN'S HISTORY MONTH

-RICKY GUEL JR.

Women are remarkable, inspiring, and influential in every aspect. Women are the reason each and every one of us are here today, as a woman carried you for roughly nine months before giving birth to you. Women are our Mothers, Sisters, Aunts, Grandmothers, Wives, Girlfriends, Friends, and Loved Ones. They are also our leaders, doctors, nurses, scientists, engineers, educators, and so much more. In our society, women have to fight for equal rights and respect and continue to face biases and challenges every day.

Waverly Rocklin, second-year nursing student at San Diego City College (SDCC), "draws power and inspiration" from Madam Vice President Harris and Representative Alexandria Ocasio-Cortez, as she is in "consistent awe of their ability to succeed in tumultuous situations." Waverly says, "For years white-settler-colonialism and heteronormative patriarchal ideas were standard practice and seemingly untouchable. Watching [Harris and Ocasio-Cortez] break through centuries-old glass ceilings with dignity, class, and wit helps [Waverly] imagine a brighter future and provides solace in these dark times." When asked about a woman who inspires her in her life, Waverly names her mother and shares that she "cherishes the wisdom and unconditional support and love she receives," as she "[strives] to emulate her kindness and generosity on a daily basis."

Veronica King, second-year nursing student at SDCC, is most inspired by her mom, who is a licensed vocational nurse and inspired Veronica to

pursue a career in nursing. Growing up, Veronica spent much time at her mom's workplace and recalls seeing a patient's stoma while they had their ostomy bag changed. Veronica's mom recently earned her wound care certification, and it inspires Veronica to continually strive for things she wants while hearing her mom's voice say, "Keep pushing, sugar."

Vicki Phan, second-year nursing student at SDCC, is most inspired by her middle sister, Amy, who is a Registered Nurse on her way to being a Nurse Practitioner. Vicki has "always looked up to Amy" and she's one of the many reasons Vicki attended the University of California, San Diego (UCSD) and pursued nursing as a career. While attending UCSD, Amy supported her family by working both a full-time and part-time job, in addition to taking five classes per quarter. Vicki jokes of Amy being like a "mother" to her, as she makes sure Vicki stays focused and lectures her when needed.

March is Women's History Month so let's work together to uplift female voices not only this month but always. Thank the women in your life for being such amazing role models and individuals. Educate yourself about ways to combat sexism and oppressive patriarchal institutions and ideals to help our future generations of strong women thrive and succeed.

## WHAT'S IN THIS ISSUE

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- **Caring for Muslim Patients with Cultural Humility**
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# CARING FOR MUSLIM PATIENTS WITH CULTURAL HUMILITY

-EMILY CARPENTER, SDCC NSA PRESIDENT

I had the great pleasure of talking to Uma over the break regarding culturally competent care of Muslim patients and how we can best support our Muslim colleagues. Besides having personal experience with this topic, Uma has worked with La Maestra Community Health Centers for 7 years as a cultural liaison and health educator. Here were the highlights:

**Modesty:** Modesty is an important concept in the Islamic faith that may help guide behavior as well as dress. When possible, a Muslim patient will most likely appreciate being seen by a healthcare provider that is the same gender as them. This is especially true for more 'private' tasks and ADLs, such as bathing or being helped to the restroom. This principle can guide more public interactions as well. For example, shaking hands with the opposite gender may be considered faux pas, and as such we should refrain from extending our hands to offer a handshake at the end of interactions. This also seems like good infection control to me!

**Hijab:** On the topic of modesty, let's talk about the hijab. The hijab is a head covering worn by many Muslim women to shield their hair from view, especially from adult men that are not family members. Patients may have different preferences and beliefs in regards to how much of their head and face they wish to cover, around whom they wish to remain covered, etc. Talking to your patient and asking about their needs is always important, and especially so during events where the patient will be unable to advocate for themselves, such as during surgery. Talk to your patient about how you will support them: Will you provide her a surgical cap? Can she wear her scarf? How will her privacy be protected while she is unable to advocate for herself? Would she like you to pull up or fix her hijab during surgery or labor if she is unable to do that for herself? Don't wait for your patients to bring it up, make sure you take the initiative to clarify what is going to work best for them and make them as comfortable as possible.

**Prayer:** One of the five pillars of Islam is prayer. Many practicing Muslims pray five times a day: at dawn, noon, in the afternoon, at sunset, and in the evening before midnight. These prayers can be relatively short, taking less than 5 minutes, and it is

## THE 5 PILLARS OF ISLAM

Five basic acts in Islam, considered mandatory by believers and are the foundation of Muslim life

### SHAHADA

Shahada is a declaration of faith and trust that professes that there is only one God (Allah) and that Muhammad is God's messenger. It is essential to utter it to become a Muslim and to convert to Islam.



### SALAT

Salat is the Islamic prayer. Salat consists of five daily prayers according to the Sunna; the names are according to the prayer times: Fajr (dawn), Dhuhr (noon), 'Asr (afternoon), Maghrib (evening), and 'Isha' (night).



### ZAKAT

Zakat or alms-giving is the practice of charitable giving based on accumulated wealth. The principle of knowing that all things belong to God is essential to purification and growth. It allows an individual to achieve balance and encourages new growth.



### SAWM

Ritual fasting is an obligatory act during the month of Ramadan. Muslims must abstain from food and drink from dawn to dusk during this month and are to be especially mindful of other sins. Fasting is necessary for every Muslim that has reached puberty.



### HAJJ

The Hajj is a pilgrimage that occurs during the Islamic month of Dhu al-Hijjah to the holy city of Mecca. Every able-bodied Muslim is obliged to make the pilgrimage to Mecca at least once in their life.



For more queries related to Islam, please visit [alim.org](http://alim.org)

important to both your Muslim clients and co-workers. Ask yourself: Is there a quiet, clutter-free space set aside where someone can have privacy that can be used for prayer? If not can you advocate for one? For your clients, if possible can you schedule procedures outside of these times or allow for a break so your client can pray? Ask your Muslim co-workers if they would appreciate help covering their patients for those short times



so they can pray without worry for their clients.

**Ramadan:** There are many Islamic holidays including but not limited to Al-Hijra, Eid al-Fitr, Eid ul-Adha, and Ramadan. Ramadan occurs during the ninth month of the Islamic calendar, which falls between April 12 and May 12 in 2021. Ramadan is of particular importance and during this time many Muslims will fast from sun-up to sun-down. While exceptions may be made for the severely ill, pregnant women, and children many Muslim patients will want to refrain putting anything in their body while they are fasting. This includes water and all medications whether PO, IV, patch, or injection. Make sure to talk to your patient and ask them what their needs are. If possible, advocate to the healthcare team for your client to have their medication schedule adjusted to accommodate giving medications, food, and all liquids after sunset or before dawn. This is especially important for patients with disorders such as diabetes, where fasting will affect how the disease presents.

**Dietary Restrictions:** Many Muslims follow dietary guidelines that strictly prohibit consuming haram food such as pork, crustaceans, blood, alcohol, and any foods or medications containing any of these as an ingredient. Know the ingredients in your medications. Have they been mixed or prepared with alcohol or an animal-based gelatin? If so, is there an alternative medication that may have the same or similar therapeutic effects that is not prepared that way? Also be aware that while non-pork animal products, such as beef, are not strictly prohibited must be raised, slaughtered, and prepared in a particular way that is considered more humane than non-halal meat in order to be considered halal, or permitted. Foods which are usually halal without any special preparation include fruits, vegetables, eggs, and most (but not all) dairy products. Be sure to talk to your client to know their particular dietary needs, and know how medications and foods in your facility are prepared before beginning the conversation.

**Most Importantly:** Ask questions! You may have noticed that came up a lot- and that's for a good reason. Every patient is different, and while many religious practices are similar you can't know exactly what is important to your client and how they best take care of their spiritual health without having a conversation with them. One thing to note though- while it is extremely important to ask questions about specific religious and spiritual preferences you should come to the conversation prepared the same way you prepare for class before you arrive and then ask questions on the material you've already reviewed. Your client

should not have to shoulder the burden of fully educating you on all general aspects of their religion, but they will most likely be happy to discuss the details that may be different or important for them in particular. Some basic questions you may like to start with include: Do you have any religious preferences? Is there anything I can do to make you more comfortable with me and the healthcare team?

Thanks again to Uma for helping me create this article and sharing her knowledge of this topic with us.

Resources:

- <http://www.bbc.co.uk/religion/religions/islam/>
- <https://icfresno.org/faith-religion/intro-to-islam/>
- <https://www.alim.org/>
- <https://www.independentnurse.co.uk/clinical-article/religion-and-dietary-choices/145719/>



**Join Us**

**Mindfulness Event with Professor Beals**

guided deep breathing and yoga

Wednesday  
March 24th  
6:00pm

Meeting ID:  
**969 1109 5587**

let's take a study break.  
go into final exams  
feeling refreshed and  
relaxed.

# SDCC MENTAL HEALTH COUNSELING, IT'S THERE IF YOU NEED IT

**-SHOSHANNA REYES, SDCC NSA  
COMMUNICATIONS DIRECTOR**

Before getting accepted into nursing school I have been told that this experience would be the most challenging of my career. The time and effort it took to get into the program and succeed made it feel high stakes. Knowing the simplest mistakes could end it all gave stress a new meaning. Finding time for work, ATI exam preparation, assignments, skills, studying for lecture exams, care plans, APA papers, and managing a personal life has been an uphill battle. Things that I enjoyed took a backseat, leaving me feeling less of who I was. The weekly struggles, failures and losses started to weigh heavy on my spirit and made me question if I was good enough to make it through. My inner critic became louder and meaner than ever. It hurt, but I couldn't turn it off.

When I had the time I did activities that I would normally do to manage my stress, but relief was often elusive. It was time to try something new. After the yoga session with Professor Beals, San Diego City College's Mental Health Counseling gave a quick spiel of the free services they offer. I jumped at the opportunity and made an appointment on their website. I was paired with an amazing counselor in just a few days.

Through zoom sessions my counselor warmly listens, helps me navigate through tough emotions, advises me on creating coping strategies, encourages self care, and so much more. She has made a truly positive impact in such a short time. I only wish I had reached out sooner. She mentioned that in our field nurses need to be grounded enough in their own mental health in order to help others. In fact, The American Nurses Association Code of Ethics Provision 5 states, "The nurse owes the same duties to self as others, including the responsibility to promote health and safety, preserve wholeness of character and integrity, maintain competence, and continue personal and professional growth." To continue to thrive as nurses we should prioritize our mental health, self care, and promote well balanced lives. This way we can give of ourselves and deliver the best care without being drained. Lastly, we should remember the importance of reaching out when we need a little extra support.

Mental Health Counseling offers lots of services to students enrolled at SDCC. Visit <http://sdccity.edu/students/services/mental-health/index.aspx> for more information.



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

**Micah Williams  
Emily Carpenter  
Ricky Guel Jr.  
Larissa Johnson**

**If you are interested in adding to the creation of this newsletter, managing the SDCC NSA website, or being the Communications Codirector please email Shoshanna Reyes at [sdcc.nsa@gmail.com](mailto:sdcc.nsa@gmail.com) This is a great opportunity to obtain leadership skills that look good on a resume... and we would love to have you on board!**

