

# THE NSA CITYSCAPE

San Diego City College Nursing Students' Association Newsletter

### In this issue:

- A Look Back in the Past: Dr. Rossitto
- Upcoming events
- Our first membership meeting
- ATI Tips
- Your Professors: Petra Beals
- Family Night

## A Look Back at the Past: Dr. Jo-Ann Rossitto

By: Dr. Dometrives Armstrong

A pioneer of nursing, Dr. Jo-Ann Rossitto began her Registered Nursing Career here at San Diego City College as part of the first graduating class of 1972. Dr.



Rossitto practiced at the Department of Veteran Affairs Medical Centers in La Jolla while she earned her baccalaureate degree at the University of San Diego. She continued her education to achieve her Masters at New York University and her Doctorate of Nursing Science at University of San Diego.



**Dr. Jo-Ann Rossitto**  
**March 8, 1951-**  
**January 25, 2006**

Dr. Rossitto started teaching at San Diego City College in 1981 and became the Director of the Nursing Program and Associate Dean in 1988. During her tenure, the Nursing Program became accredited by the National League of Nursing (NLN) Accrediting Commission.

Dr. Rossitto offered her expertise as a member of many prestigious and professional organizations including Nursing's National Honor Society, Sigma Theta Tau, NLN, and the California Organization of Associate Degree Nursing Directors.

The Dean of Nursing, Nursing Faculty, and Staff are honored to carry on her legacy. We thank you, Dr. Jo-Ann for all your hard work and dedication to make our nursing program exceed above excellence.

### Upcoming Events & Fundraisers

CNSA\* Scholarship—September 7

AHA\*\* Heart Walk—September 15

Ovarian Cancer Teal Steps—September 23

CNSA Annual Conference—October 5-7

Haunted Hospital—October 25



### Our First Membership Meeting



Our first membership meeting had an amazing turnout. Both students from the first year and second year turned up to hear the Board of Directors discuss the benefits of being part of the NSA. Dues and committees were discussed and it sparked the interest of first year students to join the varied committees. A big shout out to the second year students who have also joined the association and committees! We're going to have a great year, everyone!

\*California Nursing Students' Association  
\*\*American Heart Association

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## Your Professor: Petra Beals, MSN, FNP - C, RN

By: Victoria Shirley

### What drew you to nursing?

I heard the coolest paramedic stories.

### What was your educational path?

The waitlist was years long in San Diego, so I went to Imperial Valley College for my ADN. I worked as a CNA and ER tech while I was in school. I got my Bachelor's degree online at Cal State Dominguez Hills in 2010. In 2015, I got my FNP [Family Nurse Practitioner]. I worked full-time and later part-time in the emergency department while going to school.

### What was your first job as a nurse?

I was an ER nurse in Imperial Valley. It was a very remote area with no trauma center or special care (stroke center, STEMI center, etc.) so we had to take care of every patient that came through the door. We were also very close to sand dunes where people would off-road and we received a lot of patients with traumatic injuries. We had a large population of Spanish-speakers in the Imperial valley, so I became pretty good at performing head-to-toe assessments in Spanish. After graduating, I worked with a preceptor for about three months and had a few basic nursing orientations, then I was on my own.

### What were you not prepared for as a new nurse?

I wasn't really ready to handle the high acuity of patients we saw. It was not unusual to have four patients with high acuity, for example, one with chest pain, one with significant shortness of breath, one with a broken femur waiting to be flown out to the trauma center, and one with altered mental status. I felt frozen during my first code blue. There were a lot of chronic medical issues and of course, a lot of bad stuff happens with these chronic medical issues. Strokes, heart attacks, bad wounds, necrosis. We also saw a lot of patients due to drug abuse - chronic medical issues as well as overdoses, etc.

### When did you begin to feel like a real nurse?

I think after about a year I felt pretty good.

### What do you wish you knew as a nursing student?

I wish I had done more critical care, but that doesn't apply to everybody. Critical thinking and understanding how it all relates was a little difficult at first. Theoretically, I knew what to do if there's a heart attack or a stroke, but being put in the situation and having to prioritize within seconds is very different. I think SIM would have helped with critical thinking and prioritization. We didn't have that to the extent that we have it here at City College.

### What is one thing most students probably don't know about you?

Besides my motto of diet and exercise, I am a huge advocate for the environment. I love being outdoors in nature. I religiously recycle, compost and try to reduce or avoid all plastics and packing material like paper towels, grocery bags, produce bags, plastic silverware, etc... There is no planet B

### All-time favorite meal/movie/book/song/album?

Indian food by far. Or Thai. Anything with tumeric and curry.

### What do you enjoy about teaching nursing students?

Everything. I like the interaction. I like the ah-ha moments. I like seeing everybody grow. It made a huge difference, to me, to see you guys last year from August to May. The potential in every student. The passion you guys have. To see you interact with the patients and see how the patients respond...it just makes it all worth it!



## Family Night

The NSA collaborated with the school faculty to improve the overall experience of family night using the feedback of the previous year. The main focus was to

ensure that the students and family stay together. This would allow the students and family to hear from the panel of students and their support person about the struggles and experiences they had during nursing school.

Additionally, we had scheduled fun new activities to help the family members understand a small part of what students have to go through. The activities included handwashing with a blacklight, dosage calculations, and personal protective equipment racing (Pictured above: Kat Vu and her support person David after the PPE race).

Reception from the students was positive and many people found the panel very informative and gave them an idea of what to expect. There was also a high amount of engagement in the activities!

### ATI TIPS:

When answering questions about the correct way to respond to a patient when speaking with them, remember to always choose the most therapeutic response (using silence, clarifying statements, asking open-ended questions) and never choose an option that starts with a "why...".