

# THE Pulse

**S | SUMNER**  
COLLEGE

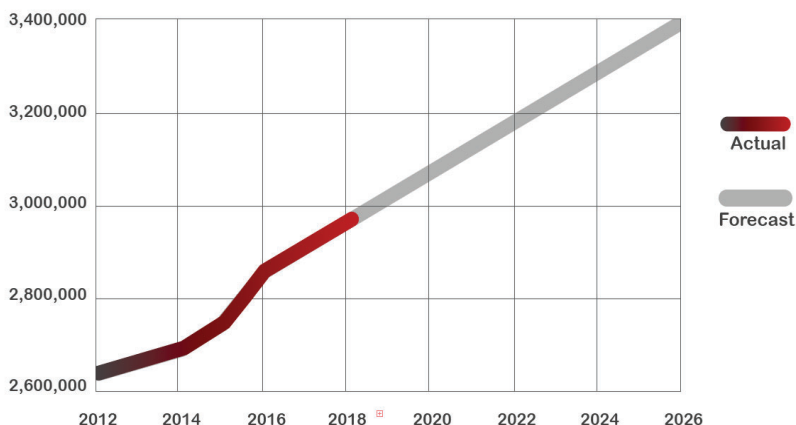
8338 NE Alderwood Rd. Portland, OR 97220

## Spring 2020 Edition

Issue #10



### Registered Nurse Job Growth



Source: Nurse.plus

*Launching Sumner's*

**S | SUMNER**  
COLLEGE

### RN to BSN PROGRAM



**100% Online**  
**Starts June 1st!**

*Tuition 15%  
Discount for  
Sumner  
Graduates*

[BSN@sumnercollege.edu](mailto:BSN@sumnercollege.edu)

### Sumner College Scholarship Recipients

#### 2020 First Quarter

*Congratulations  
on Your  
Academic Achievements!*

Jill C: \$1,000

Elizabeth M: \$1,000

Kenna S: \$500

Courtney C: \$1,000

Jessica M: \$1,000

Angelica Q: \$750

Jillian W: \$1,000

## Sumner College Donates Supplies

**Vancouver**  
SPECIALTY &  
Rehabilitative Care



**Gresham**  
POST-ACUTE CARE AND  
REHABILITATION CENTER

Sumner College is doing their part to support those who support Nursing Education! By donating 1800 gloves, gowns, masks, and sterile equipment to our clinical partners - Gresham Post-Acute and Rehabilitation, Vancouver Speciality and Gresham Rehab & Speciality.

Thank you for your dedication to  
excellent patient care!



**P. 503-972-6230**  
**[www.sumnercollege.edu](http://www.sumnercollege.edu)**

# Students of the Month

## January



**Bao N.**

Bao is the son of an anesthesiologist who has been living in both Vietnam and the United States for many years. His father encouraged him to learn more about the medical field, hoping for a partnership in his practice, and Bao has a genuine interest in helping people. He selected Sumner after extensive online research and also feedback from his aunt who graduated from our Practical Nursing program. He believes that medical assisting will allow him opportunities for continual skills training and offer a chance to achieve future goals. At this time he is deciding between radiology or nursing as the next step in his career trajectory. Bao is a business owner, a collector of watches, active in fitness training and a competitive player of video games. He is excited about starting his externship at PeaceHealth. Classmates enjoy his kindness, sense of humor and cooperative attitude.

### **These are some of the characteristics and comments shared by the faculty and staff:**

"Bao stays after class to make sure the lab is clean and organized. It is this work ethic that sets him ahead of many of his peers."

"Bao has the characteristics and qualities of a patient-oriented medical assistant."

"He is punctual, professional and always ready to learn!"

## February

Prior to enrolling at Sumner College, Ryan was a preschool teacher at a local private school and was also taking prerequisite courses at a local university to achieve his goal of entering the healthcare field. He fell in love with the nursing profession during his time as a patient at Doernbecher Hospital. Born and raised in Portland, Ryan plays guitar, enjoys swimming and walks 5 miles each day to reduce stress. He is grateful for the camaraderie in his cohort and believes that the peer support embodies one of the key characteristics of being a nurse: teamwork! He is thankful for Kayla Smith, his favorite clinical instructor, for her patience in answering all of his questions. Ryan plans on pursuing his BSN after completing his current studies and also earning a degree in Hospital Administration. He is most interested in Pediatric Psychiatry as his specialty after graduating.

### **These are some of the characteristics and comments shared by the faculty and staff:**

"Ryan consistently has a positive attitude, a smile, and an encouraging word for everyone he meets."

"A proactive learner who strives to do his best!"

"Understands the important skills required to work with vulnerable patient populations."

"Upbeat personality and creative energy"



**Ryan S.**



# *Introducing Sumner's* **RN to BSN PROGRAM**

- ✓13 month program
- ✓Delivered 100% online
- ✓Classes start every 10 weeks
- ✓Higher Earning Potential
- ✓\$180 Per Credit Hour
- ✓No Mandatory Login Times
- ✓15% Tuition Discount for Sumner Graduates



**Apply  
Online**



**Meet  
Admissions  
Criteria**



**Start  
RN to BSN  
Program**

Applicants must be a graduate from an accredited Associate Degree in Nursing Program, with a GPA of 2.0 or higher, and hold or acquire an unencumbered nursing license in the state in which they will practice.

## *Accelerated. Accredited. Achievable.*

The RN to BSN program is designed for working registered nurses, making it possible for employed nurses to advance their education without interrupting their employment. A few of the current opportunities for BSN graduates included resident care managers, travel nurses, charge nurses, direct care nurses in a wide variety of settings, and home health care.

### *Tuition and Program Fees*

Application Fee: \$50

Registration Fee: \$100

Technology Fees: \$1600

Tuition: \$12,960

Total: \$14,710

**Classes begin June 1st,**

**Apply Today!**

**[BSN@sumnercollege.edu](mailto:BSN@sumnercollege.edu)**

# Check out these webinars !

## Education with Integrity

SUMNER COLLEGE



Volunteer for causes you believe in, gain professional skills, be a part of networking opportunities, and become a campus leader.

For questions: Contact Student Services at  
studentservices@sumnercollege.edu

APRIL 28TH, 2020

3 PM - 4 PM

RSVP through the Community Page on Sumner Edge

ZOOM MEETING LINK TO BE PROVIDED

ON SUMNER EDGE APRIL 27th

# April

## April 30



Geared specifically for nursing students, this webinar gives timely tips on how to study and prepare for the exam in a remote environment. You'll also learn more information about taking the NCLEX, how the exam is structured, and we will spend time discussing some recent updates and changes in the exam and testing sites given the COVID-19 pandemic. There will be plenty of time for Q&A.

**Topic:** Preparing for the NCLEX in a Remote Environment Using PassPoint

**Host:** Wolters Kluwer & Shelly Luhning from the University of Regina Saskatchewan

**Date:** April 23

**Register at:** <https://www.surveymonkey.com/r/V69DMJC>

Or email studentservices@sumnercollege.edu with any questions

| Sunday | Monday                             | Tuesday   | Wednesday                          | Thursday   | Friday | Saturday |
|--------|------------------------------------|---|------------------------------------|--|--------|----------|
| 19     | 20<br>ADN Info Session<br>10-12 AM | 21  | 22<br>ADN Info Session<br>10-12 AM | 23<br> Preparing for Remote NCLEX Lippincott Webinar | 24     | 25       |
| 26     | 27                                 | 28<br> 3-4 PM<br>Medclub Meeting | 29<br>ADN Info Session<br>10-12 AM | 30   |        |          |

# What's Going On?

## MAY



| Sunday     | Monday  | Tuesday     | Wednesday                         | Thursday | Friday             | Saturday |
|------------|---|-------------|-----------------------------------|----------|--------------------|----------|
|            |   |             |                                   |          | 1                  | 2        |
| 3          | 4<br>ADN Info Session<br>10-12 AM                         | 5           | 6<br>ADN Info Session<br>10-12 AM | 7        | 8                  | 9        |
| 10         | 11<br>ADN Info Session<br>10-12 AM                        | 12          | 13                                | 14       | 15                 | 16       |
| 17         | 18<br>ADN Info Session<br>10-12 AM                        | 19          | 20                                | 21       | 22<br>TERM<br>ENDS | 23       |
| 24<br>/ 31 | 25<br>School Closed<br>MEMORIAL DAY<br>WE WILL NOT FORGET | 26<br>BREAK | 27                                | 28       | 29                 | 30       |

| Sunday | Monday             | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------|---------|-----------|----------|--------|----------|
|        | 1<br>TERM<br>START | 2       | 3         | 4        | 5      | 6        |
| 7      | 8                  | 9       | 10        | 11       | 12     | 13       |
| 14     | 15                 | 16      | 17        | 18       | 19     | 20       |
| 21     | 22                 | 23      | 24        | 25       | 26     | 27       |
| 28     | 29                 | 30      |           |          |        |          |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday             | Saturday              |
|--------|--------|---------|-----------|----------|--------------------|-----------------------|
|        |        |         | 1         | 2        | 3<br>School Closed | 4<br>Independence Day |
| 5      | 6      | 7       | 8         | 9        | 10                 | 11                    |
| 12     | 13     | 14      | 15        | 16       | 17                 | 18                    |
| 19     | 20     | 21      | 22        | 23       | 24                 | 25                    |
| 26     | 27     | 28      | 29        | 30       | 31                 |                       |





# Our Graduates Hard at Work

## *Registered Nursing - RN*

|              |   |
|--------------|---|
| Celeste W    | HCR—Manor Care Salmon Creek               |
| Brianna B.   | Asante Health Systems                     |
| Ashlee K.    | Vancouver Clinic                          |
| Karis L.     | Forest Grove Rehabilitation & Care Center |
| Madeleine K. | The Portland Clinic                       |
| Olivia S.    | Peacehealth—Surgical                      |
| Melanie H.   | Naphcare—Clack County Corrections         |
| Danielle J.  | Marquis Centennial                        |
| Justine R.   | Fresenius                                 |
| Tiffany B.   | Pacific Gardens Estate                    |
| Katie M.     | Oregon State Hospital                     |

## *Licensed Practical Nursing - LPN*

|              |  |
|--------------|--|
| John B.      | Nehalem Valley Care Center                       |
| Melinda T.   | Regency Gresham Skilled Nursing & Rehabilitation |
| Sierra W.    | Chehalis Children's Clinic                       |
| Victoria V.  | Beacon Hill Rehabilitation                       |
| Oksana K.    | Sono Bello                                       |
| Teklay G.    | Avamere  |
| Ashley W.    | Avamere—Mountain View Rehabilitation             |
| Francis N.   | Western State Hospital                           |
| Elizabeth K. | South Correctional Entity                        |
| Rose M.      | Vibra Specialty Hospital                         |
| Jenna B.     | Fresenius  |
| Casadi N.    | Edwards Work Activity Center                     |
| Leana M.     | Action Healthcare Staffing                       |
| Harley M.    | Manor Care Health Services                       |

## *Medical Assisting - MA*

|              |                               |
|--------------|-------------------------------|
| Celia B.     | Providence                    |
| Kelly Smith  | Kaiser Rockwood               |
| Sara S.      | OHSU -Ambulatory Care         |
| Hetalben P.  | Providence—Milwaukie          |
| Stephanie G. | Providence Portland           |
| Tatyana K.   | Rosewood Family Health Center |



**"Honoring healthcare workers,  
the heros amid the pandemic."  
-mercynews.com**

# Nursing During COVID-19

## A Great Time to Become a Nurse



As our previous way of life has shuttered to an unexpected stop and everyone is hunkering down at home in an attempt to stop the spread of COVID-19 is a great opportunity to consider if a career in nursing might be right for you.

### You Can Make a True Difference in the World

Have you been stuck at home, wishing you could be one of the heroes in this fight to save lives? Have you wished that your efforts to help people extended farther than just your own couch? Now is your time to make an impact not only in the lives of others, but in the entire world by becoming a nurse.

### The Nursing Shortage is Increasing by the Minute

There was already a predicted shortage of nurses, but this pandemic will only increase that need. Some nurses, as The New York Times reported, have already been quitting on-the-spot under the pressure of dire conditions in hard-hit infected areas.

The American Association of Colleges of Nursing has predicted that there will be a need for 203,700 new RNs each year through 2026, and those numbers will be much higher in the aftermath of this pandemic.

Especially if you can enter the nursing field rather quickly, such as if you are near graduating from nursing school, have an RN license but haven't been working lately, or can take an accelerated nursing program, (if you have a Bachelor's degree in another field, for instance, you can get a nursing degree as quickly as one year), there will be increased opportunity for higher wages. Many high-need areas are offering sign-on bonuses, for instance, along with OT opportunities.

And if you have the ability to do so, staffing nursing agencies are at an all-time high, offering crisis pay, along with sign-on bonuses, quarantine pay, and more stipends for emergency areas. Some staffing nurse

agencies allow you to start work as a travel RN right away, and some may even waive minimum requirements for crisis areas if you have recently graduated and don't have a lot of experience yet.

### You Will Always Have Stable Income as a Nurse

No one quite knows what the aftermath of COVID-19 will be on the economy, but if there's one job that's completely recession-proof, it's nursing. I graduated from nursing school myself in 2008--remember that little time of the worst recession in America since the Great Depression?--and started a nursing job right out of school.

Nursing, and really any position in healthcare, will always be in high demand, and entering a program now can ensure that you will be ready to hit the ground running when the need for nurses is at its peak.

### The Future of Nursing Could Include More Telehealth Nursing Opportunities

Hopefully, the aftermath of COVID-19 is that the health-care system in the U.S. gets a major overhaul, starting with ensuring we have the supplies we need to protect and equip our healthcare professionals. But some health experts are also predicting that this pandemic could also be a catalyst for increased telehealth services in the future -- including funding the technology to make it possible, training healthcare staff on how to use it, and increasing consumer confidence and ability to use it.



## How Much do Nurses Make?

LPN Graduates

Median Starting

Salary:

**\$51,400**

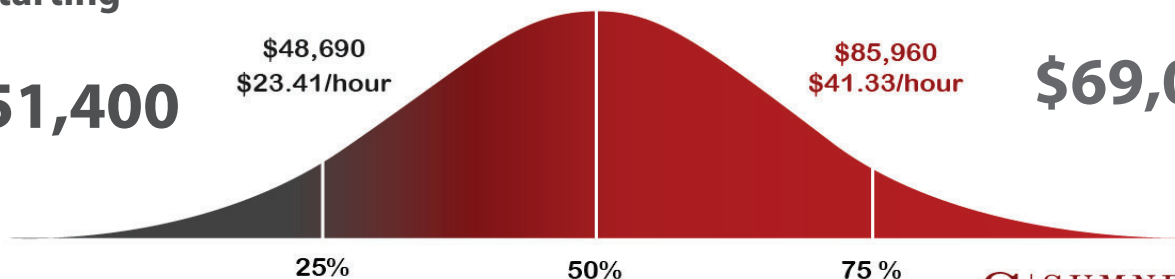
\$70,000  
\$33.65/hour

RN Graduates

Median Starting

Salary:

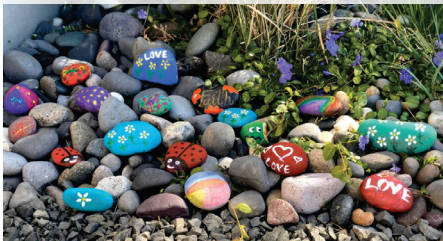
**\$69,000**





# Some Creative and Healthy Things to Do During Quarantine...

## Rock Painting



Join the trend: All over Oregon, painting rocks and giving them away is becoming a great way to brighten both your day, and someone else's. Create them and ask your local Assisted Living Homes if they would like to add them to their gardens.

Studies show that jigsaw puzzles can improve your attention span, spatial reasoning, short term memory, and can relieve stress, all on top of being a great way to have fun and connect with family.



## Puzzling

## Houseparty! (Remotely)



The Houseparty app allows you to play games remotely with your quarantined friends and family over video, and it's free! (unless you want to add games).

Over 100 museums and galleries have decided to invite people to enjoy some of their masterpiece Coloring Pages. A full list can be found on the visit [#ColorOurCollections](#) for a full list.



## Color Famous Art



## Join An Online Book Club

While literature on its own offers solace and distraction, it can also become the backbone of community. Over the past few weeks, many digital book clubs have sprouted up across the globe, allowing people to interact with their favorite authors, discuss thorny moral questions or just see other human faces. Visit this article from TIME to see the list of 10 Virtual Bookclubs you can join: <https://time.com/5809322/social-distancing-book-clubs/>

## Quarantine Friendly Recipe TWO Ingredient Pizza Dough

-Recipe By Michele Leigh Pinette Pierce  
[allrecipes.com](http://allrecipes.com)



Prep Time: 15 Minutes

- ☐ 1 and 1/2 cups self-rising flour (plus a little more for kneading)
- ☐ 1 Cup Plain Greek Yogurt

...thats it!

### INSTRUCTIONS

Mix flour and Greek yogurt together in a bowl; transfer to a work surface floured with self-rising flour. Knead dough, adding more flour as needed to keep dough from being too sticky, for 8 to 10 minutes. Spray a 12-inch pizza pan with cooking spray and spread dough to edges of pan. After baking, add desired toppings, bake for another 10 minutes, and enjoy!



## Yoga App Suite Free till July 1st!

Down Dog App (free until May 1st, July 1st for healthcare workers, students and teachers) — The Down Dog team are making their suite of workout apps free through April 1st. This includes Down Dog, Yoga for Beginners, HIIT, Barre and 7 minute workout.



# New Instructor Spotlight



## Star Pfeil

spfeilg@sumnercollege.edu



Hello Students, Faculty and Staff. It is often said that there are so many areas to work in as a nurse and its true. I am very excited to start my new role as a clinical instructor and meet all of you! I started with an undergraduate degree in sociology and soon realized I wanted an education that prepared me for a specific job and that was nursing. I returned to school in Vermont for my ADN and graduated in 2005. My first job was on a medical specialties floor and then I worked on a cardiac floor for a short time. The emergency department is where I have spent most of my nursing career, although my last position was in a small Vermont hospital as a nursing supervisor.



After moving to Oregon, I decided to obtain my BSN on-line. This degree has offered me the chance to teach and is a step towards obtaining a future master's degree.

I live in Portland with my husband and 3-year old daughter. I enjoy the outdoors; skiing and mountain biking.

## SMERCHANDISE

### Backpacks . Fleece Jackets

- ✓ Retractable Handle & Wheel for Rolling
- ✓ Adapted for Heavy Loads
- ✓ Laptop Compartment

**\$59.00**

- ✓ Crimson or Gray Colors Available
- ✓ Designed to match your Summer Scrubs
- ✓ Durable: Lasts through washes

**\$35.00**



Contact us at 503.972.6230 to purchase yours today!

