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Students get a look at nursing

By AIMEE TABOR

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WILKES-BARRE - Forget the old-fashioned image of a nurse wearing a white cap and long gown.

Today's nurses are much different, and the opportunities for those who choose nursing as a career are endless.

That's what officials at Wilkes University wanted to convey to a group of teenage students recently when it hosted An Experience In Nursing day camp.

"This camp is to introduce students in grades seventh through ninth to the world of nursing," Deborah Ziegner, assistant professor of nursing, said. "We feel we should be getting them at a younger age."

The one-day program, first held last year, is designed to give the students a taste of what nursing is like and to explain what some of the duties are.

"This is to take away the myths and introduce them to the program and the opportunities in the nursing field," Ziegner said. "This program will give them an overview of what nurses do. We need to plant the seed earlier before they reach high school."

The camp featured a discussion on nursing, but also gave the students a chance to learn what the field is like through a series of hands-on trials.

The students learned how to take and read blood pressure, to check for hearing loss, and the proper way to put on a gown and gloves. They also learned proper hand washing, which is vital in nursing to keep everything sterile.

Ziegner said proper gowning and gloving means both the patient and nurse are protected.

"If a patient's immune system is down, we wouldn't want them to catch anything from us," she said.

As an added bonus, the students were able to take their gowns and gloves home with them.

At one table, eighth-grader Brittany Julian tried checking a person's blood pressure as Elaine Slabinski, director of the Nursing Learning Resource Center at Wilkes, looked on.

Julian put the Velcro-secured cuff around the patient's arm and began to pump the device until it tightened. Julian then watched as the gauge climbed higher and higher.

She stopped halfway through the test and looked at Slabinski to see if she was doing it correctly.

Slabinski told Julian to continue.

"Keep going, more, more," Slabinski said as Julian continued to squeeze the pump and the needle climbed. "I want you to do it until it reaches 160 (millimeters of mercury)."

When it reached that mark, Slabinski told Julian to stop pumping. "You have to put it up high enough to hear the first beat," Slabinski said.

The students learned what the numbers in a blood-pressure reading mean.



ELLEN O'CONNELL/Standard-Speaker

Eighth-grader Brittany Julian uses a tuning fork to check the air-versus-bone sound conduction on a "patients' ears during a nursing fair for junior high school students at Wilkes University in Wilkes-Barre recently.

Slabinski also told the students that it's important to determine what size cuff a patient needs so an accurate reading can be taken.

Once the size is selected, it must be used continuously each time a reading is taken from that patient.

"If you use a smaller cuff one time and a larger cuff the next, the readings will be different," Slabinski said. "That's why it's important to use the right piece of equipment."

At another table, a group of students learned how nurses administer a hearing test with a tuning fork.

The fork is hit slightly and then placed on the bone behind the patient's ear or on top of the patient's head.

Judy Reshtein, R.N., teacher of medical/surgical nursing of adults at Wilkes, placed the tuning fork behind a student's ear and asked the girl to say when she could no longer hear the noise. Within seconds, the girl responded that the noise had stopped.

Then, Reshtein moved the tuning fork next to the girl's ear and she was able to hear the noise again.

Reshtein explained that the noise from the fork is easier to hear when it's placed near the ear instead of behind it.

"With normal hearing, you can hear it more through the air than through the bone," she said. "This test is used to check for certain types of hearing loss."

The students who attended the camp said they enjoyed learning about the nursing field and what it has to offer. "It's very educational," said Julian, who is interested in the medical field but is leaning toward becoming a doctor rather than a nurse. "I wanted to get a taste for the nursing field."

Julian, a student in the Abington Heights School District near Clarks Summit, said the gowning and gloving demonstration surprised her.

"It's not just throwing on a gown," she said. "You have to practice sterile techniques."

Lisa Rubino, a sixth-grade student at 10th Street Elementary School in Wyoming, said she also liked the nursing camp. "It was neat to be able to take the pulses," she said.

Although she hasn't yet decided on a career, Rubino said nursing is a possibility. "Maybe I'll be a nurse," she said. "I think it would be nice to help someone and be a part of their life."

Wilkes also offers a fall nursing camp for high school students. Ziegner said.

Wilkes University News

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Standup Comedienne Maria Falzone will Bring *Sex Rules!* to Wilkes for World Aids Day

Wilkes-Barre -- Nationally recognized standup comedienne Maria Falzone will bring her newest educational program, *Sex Rules!*, to Wilkes University's Student Union Ballroom on Wednesday, November 29, at 8 p.m.

Falzone's presentation is one of several events co-sponsored by the Wilkes Student AIDS Awareness Committee, Programming Board, Student Government, and the Ramada Hotel in observance of World AIDS Day on December 1.

The performance, which deals with serious sexual subjects in a fun and inspirational way, is free and open to the public. Falzone will use her trademark frank and funny style to challenge the audience's attitudes about body image, date rape, sexually transmitted diseases, safer sex, and sexual harassment. By participating in the program, audience members learn how to better communicate and learn how to negotiate safer sex, the proper way to use condoms, and how to respect themselves.

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1st Add: Maria Falzone Brings Sex Rules! to Wilkes for World AIDS Day

Falzone began her comedy career 12 years ago and has successfully climbed to headliner status in the top comedy clubs around the United States. She's been featured in many television appearances, including A&E's "Evening at The Improv," NBC's "Friday Nite Videos," Showtime's "Full Frontal Comedy," and "The Tony Danza Show." In 1992, Falzone finished third in the popular San Francisco International Comedy Competition, and in 1994, served as the first female host in its 19-year history.

All World AIDS Day 2000 events will be held in the Student Union, located at 84 West South Street, Wilkes-Barre. For more information, contact Debra Chapman at (570) 408-4753.

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MARIA FALZONE

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Wilkes Nursing Professors Provide Lesson to Local Students

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The "Wake-up Call" Dolls cry at set times and come with 'easy' and 'colicky' settings. They were purchased by the Wilkes Nursing Faculty with a grant from the March of Dimes. The program aims to decrease adolescent pregnancy rates in Luzerne County by providing education and knowledge of parenthood.

For more information about the "No Way Baby" program, call (717) 831-4070.

Shown during a "No Way Baby" class are, from left: Bridgette Zielinski, West Pittston, assistant professor of nursing, Wilkes University; Joseph Cavanaugh, Mountaintop; Amy Tribendis, Hanover, Bishop Hoban School students; Marie Revesz, Avoca, teacher, Bishop Hoban High School; and Deborah Zbegner, Mountaintop, assistant professor of Nursing, Wilkes University.

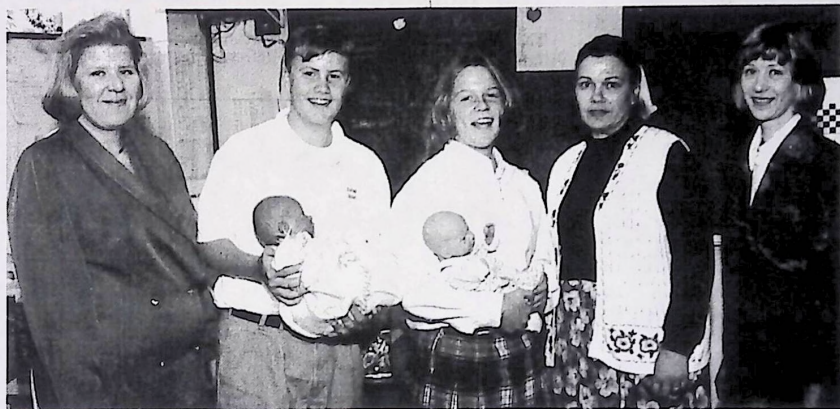
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Wilkes Nursing Professors Offer Child Care Seminar



Two members of Wilkes University's Nursing Faculty are teaching an important lesson to local high school students. Bridgette Zielinski and Deborah Zbegner, both assistant professors of nursing, are presenting "NO WAY BABY," an educational program utilizing life-like, battery-operated baby dolls to teach high school students the realities involved with child care in an attempt to prevent teen pregnancies.

The "Wake-up Call" Dolls cry at set times and come with 'easy' and 'colicky' settings. They were purchased by the Wilkes Nursing Faculty with a grant from the March of Dimes. The program aims to decrease adolescent pregnancy rates in Luzerne County by providing education and knowledge of parenthood.

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Shown during a "NO WAY BABY" class are, from left, Bridgette Zielinski, West Pittston, assistant professor of nursing, Wilkes University; Joseph Cavanaugh, Mountaintop; Amy Tribendis, Hanover, Bishop Hoban High School students; Marie Revesz, Avoca, teacher, Bishop Hoban High School; and Deborah Zbegner, Mountaintop, assistant professor of Nursing, Wilkes University.

IN YOUR TOWN



Wilkes offers parenting course for teens

Two members of Wilkes University's nursing faculty, Bridgette Zielinski and Deborah Zbegner, assistant professors of Nursing, are presenting "No Way Baby" an educational program to teach high school students the realities involved with child care in an attempt to prevent teen pregnancy. The program utilizes life-like, battery operated baby dolls which cry at set times plus feature "easy" and "colicky" settings. The dolls were obtained through a grant provided by the March of Dimes. For more information about the program, call 831-4070. From left are: Zielinski, Joseph Cavanaugh, Amy Tribendis, Marie Revesz, teacher; and Zbegner.

Babies give 'surrogate parents' a jolt of reality

■ Dolls programmed to cry are designed to show middle school students the responsibilities of parenthood.

BY JENNIFER LEARN

Times Leader Photo/Pete G. Wilcox

HAZLETON — Nick Gonzalez did not like fatherhood. Cries jolted him out of a deep sleep at least four times during the night.

And he could not go out with friends because he did not have any money for a babysitter. He raced through meals to care for the baby.

The frazzled seventh-grader's only consolation was that he had a doll that looks and acts real — after 24 hours. Nick, who attends Hazleton Junior High School, is only 11.

Two Wilkes University professors are using the dolls to try to persuade Nick and other seventh-graders to finish high school before they consider having children.

Students who get their parents' approval to participate in the program pick up a doll in the post office and return it the next morning.

The battery-operated babies cry at set times — less when set on "easy" and more when set on "colicky." A prong must be held in the baby's mouth during feedings.

Students who are permitted to stay in school are charged with the baby's care. It is against the wall with abuse or neglect. If the day with the baby interferes with another scheduled school activity, teachers will babysit in exchange for a student's promise to do extra work.

Nick said the experience was



TIMES LEADER PHOTO/PETE G. WILCOX

Wilkes University professors Bridget Zielinski, left, and Deborah Sbegner, center, talk about their baby program after class with Hazleton Junior High School health teacher Linda Spense.

Babies

(Continued from Page 1)

standards could not stop the crying. Jenny messed up a play in the game, and she had to leave the game briefly to take care of her baby.

Megan Fellin discovered a mother's protective instinct soon after she picked up the baby, about 7:30 a.m., about three weeks ago.

Students tried to knock the baby out of her arms in the hallways, and friends kept bugging her to let them hold the baby.

Megan juggled the baby around classes all day. Then it hit her. She would also have to take the baby to her after-school activities.

"I'm rarely home, so I had to take the baby everywhere with me," moaned Megan, 12, of Hazleton.

The next day, Megan was too tired for school because the baby woke her up for feedings at 11:30 p.m., 2:30 a.m. and 4:30 a.m.

She wonders why girls and boys talk about wanting to have a baby.

"If you have a baby at my age, it wouldn't have a good life," she said.

Zielinski and Sbegner bought the dolls for about \$1,000 with a grant from the March of Dimes, an organization with the goal of stopping birth defects.

Pregnancies in Hazleton Area schools

Here are the numbers of pregnancies in the Hazleton Area School District reported by students or their parents this school year. Students who already have a child are also listed.

School	Pregnancies	Babies
Hazleton Junior High School	2	1
West Hazleton Junior High	0	0
Freeland Junior High	0	0
Hazleton Area High School	9	14

They chose Hazleton Area School District because officials there are willing to try new programs — not because the district has more students with babies, Zielinski said.

Eventually the professors want to teach their program at all schools in Luzerne County, said Zielinski, who teaches pediatrics at Wilkes. Sbegner teaches obstetrics.

The professors also involve students in games and acting during the four-week program on teenage pregnancy.

In one exercise, a female student pretends she is a teen mother getting ready for the prom while her parents pack for a trip to Florida.

The babysitter calls to cancel, and the parents refuse to stay with the baby.

When the student's date rings the doorbell, she must explain she cannot go to the prom.

Students also were assigned to call pediatricians, child care centers and stores to find out what they would pay to dress, feed, immunize and provide other essentials for the babies.

They made charts of their findings.

"We don't discuss contraception. We don't get into how babies are made. Our whole focus is why you don't want to become a parent at such a young age," Zielinski said.



TIMES LEADER PHOTO/PETE G. WILCOX

Hazleton Junior High School seventh-grader Jenny Kosciuk, foreground, holds a specially programmed baby doll in class. Jenny had to take the baby to her basketball game.

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Two Wilkes University Nursing Professors Provide Valuable Lesson to Local High School Students

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