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CAPS and

CAPES

NEWSPAPER OF THE

JEFFERSON MEDICAL COLLEGE HOSPITAL SCHOOL OF NURSING

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Vol. I, Issue III

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Editorial

In the democratic society in which we are investing our futures, the people must be intelligent enough to maintain their own government. But first, they must learn how to govern themselves. This may be a gradual thing of trial and error, essential to most learning processes.

Our Student Council has been experiencing these events and has grown in them. This past year has seen a marked increase in the attendance and interest in the Council meetings. A few students are beginning to realize its function and its importance. Seeing this they are willing to take on more of the responsibilities of their own management, just as they must do every day in the course of their careers. Officers with a genuine interest in the personal and professional advancement of the students are initiate more action. Evidence of this is shown in the proposed quarterly mass meetings. There is no better way to stimulate interest in an organization than to have its members and affiliates attend its meetings, support its practices, and understand its goals.

Council sponsored activities are more in evidence as members and volunteers co-operate to expand fields of interest, music, drawing, golf, and charm courses are cases in point which were initiated through Council proposals.

The Student Council functions through its officers, its members, and its treasury. In order to broaden its scope and function as the entity it should be, the Council has asked for co-operation from members and student body, and for some measure of financial and executive independence from its superiors. In attempting to realize its aims of harmony with superiors and advancement of students, it calls for support upon the students whom it represents.

MARRIAGE AND NURSING

As in many things of this modern generation, nursing is changing and making progress. Progress that will be beneficial to both the individual student and to administrators enabling them to make greater and better contributions to their profession.

Before a new step may be taken or even considered, it is wise and absolutely necessary to consider all factors if the above goal is to be obtained. This is the only way to achieve a satisfactory ending which in itself denotes progress.

Schools of Nursing throughout the state and nation are faced with the problem and not entirely new idea of student nurses marrying. It has developed as young persons of their age are thinking more along the ideas of marriage. Girls considering entering a school are concerned with such rules.

Years ago this was absolutely impossible and thus the student would have to wait or give up her profession. Now more and more schools are changing the times to prevent the loss of nurses. The loss is felt as the demand for nurses is greater than ever.

How does it affect the individual?

Nursing is a profession that requires emotional as well as physical stamina. An unhappy student will not be able to do justice to her work. However, marriage itself brings up problems which must be faced. These in turn should not prevent her from doing her work well.

If it is impossible to satisfy all concerned fully, the logical step is to compromise. This compromise must take into consideration: pregnancy as a student, the time during training when you may marry, required place of residence, etc.

A solution to such an intricate problem is not easily found, but once gained is something of which to be proud.

Student Council

Meetings are held every first Wednesday and every third Wednesday of the month at 7:30 P.M. in the dining room in 1010 building.

COME & SUPPORT your school, your rights, yourself!!!
"DID YOU EVER"

--Have the embarrassing experience of trying to prep without a blade in the razor?

--Try to clamp off a catheter without scissors? Wasn't too effective was it?

--Drop a thermometer tray and break them all? The number? Oh yes, 13!

--Wonder how you always manage while in the O.R. to have everything ready for the Dr. but what he wants? Odd isn't it but when he requests (?) 30 cotton he doesn't mean 50 silk.

--Think back and remember your first back rub and how you rubbed most of the skin off their backs, all the skin off your hands and the label off the bottle?

--Get the "shock" of your life by brushing against a bed with those ever so helpful but seductive plastic sheets?

--Talk with your friends from high school who cringe at the mention of blood and don't know one end of a rectal tube from another? Funny how interests change!

--Find that you don't enjoy your dessert at home unless your Mon slides it to you?

--Say to yourself, "I could never do that", and discover one day anybody can do anything?

--Notice how strong the power of suggestion is? When one wants a bedpan, they all do!

--Just happen to draw your own conclusions as to why Jeff's colors are black and blue?

--Wonder when relief on 6th floor old building began to include chasing prowlers?

--Meet a certain "welfare worker" who was inquiring about a patient the doctor discover he was a patient himself at Byberry? Better ask for papers next time.

--Try out the senior building floor as a bed?

"THE WHITTIER WITCHINGS"

Big game hunter Ann Barron killed a mouse on the twelfth floor of Curtis Clinic by asphyxiating it with a trash basket. Seems Jo Shaffer ran up against one of these little critters too. Squish, squish, what a mess!

The proboscis always soon to be sticking their fingers into something—first a couple of dissected frogs and then into some poor dog's thoracic cavity. What's next on the agenda, girls?

Stephani Arnold carried a tray from the cafeteria piled a foot high with about fifty banana peels. For such a little gal this sure shows a mighty big appetite.

What's the probe so that knocked out Caesar's new front tooth, Arlethia?

Some girls get up so late in the morning that they don't even have time to brush their teeth until they get to the hospital. It's a good thing that Margie Ross at least remembered to grab her toothpaste!

Some girls get so dirty that their friends are forced to do something about it. Rosalie Girard is still wondering how much good that cold shower did for her.

DRAMATIC CLUB NEWS

The Dramatic Club presented a variety of comedy acts at the February meeting of the Alumnae Association. Those participating were Phyllis Parry, Dottie Sampsel, Ruth Burkowski, Martina Mockaitis, Sandra Mathio, and Nelda Ackerman. The production was well received by the members of the Alumnae Association.

Plans are now being made for participation in the Staff Nurses Variety Show to be held sometime in April.
"THE SPOTLIGHT"

Although the lamp of Florence Nightingale has long since been exchanged for a chrome-plated flashlight, you can never replace the inner glow that puts a smile on the faces around a nurse who possesses it.

The plus in the personality of Marie Longworth radiates a warmth all its own. Her uncomplaining and cheerful outlook make her a person that others like to be around.

This characteristic is complemented by a conscientious and persevering nature that is shown by the thought and effort she exhibits in all she does. By her obvious interest, others are inspired. This was one of the many reasons for her being elected as a class officer during her first year and student council representative as a second year student.

Now a senior, she has done justice to the difficult job of being editor of the yearbook. Much effort has gone into its making and still she has found time to help write articles for the newspaper.

Yes, she's the girl who's there when you need her to lend a helping hand. All these characteristics make her a good nurse on the floors for such a person readily gives patient-centered care.

Marie would never be the type of person to expect the praise she so sincerely deserves. However, we are taking this opportunity to say, "Thanks, Marie, from all of us."

SENIORS

Graduation for the seniors has undergone quite a few changes this year. It is being held in the Grand Ballroom of the Sherraton Hotel. The traditional arch of roses will be seen on the winding staircase of the ballroom. Another room has also been reserved for the reception after the graduation exercises. The change means that a larger crowd can be accommodated and the affair will have more pomp than in previous years.

Although June fourth, the date set for this year's graduation, means a later graduation than previous years we feel sure that the seniors have something worth waiting for. A new standard will be set this year and surely a pleasant one for future graduations.

STUDENT COUNCIL NEWS

Miss Mary Frey was elected treasurer of the Student Council at the February 18th meeting.

Plans for the spring dinner-dance are not yet completed. The date is set for April 26.

A committee has met several times to Judiciary Council. This has gone before the faculty for approval. To have business put on the faculty meeting agenda it must first be passed by the Student Council to the advisor from the advisor to the director of the school of nursing who then tries to schedule it on the agenda for the faculty meeting.

Passed in Student Council was a motion to have in addition to the bi-monthly meetings, four general meetings a year of Student Council at which every student will be expected to attend. If they are unable to attend they are to write a note to the president one week in advance stating their reason. These meetings will most likely be scheduled as a class, the meetings will be held January, April, July, and October. The purpose of these meetings will be to give each student the opportunity to be aware of current happenings and to participate in such.

Student Council meetings will be held the first and third Wednesday of every month. These meetings are open to all students. Suggestions and criticisms are welcome. Student Council is trying to promote activities and better government among the students body - why defect it's purpose by not supporting it? It's your school and your government, it needs your help and interest.

SNAP NEWS

SNAP is the quick way of saying "Student Nurses Association of Pennsylvania." It was organized for student nurses all over Pennsylvania into eight areas, each of these having an iron association, making business trans-
actions and other functions more practical.

As an individual, the student nurse will grow as a good citizen by being part of a professional and social union and by learning to participate in the graduate professional nursing organizations. As an association, the students will work as a channel of communication between the various units of the professional nurses' organization of Pennsylvania, and as Pennsylvanians, they will be part of the Keystone to building a closer bond among student nurses in the United States, and then throughout the world.

Each area is encouraged to gather all its members together at least five times annually. Necessary business arrangements are transacted at these mass gatherings usually allowing time for entertainment and socializing. The program might be a Miss "SNAP" contest Talent show, guest speaker, or a musical program followed by refreshments. Then, in the late fall, representatives of all the areas assemble for a convention. Conventions are a combination of business, elections, contests, shows, banquet, laughing and learning. Pennsylvania also sends ambassadors to the Grand National Convention which is held annually also.

Annually, dues are only 75c per person, plus the dues of the National Association which was 50c in 1958. Of course, it costs plenty if one does not subject himself to the benefits of this association.

Here at Jefferson we have compulsory membership in SNAP: which means that every year each of us is required to pay 75c for SNAP dues. In return we receive the benefits of belonging to a student organization comparable to the graduate professional nursing organization. It will be the chance to meet and talk with students from other schools.

But how many of us take advantage of this opportunity? How many SNAP meetings have you attended? Watch the bulletin board for notices of future SNAP meetings. Let us, here at Jeff support SNAP Area #1.

ALUMNAE NEWS

Now Arrivals:

To Edith Wingate Greer "58" Charlotte, N.C.- a daughter, on Dec. 23, 1958.

To Lois Rugert Abord "52" a daughter-Feb. 3, 1959.

Congratulations

To Ethel Satterfield "50" for receiving her degree from the U. of P. on Feb. 7th, 1959.

To Mary Glasgow "49" for her promotion to a Captain in the Army Nurse Corps.

The regular monthly meeting of the Alumnae Assoc. was held Feb. 3rd, 1959, at which we were entertained by the Student Nurses Dramatic Club. They presented a "skit" entitled "Spontaneous Twenties."

The Alumnae Assoc. is having a Buffet Supper preceding our regular meeting on March 3rd, 1959, at 1018 Spruce St. A program will follow the meeting.

Class of February, 1959

Miriam Mackos-working at Allentown General Hospital.

Jacqueline Walsh-working at Allentown General Hospital.

Nancy Maddens-living in Delaware.

Esther Hortonsteiner--begins work at North Eastern Hospital March 16th. To begin classes for degree in Sept.

Carolyn Wilson--working at Roxborough Memorial Hospital.

Betty Ann Keller--Jefferson Hospital, Children's Ward.

Sally C'hourka--working in Washington, D.C.--to attend the University of Maryland in Sept.
"Byberry - What Is It Like?"

Will this part of my training be similar to what I've encountered before or will it be entirely different? If so, how will it differ? What problems do psychiatric patients present? Are they generally violent? What type of nursing care do you give and is it enjoyable to care for them?

All these and many other questions pass through each student's mind when she finds out what day her psychiatric affiliation begins. To most, it is something of which they are a little fearful for it is now and unknown. As in most things, it isn't possible to sum up impressing factors so that you actually know what to expect as everyone reacts to a situation in his own way. However, a general consensus of opinion can be given.

In addition to worries about having to carry 10 lbs. of keys on a key ring the side of a hula hoop and being locked in with the patients, there are questions about classes, school work, and living facilities. A student now at Byberry will try to answer the queries you may have and we hope dispel anxieties to make your three months of training more enjoyable. (The keys only weigh two pounds.)

Byberry is-

Byberry at this word often sends chills up the spine of those students who have never been there. Why? The stories told of the place, stories read about mental illness and movies showing mentally ill persons often give us the wrong first impression.

We all want to know about Byberry; what the experience entails, where we live, and about meeting students from other schools. To answer these questions, I will give you a short run-down on your affiliation.

The affiliation has a nursing home which is three stories high with each student having her own room. There is a kitchen and phone for incoming calls on each floor. You get one 12:30 to

The experience is given by rotation which is as follows:

- One week of classes, then according to your group you go to these places:
  - Maximum security for males for one week;
  - Maximum security for females, two weeks;
  - Occupational therapy, one week;
  - Regression patients, two weeks;
  - Chronic organic disease and society, two weeks;
  - Admission and shock, two weeks; making a total of thirteen weeks.

The special reports and projects include histories done of the different classes, one book report, one case study done while on maximum security for males, one dietary report, one semi-final, one final, and one N.M.N. comprehensive.

Work on the wards does not usually include bed baths unless you're assigned patient is ill. Oral hygiene is given and you pass the meds for your own patients. Much of the time is spent in sitting and talking with your patient and playing games with him. The reason behind this is to build his self-confidence thus giving him a feeling of security. You are never assigned to more than three patients at one time.

Of course you all have heard stories of the bizarre behavior of the patients. These for the most part are true. They should not be feared for there is no basis for fear. Within a few days you will have an understanding of the different conditions.

Don't worry about it for we all come through—none the worse for wear and with a deeper understanding.

FEBRUARY 1961

A valentine dance was held at the Whittier on February 15th by this class. The dance a successful affair offers thanks to the committees and the chaperones.

Many of this class had their first taste of night duty and no one so far is making a sour face. I guess they're just too tired.

Mary Parrish has been asked by the Skin Clinic of Jefferson Hospital to make posters for a medical conference in Atlantic City. Congratuulations, Mary.
JEFFERSON JARS METHODIST

The "Jeff" six gained early possession of the boards as Judy Has and Betty Szigeliski led the scoring against Methodist on January 12. It was a blowout game but "Jeff" held the upper hand throughout the entire game. The final score read Jeff 31 to Methodist 11.

U. of P. TRIUMPHANT OVER JEFF

January 28 the Jeff six met U. of P. in basketball season. This was the most important game of the season for Jeff since the U. of P. school have been champions for 3 consecutive years. They led the pace through the entire game. Cle Hartlaub was excellent intercepting passes and retrieving rebounds. Betty Szigeliski and Judy Hass did a wonderful job of guarding. Judy Hass piled up a total of sixteen points and Betty Szigeliski offered thirteen points toward Jeff's score. U. of P. won with the score 39-29.

PENNSYLVANIA TURNS BACK JEFF

The basketball game on Feb. 9 when Jefferson met Pennsylvinita, was truly a fight to the finish. The score was tied in the first quarter, Penn. led by one point at halftime, a tie again in the third quarter, then Penn. pulled ahead to win by a score of 54-44. Judy Hass was high scorer for Jeff with a total of 27 points.

JEFF DEFEATS HANHEWAN

February 26 marked the last basketball game of the season for Jefferson. The Jeff squad met the Hahneman six for a final battle. Jeff held on early lead and maintained it until the bell rang and the score read 39-24. Judy Hass had 61 points as high scorer in the event.

All toll, Jefferson ended the season with four wins and three losses.

SPORTS TIDBITS

The basketball team have all been anxiously awaiting the arrival of their new uniforms. Now they are here. They arrived just in time to show them off in the Jeff vs U. of P. game. Now that everyone is happy, we, the basketball team, would like to thank the student council who made available the funds to purchase the uniforms.

Another vote of "thanks" deservedly goes to the cheerleaders. Cathy in Betty Conley and her squad ROSALIE CARONITIC, DIANE DOUGHTEY, ROBERTA ECKERT, ELLEN KIKWATER, a.

and PAT LEWIS have been leading the cheers at the basketball games. It is really good to know that such hearty support follows our team.

Anyone who has attended the basketball games could not help but notice the wonderful representation of the fans from the class of '61. This support is truly appreciated by the players and we hope this class maintains its true class spirit throughout its three years in school.

Sorry I can't give you the name of the winner in the ping-pong tournament yet. The tournament is in the final rounds but a winner has not been named as yet. Nevertheless, interest has been aroused and the ping-pong is a frequent sound coming from the "rec" room.

"MOVIE HEADLINERS"

The Last Hurrah - Graduation Day

Somebody Up There Likes Me - But who?????????

I Want To Live - So why is everyone fighting me???

Something of V. I. L. C. - Safety pins. 

Tarnished Angels - Student nurses with dirty "nites".

Some Came Running - The bedpan brigade.

Inn of the Sixth Happiness - 1012 Spruce St.

Home Before Dark - Or Housemother will burn.

An Affair to Remember - Is the kind we usually try hard to forget.

House Beat - Bed in Urology Ward.

THE LONG HOT SUMMER - Vacation in March.

FEBRUARY 1960

Mary Prey was elected Treasurer of the Student Council this past month, congratulations Mary.

Betty Foehner was elected president of this class. We are sure that who will do a great job in office from her past efforts in school and class projects.

This class also celebrated their graduation into the senior status by all going out to dinner. We hope they are acting it up.
STAFF NURSE ASSOCIATION PROGRAM MEETINGS

On Jan. 13, 1959, the Staff Assoc. had the pleasure of hearing an enlightening panel discussion of "The Problem of Staphylococcal Infection in a Hospital". The panel consisted of Dr. Robert Mandel, Associate Professor of Bacteriology, Dr. Francis Sweany, Instructor in our Dept. of Medicine, and Dr. Robert Wise, recently appointed McGee Professor of Medicine and Head of the Dept. Future plans to help combat this problem were discussed. The program was attended by some sixty nurses who were filled with questions.

The Feb. 10th. program meeting was also well attended. Mr. Lee P. Link, Insurance Representative, presented tips on purchasing insurance.

In March we are looking forward to hearing from Dr. Conover Parker, Cultural Anthropologist in our Dept. of Psychiatry.

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COMING SOCIAL EVENTS

Feb. 26th-Cardi Party-1012 Spruce St.
March- Barr Dance
April- Pot luck Supper "Ve wrote Show is on the way"

SEPTEMBER 1960 NEWS

The September class of '61 plans a dance, Larchauna! Leap, to be held Friday, March 13th, between the hours of 8:30 and 12:30 in the Whittier Recreation. Music will be provided by the ever popular juke-box. Refreshments will be available. The donation is 35 cents.

Our women include: Nita Kern, decorations; Maggie Rose, refreshments; Anna Barron, tickets; Rosalie Girard, posters; and Barbara Greenwel, cleanup.

Since the dance has an Irish theme, why not wear green?

As a money raising project, the September class of '61 has been taking orders for, and selling Easter candy. Students living at Spruce Street can contact their little sisters or Barbara Dowell.

The September 1960 class is going to be busy now since they are starting OB and even some will be trudging off to Byberry soon.

In addition they now have the samples for the stationary, anima, sweaters, etc. which they are planning to sell. All orders can be directed and filled through any member of this class.

Dear Saivy;

Why do statistics show that government workers have more triplets than other people,
A Trin

Dear Distressed;

Try adding a little sugar to this "Kool Aid".

Dear Saivy;

I'm just a "Probie" getting acquainted. What should I remember?
Nervy

Dear Nervy;

Don't fall for the "meet me in the linen closet," bit.

Dear Saivy;

I was crazy about a pharmacist, he kept pulling big words on me, till I just couldn't stand it. What should I do?

Drugged

Dear Drugged;

Tell him he's strictly Equinil and to peddle his parapharmaceuticals to some other bella donna.

ATTENTION!

Please address questions to Saivy Camp c/o The Newspaper Club and give them to the housemother on duty. Questions will be answered in the next issue.