

# The Stethoscoop

**President**  
Marissa Nicastro  
**Chief Editor**  
Maddie Jacobs  
**Assistant Editor**  
Rachel Sterling

## January Events

By: Maddie Jacobs

- January 24<sup>th</sup>: Lifestyle Enhancement Program: Balanced Bellies and Backs - 12:15pm @ Bone Student Center  
January 24<sup>th</sup>: Lifestyle Enhancement Program: Tuesday Yoga – 4:30pm  
January 25<sup>th</sup>: Winterfest 2017 Discover Campus Life – 4-7pm @ Brown Ballroom  
January 25<sup>th</sup>: Lifestyle Enhancement Program – T'ai Chi: Chen Style –5:15pm @ Thomas Metcalf School  
January 25<sup>th</sup>: Men's Basketball vs. Indiana State @ 7pm  
January 27<sup>th</sup>: Nursing Simulation Lab Tour for Prospective Students @ 3pm  
January 27<sup>th</sup>: Women's Basketball vs. Evansville @ 7pm  
January 28<sup>th</sup>: Chicago Redbirds Water Works Pool Party & Food Drive @ 6pm – see Alumni website for details.  
January 28<sup>th</sup>: Lifestyle Enhancement Program: Table Tennis – 8pm @ Thomas Metcalf School  
January 29<sup>th</sup>: Women's Basketball vs. Southern Illinois @ 2pm  
January 31<sup>st</sup>: SNA Potbelly Fundraiser 5pm-8pm  
February 1<sup>st</sup>: PAWSitively Stress Free at Milner Library – 2pm  
February 1<sup>st</sup>: Men's Basketball vs. Northern Iowa @ 8pm  
February 1<sup>st</sup>: SNA Windy City Wieners Fundraiser 3pm-9pm  
February 2<sup>nd</sup>: Spring Internship Fair – 4pm-7pm @ Bone Student Center  
February 3<sup>rd</sup>: Play for Kay 5:30pm @ Redbird Arena  
February 3<sup>rd</sup>: Women's Basketball vs. Indiana State @ 7pm  
February 7<sup>th</sup>: SNA Meeting 1pm @ STV  
February 8<sup>th</sup>: Price is Right Live at Braden Auditorium – 7:30pm  
February 11<sup>th</sup>: Men's Basketball vs. Bradley @ 9pm

## Join the Stethoscoop Team!

Interested in becoming the President of Stethoscoop or becoming a member?

Please contact Marissa Nicastro @ [manicas@ilstu.edu](mailto:manicas@ilstu.edu) for more information!

# Thyroid Awareness

By: Caley Roahrig



THYROID  
AWARENESS

## Hypothyroidism

- This is a condition where the thyroid gland does not produce enough of certain hormones.
- Signs and symptoms include feelings of fatigue, increase in sensitivity to cold, dry skin, thin hair, weight gain, muscle weakness, aches, and tenderness, slower heart rate, depression, and impaired memory.
- If left untreated and the gland continues to be consistently stimulated, a goiter may form, which is when the thyroid becomes enlarged.
- Myxedema can be life threatening and occurs when the hypothyroidism is advanced.
- Lab tests can show hypothyroidism.
- There are some risk factors and complications from hypothyroidism include many different health problems.

<http://www.mayoclinic.org/diseases-conditions/hypothyroidism/home/ovc-20155291>

## Hyperthyroidism

- This is a condition where the thyroid gland produces too much of the hormone thyroxine.
- Signs and symptoms include weight loss, tachycardia, irregular heartbeats, palpitations, increased appetite, feelings of nervousness, anxiety, and irritability, sweating, difficulty sleeping, skin thinning, and fine, brittle hair.
- Graves' ophthalmopathy may occur, which is when the eyeballs protrude beyond the normal area.
- Risk for goiter formation and other health issues can occur as well.
- Lab tests can show hyperthyroidism.

<http://www.mayoclinic.org/diseases-conditions/hyperthyroidism/basics/definition/con-20020986>

## Crock Pot Spaghetti Recipe

Rachel Sterling

### Ingredients:

- ½ pound lean ground beef
- ¼ onion, finely diced
- ½ tablespoon olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon kosher salt
- 1 jar of pasta sauce
- ½ cup water
- ½ pound spaghetti noodles
- ¼ cup grated parmesan cheese



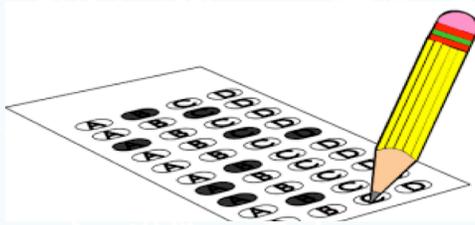
### Prep:

1. In a skillet over medium heat, cook oil, meat, onion, garlic powder, and salt for 5-7 minutes
2. Pour ½ jar of pasta sauce and ½ cup of water into crock pot
3. Break spaghetti noodles in half and put on top of sauce
4. Add cooked meat to the crock pot, then add the cheese and second half of pasta sauce on top
5. Cover and cook on high for 2-2 ½ hours or low for 6 hours

<http://weelicious.com/2015/05/29/crock-pot-spaghetti-recipe/>

# NCLEX PREP

By: Marissa Nicastro



1. A 19-year-old client comes to the emergency department with acute asthma. His respiratory rate is 44 breaths/min, and he is in acute respiratory distress. What is the nurse's priority action?
  - a. Provide emotional support
  - b. Take a full medical history
  - c. Give a bronchodilator by nebulizer
  - d. Apply a cardiac monitor to the client
  
2. The nurse is caring for a client with terminal lung cancer. What is the priority nursing intervention for this client?
  - a. Provide the clients will
  - b. Provide nutritional support
  - c. Provide emotional support
  - d. Provide pain control
  
3. A client with acute renal failure has a serum potassium level of 7.0 mEq/L (mmol/L). What is the nurse's priority action for this client?
  - a. Blood pressure
  - b. EKG results
  - c. Mental status
  - d. Urine specific gravity

Answers: 1. C 2. D 3. B

Resource: <http://thepoint.lww.com/>