

Nursing

Area nurses discuss changes

By CHARLOT M. DENMON
Staff Correspondent

Hundreds of thousands of women and men throughout the United States are celebrating a special event this week, "National Nurses Week," from May 5 through May 9.

Since the time of Florence Nightingale, women and, in recent years, men have been dedicating their lives to taking care of the sick and invalids wherever needed.

Well-trained as these nurses have always been, there have been many changes over the years and this week, Sheila McKeown and Patricia Michaels, both of Dallas, discuss some of the changes that have taken place in the nursing profession over the years.

Sheila is a registered nurse, who studied nursing in the Mercy School of Nursing in the three-year program. She applied and was accepted in the program following her graduation from high school. Most of all of the students were young and out of the 60 in her class, only five of them had gone to College Misericordia before coming into the nursing profession.

At that time, all nursing students had to be single and for the three years they trained the students stayed at the hospital. During the first year, the students did some floor work but spent a lot of time in classes. After dinner, they had two hours of study, then had to be in bed by 10 p.m.

"We worked six days per week and had one day off. We could go home that day if we wished. After the first six months in the program, we were allowed one late night each week, a night we could stay up till midnight," said Sheila.

During their second year of the program, Sheila and her classmates spent more hours doing floor duty and in their third year, they spent most of their time on the floor working with the patients.

While in training, each student had a book of procedures and she had to know all the procedures in that book before she graduated. During her training, all nurses wore the white uniforms and caps were a must. The only color worn were the striped student uniforms with the overall white aprons worn in some of the hospitals. The RN's wore all white and all of them had to wear their caps.

Sheila, who is now an RN at Nesbitt Memorial Hospital, said she believes that the four-year nursing students get more education in theory than the nurses in the three-year program did. She believes they get more knowledge in the field of drugs - their indications, counter-indications and possible reactions. Sheila is presently studying for her BS in nursing.

"We have some excellent nurses out of the three year program and out of the four year program," said Sheila.

She explained when she first went into nursing, they did everything but clean the floors. There were no disposable instruments and supplies as we have today. Everything was stainless steel and every nurse spent a certain amount of time in Central Supply, cleaning instruments and other items, wrapping and sterilizing them. They also sterilized the beds after each patient while today most hospitals have a cleaning staff.

Sheila explained that at Nesbitt, they have modular nursing consisting of an RN, L.P.N., and an Aide. The RN assigns a certain number of patients to the L.P.N. and takes so many herself. The RN is the supervisor and is responsible for her module. The L.P.N.s at Nesbitt take a medication course and are qualified to administer oral medicines and injections, but not intravenous.

The RNs are responsible for patient teaching which they were not years ago and as supervisors they are responsible for the end result in their unit.

She enjoys working at Nesbitt Memorial Hospital. She said there



SHEILA MCKEOWN
3-year diploma nurse



PATRICIA MICHAELS
BS degree nurse

are still many requirements to follow but they are not as formal as years ago. Today, nursing students may be married and have families and a large percentage of those enrolling in the degree programs are older.

Sheila worked for eight years after passing her state boards before she stayed at home to raise her two girls, Kelly, junior at Bloomsburg; and Katie, senior at Dallas, who will enter Penn State University following graduation. After 15 years, Sheila returned to nursing and has been back for the past six years. Her husband, Eugene, is Director of Wilkes-Barre General Hospital Auxiliary.

Patricia Michael of Dallas and her brother, Frank, Jr., are both in the senior class of the nursing program at College Misericordia. They are members of a nursing profession family. Their mother, Polly, is a nursing instructor at College Misericordia, and their older sister is also a nurse. Frank, Jr., however, plans to enter the U.S. Navy after graduation.

Patricia, in her senior year, is working in the community psychiatric field. She has also done a semester in Home Health. A student in the degree program, she believes that nursing has a different aspect today than it did years ago.

Psychiatric specialization is more widely recognized than in past years and since the four year degree students must take an all-Liberal Arts Course, Patricia believes this will help the future nurses to deal with the different groups of people with whom they will be dealing.

As freshmen, the students spent all their time in liberal arts classes. During their sophomore year, they studied fundamental and basic nursing and spent 16 hours weekly in clinical work. As juniors, they spent 16 hours in clinical work and 16 hours in class study each week and in the senior year, Patricia explained that it was the same.

The students spend semesters working in pediatrics, obstetrics, medical-surgical, psychiatrics, leadership and independent work. They work with staff preceptors, where

they get their "street smarts".

Patricia considers herself fortunate and said that she has learned a lot through her family. They discuss the work they have done and what they believe they could have done to improve it.

Another change she sees is the concentration on prevention in the nursing field. They attend clinics on keeping healthy, prevention of diabetes, heart attacks and alleviating stress.

There is more focus on nurses getting degrees. Although a B.S. in nursing is not yet compulsory, Patricia believes that is the ultimate goal.

The uniform is gradually changing. She said they do not have to wear caps anymore. She said most of the nurses wear whites but they are trying to bring in color through colored tops and white pants. She does her clinical at Nesbitt Memorial and the pediatric nurses and the obstetric nurses may wear color. They find it more soothing to the children and less stark in obstetrics.

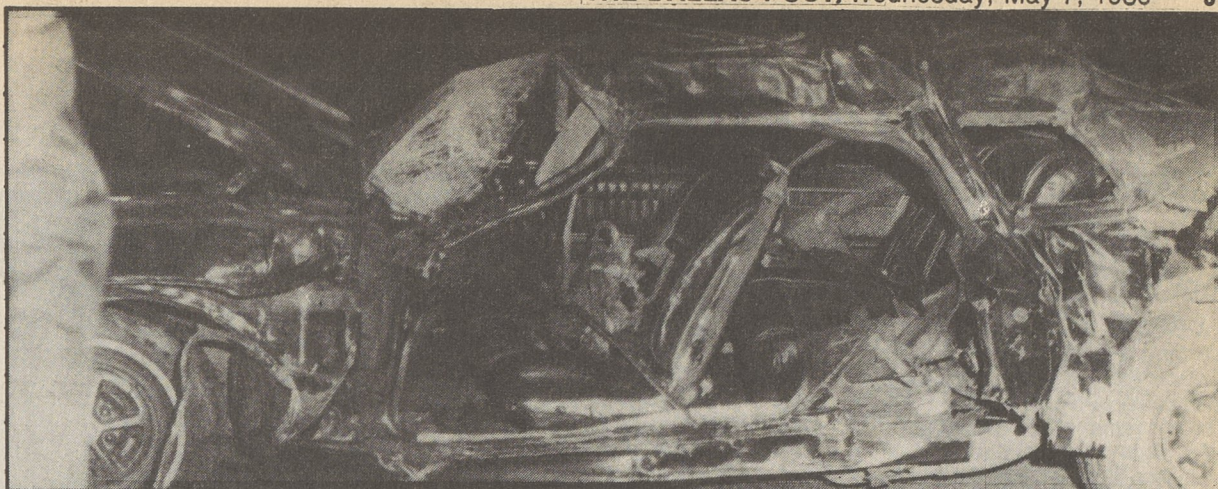
Patricia also believes as the students go through school, it is important that they work as a nurse's aide if at all possible.

"You see a lot of diploma nurses coming back for their degree and they're being a big help," said Patricia. "There are also older women and they, too, are a big help to the younger students. They know the answers to a lot of our questions through their experience."

The young nurses said she believes most of the hospitals now have the modular or modification system and that hospitals are limiting the responsibilities of the L.P.N.'s to encourage them to go into the RN program.

"Nurses are also encouraged to have their own professional organizations to work for new legislation, legislation to aid them in becoming independent practitioners," explained Patricia.

There are many changes over the years, both women agree, in all areas, but not in the hours. They also agree that most changes are for the good of the patients and they are certain more changes to benefit the patients will come in the future.



Dallas Post/Ed Campbell

Man injured

A Kingston resident was seriously injured early Friday morning when he was involved in this one-car accident in Kingston Township. Howard E. Stritzinger, 314 Rutter Ave., remains in critical condition at the Wilkes-Barre General Hospital. According to reports, Stritzinger was traveling north on Manor Drive when he failed to negotiate a turn. His 1977 Dodge Aspen then struck a tree and spun counter-clockwise before coming to rest. He was transported by the Kingston Township ambulance.

Area police report auto mishaps

A Wyoming man was slightly injured early last Friday night when he lost control of his vehicle and rammed into two others.

David J. Connors, 163 Bunker Hill Road, was traveling north on RT. 309 when he entered the private drive of John Gorda, 52 S. Memorial Highway, Trucksville. Connors said that as he attempted to stop he felt the brakes on the right side lock, causing him to lose control of his vehicle.

Connors received minor injuries.

A Dallas youth was charged with driving at an unsafe speed and is awaiting still other charges as a result of a three-car accident that took place early Friday night on Hildebrandt Road.

According to reports John Westfield, 18, of 90 Claude Street, Dallas, was traveling west on Hildebrandt Road at a high rate of speed when he passed a car driven by Cathy Miller, 31, of RD 2, Tunkhamock. After Miller's 1980 Chevy was forced off the road, Westfield's vehicle then hit it and continued west in the east-bound lane where he struck a third vehicle head-on operated by Kimberly Higgins, 18, of RD 1, Dallas.

Higgins was transported by the Dallas Township Ambulance to the Wilkes-Barre General Hospital where she was taken to the intensive care unit, suffering from head and chest injuries.

Miller was not seriously injured and said she would see her own physician.

Westfield's 1979 Camaro was towed by Wesley's while Higgins' 1979 Dodge Colt was towed by Martin's.

A Harveys Lake woman was involved in two separate car accidents within a half-hour span late Saturday afternoon.

In the first incident, Kathleen M. Payne, 20, of RD 1, Harvey's Lake, was traveling south on a road near College Misericordia when she made a wide swing near Alumni Hall and struck a 1980 Chevy owned by Maria A. Pallante, 22, of 454 River Dr., Westville, New Jersey. No one was hurt and neither car had to be towed.

Payne was involved in another mishap on Ellsworth Hill Road. According to reports, Payne was traveling north on that road at the intersection of Pressview Drive when the vehicle ran off the north bound side of the road and struck a utility pole.

She was injured and taken to the Wilkes-Barre General Hospital by the Dallas Township ambulance.

May 11 REMEMBER MOTHER May 11

With

Forget-Me-Not Greeting Cards

Jon L. Stopy or Candy Cupboard Chocolates

or with one of her favorite colognes

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| VANDERBILT | RAFFINEE |
| KYRSTAL | SHALIMAR |
| ANAIS ANAIS | JEAN NATE |
| OPIUM | HALSTON |
| NINA RICCI | CALVIN KLEIN |
| EMERAUDE | CHANEL |

IF SHE LIKES GIORGIO SHE'LL LIKE PRIMO

FINO'S PHARMACY

3 Main Street, Dallas, Pa.
At The Light

Park slates nature walks

Frances Slocum State Park, Mount Olivet Road, Wyoming, is offering environmental education services to school classes, scout groups and other organized groups of children or adults.

Park Naturalist Jeff Smith is now accepting group reservations for guided walks on the park's scenic trails. The educational walks, which run from 1 to 2 hours in length, may be scheduled for weekdays or weekends between 8 a.m. and 4 p.m. A choice of topics include nature study and American Indian culture, and history of the area.

Groups are encouraged to schedule guided walks at least two weeks in advance by contacting Frances Slocum State Park at 696-3525.

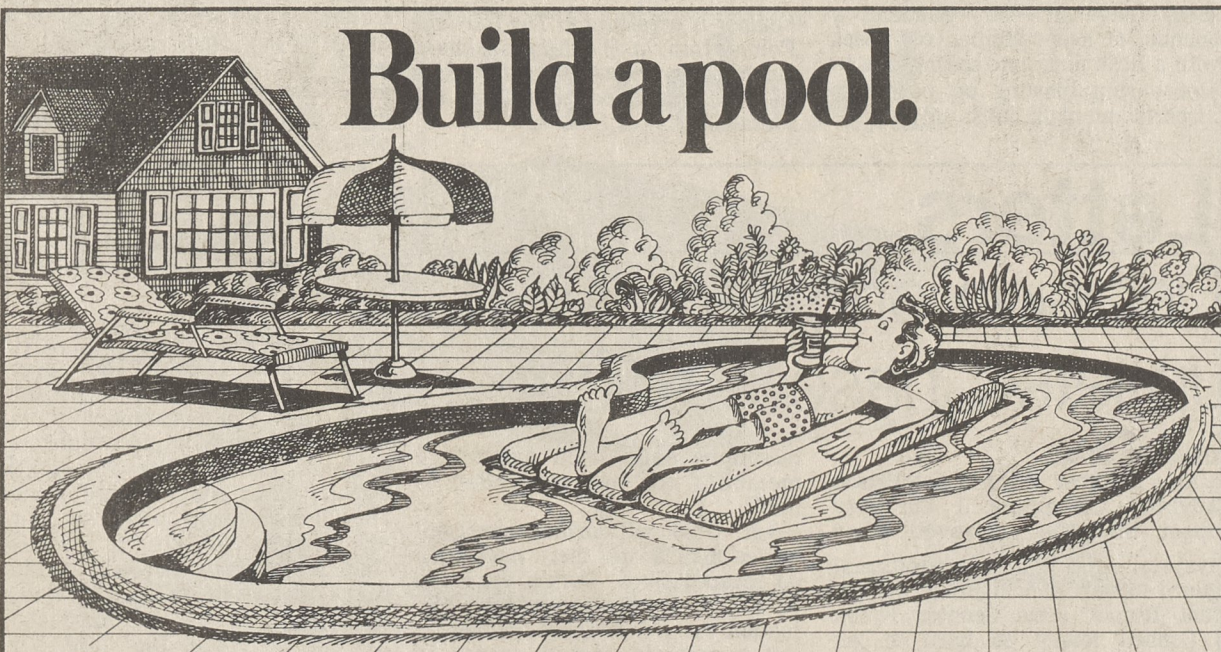
Divorces

(The following Back Mountain couple has filed a Complaint in Divorce at the Luzerne County Courthouse:)

JOANNE DOKUS, Plaintiff, 13 Carey St., Ashley, and ROBERT DOKUS, Defendant, RR 1, Box 301, Dallas.

THOMAS PRODUCE STAND
Opposite Natona Mills
Dallas-Harveys Lake Hwy.

Early Vegetable Plants and Flowers



Build a pool.

Picture it. Your very own pool. A sparkling turquoise jewel. Beckoning you on a hot summer day.

A daydream? Not necessarily! Because this is one dream that can come true—with a Home Credit Line from United Penn Bank.

Based on the equity in your home, Home Credit Line lets you borrow up to \$50,000, at affordable low rates.

We can even arrange for easy repayment through automatic deductions from your United Penn Checking Account.

Call or stop by your nearest office of United Penn for details.

United Penn Bank
We work hard for your business.

Happy Mother's Day

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| <p>Appetizers</p> <p>Fruit Cup \$1.75</p> <p>Steamed Clams \$4.00</p> <p>Shrimp Cocktail \$5.50</p> <p>Shrimp Scampi \$6.25</p> <p>Chicken Scampi \$5.50</p> <p>Stuffed Mushrooms \$4.00</p> <p>Soup d'jour cup \$.95</p> <p> bowl \$1.10</p> <p>Escargot \$5.75</p> | <p>Entrees</p> <p>Homemade Stuffed Chicken Breast with gravy \$7.95</p> <p>Chicken and Broccoli Au gratin in cheese sauce \$8.95</p> <p>Chicken Francais in lemon and wine sauce \$8.50</p> <p>Chicken Scampi in our own garlic butter \$7.95</p> <p>Roast Beef with Mushroom Gravy \$8.50</p> <p>1/2 lb. Chopped Steak with Mushroom Gravy \$7.95</p> <p>Prime Rib of Beef Ajus \$12.95</p> <p>N.Y. Strip Steak \$10.95</p> <p>Filet Mignon \$17.50</p> <p>Beef and Reef - Filet Mignon and Breaded Shrimp \$12.95</p> <p>Surf and Turf - Filet Mignon and Lobster \$19.50</p> <p>Sole Mornay \$8.95</p> <p>Baked Fresh Flounder in Drawn Butter \$8.95</p> <p>Shrimp Scampi in Garlic Butter \$12.95</p> <p>Fresh Broiled Scallops w/ Cheese Sauce \$10.95</p> <p>Fresh Hand Breaded Shrimp \$8.95</p> <p>Lobster Tail \$16.95</p> <p>Veal Parmesan \$10.95</p> <p>Veal Marsala \$10.95</p> <p>Baked Ham Steak with Raisin and Pineapple Sauce \$7.95</p> |
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| <p>Beverages</p> <p>Soda \$.55</p> <p>Coffee \$.55</p> <p>Tea \$.55</p> <p>Milk \$.75</p> <p>Iced tea \$.55</p> | <p>Homemade Desserts</p> <p>Blueberry Pie \$1.25</p> <p>Cherry Pie \$1.25</p> <p>Apple Pie \$1.25</p> <p>Carrot Cake \$1.25</p> <p>Rice Pudding \$1.20</p> <p>Ice Cream \$1.10</p> <p>Sherbert \$1.10</p> <p>French Fried Ice Cream \$2.25</p> <p>Bread Pudding \$1.10</p> <p>Cheesecake \$1.65</p> |
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Reservations
Call 675-4511

PICKETT'S CHARGE
Memorial Highway, Dallas