# UPMC | ALTOONA

Stethoscoop

**UPMC Altoona's Student Nurse Newsletter** 



#### Paid internship program offers one-on-one training, hands-on experience

The UPMC Student Nurse Internship (SNI) Program is a 10-week, paid internship for students who have completed their junior year or equivalent to gain hands-on experience working one-on-one with an experienced nurse preceptor.

The SNI Program allows you to:

- Provide direct patient care with guidance from a preceptor.
- Develop essential skills in leadership, patient safety, and professional development.
- Take advantage of shadowing to find what you enjoy most.
- Establish relationships with nursing leaders and UPMC recruiters.
- "The SNI program allowed me to see what it is like to be a nurse. I gained a lot of valuable experience on the unit where I am now employed." — Cody Glass, RN, CTICU
- "My experience as a student nurse intern was a key to success in my last year of nursing school and beyond!" — Karen Fogle, RN 3G-Behavioral Health

If you would like to apply for an SNI, please scan the Student Nurse Internships QR code or click on link below.

## **Employment Opportunities**



#### STUDENT NURSE INTERNSHIPS UPMC Altoona Student Nurse Internship



NURSING STUDENTS https://careers.upmc.com/nursing

GRADUATE NURSES



UPMC Altoona GN Opportunities

### Don't nurse quietly

Communication plays a major role in the overall experience of our patients. It can reduce their anxiety and set them up for success after discharge.

Imagine two different nurses caring for a patient. The first performs every task proficiently, is polite but mostly quiet when providing care. The second completes the same tasks the same way but also explains the care in an understandable way, needing no extra time to do so. From passing medication, to changing a dressing or starting an IV, the second nurse keeps the patient informed as to why and how each action is being carried out.



#### Which nurse makes the bigger impact on the patient?

#### Which nurse would gain the patient's trust?

If we "nurse quietly," we leave room for patients to doubt us or feel awkward. By explaining our care on a level we are comfortable with, we set our patients at ease and educate them at the same time. Educating patients can be rewarding and is one of the many ways to leave a positive lasting impression.

# Nursing news you can use

Information for student nurses working at UPMC



# HAPI: Keep it at 30 degrees

Hospital-acquired pressure injuries (HAPI) are preventable. When turning patients, prop them so they don't roll onto their back. The recommended angle for side-laying is 30 degrees. When propping, only use pillows behind the back as a last resort. They lack support and flatten out. You can use pillows to prop legs. All PAR rooms have pink foam wedges with the correct 30-degree slope. With the patient turned on their side, place the wedge behind their back so it does not go past their waist. The patient can now roll back onto the wedge. Keep the wedge and pillow(s) away from the buttocks. Remember, turning a patient every two hours will reduce the chance of a pressure injury.