

# JANUARY

*Utah Student Nurse Association Newsletter*



**“THE BEST WAY TO FIND YOURSELF IS TO LOOSE YOURSELF IN THE SERVICE OF OTHERS.”**

MAHATMA GANDHI



IN THIS ISSUE

UTAH SNA UPDATES

PHARM FLASH

DOSE OF HUMOR

USNA SOCIALS  
@UTAHSNA

UTAHSTUDENTNURSE.ORG

UTAH SNA BOARD UPDATES

**UTAH STUDENT NURSES ASSOCIATION CONVENTION**



*Beyond the Bedside*

**SOUTHERN UTAH UNIVERSITY**  
CEDAR CITY, UT  
**February 21<sup>st</sup>, 2026**

**CHECK-IN: 8:00 AM OPENING SESSION**

- Inspirational keynote & breakout session speakers
- Graduate program information
- Scholarships
- Lunch, t-shirts, and many/ prizes!!

**The 2026 Utah SNA Convention tickets are now on sale!**  
**Purchase your tickets today at [utahstudentnurse.org](http://utahstudentnurse.org) for \$40! Your ticket includes entry to the convention, access to exclusive exhibitors, scholarship & leadership opportunities, t-shirts, lunch, raffle prizes, and more!**  
**Register today!**

**We have 3 scholarships available for nursing students in Utah who register for and attend the USNA convention next month! Prizes of \$1,000, \$750, and \$500 will be awarded and announced at the 2026 USNA Convention. Visit [utahstudentnurse.org](http://utahstudentnurse.org) for the scholarship prompt and application.**

**\$1000 FOR NURSING STUDENTS**

APPLICATIONS CLOSE FEBRUARY 7TH

OTHER SCHOLARSHIPS ALSO AVAILABLE

See our page for more info on the convention and scholarships!

\*Must be a student nurse in Utah\*

## BETHANECHOL

### HOW DOES THIS MED WORK?

STIMULATES MUSCARINIC RECEPTORS  
→ BLADDER CONTRACTS → URINATION

### USED FOR:

- NON-OBSTRUCTIVE URINARY RETENTION
- POST-OP OR POST-PARTUM URINARY RETENTION

### MONITOR CLOSELY:

UO, BLADDER DISTENTION, BP, HR, GI CRAMPING

### HOLD MED IF:

- URINARY OR GI OBSTRUCTION
- ASTHMA
- BRADYCARDIA OR HYPOTENTION
- PEPTIC ULCER DISEASE



**SIDE EFFECT: CHOLINERGIC EFFECTS**  
"DUMBBBELS"

**D** DIARRHEA  
**U** URINATION  
**M** MIOSIS  
**B** BRADYCARDIA  
**B** BRONCHORRHEA  
**B** BRONCHOSPASM  
**E** EMESIS  
**L** LACRIMATION  
**S** SWEATING  
**S** SALIVATION

# DOSE OF HUMOR

Nursing Majors: the hardest working and most stressed out individuals you'll meet in college...



someecards  
water card

**Question:** How long does it take for an average person to become a nurse?

**Answer:** Average people don't become nurses...



When I'm looking around for a grown up nurse, but then I realize I am the grown up nurse there...



Nurse Diana Mark  
@nursedianamark

Nursing school is wild because you'll cry in your car after failing a quiz, then walk into clinicals 15 minutes later like, "Hi! How are we feeling today?"

Normal college students be like WAHOO IT'S THE WEEKEND! LETS PARTY!! Nursing students be like WAHOO lets get sleep and study!!!



someecards  
water card

**WHO SAYS  
NURSING IS STRESSFUL?**



**I'M 39 AND I FEEL GREAT!!**