

SABBATICAL LEAVE REPORT

Spring Semester 1978

Susan G. Lohr

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Summary of Sabbatical Study

I wish to thank the Sabbatical Leave Committee for the opportunity to pursue the learning experiences I will hereforth present. I feel I grew personally and professionally and am returning refreshed and enthusiastic to my teaching position.

The most time consuming and rewarding project I undertook was a Physical Assessment class through California State University Los Angeles. This was a four quarter unit class and met the requirements of 40 continuing education units towards renewal of my Registered Nursing License. The class was presented to R.N.s with a number of years of experince and taught the skills involved in total physical examination. I learned a great deal about normal and abnormal anatomy and physiology. As a requirement of the course we were to do three complete history and physical examinations on individuals of various age groups. Through our skills of observation, olfaction, percussion, auscultation, and palpation we had to determine normal vs. abnormal body function. I also learned one could write a very large volume of information about a totally normal person. I developed skills with equipment such as the Otoscope, Ophthalmoscope, Stethoscope, etc. that I certainly

did not possess prior to this class. It was an extremely interesting and worthwhile experience and I feel it was well worth the time and effort involved.

The second project as outlined in my sabbatical leave proposal was to update my knowledge of neurological nursing techniques with an emphasis on rehabilitation . The first endeavor to satisfy this proposal was a six hour class at Pomona Valley Hospital entitled Neurological Nursing Update 1978. This seminar was presented by the Inservice Department of Pomona Valley Hospital and included lectures by physicians, nurses, physical therapist, psychologist, social worker, and dietician. They presented new procedures, techniques, and counseling of the neurological damaged individual and accented rehabilitation procedures, techniques, and opportunities. It was a very informative class

The second part of this proposal was a visit to Casa Colina Rehabilitation Hospital. There I observed rehabilitation techniques being carried out by nursing personnel and physical therapy staff. I was very impressed with their total team approach including the family in forming a plan

and goal for each individual. It was very interesting and informative to see the plan in action.

My third proposal was to work with a group of Pomona Ear, Nose, and Throat Physicians to update my knowledge of procedures and nursing care in this area. I spent two mornings with Dr. Stephen Proffitt in his office. I observed office procedures in caring for patients with E.N.T. disorders which did not require hospitalization and observed surgery in his office surgery. I was surprised to find such involved surgeries such as total face lifts, cosmetic and reconstructive surgeries, as well as minor ear, nose, and throat procedures carried out in his office. I realized the major nursing care for these patients is not physical but emotional support as most of them are coping with changes in their physical appearance and body image., a very interesting and challenging aspect of nursing care.

My fourth proposal was altered slightly from my original plan. As I asked the committee for flexibility in fulfilling this plan I chose an area which I felt would relate more directly

to my teaching area than my original project. About the time I was looking for a class dealing with Gastro Intestinal or Genito Urinary disorders I was informed my teaching assignment for Fall 1978 would be changed. I would now be teaching the first semester of the Vocational Nursing program which deals with introductory courses and physical care procedures. I would also be assigned to units of the hospital which care primarily for aging individuals, many with chronic health problems. In view of this information I chose to take a 14 hour class through California State University, Los Angeles entitled Assessment of the Geriatric Patient. It was a fantastic course. It applied all the skills of my previous Physical Assessment class to the aging individual. It covered not only the physical changes of the aging process but emotional and social changes also. I feel this will be very helpful in helping my students cope with the changes we see in our Geriatric patients and well as aging individuals they deal with in their personal lives. I hope the committee will accept this change from my original plan.

Closing Statement

I wish once again to thank the committee for granting my sabbatical leave. It has been a time of personal growth as well as professional learning. I feel my enthusiasm for teaching has been renewed and I am looking forward to the new semester with zeal. I feel each of my classes and experiences has increased my nursing knowledge which I can directly pass on to my students. I feel my knowledge of the human body and how it functions has been increased along with my never ceasing wonderment that there are as many healthy individuals in our society as there are. I am sure my patience and physical stamina has had a real "shot in the arm". I sincerely hope and feel my enthusiasm will infect my students with a desire to be the very best nurses they possible can and perpetuate the excellent reputation of Mt. SAC Licensed Vocational Nurses.

POMONA VALLEY COMMUNITY HOSPITAL
Pomona, California 91767

This certifies that

Name SUSAN LOHR R.N.# _____

Has successfully completed 6 hours of instruction

In NEUROLOGICAL NURSING UPDATE '78 B.R.N. Provider No. 00112

Ruth E. McCuen, RN.

Instructor

"Assoc. Director Nursing
Inservice Education"

Title

April 1, 1978

Date

This certificate must be retained by the licensee for a period of 4 years from date the course concludes.

CALIFORNIA STATE UNIVERSITY, LOS ANGELES
OFFICE OF CONTINUING EDUCATION - DEPARTMENT OF NURSING
5151 State University Drive
Los Angeles, California 90032

THIS IS TO CERTIFY THAT:

SUSAN LOHR

1544 FOREST GLEN DRIVE

HACIENDA HEIGHTS, CA 91745

License No. W 128014

HAS COMPLETED THE FOLLOWING COURSE:

ASSESSMENT OF THE GERIATRIC PATIENT

Inclusive Dates of Course: MAY 5&6, 197 8

Contact Hours 14 Instructor(s) BEVERLY BIGLER, R.N., M.S.

THIS COURSE HAS BEEN APPROVED BY THE CALIFORNIA BOARD OF REGISTERED NURSING
BRN PROVIDER NO. 00154

This certificate must be retained
by the licensee for a period of 4
years after the course concludes.

DeAnn Young, R.N., M.N.
DeAnn Young, R.N., M.N., Coordinator
Continuing Education for Nurses

IDM NUMBER	DEPT.	COURSE NO.	COURSE DESCRIPTION	UNITS ATTEMPTED	UNITS EARNED	GRADE	GRADE POINTS																													
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			TOTALS	4	4		12																													
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CALIFORNIA STATE UNIVERSITY, LOS ANGELES

EXTENSION GRADE REPORT

OFFICIAL WHEN VALIDATED WITH UNIVERSITY SEAL

DEPT. NAME <i>NSU9</i>	COURSE NO. <i>XN472</i>	COURSE TITLE <i>Physical Assessment</i>	INSTRUCTOR <i>Dr. Sigler</i>	COURSE GRADE
Term Completed (check): Fall ___ Winter <input checked="" type="checkbox"/> Spring ___ Summer ___ 19 <i>78</i>				COURSE GRADE B
PRINT NAME	<i>Susan G. Lohr</i>			QTR. UNITS 4
ADDRESS	<i>1544 Forest Glen Dr.</i>			IDM No. 0120
CITY STATE	<i>Hacienda Hts, Ca ZIP CODE 91745</i>			

AUTHORIZED GRADES ARE:
A, B, C, D, F, CR/NC, SP, W, RD,
Inc.,

700 AND 800 LEVEL COURSES
RECEIVE CR/NC GRADE ONLY.

(See general Catalog for
complete information on
University grading policy)

Rayton E. Evans 00854
REGISTRAR (1302)1/76

This grade report when validated with the
University seal can be used as an official
transcript of the above courses.

PLEASE USE FIRM PRESSURE