



The Casa Loma Pro

Coming up in September:

- MA Night Classes begin 9.17.12 @ Van Nuys



Krikor Nalbantian pauses for a photo during a lab for IV and blood withdrawal certification. He is a graduate of Casa Loma's LVN program.

"The more I asked to do, the more they let me do, and the more I fell in love with it."

-Krikor Nalbantian

From the Air Force to the Hospital

Even though he was a computer guy, expanding his skills working with police, Nalbantian found a way to branch out even more through volunteer work. "While I was there, I decided I should go do some volunteer hours to make my record of service better."

Nalbantian volunteered at the Air Force Theater Hospital on Balad Airbase.

"When I went to go volunteer at the hospital, I asked, 'how much is a volunteer able to do at the hospital?'"

There's hardly ever too much help in a hospital, and in a war zone like Iraq, the need for help is only magnified. The hospital's response was open ended: "how much do you want to do?"

"I took that as a challenge," said Nalbantian. "The more I asked to do, the more they let me do, and the more I fell in love with it. It was something I never thought of before. I never once considered myself in the medical field. But being there, doing it at that level ... I knew then and there that this is what I want to do from this moment on."

Nalbantian parted ways with the military in November 2008; but he bounced around a different medical career path before deciding to tackle his LVN license. Why?

"Lack of information," he said.

He had volunteered as a med-tech in the military, and the closest translatable job he could find in the civilian world was an EMT (Emergency Medical Technician). He went to EMT school at Glendale Community College, got his EMT license, started working as an EMT, and loved it. The only downfall was that he never made more than \$11 per hour, working 12-24 hour shifts.

Financially, this wasn't working for him, even though it was getting him closer to his goal of working in a hospital. While working as an EMT, Nalbantian developed some prejudices about LVN's. He had all but written off the career path until he talked to a friend who opened him up to the opportunities of an LVN. He thought, once again, he should consider LVN school.

Casa Loma College was the second school Nalbantian investigated. He first checked out a school that was willing to let him attend at a discounted rate; however, when he went to the school, he was disappointed in what he saw.

"Pass rates were awful; students were demoralized; they had complaints about their instructors," he said. When he came to Casa Loma, he found a different kind of college.

"When I came here, every question I had - the answers were



Krikor Nalbantian poses for a photo in the LVN Lab Aug. 29 at the Casa Loma College Van Nuys Campus.

From the Air Force (continued)

exactly what I wanted the answers to be. If it [the school] hit every single one of my criteria, why bother looking further?"

Nalbantian described his LVN school experience as a "rollercoaster" with its highs and lows. The most challenging part of the course, he said, was Level 3, where the students move out of memorization and are beginning practical application of the course in order to solve real health problems.

During Level 3, Nalbantian reports his study habits were

ramped up in intensity, to six full hours of studying a day.

"Six hours a day studying, six days a week," he said. "But I maintained my rule of no studying on Fridays. I have to have one day of not doing anything school related."

With other levels in the course, Nalbantian was able to draw on his previous experience to give him an academic advantage.

"I didn't come into this program blind. I had three years of medical experience in the military, and a year of EMT – I was prepared for it."

Nalbantian finished the

program and got his IV and Blood Withdrawal certification at the end of August. He takes his NCLEX (National Council Licensure Examination) in September. From there, he's looking at employment opportunities, but he also has his sights set on an RN (Registered Nurse) License.

"I'm in the mentality; I'm in the mode," he said.

Casa Loma College encourages all students to be life-long learners, continuing education in and out of the medical field, and salutes Krikor Nalbantian for his military service and for completing the LVN program in Van Nuys.



Mr. Billy Hutchinson is the new Director of Nursing in Van Nuys. "I truly believe that learning should be throughout your whole life," said Mr. Hutchinson.

Director of Nursing Billy Hutchinson

Meet the New Director of Nursing in Van Nuys, Mr. Billy Hutchinson. Mr. Hutchinson was born and raised in Oklahoma. The youngest of six children, he'd often tag along with his mother, who worked numerous jobs including as a cook, a housekeeper, and a nurse's assistant.

It was at her nurse's assistant job that Billy was introduced to the idea of being a male nurse, which was not common in the '70s. Billy endured his share of chiding for wanting to be a male nurse, but he excelled in it, finishing a pre-nursing program his senior year of high school and graduating at the age of 17.

By 19 he was a certified LPN working in healthcare, but because of a love of working with babies, he wanted to advance his career to a very specific part of the hospital, the Neonatal intensive care unit (NICU). So he earned earned Associates Degree in Nursing from Northern Oklahoma College, Tonkawa, Oklahoma in 1988, and began working at Wesley Medical Center in Wichita, Kan. He worked

there for 14 years, starting as a trainee and growing in the Center to the position of assistant head nurse.

Mr. Hutchinson wanted to move into management positions within the nursing field, and he knew he wanted to advance his education to do it. In 2001, he graduated with a bachelor's degree in nursing from Wichita State University.

Mr. Hutchinson worked as a nurse Missouri, Texas and California before beginning teaching in Oklahoma in 2003. While in Oklahoma, he earned his Masters in Nursing Science from the Oklahoma City University of Phoenix.

"I truly believe that learning should be throughout your whole life," said Mr. Hutchinson. He's currently working toward his doctorate degree.

As the new Director of Nursing, Mr. Hutchinson is responsible for guiding the programs, instructors, and students toward the highest level of professionalism and care in nursing.

PTA Student resuscitates teammate until paramedics arrive

Arthur Perez knows CPR. He has to. Prior to enrolling in the Physical Therapist Assistant Program, Arthur was a lifeguard at Six Flags' Hurricane Harbor.

Healthcare practitioners certified in CPR must stay fresh with their skills and get recertified at least every two years. It's a skill that doesn't just work in the realm of physical therapy; CPR keeps people alive when the heart is failing.

Arthur, a member of Task Force Rangers, an airsofting team, had just finished an airsofting match with his team July 21 in Canyon Country when one of the players, Joseph Flores, went down.

Airsofting is similar to paintball, with teams in tactical units using replica firearms, and firing pellets. Because an airsoft pellet is a projectile that can puncture the skin, team members don several layers of clothing and wear protective masks during matches.

On July 21, with temperatures tiptoeing around 100°F that day, the airsofting site, Paintball USA Close Encounters, encouraged participants to stay hydrated and take breaks when necessary. One of his team members, Joseph Flores, didn't give much credence to that suggestion and after several matches Flores collapsed.

"We told the guy to drink more water, but apparently he didn't," said Mike Schwartz, owner of Paintball USA Close Encounters, told The Santa Clarita Valley Signal.

"We had been out there since lunch, and this was about our third game of the day," said Arthur Perez. "He just went down."

Arthur and several other players had an eye on Flores earlier in the day, assessing that he looked overheated. When Flores collapsed, Arthur was standing near him and moved into action.

"I immediately rushed up to him," said Arthur. "He had about five layers of gear on. We had to just knife it all out. We immediately started CPR."

Arthur was not the only team member on the scene with any medical training.

"We had an LVN, a doctor, and myself, a PTA student. I started doing the chest compressions. We couldn't really do much, because they had no AED at the parks. All we could do is give the guy some air and pump his chest. So that's what we did for about fifteen minutes until the paramedics arrived."

When the paramedics arrived, Flores was alive. Perez and the other medically trained team members had successfully sustained a pulse in Flores through CPR until the paramedics arrived and were able to take over. Perez said the paramedics continued to sustain Flores's pulse on the scene and then loaded him into the ambulance.

Sadly, when the ambulance reached Providence Holy Cross Medical Center, Joseph Flores, 48, took a turn for the worse and was pronounced dead at 5:26 p.m.

"We gave the paramedics time. If we hadn't started CPR in two minutes, the guy would have died on the scene. I thought he was going to make it when the paramedics arrived because he had a pulse," said Perez.



Arthur Perez dissects a zucchini during a lab in the PTA (Physical Therapist Assistant) program at Casa Loma College's Van Nuys Campus. Arthur was involved efforts to resuscitate a man July 21 in Canyon Country during an airsofting match.

Students going into the medical profession are in the business of keeping people healthy; keeping people alive. But medical professionals aren't able to save every patient. Perez said he knows that not every story has a happy ending, but he was glad he had the training and wherewithal to keep the man alive until paramedics got to the scene.

An official cause of death has not been determined, but eye witnesses, including Perez, cited dehydration and the intense heat as contributing factors to the man's heart problems.

Lt. Cheryl MacWillie of the Los Angeles County Department of Coroner told the Santa Clarita Valley Signal that circumstances suggest Flores died of a heart attack. According to the Journal of the American College of Nutrition, "when the goal is to replace fluid losses after exercise is completed (rehydration), the recommended volume of fluid to be consumed is generally between 100 to 150% of the volume lost during the prior exercise session."

Please let this story be a lesson for all who read it. We commend Arthur Perez for his heroic efforts.

From the library: Students who sacrifice sleep to study have academic issues

A new study shows that high school students who stay up late to study and lose sleep do not perform as well academically the next day.

Regardless of how much a high school student generally studies each day, if that student sacrifices sleep in order to study more than usual, he or she is more likely to have academic problems the following day. Because students tend to increasingly sacrifice sleep time for studying in the latter years of high school, this negative dynamic becomes more and more prevalent over time.

Those are the findings of a new longitudinal study that focused on daily and yearly variations of students who sacrifice sleep to study. The research was conducted at the University of California, Los Angeles (UCLA) and appears in the journal *Child Development*.

"Sacrificing sleep for extra study time is counterproductive," says Andrew J. Fuligni, professor of psychiatry and biobehavioral sciences and a senior scientist at the Jane and Terry Semel Institute of Neuroscience and Human Behavior at UCLA, who worked on the study. "Academic success may depend on finding strategies to avoid having to give up sleep to study, such as maintaining a consistent study schedule across days, using school time as efficiently as possible, and sacrificing time spent on other, less essential activities."

For 14 days in each of the 9th, 10th, and 12th grades, 535 students from several Los Angeles-area high schools reported in diaries how long they studied, how long they slept, and whether or not they experienced two academic problems—they didn't understand something taught in class or they did poorly on a test, quiz, or homework. The students represented a mix of socioeconomic and ethnic backgrounds.

Although the researchers expected that extra hours of studying that ate into sleep time might create problems in terms of students' understanding of what they were taught in class, they were surprised to find that diminishing sleep in order to study was actually associated with doing more poorly on a test, quiz, or homework (the opposite of the students' intent).

"As other studies have found, our results indicated that extra time spent studying cuts into adolescents' sleep on a daily basis, and it is this reduced sleep that accounts for the increase in academic problems that occurs after days of increased studying,"

Fuligni explained. "Although these nights of extra studying may seem necessary, they can come at a cost." Fuligni said the study's findings do not suggest that teens should spend less time studying overall, but that those teens who give up sleep to study more than usual are more likely to have academic problems the following day.

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Got a story?

Do you have a story or know someone at school with a story that should be shared. Let us know and we'll work to get the story out to all of our communities.

Casa Loma College is committed to keeping you informed and using communications to enhance your educational and professional experiences.

For more information about using Casa Loma College's communication resources to help your education and career, or to give a tip on a potential story, contact:

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Medical Fast fact:

Nerve impulses to and from the brain travel as fast as 170 miles per hour. Ever wonder how you can react so fast to things around you or why that stubbed toe hurts right away? It's due to the super-speedy movement of nerve impulses from your brain to the rest of your body and vice versa, bringing reactions at the speed of a high powered luxury sports car.