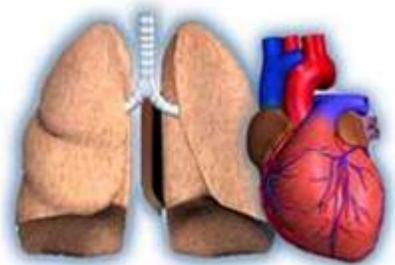


## **A Guide to Help New Students Who Enter into the Respiratory Care Program**



### **SNEAK PREVIEW**

Congratulations and Welcome!!

You have made it through the admissions part of the program. I'm sure you are both nervous and excited about starting this program. I hope this information will help you through your journey in respiratory care.

One thing that you need to keep in mind is that there will be a tremendous amount of material placed on you at one time. It is important to help each other out and seek guidance from the faculty and the Academic Resource Center. Hang in there...it does get easier as we go along. See the story of the geese ([link](#)). To be successful you must organized yourself, your time, and your family. There are no curve balls. All the information is in the syllabus, online, and in your handbook. Everything is laid out for you. It can be quite overwhelming but seek the help when you are feeling this way. It will be worth it. This is a very difficult and challenging program, but remember smile and have fun. Try to stay healthy by getting plenty of sleep, exercise, food and fun.

Remember we all make mistakes and have bad days. Attend class and clinical with enthusiasm and the eagerness to learn and you will succeed.



### **Prior to the First Day**

Upon admission into the program, you will receive a packet with a detailed letter from the Program Director welcoming you into the program. Along with this letter is a health/immunization form that needs to be completed. This form is very important. You must make an appointment with your physician immediately so that this can be filled out and completed prior to the first day of school. Failure to have the health form completed will prevent you from attending clinical. If you have having any difficulty with any portion of the health form, please call the school. My administrative assistant's numbers are 508-588-9100, Ext. 1762 and 1763. They will be able to relay the information to the program director who will be able to advise you on how to solve your current issue with the health form. Remember you must submit the lab reports with numerical data results. Simply stating you have had the immunizations is not acceptable. This is a very time-consuming process, so plan on starting immediately.



### **Uniforms**

Respiratory Care students wear scrub uniforms that must be purchased at Scruby's as they have an embroidered Massasoit logo on them. Since clinical is on Tuesdays and Thursdays you should be able to get away with one uniform. You will also need a stethoscope and a lab coat. You can choose any lab coat you would like. Shoes can be sneakers or clogs. If you choose clogs, they need to have a back to them. Sneakers cannot be wild colors or patterns. Plain white sneakers will do. Remember you are on your feet a lot so make sure whatever you choose for footwear you will be comfortable in. You will also need a name tag.



Place your mouth  
over the person's  
mouth and exhale

ADAM

### **CPR**

CPR is a requirement for the program. There are many places that offer CPR. Massasoit offers it in the Community Service section. It is taught by our Director of Clinical Education, Kathy Wood. If you have a CPR card, check the date to make sure it is current and has not expired. This needs to be completed prior to the first day of school.



## **Time**

This program is very time-consuming so be prepared. The class schedule will be the following:

First Year/First Semester

All students will take RESP 101, Respiratory Equipment, and Respiratory Seminar.

All three classes must be taken concurrently.

Clinical will be every Tuesday and Thursday from 8:00a.m. – 2:00p.m. It is necessary for you to ensure that you are at clinical on time and can attend until 2:00 in the afternoon.

Respiratory lab is every Monday from 8:00a.m. – 9:00a.m., 9:00a.m. – 10:00a.m., Wednesday from 8:00a.m. – 9:00a.m., 9:00a.m. – 10:00a.m, and Friday from 8:00a.m. – 9:00a.m., and 9:00a.m. – 10:00a.m. All students must attend the minimum of one hour of lab. Students may attend as many labs as they wish to grasp the different concept presented in lab.

Respiratory Care 101 is every Monday and Wednesday from 10:00a.m. to 12:00noon.

Respiratory Equipment is every Friday from 10:00 – 12:00noon. Seminar class meets Wednesday from 1:00p.m. – 3:00p.m.

As you can see, the respiratory classes alone are going to keep you very busy. You will have online work to do along with your studying to prepare for exams. Make sure you arrange your calendars and family to fit into this schedule. Don't forget you need to schedule in study time. You should try to study 3 – 4 hours per night. I would suggest breaking your study time down into blocks of time. Maybe ½ hour prior to dinner, another ½ hour after dinner, etc. I am sure you will find what schedule works best for you. It is advisable to have a good support system in place, without this you are setting yourself up for failure.



## **The First Day**

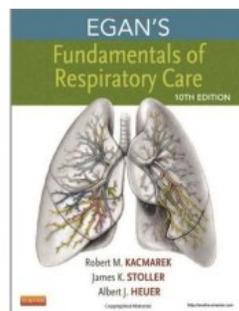
You are nervous, anxious, scared, excited, alone, and wondering why you did this. The first day is here. Don't be scared, be happy!! Everyone in the room is feeling the same way. Soon you will all be friends and colleagues, don't worry that you have no idea what to expect, no one else does either!! We will do some fun activities to get to know one another, review the handbook, policies, syllabus, and code of conduct. I will pretty much give you an overview of the program. You do not need to carry all your books to class. (Save your back.)

Remember study hard. It is not easy, but if you study you can do it. Sometime during the first few weeks of school, there will be a luncheon for first and second year students. At that time, you will be assigned a second year student as a mentor. This will give you the opportunity to talk with students who were just recently in your shoes and they will give you some tips on how to survive freshman year.



## Student Handbook

The Student Handbook is going to provide you with everything you need to know about the program. It will outline exactly what is expected from you. You will be given a hard copy of the handbook on the first day. A copy of the handbook can be found on the web page in the Respiratory Care Department's web page. You must turn into the program director a signed form stating you have read and agree with the policies of the handbook prior to entering the clinical portion of the program.



## Textbooks

Egan is your bible for this course. You will be using the workbook and online tutorial that occupies this book. It takes some time to warm up to the book but believe me you will love it. You will need to read the chapter many times to really understand the topic. I will spend time discussing how to be successful with this book. Our book representative will be coming to school in the first week to go over how to navigate and get full advantage of all three books.

The Medical Terminology course will be offered as on on-line assignments. You will be given the chapters that are required for you to complete. This can be done totally at your pace. It is advisable, however, not to leave this for the end of the semester.

I will have a list of all the text books at the end. All books are available as E books. It is up to you on which version of the book you would like to purchase. Our book representative will also discuss Pageburst when he visits the campus. This is an awesome feature that allows you to combine all your material into one. More on this to follow....Remember you don't need to carry your books daily unless I tell you we are using that book.



## Clickers

We will be utilizing clickers in all of our didactic respiratory classes. You must bring your clicker to class every day. You can purchase them at the Massasoit bookstore.



### **Remember to Breathe**

At the end of the first day you will feel very overwhelmed. This is normal. Actually I would be worried if you were not overwhelmed. All the information that we went over is always accessible. We have not even started the respiratory system yet.



### **Learning**

We all learn differently. In your preclinical lab book will be the secrets to success. Read it and find your recipe. Remember it may not be the same for you as it is for your neighbor.

Here are some helpful hints....See one, Do one, Teach one.... It really works!! Copying notes over and highlighting particular information helps.

Make flash cards or write note cards and bring them with you everywhere. You never know when you will have that extra ten minutes to study. Reviewing a little bit throughout the day really helps. You don't have to study all at once. This could be very difficult to plan and can make you frustrated.

You may record classes or even tape yourself reviewing parts of the topic that you don't understand. You can even listen to them in your car; this method has helped many students succeed.

Start reading the chapter on the Respiratory System. You need to know all about those airways and alveoli.

### **Clinical - Doctors Lectures**

**A series of doctors lectures are provided to all students - Supplements the clinical and didactic topics covered throughout the semester**

The clinical sites for first year respiratory students are as follows:

Brockton Hospital

New England Sinai Hospital (Stewart Family)

Caritas Good Samaritan Medical Center (Stewart Family)  
South Shore Hospital

These four hospitals all have instructors that are paid for by Massasoit. You will meet your instructors during preclinical laboratory. It is important that you arrive to clinical on time and ready to learn. You will be using DataArc in the clinical area. There will be an inservice on DataArc the first week of school. If you have difficulties, please see one of the instructors immediately as this is a vital part of your clinical rotation.

Remember your instructor cannot keep you busy the whole time. If you have downtime, you can utilize this time by reading or studying your books or notes.

Remember to ask questions when you are not sure of something. The instructors are there to provide you with the material to be successful.

Listen in class, listen in clinical, and listen to each other and your patients. Everyone has something to offer and some good advice. Be humble and accept criticism. Understand that you are not expected to know everything as a student. The best way to learn is to try different things to find what works best for you.



### **Simulation Lab**

You will be spending a great deal of time in the Simulation Laboratory located in the Field House. Practice makes perfect, but must be accomplished on plastic first. Here is where you want to practice, learn, and make your mistakes. Here is where learning takes place. Don't be afraid to try. Never quit!! Just keep in going no matter how hard it seems. Be a sponge. If you are unsure, ask any instructor. They are more than willing to help. Making mistakes is part of the learning curve. The most important aspect of a mistake is how you handle them. Learn from your mistakes. Always own your mistake, don't make excuses. Be positive.

