



# AIAM HOLISTIC PULSE

April/May 2024

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## WELCOME TO SPRING QUARTER 2024

Welcome new students and welcome back continuing students! We kicked off the quarter with the Eclipse. For those in the path of totality, we hope you got to safely observe and enjoy the experience.

Here's to warmer weather, sunny days, and passing classes! We all know school can be a stressful time. Make sure to take advantage of all the [resources](#) aIAM has to help you on your educational journey.

## MEMORIZATION TIPS

This list was put together by aIAM Nursing Instructor, Anne Malone. There are several excellent techniques for different learning styles. Figure out which style works best for you – it may be one technique only, but it could be a combination of them. Everyone is different, so what works for your friends may not be what works for you.

### Memorization Tips

1. Set a REGULAR time.
2. Break long chapters/concepts into smaller pieces.
3. Have a goal for each piece/concept.
4. Use a phone app.

5. Get a study partner and quiz each other.

#### Visual learners

1. Divide paper into columns.
2. Put one part of information on one side and corresponding information that relates to it across in the other column.
3. Fold paper over one column and look at the other while recalling hidden information, then reverse with the other column.
4. Draw a picture or caricature of the disease process or concept. The weirder or funnier, the better!

#### Auditory learners

1. Record as you read the information out loud to yourself.
2. Use the recording as you move about your daily life.
3. Talk to yourself while taking information in (you will hear your own voice while trying to recall information on a test). (You can't talk to yourself while testing though).

#### Kinesthetic learners

1. Write one part of information on one side of a flash card.
2. Write correlating information on the other side of a flash card.
3. Stand and turn with each flip of the card.
4. Relate difficult information to a dance step, exercise motion, finger tap, etc. so you can mentally recall the motion then the related information to the motion. (You can't dance during a test either).

\*\*\*Keep in mind that **you can learn all three ways!** Most people lean towards one or two ways of learning, but we learn in all different ways. In fact, if you try something outside of your “normal”, it might stick better just because it is so unusual.

\*\*\*Remember that if your way of learning is not getting the grade you want, you need to mix it up until you find a method that works for you!

**\*\*\*\*\*Last, but not least, it is easier to remember something if you TEACH it to someone else\*\*\*\*\***  
**Grab family members, friends, acquaintances, and the grocery store clerk and teach them what you are learning!**

## EMPLOYMENT OUTSIDE THE BOX

What sparked your interest in your field of study? For many, it's a general 'I want to help people'. For some, it's from knowing a loved one who had an illness or accident and wanting to be able to help others in similar situation(s). For others, they've gone through a situation and appreciated how their practitioner was able to care for them and wanted to be able to do the same thing. When you got started, did you know that you wanted to work in a hospital, doctor's office, own your own practice? Or did you just know you wanted to work in your specialty, but thought you'd figure out your employment along the way? This month we'll talk about some ideas of employment that are a little outside-the-box.



## Acupuncture



Many of our acupuncture graduates go into their own business or work in a doctor's office or with other practitioners. Within your own business, you can expand your focus to whatever you want. Our AT 702 Clinic Experience Forum recently had a guest speaker, Dr. Xioayan Ren, who specializes in aesthetic acupuncture. I don't know about you, but if I can use acupuncture instead of getting a face lift, I'm going to give it a try! Cosmetic acupuncture can help reduce wrinkles, fine lines, age spots, and lift eyelids. As with any treatment, it will take multiple sessions and then maintenance sessions.

[Cosmetic Acupuncture - Very Well Health](#)

Pain management is one of the most researched areas of acupuncture. One area that this could help is hospice care. While you may not be able to find a specific place hiring for this, it is something you can add into your own practice. You will not be able to cure these patients, but you can help them have an easier time with symptom control and, hopefully, assist in improving their end-of-life quality. It takes a strong person to help hospice clients.

[Home Hospice Acupuncture \(nih.gov\)](#)

Another area to mention for acupuncturists – Acupuncturists Without Borders. These acupuncturists provide go to communities around the world to assist with disaster relief, recovery and support. They set up Ear Acupuncture field tents for prevention and treatment of trauma, so it does require training through their program before you can go treat patients.

[Acupuncturists Without Borders](#)

## Massage Therapy

Like our acupuncture graduates, many of our massage graduates open their own practice or join other practitioners in holistic wellness centers or spas. But have you ever thought of working in the spa on a cruise ship? While it may not be where you would want to permanently set up your practice, it could be fun a season or two! The pay may sound low, but you'll have no living expenses like food, rent, or supplies.

[AMTA: massage and cruise lines](#)



Massage therapy is becoming more common for hospice care. Eighty percent is provided in the client's residence, but it is performed in hospitals as well. Hospice care massage is different from the techniques you are taught. It is more about sensitive massage or arms, legs, feet and hands, or slow stroke back massage. It becomes more about touch or helping positional adjustments. As mentioned with the acupuncture, it takes a strong person to assist with hospice clientele.

[AMTA: massage and hospice](#)

## Nursing

Nursing has a plethora of choices when it comes to non-traditional nursing. Insurance call center nurses, school nurses, and nurses in dementia units for patients with agitation are a few areas that can be overlooked while you're in school, but they are areas that benefit greatly from the care nurses provide.

Some others, with more details in the link below, are Camp Nurse, NASCAR Nurse, Medical Script Nurse (help Hollywood get the nursing profession right!), Hyperbaric Nurse, Disney Nurse, Yacht Nurse, Flight Nurse, Parish Nurse, Transgender Youth Nurse, Health Policy Nurse, Nurse Health Coach, or Cannabis Nurse. Obviously, some of these options are not available in Ohio, so you would have to check licensing requirements, but there are some fun options listed!

[Non-traditional Nursing Jobs](#)



## MESSAGE FROM THE DEAN

### Mental Health Awareness Month

May is Mental Health Awareness Month in the U.S. (It is October for 2024 for World Mental Health with World Mental Health Day being October 10, 2024.) Each May various groups and agencies focus on raising awareness about the importance of mental health and its impact, as well as recognizing the valuable service of mental health providers.



The past few years of the pandemic and adapting to life post-pandemic have caused many to experience increased stress, anxiety, and depression. Many people do not receive needed treatment for many reasons from not enough providers to issues in our mental healthcare system.

I wanted to take this opportunity to point out the ways in which massage therapy, acupuncture, and nursing provide care that addresses many mental health issues within their respective scope of practice including stress management, assisting in dealing with anxiety, to mood disorders.

According to the American Massage Therapy Association ([www.amtamassage.org/resources/massage-and/health/mental-health](http://www.amtamassage.org/resources/massage-and/health/mental-health)), massage therapy has been shown to reduce stress both physically and psychologically. Research supports massage can relieve stress in psychiatric patients, help with chronic pain, generalized anxiety disorder, acute fatigue during chemotherapy, and reduce anxiety and depression.

Christine Grisham, a Doctor of Acupuncture and Chinese Medicine discusses in her blog ([https://www.ymcanorth.org/blog/2019/04/23/256201/may\\_is\\_mental\\_health\\_awareness\\_month](https://www.ymcanorth.org/blog/2019/04/23/256201/may_is_mental_health_awareness_month)) how acupuncture can also be used in treatment for anxiety, depression, bipolar disorder, and schizophrenia. As she explains, “TCM considers the mind, body and spirit to be connected. It doesn’t see the body and brain as separate—we consider the whole person.”

Both massage therapy and acupuncture can be experienced in the AIAM Clinic with student appointments or with professionals.

The nursing profession encompasses multiple ways to help their patients cope with mental illness from teaching self-care activities, administering and monitoring psychobiological treatment regimens, to practicing crisis intervention and stabilization.( Read more here about Psychiatric-Mental Health Nursing <https://www.apna.org/about-psychiatric-nursing/> .) There are also nurses with additional education and credentialing in this area such as Advanced Nurse Practitioner which allows the nurse work autonomously to assess, diagnose and treat mental health illness.

Our nursing programs at AIAM have a holistic nursing foundational philosophy which has at its core the holistic caring process recognizing the human domains of the psychological, as well as physiological, sociological, spiritual, and lifespan development. Understanding that health includes all these aspects of a person, as well as family, cultural diversity, community, and promoting, maintaining, and restoring health to the whole person allows for a dynamic and healing relationship between the nurse and their patients. Mental health nursing theory and clinical experiences are included in the curricula of the PN and the RN programs.

Self-care is an important part of mental health, as well as physical health. Consider ways you can improve your own self-care this month. Being a student is intrinsically stressful, as well as the other roles and responsibilities you may have as adult learners. Remember to take care of yourself – you are the only “you” that you have!

## DEAN'S LIST



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### CONGRATULATIONS

TO ALL WHO MET THE CRITERIA\* FOR MAKING THE DEAN'S LIST  
FOR WINTER QUARTER 2024!

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First Name	Last Name		First Name	Last Name
Olubunmi	Abimbola		Regina A.	Kwayisi
Cynthia	Anaquah		Xin	Lu
Dana	Applebaum		Myju	McDonnough
Helen	Babalola		Whitney	McFadden
Vera	Bangu		Marianne	Michael
Fobessong	Belohanquia		Brittany	Molnar
Brittany	Chupp		Jasmine	Myles
Anastasia	Congdon		Carisa	Naylor
Zainab	Conteh		Sarah	Neumeister
Diana	Dallman		Puja	Niroula
Lonna	Egbe		Mercy	Opiyo
Elizabeth	Francis		Devonna	Parks
Xiumei	Geng		Amy	Patterson
Luis	German Garcia		Madelyn	Rhodes
Puspa	Ghimiray		Ashley	Rogers
Felicia	Green		Clarissa	Sagar
Sarah	Griswold		Elena	Sim
Jessica	Herman		Katherine	Strader
Jaremie	Horn		Krishna	Thapa
Tara	Jacobs		Zhibo	Wang
Katherine	Jordan		Monee	Wright

\*STUDENTS IN THE PRACTICAL NURSING AND REGISTERED NURSING PROGRAMS COMPLETING A MINIMUM OF 12 GRADED CREDIT HOURS AND STUDENTS IN THE MEDICAL MASSAGE THERAPY AND ACUPUNCTURE PROGRAMS COMPLETING A MINIMUM OF 8 GRADED CREDIT HOURS WITH A GPA OF 3.5 OR HIGHER FOR ANY GIVEN TERM WILL BE NAMED TO THE DEAN'S LIST FOR THAT TERM IN THE PROGRAM IN WHICH THEY ARE ENROLLED.



## AIAM STUDENT SUCCESS RESOURCES

We want the same thing you want – for you to succeed here at aIAM, pass your boards, and get started on your new career. Take advantage of everything aIAM has to offer!

**Tutoring** – some classes are harder than others. Sometimes the way something is explained in class doesn't quite click and you need some additional assistance. Sometimes the homework readings just don't make sense. Whatever your struggle may be, tutoring is offered to help you get that extra assistance. The trick is *you have to ask for the help*. Our faculty is more than happy to work with you to help you understand, but they're not mind-readers so you have to reach out to let them know you require some additional assistance. To get started with tutoring, email your instructor first.

**Library resources** – aIAM has a library with digital resources. In Populi, click the word "Library" at the top of the page in the black bar. Under "Links" you'll find databases you can search for articles, or you can search the catalog and place a book on hold. See below for more library information.

**Academic Dean Advising** – The Academic Dean is available to assist when life has thrown some curve balls your way and it's causing you to struggle with your classes. Schedule an appointment with her (Dr. Hiatt, [ehiatt@aiam.edu](mailto:ehiatt@aiam.edu)) so she can discuss your options with you.

**Nursing Students** – Test taking strategies are offered throughout the week every quarter and are open to all students (and graduates!) See the Populi home page for the schedule and zoom links.

**Additional help** – The Assistant Director of Education/Student Services has office hours by zoom and in-person where you can ask questions and get guidance on academics, test anxiety, study skills, note taking, and more. If you have a learning disability or other disability and require accommodation(s), you can also reach out to Ms. Fischer for assistance. Email Melissa Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu) to connect.

**AIAM Student YouTube Channel** – There are a variety of videos on the Student YouTube Channel, and among the most popular are the Stress Busters series! These short videos give students important information about ways to manage stress, study effectively, stay calm during tests, and more. There are also videos about populi, and the Playlists section includes information on Evolve, board exams, Populi, and NCLEX prep. There is a link to the channel on every course page under "Links," or head to <https://www.youtube.com/c/AIAMStudents>. It is a work in progress, but if you have an idea for a video that you think would be beneficial for students, email the Campus Support Specialist, Angela Falasca at [afalasca@aiam.edu](mailto:afalasca@aiam.edu).

**Time Management** – One of the most important factors determining your success is your ability to effectively plan and manage your time. If you need help with this, please reach out to Ms. Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu).

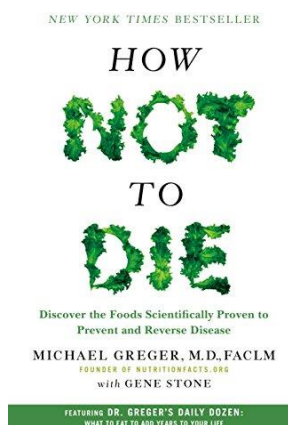
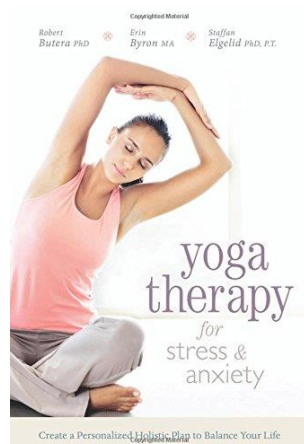
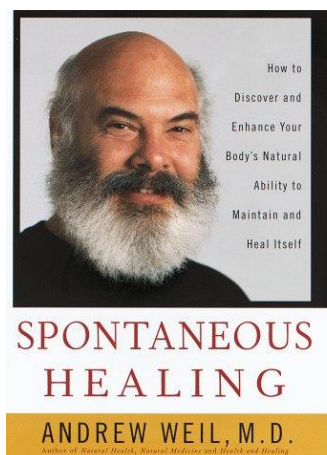
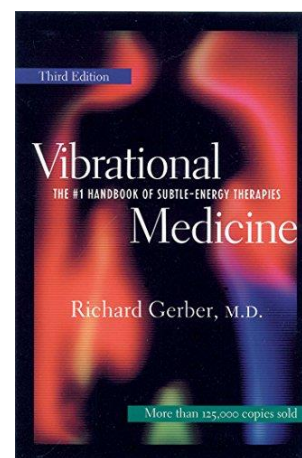
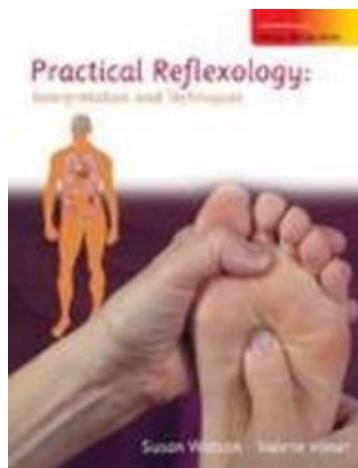
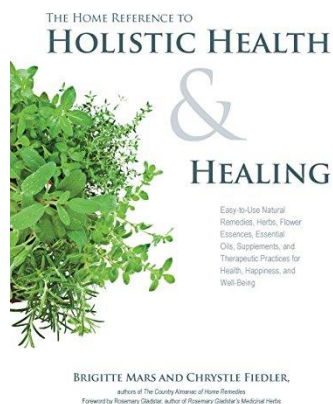
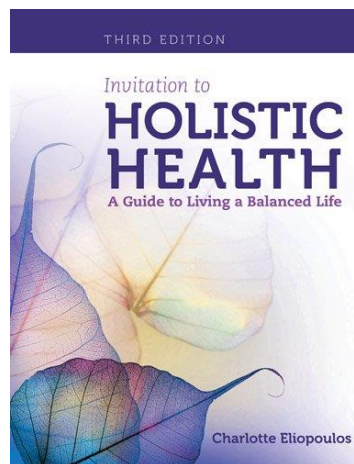
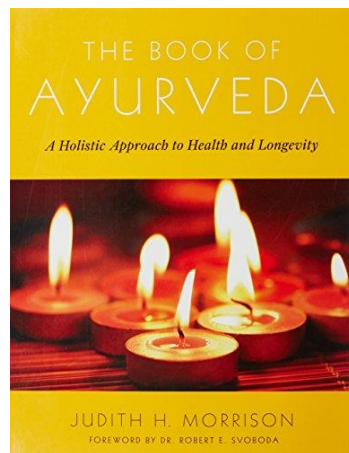
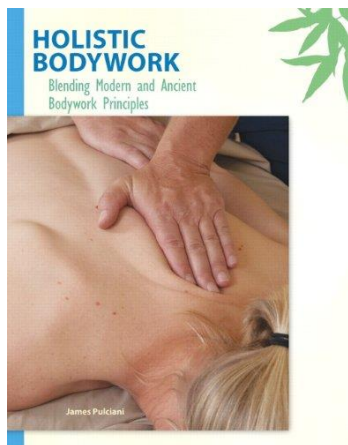
**Great Start Classes** – First quarter students are automatically enrolled in a self-paced Great Start class, accessible under "My Courses". Each lesson has important information about school policies and other knowledge you'll need for success.

**Student Support** – Student Support is a group of people who can jump in and help you with technology set-ups and issues along the way. Email [studentsupport@aiam.edu](mailto:studentsupport@aiam.edu) for assistance.

## LIBRARY



### Library Spotlight: Holistic Topics



Have questions or need library help? Email Ms. Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)



## AIAM IMPORTANT DATES AND OTHER INFO

- ❖ April 8<sup>th</sup> – Quarter Begins
- ❖ April 12<sup>th</sup> – Last Day to Drop Classes
- ❖ April 23<sup>rd</sup> – No Classes due to Faculty Development Day
- ❖ May 27<sup>th</sup> – aIAM Closed for Memorial Day
- ❖ June 19<sup>th</sup> – aIAM Closed for Juneteenth
- ❖ July 3<sup>rd</sup> – Quarter Ends

### Test Taking Strategies



Test Taking Strategies are now available via videos. This means that you can view on your own time. Click the link below to check out the recorded sessions.

[Test Taking Strategies Recorded Sessions](#)

### AIAM IMPORTANT REMINDERS

Masks are no longer required in administrative areas and classrooms; however, they are strongly recommended. Please be respectful of each other. If someone is masked, please ask if they would feel more comfortable with you being masked also.

In the Clinic, it is up to the client and the clinician if they are masked. Mindbody indicated if a clinician (Massage, Acupuncture, and Reflexology) requires masks or not in their treatment room and all of their clients will be required to wear a mask. If one wants to be masked and wants the other to be masked, they will both be masked. It will be up to the masked person if they are both masked or not.

Check your AIAM email regularly for important communications from faculty and administration.

When coming on campus, DO NOT park in front of any space with a sign. You will be towed.

Students are responsible for communicating directly with the manufacturer on all warranty-related issues for the laptop computer. If the laptop computer is purchased through AIAM, students are responsible to replace the item(s) at full cost if lost, stolen, or damaged beyond repair or outside of the warranty.

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