

UC San Diego

Spring 2016 - UC San Diego Health Journal of Nursing: The Unique Power of Nursing

Title

Supporting Teenage Mothers Through Young Life

Permalink

<https://escholarship.org/uc/item/71b0x3rp>

Journal

UC San Diego Health Journal of Nursing, 9(1)

Author

Pruett, Rebekah, RN, BSN

Publication Date

2016-04-01

Peer reviewed

screenings, the nurses perform risk assessments for SCA and provide electrocardiograms (ECG). The well-respected cardiologist, Dr. Rogers, reviews all the results.

Since the organizations inception in 2010, CVICU has been a part of improving outcome in teens with SCA. Over 17,280 teens have been screened, of those, over 350 had heart abnormalities, and 155 were risk for SCA. Teens with heart abnormalities are provided on-site echocardiograms, and are referred to accessible Cardiologists in the community for follow-up.

The screenings are held at various high schools around San Diego and often our CVC ICU volunteers has find the schools close to their own hearts. Sometimes it's their Alma Mater, their family's Alma Mater, or their child currently goes to the school. Whatever the connection may be, it is always a special day when this happens. Susan Muus, CVC ICU RN, recently volunteered the screening for Hoover High School, where several of her family members had attended. She states "It is great to be able to give back to the community where my husband and sister-in-law went to school. We get to come to a place from our past and help make a difference".

The screen your teen events bring the CVICU unit together as a whole fostering teamwork, interdisciplinary collaboration, and community involvement. Providing top-notch care for the community has resulted in positive outcomes and accomplishments helping save teens throughout San Diego County. UCSD's cardiovascular nursing team is proud to provide volunteer staff to make the EP Save a Life Foundations vision a reality.

EP Save A Life has screened nearly

7,000

teens throughout San Diego County

164

had undetected heart abnormalities

69

were at risk for Sudden Cardiac Arrest

4

required life-saving corrective surgeries

Among teens in the United States

1 IN 350

have an underlying heart condition

20

teens will be at risk for SCA for every 1,000 screened



Laura Chechel, BSN, RN, CCRN is Assistant Nurse Manager of the Sulpizio Cardiovascular Intensive Care Unit at UC San Diego Health. She joined UC San Diego in 2012 as an experience RN. She received her Bachelors of Science in Nursing from the University of Rhode Island, and has worked in the ICU setting since 2004. Laura is an active member of the pain management committee, and Epic critical care. Laura is currently the co-chair of the Professional Development Council.

SUPPORTING TEENAGE MOTHERS THROUGH YOUNG LIFE

By: Rebekah Pruett, RN, BSN, TNC

Founded in 1941, Young Life is a non-denominational Christian ministry that provides role models, safe activities and a sense of significance to high school, middle school, college students, teenage mothers and teenagers with disabilities in communities across the United States and around the world. The presence of a positive role model is crucial to the healthy development of middle school, high school and college students. In communities where Young Life is present, our leaders have the privilege of walking with kids during these pivotal years. During the school year, adult leaders (both staff and volunteers) build relationships with students attending the school to which they have been assigned. They may attend school activities open to the public, meet with students at school during open access periods (with permission of school administrators) or organize activities open to all students. Young Life leaders are committed to knowing and following the guidelines regarding school access established by school officials. We understand that being on campus is a privilege; it is a time for leaders to build friendships, not proselytize. The central Young Life activity during the school year is a weekly gathering, called "club," which usually meets in private homes. Club involves music, games and a brief talk by one of the leaders. Attending a weekend camp during the school year or a weeklong summer camp at

one of our 21 camp properties is also a regular Young Life activity. With more than 3,400 full- and part-time staff and 45,000 volunteer leaders or local committee (the community-based adult support team), Young Life is active in all 50 states, more than 90 countries, reaching an estimated 1.7 million kids annually. More than 140,000 kids spend a weekend during the school year or a week in the summer at one of our 32 camping properties worldwide.

Personally, I am involved with Young Life through YoungLives which is Young Life's ministry to teenage mothers and their babies. I am the YoungLives Coordinator for San Diego in charge of developing YoungLives across San Diego. I started this in San Diego the summer of 2014, and volunteered with the same program for 5 years prior while residing in Ohio. Currently we have the YoungLives program at one high school with 12 teenage mothers participating in the program with another high school getting started in January 2016 with 100 teenage mothers. My husband and I get to hold our monthly club and Bible Study at our house as well as a monthly dinner for all of volunteers in the YoungLives program. Throughout the month we also get to go to events and churches throughout the community to spread the word about YoungLives. Through these events we are able to acquire volunteers to help provide meals, childcare, transportation and baby items for these girls and



Rebekah Pruett RN, BSN, TNC has been a nurse on the Trauma Progressive Care Unit at UCSD since 2013. Prior to moving to San Diego, Rebekah lived in southern Ohio where she practiced as a Cardiac ICU nurse for two years. Rebekah lives with her wonderful daughter Emily who is almost two, and husband Mike. Rebekah and Mike are expecting a baby sister for Emily due to arrive in April.

their babies. I personally love the tool of Young Life that is used to reach millions of kids in so many different situations. When I was in high school, I also had a Young Life leader that helped me navigate the difficult years of high school and is a huge part of why I am who I am today. I love that I get to serve these girls and their babies with my husband and daughter. The girls that we serve are not the only ones being changed through YoungLives, my family is changed as well.