

Congratulations on entering the KPU BSN Nursing Program. So now what?! To help new nursing students prepare for the program FoHSA has gathered information previous nursing students felt was important to know, to help give some guidance as you begin your exciting journey to become a nurse.

BUDGET SUPPLIES



1 Textbooks

- » Buy used when possible
- » We recommend keeping your Giddens textbook as you will use it throughout the BSN program
- » Worried about needing them for the NCLEX? No need, specific NCLEX study materials are all online!

2 Lab Kits

- » We recommend to share with a partner
- » To help with costs, buy the kits when needed and not all at once
- » The lab will supply some basic supplies as well

3 KPU Patches

- » To be purchased in the KPU bookstore, one for each set of scrubs
- » Directions on sewing placement are in the program guidelines:
<https://www.kpu.ca/health/guidelines/appearance>

4 Name Tag

- » Order ASAP
- » Kits must be purchased in the KPU bookstore then follow directions on how to order online.
Two models to choose from: Pin or Magnet
- » “First Name, Student Nurse BSN”
- » Save the code for future use
- » Sometimes it is nice to have a backup

5 KPU Scrubs

- » At least two pairs is recommended, one for each clinical day

6 Footwear

- » MUST be closed toed and non-mesh (black or white)
- » Recommended Brands: Reebok, New Balance, Nike, Shoes for Crews, etc...

7 Stethoscope

- » We recommend buying a reputable brand such as Littmann or Welch Allyn. If you plan to go into pediatrics, some Welch Allyn stethoscopes give you the pediatrics bell as well, thus saving you money. Welch Allyn and Littmann have excellent acoustics. Warranty on Welch Allyn’s Harvey Elite & DLX are 10 years, Littmanns vary from 3-7 years

OTHER BUDGET ITEMS



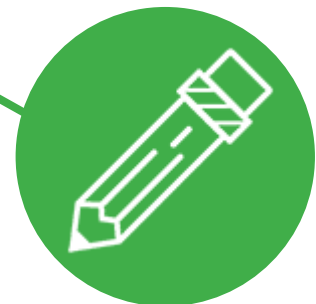
- 1 **TB Testing**
 - » Can be done at a travel clinic
 - » This will require two trips into the clinic at the same time of day
 - » Should be done ASAP
- 2 **Fit Testing**
 - » Done at KPU and requires you to book ahead of time and pay for separately: <https://www.kpu.ca/cps/health/fit-pnur-9001>
 - » Plan for this early in your semester 3! (If you are already employed by a health authority, you may have this done at no cost to you. The same results can be used to fulfill Kwantlen's requirement)
- 3 **Parking at KPU**
 - » If you are at campus more than three days a week buy a monthly parking pass
- 4 **Parking at Hospitals**
 - » Most hospitals will give students an employee parking pass for a discounted daily rate

IMMUNIZATION RECORDS



- 1 Do this ASAP! This can be a long process and may involve multiple trips to your doctor and your public health unit
 - » A list of all necessary immunizations are on the BSN Homepage
 - » Remember to get your yearly flu shot
 - » The TB testing should be done ASAP as well (See above)

SCHOOL DAYS



- 1 Pack a change of clothes for clinical days. Occasionally you will need to change out of your dirty scrubs before leaving the hospital
- 2 Pack a big lunch for longer days. Especially for clinical days, buying lunches can really add up

KPU RESOURCES



- 1 Free things from KSA: Lockers, Agendas, Tampons, Condoms
- 2 Need an oil change? Go to the KPU Cloverdale Campus for a discounted rate!
- 3 Check out KPU's benefits plan:
<https://www.mystudentplan.ca/kwantlen/en/home>
» Free teeth cleanings, discounted prescriptions, discounted glasses, and more!
- 4 Extra help is always available...
» <http://www.kpu.ca/counselling>
» <http://www.kpu.ca/learningcentres>
» <http://www.kpu.ca/awards>
» <https://kpu.read101.ca/>

OTHER HELPFUL RESOURCES



- 1 All "Evolve" Textbooks have FREE online resources, check out "Key Points" and "Practice Quizzes" for every chapter
- 2 Use <https://opentextbc.ca/clinicalskills/> for lab skills, they have step-by-step procedures and all the necessary information
- 3 Helpful videos on all nursing skills and nursing concepts:
<https://www.youtube.com/user/RegisteredNurseRN>
- 4 Pathophysiology videos (useful for semester 5 and 6):
https://www.youtube.com/channel/UCNloqOoipkhsUtaQ4_2NUhQ

APA HELP?



- 1 <https://libguides.kpu.ca/apa>
» This website has APA Essay Templates and you can follow their reference guide
» Use the "Ask a Librarian" feature for research help

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E-mail us at fohsa.kpu@gmail.com for more information