



News Release

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NMCC student nurses and Phi Theta Kappa to host health fair November 9

Aroostook County - Topics ranging from the benefits of exercise and stress management to the effects of caffeine and the concern of hepatitis C in relation to body piercings, will be among the thirteen health issues explored by nursing students at the annual Northern Maine Community College Health Fair on Thursday, November 9 between 10:00 a.m. and 2:00 p.m. in the Edmunds Conference Center on the NMCC campus.

In partnership with the College chapter of Phi Theta Kappa, the international honor society for students enrolled in two year colleges, 38 second-year associate degree nursing students will present displays and share information on a myriad of health topics facing college students, young adults and others in the community. Designed to provide the senior nursing students at NMCC with an opportunity to plan and present a structured teaching project in a public health format, the event is free and open to the public.

“We encourage community members to visit the fair to see the work of our students and learn about the health related issues facing the young adult population and adults of all ages,” said Eileen McDougal, NMCC nursing instructor and one of the lead coordinators of the health fair. “This event provides our nursing students the unique opportunity to provide health education to a portion of the population that they do not often see as clients in health care facilities.”

Toward that end, topics were largely selected by NMCC nursing faculty members. Students were provided the opportunity to submit research topics in addition to those identified. Once a comprehensive list was developed, students signed up to work on specific projects according to their interest, with two or three students working in each area.

The final list of student project topics includes alcohol abuse, depression, HPV and cervical cancer, breast cancer awareness, contraceptives, prescription drug abuse, folic acid, smoking cessation, and the prevention, recognition and treatment of sexually transmitted diseases.

Students are responsible for developing objectives and an outline of the information they plan to present. They then access the resources necessary to present their topic.

Each student-researched topic will be presented at an individual booth staffed by the group working on the specific project. Members of the NMCC campus community and the public will have the opportunity to visit each table and learn about the topic through interactive displays and informational hand-outs developed by the team.

In addition to the 27 students participating in the health fair project who are physically taking courses on the Presque Isle campus, eleven second-year students enrolled in NMCC's nursing program who are taking classes at a distance on the Washington County Community College campus in Calais will present their findings.

"We hope that the nursing students gain confidence in their ability to provide information about healthy lifestyle choices to people of various ages and backgrounds, and that they develop skill in responding to questions from consumers," said McDougal.

The NMCC Health Fair is the required project for nursing students in their third semester in the program. It follows the first semester when students learn the concepts of teaching/learning in the public health context, and the second semester when students are required to present a clinically-based topic to their peers. In their final semester, students participate in the Fort Fairfield Middle School health fair.

Members of the public are invited and encouraged to attend the November 9 NMCC Health Fair between 10:00 a.m. and 2:00 p.m. in the Edmunds Conference Center. For more information on the event, contact McDougal at 768-2750.

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