

CALIFORNIA NURSING
STUDENTS' ASSOCIATION



2012 - 2013 ANNUAL REPORT

PRESIDENT'S MESSAGE

CNSA: Creating the Future by Leading the Way



Kristi Miller, BSN
2012-2013 CNSA President

Dear CNSA Members, Advisors, and Friends,

It has been an honor and privilege to serve as your CNSA President for the 2012-2013 term. This year has been full of so many exciting opportunities and learning experiences – I can't believe this journey has already come to an end.

Having served as your CNSA President, I have been extended many incredible and humbling opportunities where I have had the privilege of representing you to the professional world of nursing. I represented

you at the Association of California Nurse Leaders (ACNL) Annual Conference this past February, alongside your Vice President, Allie Bryden, and Convention Director, Katrina Stell. Through our participation in the conference, we offered our unique perspectives as nursing students. I also represented you at different events held by the Nursing Leadership Coalition of the Central San Joaquin Valley, including the annual *Lunch and Learn* event and the 2013 *RN of the Year* dinner.

This year I have worked with nursing schools throughout California, providing support and guidance when needed, and have had the pleasure of having many inspiring conversations with CNSA members in the process. I also had the honor of bragging about some of your amazing accomplishments at this year's National Student Nurses Association (NSNA) 2013 Annual Convention during the Community of State Presidents' meeting.

Speaking of the NSNA Annual Convention, while in attendance, I accepted the *Winner's Way* prize on your behalf – for California having the largest number of members in the entire country! I am so proud to have had the opportunity of representing you at these events!

Being the President of an organization as amazing as CNSA is not a one-woman job, and I have done nothing alone. I have worked alongside dedicated, intelligent, passionate, and inspiring nursing students. We could not have accomplished our goals this year without the help, guidance, encouragement, and support from our amazing advisors.

Everything we have accomplished as a Board this year has been a result of teamwork. In fact, this past year your Board of Directors and committee chairs have been working very hard on many behind the scenes projects. One project was to re-evaluate

our CNSA Vision and Mission statements. Since the Institute of Medicine (IOM) released their report on the Future of Nursing (*The Future of Nursing: Leading Change, Advancing Health*) in 2010, CNSA has taken advantage of the excellent opportunity of partnering with the California Action Coalition's goal of implementing this revolutionary report. We have had at least one CNSA Board member or committee chair on seven out of the eight recommendation teams.

CNSA has taken the *Future of Nursing* report seriously these past three years by implementing the report's recommendations as much as possible. Because of this, our Board felt it was necessary to review our CNSA Vision and Mission Statements to see if they were aligned with our organizational direction. Every Board member, committee chair, and advisor put considerable thought into the hours of conversations, conference calls, and in-person meetings discussing our organization's two most important statements. I think you will be pleased to hear our recommendations in the House of Delegates.

Your Board of Directors and committee chairs have had many other opportunities to grow our teamwork skills – from planning and implementing our Membership Meetings in the North and South, to preparing for NSNA Convention and this year's CNSA Convention. We have learned to communicate with each other, present you with the newest information, and professionally represent you to the outside world.

Serving as your CNSA President this past year has largely contributed to one of the most incredible years of my life. During my campaign speech at last year's Annual Convention, I mentioned a quote that the nursing department from my alma mater, California State University – Fresno, lives by: *together we learn, together we care, together we grow*. I invited you to learn, care, and grow with me. I would like to thank you for taking me up on that invitation because CNSA is not just about its Board members, committee chairs, and advisors – the California Nursing Students' Association is about its members, both individual members and school chapters alike.

Our job as a Board has been to serve and represent you throughout this past year, and it has been an honor and a privilege to lead your amazing Board throughout this process. You are a membership well worth representing – it's no wonder we have the largest membership in the nation! You already create your future by leading the way, and I am excited to see where your future takes you from here.

Ensuring CNSA's Future



Matthew Grayson
Secretary/Treasurer

It has been my pleasure to serve as the 2012-2013 CNSA Secretary-Treasurer. I am pleased to announce that CNSA is a well-run and financially-solid organization. We continue to grow in membership and influence. Our voice is 5,623 members strong and growing! CNSA is the largest constituency chapter in the National Student Nursing Association (NSNA).

The California Nursing Students' Association (CNSA) is a tax-exempt, 501(c)6, professional association. The organization's fiscal year is from April 1 to March 31. Approximately 40% of our revenue comes from membership dues and *You're Hired!* book sales. The remaining 60% is from the CNSA Convention which includes registration, sponsors and vendors. Our total revenue for fiscal year 2012-2013 was \$178,093. Total expenditures for this same period were \$172,812. Our net revenue for fiscal year ending March 31, 2013 was \$5,280. *More information about CNSA's finances on page 4 and 5.*

The Association of California Nurse Leaders (ACNL) manages CNSA, which results in many benefits for our organization and members. One of the major benefits is the outstanding fiscal management along with access to nurse leaders across the state. The network created by the ACNL/CNSA partnership serves both our organizations well. The 2012-2013 Board recommended we continue this relationship.

In spite of our best efforts, convention sponsorship and exhibitors have decreased since the economic downturn in 2008. The staff at ACNL has worked very hard to maintain and retain as many sponsors and industry partners as possible. They are continuously on the lookout for new sponsors and vendors whose missions align with CNSA. We anticipate a number of new companies will be present at our 2013 Convention.

In addition to our 501(c)6 organization, the Executive Officers of CNSA, with the help of ACNL, provide leadership to the CNSA Foundation. CNSA Foundation is the sponsoring organization for our scholarship program and Flo's Cookie Jar. CNSA Foundation is a tax-exempt, 501(c)3, non-profit organization. The CNSA Foundation's fiscal year is also from April 1 to March 31. For fiscal year 2012-2013, total revenue generated was \$26,353, and total expenditures were \$23,584. Flo's Cookie Jar is the emergency grant-in-aid program for RN prelicensure nursing students and has helped countless students over the years to stay in nursing school.

Unfortunately, the current economic crisis has had a direct impact on the donations to Flo's Cookie Jar. In 2012, First String became the first corporate sponsor for Flo's Cookie Jar. While this is an exciting opportunity and great partnership, we need more organizations and businesses supporting this critical fund. As you transition from student to RN we ask you to remember Flo's and consider making annual donations to the fund. Please visit <http://www.cnsa.org/flos-cookie-jar.html> to learn how to apply or donate to the cookie jar.

General Communication

Official documentation of the Board of Directors' minutes is a requirement for our nonprofit status and recognition by NSNA as a State Association. Members can visit the CNSA website to review the Board of Directors' approved minutes, which are posted throughout the year.

In an effort to support communication, CNSA has embraced social media. The Board of Directors and advisors regularly provide updates through the CNSA website, *Facebook* page, *Twitter* account, *YouTube*, and *Gmail* accounts. In addition, CNSA's *Range of Motion* newsletters are available on the CNSA website. We encourage CNSA members to access all of the resources made available to them. If you find a resource that helped you perform a role or duty at your local chapter, please share this with a CNSA Board member so that we can make these resources available to other chapters. Visit www.nsna.org for additional resources to aid your local chapter.

The role of Secretary-Treasurer provided me with opportunities to network with CNSA members throughout California, as well as our peers in NSNA. A few projects would not have been successful without the contacts I was able to develop as a CNSA officer.

Attendance at the Membership North Meeting helped me develop this year's CNSA Scholarship questions. I am also proud of the ROM article on minutes that will hopefully guide secretaries at the local chapter level, as well as future CNSA secretaries.

My favorite words of wisdom are: *"You'll get out of it, what you put into it."* Be bold and act with purpose to secure a strong future.

"We make a living by what we get, but we make a life by what we give." Winston Churchill

Report from CNSA Headquarters



**Patricia McFarland, MS, RN, FAAN
CNSA Executive Officer**

“For us who Nurse, our Nursing is a thing, which, unless we are making progress every year, every month, every week...we are going back.”
Florence Nightingale, 1872

It has been 10 years since John DeBoer, President of the California Nursing Students’ Association, and Nicole Marcy, CNSA Convention Director, approached the Association of California Nurse Leaders’ (ACNL) Board of Directors to assume management responsibilities for CNSA. CNSA had become

disconnected from professional nursing and was facing some serious financial difficulties.

These student leaders understood that for CNSA to be a viable, robust organization they would need to partner with California’s professional nursing organizations. The 2003 CNSA Leadership Committee researched and then interviewed several potential association management firms but felt the best fit for their struggling organization was to partner with a financially-strong, leadership-savvy, well-connected professional association like ACNL.

The ACNL Board of Directors, led by Judy Husted and strongly influenced by Board Member Katie Bray, agreed to undertake the management of CNSA on a trial basis. Since that time, CNSA has grown substantially, become financially stable and made its mark at the state and national levels. Over the past 10 years, CNSA has received numerous awards from the National Student Nurses Association for their outstanding work as an organization.

Ten years ago, CNSA ended its fiscal year 2002–2003 in the red. They had cash flow issues and many unpaid invoices. Just one year later, with a little help from our friends – ACNL members and our service partners – CNSA ended the 2003-2004 fiscal year with a net gain of \$35,445. We continued to grow the organization and membership with realized net profits over the next six consecutive years. CNSA did not initially feel the impact of the economic crisis until Fiscal Year 2009-2010. However, I am happy to report the last two fiscal years we again realized small net gains. (See the graphics on the opposite page for more information on CNSA’s financial picture).

ACNL’s work with CNSA students is greatly enhanced by our unique partnership with the ANA\C. ACNL provides the association, convention and financial management for CNSA. ANA\C provides expertise in the areas of bylaws, policies and conducting the House of Delegates. Professional volunteerism has been the strength of this relationship with volunteers from both professional associations mentoring the students.



“Mentoring is a brain to pick, an ear to listen, and a push in the right direction.”
John Crosby



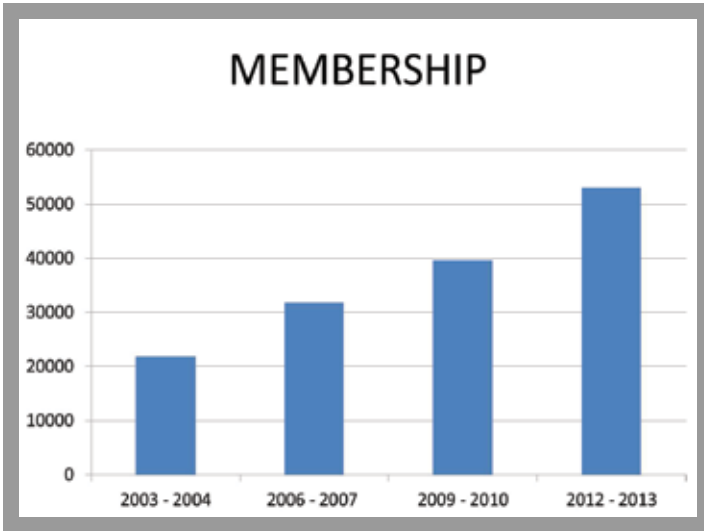


Figure 1

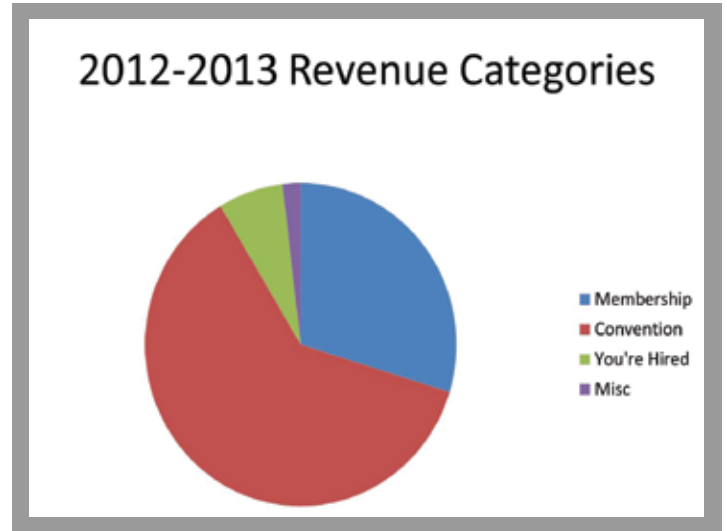


Figure 2



Figure 3

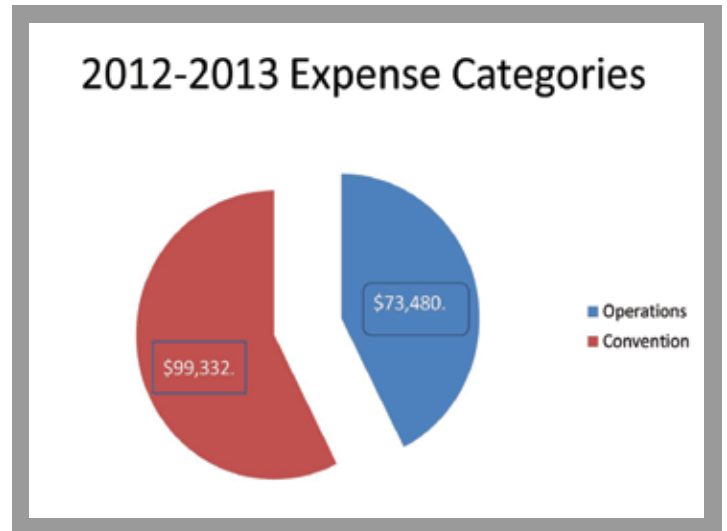


Figure 4

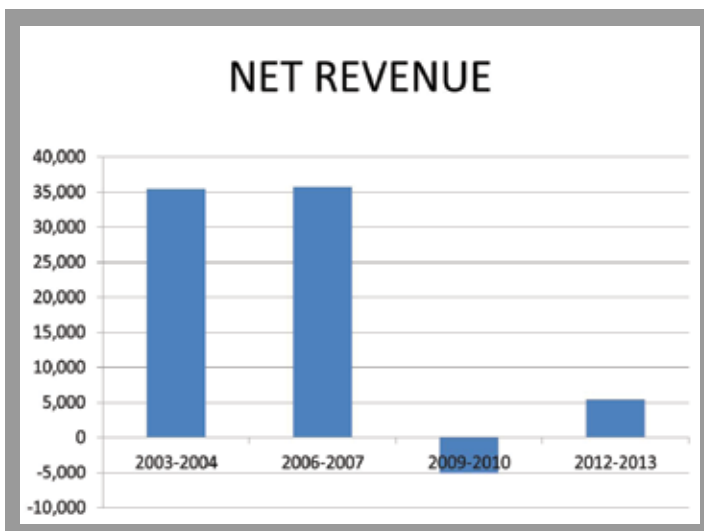


Figure 5

Figure 1 shows growth in membership over the past 10 years.

Figure 2 describes major CNSA revenue categories for 2012-2013.

Figure 3 illustrates convention revenue.

Figure 4 shows expenses for CNSA operations and the convention.

Figure 5 is CNSA's net revenue (all income minus all expenses).

CNSA'S WORK WITH NURSE LEADERS

Creating the Future by Contributing Our Voices!

Allie Bryden, Vice President; Samantha Ahwah, Community Health Director; Emily Barrow, Breakthrough to Nursing Director; Lilla Szakacs, Membership Director North; Jordan Burns, California State University, Fresno; and Cheng Thow, Alumni, California State University, Fresno contributed to this report.

Serving on the Board and being active members has allowed us to meet nurse leaders across the state as we represented CNSA on the California Action Coalition (CAC), and at special meetings hosted by the Association of California Nurse Leaders (ACNL), the American Nurses Association\California (ANA\C) and the California Institute of Nursing and Health Care (CINHC).

Our legacy as a Board and organization will live on in the work we do today to enhance opportunities for future students and professionals. While the politicians continue to debate the Affordable Care Act, nurse leaders across the state have been working to implement strategies to ensure the projected 5.5 million Californians that will become eligible for health insurance beginning January 2014 will have access to primary care providers. As the largest health care discipline in California with over 400,000 RNs, we have an opportunity to participate in the redesign of our primary care delivery system.

Nurse leaders across the state continue to explore and implement aspects of the historic Institute of Medicine Report, *The Future of Nursing: Leading Change, Advancing Health*. Key recommendations from this report include removing barriers blocking our ability to practice to the full scope of our licensure, implementing new models of care and leading change to advance health. Using this report as a launching point, the California Institute for Nursing and Health Care (CINHC), our state nursing workforce center, with funding from the California Wellness Foundation, began a nine-month research and collaborative process to examine new roles for nurses as we move forward with the ACA.

Judee Berg, Executive Director of CINHC, and Mary Dickow, Director of the California Action Coalition (CAC), provided the oversight and leadership for the *Nurse Role Exploration Project: The Affordable Care Act and New Nursing Roles*. The objective of the project was to address gaps in care delivery by identifying corresponding new roles for RNs in California's health care system. Regional meetings were held across the state in the first half of 2013. Over 300 individuals participated in these meetings representing academia, practice, government, payers and consumers. We were among the CNSA members participating in these meetings. Students in attendance reported that the conversations were robust, lively and inspirational as barriers and opportunities were discussed. Following the face-to-face meetings, an online survey was sent to participants

to verify outcomes of the consensus process and gather input on critical next steps to actualize these new roles.

The final report was published in September 2013, and can be found on the CINHC website (www.cinhc.org). The work culminated in the identification of five new roles that RNs can fill to meet the rapidly expanding demand for health care services in California.

- Care Coordinator – including population health management and tiered coordination
- Faculty team leader – moving interprofessional nursing education to community settings
- Information Specialist – roles in design, data interpretation, and tele-health applications
- Nurse/family cooperative facilitator – bringing virtual and in-person health care to people where they live and work
- Primary care provider – providers in community health settings

Over the next several months nurse leaders in California will continue to discuss and debate the recommendations. These conversations will focus on how we prepare for and implement these new roles. Because CNSA has been involved in this process, our members will continue to be engaged in this next phase of work. It is truly an exciting time to be entering the nursing profession.

Observations of CNSA Members Attending the Meetings

"The opportunity to witness many of the issues being discussed by nurse leaders is one I will certainly never forget."

Allie Bryden, Vice President

"We were all unanimous in the belief that the role of the nurse has been and always will be an advocate for the patient."

Samantha Ahwah, Community Health Director



At the San Diego meeting hosted by the California Action Coalition and California Institute for Nursing and Health Care are (left to right): Judee Berg, CINHC Executive Director; Allie Bryden; Samantha Ahwah; Katrina Stell; and Mary Dickow, CAC Director.

“Nursing’s role is to save the future of health care.”

Florence Wald, MN, MS, RN, FAAN

“It feels beyond amazing to know that California has such passionate and active leaders representing the nursing profession who will debate, discuss, persuade and ultimately fight until change is created. This experience made me even more excited and ready to add my voice to the great force of nursing.”

Emily Barrow, Breakthrough to Nursing Director

“What I discovered at the meeting was a tremendously enthusiastic group of nursing professionals who want their opinions heard and are volunteering their time and energy to participate in the future of nursing policy.”

Jordan Burns, California State University, Fresno

“Our responsibility as student nurses and professional nurses is to be prepared to adapt to any changes in healthcare. In the era of ACA and the oncoming expansion of nursing roles, we as a profession must continue to work towards a mutual goal to enhance the health of the patient, community and nation.”

Cheng Thow, Alumni, California State University, Fresno

“...this meeting opened my eyes to the important roles that nursing has played and will continue to play in health care. I must say that I am more proud than ever to enter into this field.”

Lilla Szakacs, Membership Director North

IN THE NATIONAL SPOTLIGHT

Highlights from 2013 NSNA Convention

The 2013 National Student Nurses Association Annual Convention in Charlotte, North Carolina was a time to be proud to be a constituent from the state of California.

CNSA was the winner of the NSNA Winner’s Way award for Group 5. This is awarded to the state with the highest percentage increase in membership during the 2012–2013 year.

Congratulations to the following schools that received awards at NSNA National Convention:

Outstanding School Website

West Coast University – Orange County, Anaheim, CA

Most Outstanding School Newsletter

National University, Fresno, CA – “National Expose”

Global Initiatives in Nursing Awards, Outstanding School Project

San Diego State University, San Diego, CA

CNSA and two California schools had the following resolutions passed by the House of Delegates at National Convention 2013:

California Nursing Students’ Association

In Support of Increasing Awareness of the Effectiveness of Ventilator Associated Pneumonia (VAP) Bundles to Prevent VAP in the Hospital Setting.

California State University – San Marcos

In Support of Using and Electronic Signature Drive to Increase Awareness and Access to the Wisewoman® Program.

San Francisco State University Nursing Student Association

Pursuing Greater Involvement of Faculty and Administrators in Adopting Policies and Philosophies that Support Nursing Students Who Aspire to Be Actively Involved in NSNA Membership.

*“With our thoughts,
we make the world.”*

Buddha



VICE PRESIDENT'S REPORT

Amending Our Bylaws to Keep Pace with Our Work



Allie Bryden
Vice President

It seems hard to believe that an entire year has passed since we began this journey of growth, activism and leadership with the California Nursing Students' Association. Being granted the opportunity to serve as the Vice President of CNSA has provided me lessons in collaboration, professionalism and leadership. Yet most dear to me are the friendships I have developed this year with future nurse leaders from colleges throughout the state.

During my term as Vice President, the biggest accomplishment was preparing amendments to the bylaws to be presented in the House of Delegates at Convention. Since 2010, our bylaws have not been amended. Typically bylaws remain current for many years, however with the Institute of Medicine's (IOM) report on *The Future of Nursing* being published since our last revision, our bylaws certainly needed revisiting to keep our organization current with the important changes in the nursing profession. Our amendments highlight the need for student involvement and activism with healthcare reform.

This year another large accomplishment that our Bylaws Committee tackled was incorporating both an Image of Nursing Committee as well as a Committee on Cultural Awareness into our bylaw amendments. These committees serve a vital role in our organization and help increase professionalism and foster cultural competency within our constituency. Throughout the years, there have been many misconceptions regarding the role of nurses, both in the public's perception as well as the media's portrayal. The Image of Nursing Committee helps to educate our statewide community regarding the full scope of our nursing practice and how crucial nurses are to positive patient outcomes. Often we have seen the image of nursing tarnished by the media's misconstrued concept of our profession. With the addition of the Image of Nursing Committee, CNSA can work past these barriers to portray the true essence of nursing.

CNSA is also thrilled to include the Committee on Cultural Awareness into our organization's bylaw proposal. With nurses caring for a wide range of ethnically diverse patients, it is of the utmost importance to foster cultural competence in our nursing care. With a better understanding of cultural health practices and alternative medicine, the student-nurse leaders of today can be the advocates for more patient centered and individualized care at the bedside and in the community.

Lastly, this year gave way to an exciting opportunity to develop an educational program for our constituency. In years past, we have noticed many local chapters are eligible for a large number of delegates to represent their local nursing student association. Unfortunately, not all chapters claim their total number of voting delegates making our annual House of Delegates smaller than anticipated. As one of my goals this year, I had the pleasure of creating an educational presentation regarding the House of Delegates and the importance of representing your organization on this platform. We hope that by providing education about how to become a credentialed delegate and what to expect when participating in the House of Delegates, more students will feel empowered and excited to represent their local chapters.

As my term comes to a close, I am able to reflect back on all of the amazing accomplishments this organization has been involved in. I feel so privileged to have had the opportunity to work with my future-nurse leaders on this Board. The support of our advisors, who are in their own right pivotal leaders themselves, has allowed all of us to blossom into more competent professionals. It has been an honor to represent California's student nurses as this year's Vice President for CNSA.

*“Remember, we all
stumble, every one of
us. That’s why it’s
a comfort to go
hand-in-hand.”*

Emily Imborough

Using Our Voices to Lead Change



April Lembi
Legislative Director

My year as CNSA Legislative Director has gone by so quickly! I have been fortunate to meet some amazing and passionate people through my involvement in CNSA – developing strong relationships with Board members, advisors and fellow students. Throughout the year, our team has worked cohesively to accomplish our individual and group goals.

Of all the tasks we completed, my top three accomplishments were presenting my resolution at the National Student Nurses Association (NSNA) Annual Convention, heading the Nursing Students in Sacramento Internship (NSSI) selection process, and guiding CNSA members in writing resolutions for CNSA Convention 2013.

The NSNA Annual convention in North Carolina was my first experience at the national level. I was extremely overwhelmed with excitement and nervousness to present my resolution. I am extremely grateful that I was able to represent CNSA and have my resolution passed at the national level.

Learning about NSSI, gaining a better understanding of the legislative process and reviewing the applications for NSSI interns were very valuable experiences. Not only did my committee members and I have the opportunity to read the essays from students passionate about the legislative process, we were also able to select the interns to attend and represent CNSA. This year's interns were Scott Harrell from San Francisco State University and Barbara Carbajo of West Coast University in Los Angeles. Committee members Cheng Thow and Laura Lembi greatly contributed in the selection process.

Lastly, I have been assisting members in writing their resolutions for the 2013 CNSA Convention. I definitely enjoy reading and editing these documents, especially since I have already been through the process. Committee members, Richard Molina and Cheng Thow, have been a great help, especially since they have also written and presented resolutions. This year's authors have worked hard to perfect their resolutions for convention. I am so proud of all of you who have written and submitted resolutions. For those of you who have not done so, I highly recommend that you consider authoring a resolution before your graduation from nursing school.

Overall, I could not accomplish all that I have this year without the help of committee members, fellow Board members, and advisors. I appreciate all the support from Board members and guidance from advisors as we carry out our roles in CNSA. It has been an amazing year and I look forward to seeing everyone at this year's CNSA Convention!



“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

Aristotle



2012 CONVENTION HIGHLIGHTS

The Ultimate Adventure: Finding Your Path in Nursing

The 2012 California Nursing Students' Association's Annual Convention, *The Ultimate Adventure: Finding Your Path in Nursing*, was attended by 601 members. Last October's convention at the Irvine Marriott, was supported by 38 industry partners, representing schools, employers and professional associations as well as 18 organizations and individuals committed to sponsoring the program and CNSA. By all accounts the program was a huge success.

The convention began on Friday evening with a keynote presentation by actress and motivational speaker, Pippa White. Pippa provided the membership with an outstanding one-woman act featuring the voices, letters and works of Florence Nightingale, Clara Barton and Dorothea Dix. Through her dramatic performance, Pippa brought these visionary nurse leaders to life and showed how they helped shape our practice and profession and served as our voice. Although they lived over 150 years ago, their messages and teachings are still relevant today. This presentation provided the foundation for the next two days as we heard from California's 21st Century nursing icons. We were fortunate to have incredible nurse leaders share their wisdom while welcoming the student nurses to the nursing profession.

Those who had the opportunity to participate in the House of Delegates discussed, modified, and voted on five resolutions that were passionately presented by the authors. Delegates selected the Resolution that CNSA State Legislative Director April Lembi would take to the NSNA Annual convention. The five resolutions presented were:

- In Support of Increasing Awareness of VAP Bundles to Prevent Ventilator Associated Pneumonia in the Hospital Setting
- In Support of Increasing Nursing Education and Awareness to Prevent the Transmission of Staphylococcus Aureus and Methicillin-Resistant S. Aureus from the Hospital to the Community
- In Support of Recycling and Redistributing Functional Used and Unused Medical Supplies and Medical Surpluses to the Medically Underserved Population in Developing Countries
- In Support of Increasing Awareness, Prevention, and Use of Regulatory Standards Regarding Clostridium Difficile Infections
- In Support of Improving the Educational Experience of Nursing Students with Disabilities



“The most important practical lesson that can be given to nurses is to teach them what to observe.”

Florence Nightingale

2012 Scholarships and Awards

Katie Bray Inspirational Award: Zyra Raguro

ACNL and Northern California Nurse Recruiters:
Reginald Restauro

Dignity Health Scholarship: Maryanne Mesina

Dignity Health Scholarship: Lori Arotcharen

Dignity Health Scholarship: Patricia Iluore

ANA\C Scholarship: Karen Scott

Outstanding Newsletter Award: National University – San Diego

Sparkplug Award: West Coast University – Inland Empire

Breakthrough to Nursing Award: Saddleback College

Outstanding CNSA Member: Mary Ann Gaedig – Golden West College

Annual Penny Wars Winner: Riverside City College

ACNL Student Leader Award: Shannon Murphy

Katie Bray Memorial Fund Created to Aid Nursing Students

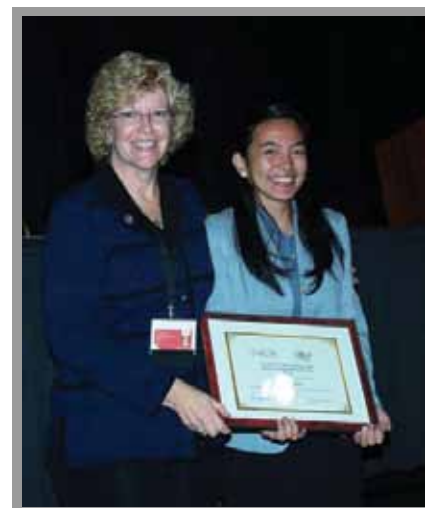
Kathryn “Katie” Bray Guiney (1948-2011) was a nurse leader and mentor who nurtured, guided and supported nursing students and new graduate nurses as they launched their careers in the nursing profession.

Katie passed away in April 2011, following an eight year battle with cancer. As part of her legacy, Katie’s estate provided an endowment to establish the *Katie Bray Guiney Memorial Fund* through the Association of California Nurse Leaders (ACNL) to assist nursing students through scholarships and other programs.

A longtime member of ACNL, it was Katie’s vision that the organization establish a strong relationship with the CNSA to support future nurse leaders. In 2003, during Katie’s term on the Board of Directors, ACNL formed a partnership with CNSA that is still flourishing today.

Throughout her life, Katie was an inspiration to nurses, students and all those she touched. We will miss Katie’s spirit, passion for nursing and dedication to young nurse leaders and students. Her legacy lives on through the *Katie Bray Guiney Memorial Fund* and the *Katie Bray Guiney Inspiration Award*.

The *Katie Bray Guiney Inspirational Award* recognizes outstanding nursing students who embody the distinctive qualities that Katie emulated throughout her life. Recipients of this award must be nominated by the faculty and dean/director from their undergraduate program. 2012 was the inaugural of the *Katie Bray Inspiration Award* and the first recipient was Zyra Raguro of CSU, Fullerton.



ACNL CEO Patricia McFarland presents the *Katie Bray Guiney Inspiration Award* to Zyra Raguro.



ACNL and Northern California Nurse Recruiters Award winner, Reginald Restauro



2013 CONVENTION REPORT

CHANGE: Yourself, Nursing, the World



Katrina Stell
Convention Director

It has been an honor to hold the position of Convention Director on the 2012-2013 CNSA Board of Directors. Reflecting upon the past year, I'm extremely grateful for all of the opportunities that I've been given and the people I've had the chance to meet. In writing this, I'm not yet sure if my goals have been achieved because as Convention Director my greatest accomplishment this year should be a successful Annual Convention. My self-developed goal at the start of my term was for the 2013 Convention in San Jose to be the most attended and profitable Northern California convention in recent history. I will not know if these objectives were met until after Convention takes place, but I remain optimistic.

This year's Convention Committee consists of nursing students from San Jose, Sacramento, and San Diego. The Committee has been valuable, providing input and ideas on what direction to take with specific Convention details. They have also assisted in promoting the event, and will be helping to volunteer during the Annual Convention in San Jose. I really appreciate these individuals and their willingness to contribute despite their busy schedules.

I've been fully supported in the role of Convention Director by Patricia McFarland, Brenda Brozek, Susan Herman, and the ACNL staff. These advisors and ACNL staff are experts at planning successful conventions. Their unrelenting dedication to CNSA and its future does not go unnoticed.

In developing the theme for Convention, we wanted it to be both applicable to every nursing student and inspirational. *CHANGE: Yourself, Nursing, the World* met that criteria and it addressed the ability of nurses and nursing students to influence change around the world, in our profession, and at a personal level. We followed those same three levels when planning a wide variety of topics for the breakout sessions at Convention. Then potential speakers for the keynote and breakout sessions were discussed, with my advisors suggesting numerous accomplished nurses who would be willing to speak. I'm happy to report that we have an outstanding line-up of presenters for the convention session. The Friday night party needed a theme that would be fun and also coincided with the Convention theme. We chose *A World of Super Heroes* because nurses are super heroes and change the world every day.

This will be the first convention in which we will utilize a mobile event application – thanks to Stanford Hospital and Clinics, sponsor of the app and Lucile Packard Children's Hospital, sponsor of Internet access for all attendees to access the app. *See the box below for the complete list of sponsors who have generously supported our convention.*

We have been regularly promoting the Convention on *Facebook* and through email blasts. There are many students from San Jose and elsewhere across California who have volunteered to help at Convention – thank you so much!

I would like to thank everyone who has assisted in the development of our 2013 CNSA Convention, and I look forward to seeing all of you in San Jose!

Convention Sponsors

Betty Irene Moore School of Nursing
Cedars-Sinai Medical Center
Critical Care Training Center
Dignity Health
Kaiser Permanente-Southern California
Kaplan Health
Lucile Packard Children's Hospital
Sharp Healthcare
Stanford Hospital & Clinics
UC Davis Medical Center

UC San Diego Health System
UC Irvine Healthcare
UCLA Health System
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Richard Brock
Brenda Brozek
Nancy Carlson
Beth Gardner
Donna Kistler

Ellen Lewis
Mary Lopez
Ginger Manss
Patricia McFarland
Stephanie Mearns
Robyn Nelson
Beverly Quaye
Lynne Whaley

Changing Our Paradigm: Building Healthy Communities



Samantha Ahwah
Community Health Director

As my term serving as Community Health Director comes to a close, my only thought is that I do not want it to end. This role has been such a wonderful learning experience and opportunity that has tremendously extended my professional growth and development.

This year I have given support and attention to the concept of “preventative healthcare.” Health care reform has allowed nurses to

place increased emphasis on wellness and promoting the health of our communities.

I believe that being reactive only when we begin to see the onset of disease is causing harm and suffering to the people of our communities. In many cases this can be avoided by promotion of a healthy lifestyle. I decided to start promoting to our communities the idea of being proactive and taking responsibility for their own health. While promoting this concept most of my term, *The HEALTHY Campaign* at NSNA’s Annual Convention caused me to redefine the concept of “being healthy.”

I was reminded that the concept of “being healthy” doesn’t only mean vigorous exercise six times a week and avoiding all carbs. Instead it means taking care of yourself in the simplest ways – not having dessert every night, going outside for fresh air, making sure to eat vegetables, not smoking, and not sitting on the couch watching TV over three hours a day (and if you must sit longer, then making sure you get up and move around often). It also means being diligent about check-ups, knowing the potential health problems you are at risk for and what to do and not do to minimize this risk, and effectively managing your existing health problems to maintain optimal health and ensure your desired quality of life.

My efforts to promote this idea of being proactive included sending out monthly flyers about something simple one can do to stay healthy. For example, the first flyer was about protecting your skin. These flyers are such an easy and simple resource for us to post around our communities and have the potential to be extremely effective.

Though my final project for Breast Cancer Awareness is still in the works, I know it will be my proudest accomplishment.

Since breast cancer has affected my life in the major way that it has – in fact it led to me choosing a career in nursing – I knew I couldn’t be the only one who wanted the chance to tell their story. As I mentioned in the previous issue of *Range of Motion*, I asked students to submit a picture and short testimonial of someone they know affected by breast cancer. These photos and stories will be used to create a mural to be displayed at convention to honor those who have fought breast cancer. In my efforts to prevent losses, like that of my mom, each of us will have the chance to show a glimpse of someone we love in the fight against breast cancer.

Lastly, I would like to give thanks to my committee members, Rachele Young, Marisa Garland, Casey Franklin, and Abby Kennedy. With their help and input, my basic ideas developed into functional working projects. It is because of them that my ideas turned into action.

Being an active member of CNSA and serving on the Board of Directors has taught me so much. It has made me understand what it actually means to be professional and to be a leader. These are concepts we always talk about in school, but I never really understood until now. It has not been easy for me but I would not trade this experience for anything. This past year has proven to me that you don’t grow unless you try something new.



“Yesterday I dared to struggle. Today I dare to win.”

Bernadette Devlin

BREAKTHROUGH TO NURSING

Growing Our Next Generation of RNs



Emily Barrow, BSN, RN
Breakthrough to Nursing
Director

As I write this final report for my term on the CNSA Board of Directors, I'm filled with excitement for the next round of lucky individuals who will get to experience this wonderful journey and remorse that my journey has come to an end. I want to thank you all for entrusting me with the role of Breakthrough to Nursing (BTN) Director – it has truly been a pleasure to represent and serve the nursing students of this great state.

In October of last year as I began my term as the BTN Director, I was filled with apprehension about the unknown nature of such a new experience. However, thanks to my fellow Board members and our wonderful advisors, I have learned so much and have grown as an individual and a nurse. I could fill a short novel with the highlights and accomplishments of my term, but for the sake of brevity I will just touch on a few of my favorites.

One of my greatest accomplishments occurred during the Membership North and Membership South meetings, when I was given the opportunity to meet several of you and present about the topics I am most passionate about – recruiting individuals into nursing! It was so motivating and enlightening to see just how many individuals we have in California who are very passionate about nursing and want to make it a personal goal to do whatever they can to reach out to others and promote nursing as a career. I was overwhelmed with the interest and response I received following these presentations and I want to thank you all again for being such active advocates for our profession.

Some of my other favorite memories from my term occurred while visiting schools in both the San Diego and Los Angeles areas. I presented to students of varying ages about nursing, in efforts to spark interest in the profession and portray the true image of nurses. The kindergarten and 1st grade classes were especially fun to present to, as young children often have the most imaginative perceptions of nurses, which was sometimes a challenge to address! But when I did address these false perceptions and instill some new and correct knowledge, it was beyond rewarding. One of my personal favorite perceptions was...“Only girls can be nurses because the boys have to be the doctors!” Stereotypes start so young!

Finally I would like to recognize the BTN Committee members who have worked diligently to further the impact of our BTN efforts. The individuals on this committee have been invaluable to the work that BTN has completed this term, and I am glad to say that we have left some things to pass onto the next term. The greatest achievements of the committee came through the unique presentations that were created, targeting specific audiences for recruitment efforts. These presentations are available on the CNSA website for your use. So if you have not yet seen them, go on the website and check them out! Two committee members in the North have been working to establish communication between all of the school chapter level BTN representatives in the North. In addition, the committee members have presented to schools in their areas and embarked on their own missions to contribute to the recruitment efforts for nursing, specifically in the male and minority populations.

So as this term for CNSA draws to a close, I could not have imagined a more fulfilling and enlightening way to finish my nursing school journey and begin my professional career as a nurse. I look forward to seeing you all again and await what our future holds!



Promoting and Clarifying Nursing's Image



**Trudy Chancellor, Chair
Image of Nursing Committee**

Wow, this has been an exciting year for the Image of Nursing Committee! 2013 opened with a wonderful success for nurses everywhere with a float honoring nurses in the Annual Rose Parade and a nurse, Sally Bixby, holding the position of President of the Tournament of Roses. This float placed an international spotlight on the profession of nursing and promoted the Image of Nursing to all those involved in the Tournament of Roses – viewers, organizers, volunteers, participants, etc. The float was made possible through the vision of five nurses who formed the organization, Bare Root, to raise funds for this project. You can read more about this event and its effect on the Image of Nursing in the April 2013 edition of *Range of Motion*.

This year our committee also worked in collaboration with the Breakthrough to Nursing Committee through a pilot committee formed through local chapters, the "Nursing Outreach Committee." Committee members became RN Ambassadors through the Coalition for Nursing Careers in California and promoted the profession of nursing to students grades K-8. The members involved in this endeavor embodied the Image of Nursing through their professionalism and recruitment efforts.

In order to pave the way for future Image of Nursing Committees, we collaborated with the Bylaws Committee, who worked diligently to include this committee in the CNSA bylaws. This will allow future Image of Nursing Committees to be recognized entities of the CNSA organization and to have a more concrete description of their roles.

A special thanks to the Image of Nursing Committee Members: Abigail Kennedy and Adam Nili, both from Saddleback College.

In closing, as a former collegiate athlete, I find that I approach nursing as I do sports. I would like to share a quote from Thomas Jefferson that my coach shared with me: *"I am a great believer in luck, and I find the harder I work, the more I have of it."* And so, I wish all the "luck" in the world to CNSA members – may you be successful in your future endeavors!



The Bare Root Board of Directors



CULTURAL AWARENESS COMMITTEE

Building Understanding and Awareness



Patricia Iluore, Chair
Cultural Awareness Committee

Culture is the transformative lens through which we see the world. It helps to mold the perspective a person has on a situation. This is particularly true with regard to health related practices. Nursing is a global profession in which it is imperative for one to understand the issues and treatment modalities employed transculturally.

It has been my pleasure to serve on the California Nursing Students' Association as the Cultural Awareness Committee Chair (CACC). This was a great year in which we held workshops, wrote articles, and attended seminars designed to shine light on concerns and issues related to cultural awareness. There is still so much to do. The position and duties of CACC can be interpreted and approached from a myriad of angles. There is a lot of room for growth and opportunity to positively affect progress within the California Nursing Students' Association. I am glad to have worked with such a great Board and to have had their support in all our committee's activities.

The CACC position has offered many great opportunities to develop confidence, skills and relationships. I had the chance to meet many interesting people and increase awareness about many issues. I have been to many different professional organizations and acted as the student nurse representative bringing to light concerns to involve nursing students in their diversity process. On behalf of CNSA, I have also advocated to different faculty and institutions about the importance of integrating Complementary Alternative Medicine (CAM) into the curriculum.

However, I would have to say, that one of my favorite activities our committee put together was the *Global Speaker Series*. In this series we entertained speakers from different walks of life who offered insight into the way culture has affected their nursing practice. We had several speakers captivate us with their experiences.

The speaker lineup included:

- Student nurses studying abroad in Nepal shared their experiences attending a Nepalese nursing school during their winter break. They included a beautiful slide show of all the different community outreach projects they were involved in. Seeing the nursing students from Nepal was such a great experience.
- Nurse professionals working as relief workers in the third world countries talked about how volunteering abroad shifted their perspective of the healthcare industry.
- Holistic nurses shared their experience with CAM and how they incorporated eastern medical philosophies and techniques in the western healthcare world.
- Nurse educators shared how the nursing curriculum in other countries (such as India and Thailand) incorporated their cultural beliefs and practices into their nursing education.

These speakers definitely gave many of the students in attendance the opportunity to hear and see a world that few have had the chance to encounter. Being around all of these people inspired me and other students to be more open and receptive to diversifying our nursing practice. It truly has been a pleasure to be able to meet such amazing people.

I have been honored to serve in this position and am sad to see it end. To the readers of this article who are interested in cultural awareness, please explore your resources. You do not have to run for a state or local position to be involved. It can be something as simple as being your own advocate in transcultural nursing by reading and staying abreast of the topics and healing modalities that you encounter in your health practice. Thank you for a wonderful year!



Spreading the Word



Lori Arotcharen
Communications Director

I am not sure where the 2012–2013 year has gone! As I look back, I cannot believe that it was a full year ago that I was elected the CNSA Communications Director. I have been honored this past year to serve our California constituents, and am so very grateful for the opportunities I have been afforded – the incredible people I have worked side by side with, and the wonderful mentors who have helped me become a better leader and a better person.

This last year brought many changes to CNSA in terms of communication. The company our association worked with to support our website and publish our newsletters had a shift in focus in their business plan, and was no longer available to CNSA for the support we had relied on. My first challenge as Communications Director was to determine how we would publish our newsletter, *Range of Motion*. With this challenge, I had the opportunity to stretch my “creative” side. I set out with one goal in mind: As nursing students, we spend so much time reading, that I wanted our newsletter to be something that was enjoyable to read, soothing to the eyes, and a break from the black and white of textbooks. I am so grateful to the members of our Board of Directors and

Committee Chairs who repeatedly gave me incredible content to work with, as well as the student contributors that wrote this past year. Without all of you, there would be nothing to publish.

CNSA has turned to social media to communicate as well. We have a  Facebook page, which many Board members contributed to, as well as a  Twitter account. As of this report, we have 1,333 likes on Facebook. We have really focused on sharing information about upcoming meetings and convention on our Facebook page to be sure that the news is getting out to as many people as possible. On Twitter, we are following 16 people/associations, and have 42 followers. It has been my goal at each event we have held to promote our presence in social media. We also have a YouTube  channel and have produced three videos this year with the help of our advisor, Brenda Brozek.

If you are holding this in your hands, and reading this report, that means that you are experiencing another CNSA first! This is the first year that CNSA has published an annual report instead of a newsletter for our Annual Convention. I have really enjoyed putting this together with the ACNL staff – it has been like a walk down memory lane, reading each Board member or committee chair report, and seeing just how far we have come individually, and as a group.

Again, I thank all of our members for the opportunity to serve on the CNSA Board of Directors for the past year. I have learned so much about leadership and myself, and it is an experience I will always reflect on with a smile on my face.

YOU'RE HIRED!

CNSA Publishes *You're Hired!* to Aid Members in Their Job Search

You're Hired! A Nurse's Guide to Success in Today's Job Market was published by CNSA in 2010. The book was created in partnership with author Brenda Brozek to help students and new grads more effectively compete in today's challenging job market. *You're Hired!* contains resume writing tips and templates, sample interview questions, networking strategies and other valuable information.

Now in its second printing, *You're Hired!* has been hailed as a resource that “takes the mystery” out of the job hunting process and has helped many students and new RNs successfully secure nursing positions. *You're Hired!* is available through the CNSA website or *amazon.com*. It is also offered at a discount at all CNSA events or when purchased in bulk.



MEMBERSHIP REPORT

Link to the Membership



Lilla Szakacs
Membership Director-North

For the past year it has been my honor and privilege to serve as the CNSA Membership Director for Northern California. I can hardly believe how fast the time has flown by!

Upon taking office, I set my goals and conveyed them to the membership in the April issue of *Range in Motion*. My stated goals for 2013 were to:

- Organize the largest Membership Meeting yet, with members from each chapter in attendance.
- Enhance communication between chapters' Board of Directors and our state BOD.
- Start three new CNSA chapters in Northern California.
- Increase overall NSNA membership.

My work began with the Membership Meeting North. As a Membership Director, it was my duty to organize and lead the meeting along with my fellow Board members and advisors. If you have never been to a Membership Meeting, the point of these events is for the CNSA Board of Directors and Committee Chairs to report to our membership and form committees. This year, the event took place at California State University, Sacramento's School of Nursing on March 2nd. Overall, the event was a success with 116 members in attendance from 16 different schools of nursing as far north as CSU, Chico and as far south as San Diego State University. I am proud to say that this was the largest Membership Meeting North to date.

In April, I attended the NSNA Convention in Charlotte, North Carolina, along with my fellow CNSA Board members. As a delegate, I spent most of the time attending the House of Delegates sessions. My primary duties included participating in the discussion on resolutions, voting for the resolutions, and voting for the new NSNA BOD. During the convention, CNSA brought home the NSNA 2013 *Winner's Way Award* for Group V. Winning this award signified that we had the largest increase in membership in the country!

Throughout the last year, I have also been working with the California Action Coalition (CAC) as a member of the Recommendation Three Workgroup. The task of the CAC is to implement the eight recommendations set forth by the Institute of Medicine's *The Future of Nursing: Leading Change, Advancing Health* report in our state. The third recommendation calls for the implementation of

nurse residency programs. Thus the task of my workgroup has been to act as a catalyst to make transition to practice and nurse residency programs available to all California Registered Nurses. My duty as a member of this workgroup has been to participate in conference calls with nurse leaders across the state.

When I took office, I made it one of my goals to enhance communication between chapter Boards of Directors and our state Board. I have been compiling updated contact information from all our chapters to make sure important information reaches the chapter level. While some progress has been made on this front, most of this work will be completed at convention through the distribution of a chapter contact information form. Please take the time to complete one of these sheets for your chapter.

As you can see, it has been quite a busy year! I consider myself very fortunate to serve on the CNSA Board of Directors. Although I will certainly be sad to leave my office of Membership Director North, I'm looking forward to the CNSA Convention and hope to see you all there!



Membership North Meeting



Membership South Meeting



2012–2013 CNSA Board of Directors

Kristi Miller, President

Fresno State University

Allie Bryden, Vice President

San Diego State University

Matthew Grayson, Secretary/Treasurer

Ohlone College

Katrina Stell, Convention Director

Grossmont College

April Lembi, Legislative Director

San Diego State University

Samantha Ahwah, Community Health Director

San Diego State University

Lori Arotcharen, Communications Director

Saddleback College

Emily Barrow, Breakthrough to Nursing Director

West Coast University, Los Angeles

Lilla Szakacs, Membership Director – North

Sacramento State University

Patricia Iluore, Cultural Awareness Committee Chair

Santa Monica College

Trudy Chancellor, Image of Nursing Committee Chair

Saddleback College

*All great teams lift
each other up!*

Bill Gurley

2012–2013 CNSA Committees

Breakthrough to Nursing

Eboni Cross, Sacramento State University
Alejandro Delgadillo, West Coast University, Los Angeles
Pasia Ari Jackson, West Coast University, Los Angeles
Amanda Strahan (Keene), Yuba College
Aleli Paez, West Coast University, Los Angeles
Stephanie Obialisi, West Coast University, Los Angeles

Image of Nursing

Abby Kennedy, Saddleback College
Adam Nili, Saddleback College

Cultural Awareness

Reina Otero-Cid, Santa Monica College
Jennifer Smith, Santa Monica College
Chadwick Steinmetz, Santa Monica College

Bylaws

Scott Harrell, San Francisco State University
Zack Huddleston, Fresno State University

Legislative

Cheng Thow, Fresno State University
Laura Lembi, CSU, San Marcos

Resolutions

Ric Molina, Sacramento State University
Cheng Thow, Fresno State University
Marie Orlando, Grossmont College

Community Health Committee

Rachelle Young, San Diego State University
Marisa Garland, San Diego State University
Casey Franklin, San Diego State University
Abby Kennedy, Saddleback College

Convention

Leah Cerezo, San Jose State University
Janie Charamuga, Sacramento City College
Michael Kelley, Grossmont College
Julie Montoya, Sacramento State University
Maire Orlando, Grossmont College
Jeanne Talucod, San Jose State University

Advisors

Patricia McFarland, MS, RN, FAAN, *CNSA Executive Officer*
Susan Bowman, PhD, RN
Brenda Brozek, MAOL, RN
Susan Herman, DNP(c), MSN, RN
Donna Kistler, MS, RN

