The California Nursing Students’ Association presents…

The 2014-2015 Annual Report

October 2014-September 2015

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future nurses) are known for our compassion and caring, so if you see a fellow student struggling, reach out and lend a hand. We are all stronger when we work together than when we stand alone! Wherever you are on the continuum, I wish you the best of luck in the coming months!

**A Year of Opportunities and Accomplishments**

October marks a big transition for your CNSA Board as it is the end of our term of office. I would like to thank you for the opportunity to represent CNSA and you over the past year. It has been a tremendous learning experience and a great honor. While serving as President, I have been extended many amazing opportunities and experiences. My fellow Board members and I have been able to share the student perspective with several professional nursing organizations. In February, Convention Director Scott Miller and I attended the Association of California Nurse Leaders (ACNL) Annual Conference in Anaheim. While there, we were able to provide many nursing leaders with insights into the student perspective and where we are going in the future.

Additionally in February, Sacramento State University hosted our Membership North Meeting and in August, the Membership Meeting South was in Los Angeles at West Coast University’s Center for Graduate Studies. I would like to extend my enthusiastic thanks to both Sacramento State University and West Coast University for hosting these events. We had some great speakers, fun breakout sessions and even gave away some awesome prizes! We were also able to give students the opportunity to learn about exciting nurse residency programs offered by Stanford and Children’s Hospital Los Angeles. These exciting programs are leading the way in fostering the future of nursing and introducing new graduates to the professional world with excellent training and experiences.

Speaking of the future of nursing and student leaders, I was honored to represent CNSA at the National Student Nurses Association (NSNA) Annual Convention in Phoenix, Arizona in April. California was well represented at NSNA’s Convention, having the most delegates present of any state and the largest increase in membership over the past year. We had multiple resolutions presented in the House of Delegates, including one that was the result of collaboration with West Virginia. Finally, as a result of all your hard work, California was recognized with the NSNA State Excellence Award. I am humbled and honored to represent such an active and dedicated group of future nurse leaders!

The strength of our professional partnerships has afforded CNSA and its members many benefits. Our continuing affiliation with ACNL has provided the bedrock for CNSA. ACNL is committed to fostering our growth as emerging nurse leaders.
President’s Message (continued)

leaders. In addition, advancing effective and innovative health care policy has been key in developing CNSA into the strong organization that we have today. The resources, advice and support of the advisors and membership of ACNL are tremendous and I would personally like to extend them a rousing thank you!

The American Nursing Association California (ANA\C) has also been an incredible partner. We are honored to work so closely with them. In partnership with ANA\C we are able to continue our Nursing Students in Sacramento Internship (NSI) program, which provides students with the opportunity to go to the state capitol and observe and participate in discussions about policy and legislation impacting the future of nursing and health care. We were additionally honored to have ANA\C President and former CNSA Board Member Corinne MacEgan speak at our Membership South meeting. It was incredibly encouraging and inspiring to see her take the stage and speak about how we can make a difference in the nursing profession.

Health Impact (formerly the California Institute for Nursing and Health Care) is leading a coalition to create an important white paper on the future of nursing education. Through our partnership with ACNL and the influence of our CEO, Patricia McFarland, CNSA was invited to participate in this important work. CNSA board members Danielle Gardner, Jmil-Anne Linton, and Nessa Osuna took part in these critical discussions. These students brought your voice to the table and made a first-hand impact on the direction of nursing education.

We are developing some new educational partnerships. Starting this year, we are partnering with Concordia University in Irvine to allow CNSA members to concurrently enroll in their BSN programs while they are enrolled in an ADN program. Additionally, all CNSA members will have their application fees waived and will receive a discount on tuition and materials. We are also working to establish similar programs with AmeriTech College in Utah and Vanguard University in Costa Mesa.

These programs will help members transition to BSN easier and faster, thus making them more marketable to future employers and increasing the educational level of the nursing workforce.

To help students and new graduates connect with potential employers, we are continuing to develop our Career Center on the CNSA website. This great resource allows members to post resumes and hospitals and health care organizations to post jobs within a known and trusted forum. This allows potential employers to find excellent candidates for their positions and gives CNSA members an opportunity to find quality jobs while at the same time generating revenue for our organization. I encourage all members to check out this excellent resource.

Finally, we have completed a project that has gained CNSA more recognition on the national level. Any of you who attended either of the membership meetings or read CNSA’s newsletter, Range of Motion, know that we spent a good deal of time this year developing toolkits that could be used by the members to develop their chapters, start new chapters, grow their membership and develop their existing leadership positions. These toolkits have been a resounding success and I would like to personally congratulate the Board on their development and Membership South Director Danielle Gardner for taking the lead on this project.

As I mentioned before, these toolkits have gained recognition on the national level. Originally inspired from the toolkits developed by NSNA, CNSA’s toolkits have been expanded to be such an outstanding resource, that NSNA is adopting them to accentuate their own toolkit resources for developing chapters. We are extremely proud of these toolkits and hope that they are used in California to greatly expand and enrich our chapters and provide additional resources for our members.

As this year draws to a close for us and I look back at all the things that we have achieved, I am overwhelmed with pride. These are just a few examples of CNSA’s accomplishments in 2014-2015. I encourage you to read this Annual Report to learn more about CNSA. Our CNSA membership is truly one of the most motivated, dedicated and inspiring groups that I have ever known. I was honored and humbled to represent you this past year and I know that the other members of the Board of Directors feel the same way.

Healthcare and education are changing rapidly, and our work in CNSA is helping to shape the future. I would like to take this opportunity to congratulate you, the members of CNSA, for your bold and dedicated commitment to being the future leaders of our profession. I know that CNSA will continue to Create the Future by Leading the Way!
Development of the 2014-2015 CNSA Board of Directors

Timeline of the Term

2014 CNSA Convention
Pomona, California
(October 2014)

Team Building & Goal Setting for the Year
Orientation Retreat

Orientation Retreat
Sacramento, California
(November 2014)

2015 Membership Meeting North
Sacramento, California
(February 2015)

2015 NSNA Annual Convention
Phoenix, Arizona
(April 2015)
2014-2015 CNSA Board of Directors & Committee Chairs

**President:**
Thomas Ward, RN
Saddleback College

**Vice President:**
Krystal Scott
Sacramento State University

**Secretary/Treasurer:**
Shawn Palmer
West Coast University

**Legislative Director:**
Valery Bessmertnyy, BSN
CSU Chico

**Convention Director:**
Scott Miller, RN
Antelope Valley College

**Breakthrough to Nursing Director:**
Melissa Byrne, BSN
Sacramento State University

**Community Health Director:**
Michelle Heslop, ADN
San Joaquin Delta College

**Communications Director:**
Jimil-Anne Linton, BSN, RN
National University, San Diego

**Membership Director- North:**
Nessa O'Vuna, BSN
Sacramento State University

**Membership Director- South:**
Danielle Gardner, BSN
San Diego State University

**Committee Chairs**

**Image of Nursing:**
Eleana Flores, RN
Yuba College

**Cultural Awareness:**
Narisa Kanchana, BSN
San Diego State University

2014-2015 CNSA Advisors

Patricia McFarland, MS, RN, FAAN
CNSA Executive Officer

Susan Bowman, PhD, RN

Brenda Brozek, MAOL, RN

Donna Kistler, MS, RN

Ginger Manss, MSN, RN, AOCN, HACP

CNSA Advisors (Pictured Left to Right):
Donna Kistler, Patricia McFarland, Brenda Brozek, Ginger Manss

CNSA Advisor, Susan Bowman
“As Our Membership Increases, Our Voice Becomes Stronger”
Secretary/Treasurer’s Report
Shawn Palmer, West Coast University, Los Angeles

Having the opportunity to serve as CNSA’s 2014-2015 Secretary-Treasurer has been a wonderful and memorable experience. This past year, I have been so fortunate to work with other Board members and our advisors who all share a strong commitment and passion for the nursing profession. It is because of the hard work and dedication of our Board and advisors and the commitment and support of our members that CNSA continues to enjoy growth and success.

Financial Report

CNSA is a non-profit, tax-exempt organization, managed by the Association of California Nurse Leaders (ACNL) which provides strong nursing, financial, and operational expertise. CNSA’s fiscal year is April 1 to March 31. Total revenue for fiscal year 2014-2015 was $220,145. This is $44,211 more than the previous year. Currently, CNSA represents 5692 members, making CNSA the largest affiliate of the National Student Nursing Association (NSNA). Such a sizeable membership allows for financial growth through membership dues. Our largest source of revenue comes from our Annual Convention through registration, exhibitor fees and sponsorship. With the help of our Executive Officer, Patricia McFarland, the 2014 Convention sponsorship exceeded the previous year by $8,700. Brian Carrick, our exhibitor liaison, managed to exceed vendor revenue by $22,750. Our partnership with ACNL and their dedication to our organization is evident in our overall financial health as an organization.

CNSA is also fortunate to have a great partnership with Brenda Brozek, author of You’re Hired! A Nurse’s Guide to Success in Today’s Job Market. As publishers of You’re Hired! CNSA has been fortunate to collect $13,155 from sales of this terrific book in the 2014-2015 fiscal year, while at the same time providing a resource to help our members compete in the job market.

As CNSA strives to provide increased programs and services for our members, strengthen the voice of nursing students in the health policy arena and cope with rising costs, our Board of Directors made the difficult decision this year to increase CNSA dues from $35 to a new rate of $40 for annual membership. Membership dues in CNSA had not increased in more than 10 years, and our Board felt that it was time to generate additional revenue in order to actualize CNSA’s mission and vision. The dues increase is moderately shown in the revenue for the 2014-2015 fiscal year. The full impact will be reflected in the 2015-2016 financial report.

In addition to CNSA, the Executive Board oversees our 501(c)3 nonprofit foundation. Housed within the Foundation is our scholarship program as well as Flo’s Cookie Jar, CNSA’s emergency grant-in-aid program. Throughout the year, I was both challenged and rewarded with the role of promoting scholarships. I now have such a passion and excitement for scholarships and the opportunities they provide our students. CNSA is fortunate to have some fantastic relationships with continuous support from our sponsors and donors, allowing for numerous scholarships to be awarded to our members.
Secretary/Treasurer’s Report (continued)

Reflection as Secretary-Treasurer

My term as Secretary-Treasurer has been rewarding in so many ways. Developing my leadership skills over this past year has been a tremendous experience. Having the opportunity to interact with fellow CNSA members at the Membership North and South Meetings and other events has been one of the highlights of the year. As my term in office comes to an end, I look back at all the learning opportunities and relationships which I have been so fortunate to have experienced. I have learned so much about myself and just how much hard work it takes to be part of a successful organization. Thank you for giving me this opportunity to grow -- not only as a leader, but also as a future nursing professional.

“Where there is no vision, there is no hope.”
-George Washington Carver

CNSA Total Revenue

CNSA saw a 25% increase in total revenue this fiscal year in comparison to the prior fiscal year.

![Figure A. 2013 CNSA Convention Revenue](image)

![Figure B. 2014 CNSA Convention Revenue](image)

![Figure C. CNSA Net Income](image)

Significant Financial Improvement: CNSA’s net income has increased significantly between fiscal years 2013-2014 and 2014-2015. As seen in Figure C, CNSA was successfully able to come out of a deficit and achieve a surplus this past fiscal year. Additionally, revenue from the 2014 CNSA Convention increased by nearly 33% from the year before (as seen in Figures A and B).
“Improving Your CNSA Experience: From Bylaws to Elections”

Vice President’s Report

Krystal Scott, Sacramento State University

It has been an honor and privilege to serve as your CNSA Vice President for the 2014-2015 term. This past year has proven to be both exciting and memorable, and I will cherish the friendships that I have made with many future nurse leaders throughout California. As Vice President, my involvement in CNSA has provided me with many opportunities for professional growth, leadership development, networking, and most importantly a vehicle for advocacy and activism.

As Vice President, it was my duty to Chair two committees: The Nominations and Elections Committee (NEC), and the Bylaws Committee. I learned a great deal about bylaws: the rules and regulations enacted by an association to provide a framework for its operation and management. I had an amazing committee which included Kayla Wilson and Shareen Haddad from CSU Sacramento, and Robert Shaw from Mount San Jacinto College. Together we reviewed bylaws from 12 California chapters, and sent each school amendment recommendations in specific areas for congruence with CNSA and NSNA bylaws. Our committee set a precedent in completing this number of bylaws review in a term, and we created a Checklist for Reviewing Bylaws for future committee members to utilize.

The Bylaws Committee also focused on bylaws amendment proposals to improve and clarify articles and sections within the CNSA bylaws. These proposals will be presented for consideration at the House of Delegates during the 2015 CNSA Convention.

Pre-Slated Candidates

One of my goals this year was to find ways to motivate and engage members to run for a position on the CNSA Board of Directors during the next election. Increasing the number of pre-slated candidates was the focus of the Election Committee. Our action plan included streamlining the CNSA Nominations Packet and Application for Elected Positions and creating more incentives to run for office as a pre-slated candidate. The NEC members that assisted in this goal were Nessa Osuna from CSU Sacramento, and Danielle Gardner of San Diego State University. Through a joint effort, we revamped the Nominations Packet, updated many of the director responsibilities, eliminated the upfront requirement for an autobiography (made this optional), and reworded several areas for clarification and for harmony with the CNSA bylaws.

Serving in the House of Delegates: A Foundation for Advocacy

A highlight for me this past year was attending the NSNA Annual Convention in Phoenix, Arizona. One of the values of CNSA is that student nurses be acculturated into the role of patient advocate. As such, CNSA encourages student activism and advocacy by educating them about the finite quality of healthcare resources and by involving members in healthcare policy. I had the amazing opportunity to be a delegate and represent my school chapter, CSU Sacramento. It was a very rewarding and memorable experience; I attended the House of Delegates meetings, listened to and voted on approximately 50 resolutions, and had various opportunities to exchange views with other student nurse leaders and CNSA members from all over the United States.

It is my hope that with the CNSA Annual Convention coming up, many of our constituent chapters will be in attendance and have their full number of delegates present at the House of Delegates meetings. Being a delegate is a special opportunity that each member has the ability to experience. As a voting delegate, your goal is to represent your chapter’s position while helping pass a resolution that resolves or addresses the issue in a manner favorable to you. In addition to participating in the House of Delegates meetings, you experience professional growth through networking, learning and listening to others’ viewpoints, and engaging professionally through the rules of parliamentary procedure.
Vice President’s Report (continued)

Playing any active role in your organization is rewarding as it provides a valuable service to the community, its members, and ultimately—yourself. CNSA provides a plethora of opportunities for networking, professional growth, leadership, education, and building friendships.

In addition to my other duties as Vice President, I held the first Annual Vice President’s Conference Call in September for the local VP’s throughout the state. This was an open forum for collaboration and the exchanging of ideas, discussing chapter bylaws, how and why to become a delegate, the CNSA annual convention and running for office. I enjoyed being a resource in this capacity, and hope it provided a wealth of information for those in participation.

As my term comes to a close, I look back at the accomplishments the 2014-2015 Board of Directors were an integral part of this rewarding experience. It is now time for the next group of future leaders to step into these positions, represent, be heard, and make positive change for the future of nursing. It has been an honor working with such an incredible group of people, and I am thankful for the opportunity to serve California in this role over the past year.

“It is not how much you do, but how much love you put in the doing.”
-Mother Theresa

You’re HIRED! A Nurse’s Guide to Success in Today’s Job Market

This valuable guide provides resources and tips to help you land a job. It’s never too early to begin planning your job search strategy.

Order today at the CNSA website: http://www.cnsa.org/youre-hired---book

CNSA members receive a discount!

Also available on Amazon.

Developed by nurse leaders and educators, Flo’s Cookie Jar provides emergency grants-in-aid to pre-licensure RN students facing a one-time need that otherwise would force them to leave school. Support fellow nursing students by contributing to Flo’s Cookie Jar.

For more information, visit the CNSA website: http://www.cnsa.org/flo-s-cookie-jar
LOOKING BACK…

2014 CNSA Convention Highlights

The Sheraton Fairplex Hotel in Pomona was the site of CNSA’s 2014 Annual Convention, To Infinity and Beyond: Limitless Opportunities in Nursing! The three day event featured excellent educational sessions, intense debate of resolutions in the House of Delegates, and great networking opportunities with peers, professional colleagues and California’s top nursing leaders.

With more than 600 students in attendance, Judy Karshmer, PhD, RN, PMHCNS-BC, Dean of the University of San Francisco’s School of Nursing, kicked off the Convention by sharing her inspiring journey as a nurse leader. Judy Berg, MSN, RN, FACHE, Executive Director of the California Institute for Nursing and Health Care, explored future roles for RNs and nursing’s expanding impact on community health. CNSA’s Executive Officer Patricia McFarland challenged attendees to elevate the nursing profession and use our voices to influence change.

The Convention also featured a wide variety of breakout sessions, including presentations about career growth, transition to practice for new graduates, competing in today’s job market and advanced practice and specialty roles. Nurse leaders volunteered their time to review resumes and offer tips and suggestions to help attendees land their first jobs as RNs.

The CNSA Board of Directors thanks our industry partners, sponsors, faculty advisors, professional colleagues and staff members who continue to support CNSA and contribute to our growth as aspiring nurse leaders. Their commitment and dedication make our success possible.

2014 CNSA Convention Sponsors

ACNL East Bay Chapter
ACNL North Central Chapter
ACNL South Bay Chapter
American Nurses Association\California Association of California Nurse Leaders
Betty Irene Moore School of Nursing
Cedars-Sinai Medical Center
Community Medical Centers
Critical Care Training Center
Dignity Health
Hurst Review Services
Kaiser Permanente-Northern California
Kaiser Permanente-Southern California
Kaplan Nursing
Lucile Packard Children’s Hospital
Providence Heath and Services
Sharp Healthcare
St. Joseph Hospital, Orange
Stanford Hospital & Clinics
UC Davis Medical Center
UCLA Health
UC San Diego Health System
UCSF Medical Center
West Hills Hospital
White Memorial Medical Center
Judy Berg
Brenda Brozek
Nancy Carlson
Peggy Diller
Beth Gardner
Kathy Harren
Judy Husted
Donna Kistler
Mary Lopez
Ginger Manss
Patricia McFarland
Stephanie Mearns
Lynne Whaley-Welty
2014 Resolutions Introduced to the House of Delegates

*In Support of Increasing Awareness of the Benefits of Acupuncture Therapies for Pain Management.*
Presented by Stephanie Smith, Sacramento State University

*In Support of Increasing Awareness and Advocacy for Prevention of Delirium in Hospitalized Older Adults.*
Presented by Nicole Rumpf, National University, San Diego

*In Support of Increasing Awareness to Prevent PTSD Following Childbirth.*
Presented by Devon Van de Weille, San Diego State University

*In Support of Teaching Nursing Students Labor Support Techniques Prior to Clinical Hospital Hour in Labor and Delivery.*
Presented by Valery Bessmertnyy, CSU Chico

You can access these resolutions in their entirety on the CNSA website at [www.cnsa.org](http://www.cnsa.org).

2014 CNSA Scholarship Recipients

**Association of California Nurse Leaders Scholarship**
- Elissa Moore, San Diego State University
- Patricia Briana Carman, Sacramento State University
- Alanna Denton, Biola University
- Tania Diposubagio, Antelope Valley College

**Dignity Health Scholarship**
- Christine Abi-Abdallah, Pasadena College
- Jaslyn Cardoza, Pasadena College
- Ronee Castro, Antelope Valley College

**American Nurses Association \California**
- Simerjit Kaur Dhanjan, CSU Fresno

**Rue-Lenihan Scholarship**
- Dominic Ozenne, Ohlone College

ACNL Awards 2014 Katie Bray Inspiration Award

The Katie Bray Inspiration Award is presented to a nursing student who has been nominated by faculty for their intellectual curiosity, passion for nursing, tenacity and commitment to quality patient care. The award is named after longtime ACNL member Katie Bray who, upon her death, provided an endowment to fund scholarships for nursing students.

The 2014 Katie Bray Inspiration Award was presented to Makayla Marco, a third semester nursing student from San Diego State University.

In submitting the nomination, the faculty at San Diego State wrote that:

“Makayla is an articulate, gracious and caring young woman who administers quality nursing care with a combination of critical thinking skills and sensitivity. Her peers admire her openness and sincerity in helping others succeed in the nursing program.”
MOVING FORWARD…PLANNING YOUR NEXT STEPS!

“Planning the Event of the Year: CNSA’s Annual Convention”
Convention Director’s Report
Scott Miller, RN
Antelope Valley College

Planning for an event as large as the CNSA Annual Convention begins as soon as the previous year’s event concludes. In planning the 2015 Convention, *Illuminating Our Future: Lighting the Path to Success*, our goal was to engage nursing students on all levels, as well as, appeal to faculty, staff, and nurses in meaningful ways. This wouldn’t have been possible without the dedicated work of the CNSA Board of Directors, our advisors, staff and committee members, and the valuable input from our members. And for that, I thank each of you personally.

What better way to start off the convention than participating in one of our two pre-conference workshops: an NCLEX review hosted by Kaplan, or tips for successfully competing in today’s job market.

Our outstanding keynote speaker, actress and story-teller, Pippa White, took us on an inspirational journey by portraying Florence Nightingale, Dorthea Dix and Clara Barton. Their struggles, triumphs and messages are very relevant to nursing and health care today. Our Saturday keynote, Dr. Anitra Williams, shared her A-B-C approach to professionalism, an enlightening formula for success for all phases of your nursing career. On Sunday, our endnote speaker, nurse leader Ginger Manss, explored the crucial role of personal and professional ethics and integrity in nursing practice.

In addition to these general sessions, a wide variety of breakout sessions were planned to help you maximize your nursing school experience; land your first job as an RN; explore nursing specialty areas, advanced practice roles and educational opportunities; and learn more about CNSA’s work in redesigning nursing education. And back by popular demand—nurse leaders reviewed resumes and offered tips and suggestions.

Each year, CNSA’s House of Delegates gives you the opportunity to hone your leadership skills and use your voice to represent your school. Delegates vote on amendments to CNSA’s bylaws, proposed resolutions and elect the incoming CNSA Board of Directors. This is an important role in our organization and a great learning experience.

CNSA has so much to offer each of its members on many different levels. Attending a CNSA convention will give you a sense of purpose and allow you to meet other students with similar visions and goals. It also provides you with opportunities to plan your next steps after graduating nursing school—whether it is landing your dream RN job, continuing your education, joining a professional association, or introducing yourself to the various specialties of nursing. I encourage each of you to attend a CNSA convention and take in all that our organization has to offer.
“Say ‘Yes’ to Your Potential with CNSA”
Membership Director-North’s Report
Nessa Osuna, Sacramento State University

It seems hard to believe that my term as CNSA Membership Director-North is coming to a close. It has been such a marvelous journey and I thank each and every one of you for allowing me the opportunity to serve. In addition to being able to work alongside some of the most amazing nursing students I know, I have also been privileged to meet inspirational leaders in nursing and other professions. It honestly feels like a dream come true this year, as I have learned so much about nursing, leadership, professional organizations, nursing education and myself.

If you are contemplating running for a leadership position in CNSA, I highly encourage you to take the plunge! I have never regretted a single second of my commitment to nursing—in fact, I’m sad that my time on the board is ending. I will be looking for new ways to continue advocating for students, patients and nurses.

At the start of my term of office, I set lofty goals about increasing membership and fostering enhanced communications between the state board and local chapters. I’m so proud to announce that nearly all of my goals were achieved. One goal I continue to work on is assisting schools preparing to start up new chapters and those striving to grow their chapters by increasing membership. Through quarterly emails to all chapters, deans and faculty advisors of CNSA, we are striving to keep everyone apprised of events, opportunities and resources. Feedback regarding this email communication has been excellent. This correspondence has strengthened bonds, communication, and accountability throughout our organization.

I’d like to acknowledge Danielle Gardner, CNSA Membership Director-South, for spearheading the idea of chapter toolkits to provide additional resources to existing and developing chapters. Working collaboratively with each Board member, toolkits were created to help chapters maximize their experience as CNSA members. New toolkits and more resources are being created to lead CNSA into the future!

As Membership Director, my most important role this year was to create a meaningful and inspiring membership meeting in Northern California. I accomplished this with the help of my mentor, Ella Klimkiv, the 2013-2014 CNSA Membership Director-North. I would also like to personally thank Danielle Gardner, California State University, Sacramento CNSA Chapter, the 2014-2015 CNSA Board, and the Membership Committee North—Sarah Klaner, Morgan Garcia and Christopher Redford, your dedication and hard work during the meeting were appreciated.

The meeting was a success as students filled Sacramento State’s Folsom Hall to hear from Stanford nurse residency recruiter, Shirley Sampson, Brenda Brozek’s presentation on preparing for the job market, and a multitude of inspiring breakout sessions presented by board members. In addition, Nancy Ryan, a relationship therapist, taught students about meditation, self-care techniques and other strategies to avoid burnout in the workplace. Post meeting surveys demonstrated that students were very satisfied with the event.

I was also given the opportunity, with my fellow board members Jimil-Anne Linton and Danielle Gardner, to represent CNSA in a statewide coalition to develop a white paper on the redesign of nursing education. This project is near and dear to my heart because prior to entering nursing school, I was an educator. This project was the icing on the cake to my already amazing year as your Membership Director. I met with motivational leaders who dreamed of re-designing nursing education to better fit our changing healthcare model due to the Affordable Care Act and our
Membership Director North (continued)

ever-changing patient population. It was my honor to serve as your voice in this project. Although my term on the CNSA Board is coming to a close, I will continue to represent CNSA on this project until its completion.

Our work is not yet done! One thing that I have learned serving CNSA is that leaders never stop working; they never stop striving to improve; and they say “Yes” to opportunities when it is easier to say “No.” Do you have it in you to lead our state into the future? I believe that you do!

Stand up, speak up and participate! You can make your voice heard, develop leadership skills and improve nursing. It is time to say “Yes” to creating the future by leading the way!

2015 Membership Meeting North Recap

For more pictures from Membership North Meeting and other events, visit:

https://cnsapics.smugmug.com
“Strengthening Our Membership Resources”
Membership Director- South’s Report
Danielle Gardner, San Diego State University

What a year this has been for CNSA, and what a pleasure it has been to serve on the CNSA Board as Membership Director South. It has been an honor to work with my colleagues to advance opportunities for nursing students. I can truly say I hoped this experience would never end.

One major word that stood out to me at our first board meeting in November 2014 was sustainability. For an organization, sustainability is defined as a system that supports and maintains its own viability. What could Membership Director (North), Nessa Osuna, and I bring to CNSA that would contribute to our organization’s sustainability? Every goal we created for our work was based on this word.

One of my goals was to expand California’s membership numbers by ten percent through educating school deans and faculty about the importance of CNSA and by recommending school participation to help students meet core nursing education standards set by the Board of Registered Nursing. To actualize this goal, we created the Growing Leaders Toolkit that teaches students how to present the benefits of CNSA to their deans and directors. In addition, I made it a point to include deans and directors in every quarterly Membership Update email. With the support of our ACNL advisors, we have laid the groundwork for the next CNSA President and Membership Directors to present at the annual conference of our nursing school deans and directors to provide a student perspective on the importance of including participation in professional organizations in their educational program.

In addition to increasing CNSA membership, another goal was to increase the numbers of chapters in Southern California by ten percent. I took note of what issues chapters had been struggling with, including faculty support, student membership numbers, and understanding chapter board of director job duties. With the collective help of the CNSA Board of Directors and committee members, we developed the Chapter Toolkits. We began by reviewing our national, state, and various school chapter bylaws. We then developed “how-to” documents for each chapter level position. At the beginning of every toolkit is a position description and position-specific responsibilities and resources. For instance, the presidential toolkit has included the application for constituency status and the membership toolkit has a sample PowerPoint for recruitment.

Our goal for these toolkits is to serve CNSA members at the chapter level and encourage the development of new chapters. California had a twelve percent increase in memberships this past year. Additionally, three school chapters have been formed in Southern California. These toolkits have caught the attention of the National Student Nurses’ Association.

Chapter Toolkits on the CNSA website are valuable resources for new and developing CNSA chapters. These toolkits can be found under the “Chapters” tab, in the “Chapter Resources” section.
Membership Director - South (continued)

Education Redesign Project

In February, the State Board of Directors was given the opportunity to serve on another project. Three students were invited to participate as Thought Leaders in Health Impact’s (formally known as California Institute for Nursing and Health Care) update of the 2008 White Paper for Nursing Education Redesign. Funded by the Gordon and Betty Moore Foundation, Nessa Osuna, Jimil-Anne Linton, and myself had the opportunity to work with over fifty nursing education and health care leaders to help redesign nursing education for the future. Working with these fantastic nurse leaders and providing a voice for nursing students has been an amazing journey. I look forward to finishing the project in January to benefit future generations of nursing students.

Membership Meeting South

Finally, I coordinated the Membership Meeting South in August, hosted by West Coast University. I had the honor of working with their student nursing association board and planned an amazing meeting. We had about one hundred participants, twenty-five schools represented, eight exhibitors, and wonderful speakers including American Nurses Association\California President Corinne MacEgan, Children’s Hospital Los Angeles nurse recruiter Sandra Hall, and CNSA’s advisor Brenda Brozek. It was a fantastic meeting and I know participants walked away informed and excited about CNSA and the opportunities that lay ahead of us. Thank you to all of our exhibitors: American Nurses Association\California, Children’s Hospital Los Angeles, Critical Care Training Center, Hurst Review Services, Kaplan Test Prep, Grand Canyon University, Walden University and West Coast University.

What a year! I have been so blessed to serve with my colleagues on my committee and the Board of Directors. I also want to extend a special thank you to Nessa Osuna, Membership Director-North for her dedication and support. Another special thanks to YOU, the members of CNSA. As CNSA Board members, we can only do what we do because of you. It has been an honor to serve as your CNSA Membership South Director for the 2014-2015 term!

Highlights from Membership Meeting South 2015
REACHING OUT TO OUR COMMUNITIES

“Building Healthy Communities through Education”
Community Health Director’s Report
Michelle Heslop, San Joaquin Delta College

I have been privileged to serve as your Community Health Director for the 2014-2015 year, and it is with great sadness that I see my term coming to an end. Reflecting on the past year, I am ecstatic about the progress we have made, including monthly health observance toolkits, mental health awareness at the CNSA convention, and a video and other informational materials to promote participation in the House of Delegates.

When we took our terms of office, the Ebola scare was still in full force and was sweeping the nation. Then came the Disneyland measles outbreak, and now we are experiencing a salmonella outbreak related to cucumber consumption. With these health scares occurring, it is glaringly clear how important community health is not only as tertiary care, after an issue has occurred, but as primary prevention.

Although our Community Health Committee is very passionate, we found that it is sometimes difficult to devote time to community health projects due to the daily grind of nursing school, volunteering, working, family, and trying to have personal time. Utilizing feedback from various local chapters we found that while some chapters had active community health outreach, some did not even have a community health board position. We wanted to find a way to help address this disparity, while at the same time, taking into account the busy schedules nursing students maintain. Thus, the monthly health observance toolkits were created.

Monthly Health Awareness Toolkits

We have compiled five monthly toolkits for chapters to use at their convenience. The topics include cervical health, national patient safety awareness, national foot health awareness, national firework safety, and mental health awareness. Each toolkit comes with a poster, information about the topic, ideas for increasing awareness, and stimulating postings for social media or email postings.

We compiled these toolkits with the goal of providing resources for people who want to make an impact on their communities but may be tight on time, chapters with small memberships, and/or individuals in large chapters who want to be involved but may not hold a board position. It is my hope that the incoming community health director will continue to revise, promote, and expand these toolkits in the coming term.

Delegate Sustainability and Your Part in Advocacy

Advocating for our patients, communities and profession is a critical component of our role as professional nurses. Serving as a CNSA delegate is an amazing way to build skills in advocating for others. My passion for the importance and sheer fun of being a delegate spurred the initiation of a delegate sustainability plan for CNSA. Not enough people know what being a delegate actually means, and as a result, they may not participate in the House of Delegates.

To promote delegate participation, the 2014-2015 CNSA Board embraced the idea of creating videos for our members. I created the video, Why YOU Want to be a CNSA Delegate! Melissa Byrne (Breakthrough to Nursing Director) and Jimil-Anne Linton, RN (Communications Director) also created videos revealing their personal reasons for choosing to be delegates. These videos are available on the CNSA website for chapters to promote health awareness in their communities.
Community Health Director (continued)

currently available on CNSA’s YouTube channel and in the delegate section of the CNSA website. CNSA also created certificates for delegates to recognize their service as delegates and advocates.

We are continuing the fun with awards going to the schools that have the highest percentage of eligible delegates in attendance at the 2015 Convention. Nothing like some healthy competition to prompt more advocacy! To ensure delegate promotion and education continues in the future, a bylaw revision expanding the President’s responsibilities to include coordinating delegate promotion and education is on the docket for consideration by the 2015 House of Delegates.

I want to thank the CNSA Board of Directors and advisors for lending guidance and support throughout this term—you have made it a great year! Also thank you to the committee members who put in so much work on the toolkits, and the mental health awareness projects. You are the reason why we were able to accomplish so much.

It has been an amazing honor to serve you.

Promoting Mental Illness Awareness at the CNSA Convention

CNSA’s 2015 Convention featured a Mental Health Awareness booth for people to identify their own stigmas regarding mental health, how mental health affects one’s life, and strategies to overcome mental health stigma in the healthcare field. Thank you to those who stopped by and showed your support!
“Breaking Barriers & Moving Forward in Nursing”
Breakthrough to Nursing Director’s Report
Melissa Byrne, Sacramento State University

Serving as CNSA’s Breakthrough to Nursing Director this year has encouraged me to grow in so many ways! I was inspired to travel abroad for medical missions in Africa and Peru—which were truly life-changing experiences. I collaborated with BTN chairs from Chico to San Diego and with our NSNA Breakthrough to Nursing Director from Florida. We promoted recruitment and retention of diverse populations into the nursing profession through mentorship programs and education.

Additionally, I collaborated with our Image of Nursing Chair, Eleana Flores, to promote a positive image of nursing through social media and photo contests, and with our Cultural Awareness Chair, Narisa Kanchana to advocate for culturally competent nursing practice. Please see their reports to learn more.

I am inspired by the dedication of those I have worked with this past year. I especially learned the value of a key element in nursing—delegation. I had a very passionate team who planned ahead and constantly asked: What next? What more can we do? We could not have accomplished what we did without this dedicated, hard-working team. This year’s Breakthrough to Nursing Committee included members from Sacramento, Fresno, San Diego, and Stanislaus. It was so exciting to network with students from all over the state to share and implement ideas.

At the beginning of the term, we established several goals, including: identifying schools with and without a breakthrough to nursing program; creating effective methods to reach out to chapters; and encouraging schools without a breakthrough to nursing board position to collaborate with nearby chapters to add a BTN position on their board. In addition, our committee provided mentorship to all chapters through new CNSA chapter toolkits, which provides a step-by-step process for success in creating and strengthening director positions.

Our next goal was to focus on a statewide project: promoting hands only CPR and heart health, especially in the Latino population. One of my closest childhood friends lost his father on Christmas two years ago because no one knew how to do CPR or the Heimlich maneuver. While doing some research, I found a study published in December 2014 that concluded that in Denver, Colorado, the Latino population is 30 percent less likely to receive CPR in a cardiac event due to cultural barriers.

Since California has the largest Latino population in the country, I figured we could do some work! The next question was how to reach the Latino population since there are 15 million Latinos in California. The answer was through another one of my passions—children! The 2014 study in Denver that I mentioned previously identified language as one of the largest barriers for Latinos receiving timely CPR. Teaching children to inform their parents of key English words to use when dialing 911 can result in getting help faster. Using words such as “heart stopped” to indicate a cardiac emergency and “Spanish interpreter needed” will help expedite emergency communication. In addition, teaching children hands-only CPR in schools can save the lives of their family members.

Our committee spread the word about the importance of CPR on the American Heart Association’s Go Red for Women Day by wearing red, taking photos with our chapters and publishing them in the March edition of Range of Motion. Furthermore, we utilized social media to promote CPR during CPR Awareness week in June.
Breakthrough to Nursing Director (continued)

At membership meetings and via email, our BTN Committee spread awareness of heart health fairs at local schools, including CSU Chico, CSU Stanislaus and CSU Sacramento. Stanislaus held a fair for students of all ages to learn about the anatomy of the heart, vital signs, nutrition, and CPR. Chico held their event in September and Sacramento in October. The events included American Heart Association CPR instructors, nursing students, and paramedic students to increase heart health with blood pressure screenings, heart health pamphlets, and practice with chest compressions!

I wish we had more than one year to continue this project. I encourage other chapters to promote heart health and CPR through schools, community outreach and health fairs.

I am truly grateful for my experience this year as Breakthrough to Nursing Director. This experience has inspired me to continue to serve in other professional organizations as a registered nurse and make a difference one person at a time.

CSU Fresno (top) and San Diego State University with UC San Diego (bottom) went “red” for awareness on cardiac health.

CNSA Nursing Students take on the World!

This year, many of our own California nursing students went on volunteer student travel missions around the world to do what they love most—nursing! Captured here are some of our CNSA members on their amazing and inspiring adventures.

Erica Fontana, San Diego State University
Ghana, Africa

Cassandra Landrum, CSU Stanislaus
Ecuador

Narisa Kanchana, San Diego State University
Thailand

Melissa Byrne, CSU Sacramento
Panama

Christine Choi, Christy Zimmerman, Britani Serrano, & Obdulia Sierra;
National University San Diego
Baja, Mexico
“Celebrating Diversity & Building Understanding”
Cultural Awareness Chair’s Report
Narisa Kanchana, San Diego State University

This past year has been rich in professional and personal growth, and I am so grateful to have served as Cultural Awareness Committee Chair. CNSA has shown me that we nursing students can make a huge impact on the nursing profession. In my term as Cultural Chair, I’ve learned that CNSA’s active community of students provides a strong voice in nursing. This has been made clear through witnessing the positive outcomes of CNSA’s projects and through feedback from local chapter members.

Over this past year, the Cultural Awareness Committee has highlighted California’s wonderfully diverse population resulting in increased awareness of the importance of being a culturally aware healthcare professional. Committee members have submitted education materials, including Healthy Meals for the Hispanic Population and Basic Spanish for Nurses.

In addition, the Committee has put forth efforts to promote ethical international medical projects by making members aware of a Model for Sustainable Short-Term International Medical Trips. To promote participation in these medical trips, student members and committee members from across California were asked to submit pictures and testimonies from their own projects. The participants traveled to Ghana, Ecuador, Mexico, Panama, and I, myself, was a part of a medical project in Thailand.

Students participated in a variety of programs such as shadowing a nurse midwife in Ghana, studying local health practices and non-western medicine, analyzing community health and implementing appropriate nursing education. It was inspiring to read and discuss participants’ testimonials and I hope these inspired other CNSA members to take part in a medical project of their own. From my personal experience working with Burmese refugees at the Thai-Burmese border, I’ve learned about the power behind community and perseverance. I highly encourage every student to consider learning from our global community by participating in a medical trip and incorporating these valuable lessons into local nursing practice.

This year, we have also made efforts to establish the role of Global Initiatives Director in our local chapters. The National Student Nurses’ Association established this position in response to increasing interest in global issues and opportunities for nursing abroad. In addition to projects abroad, this position was created with the intention of carrying out projects at the local level to provide an increased awareness of global health issues. The Committee has created a Global Initiatives Starter Pack, and has set up a system of mentorship from already-established Global Initiatives directors for any local chapters interested in creating this position.

As this term year comes to an end, I would like to thank our advisors and ACNL and ANA\C for their mentorship, commitment and dedication to CNSA and the future of nursing. I would also like to thank the members of the Cultural Awareness Committee for their active involvement and contributions to the Committee’s efforts in creating a more culturally competent student body.

It is my hope that CNSA at the state and local level continues to grow, thrive, and promote growth in student leadership. Thank you for this amazing year!
Announcing the California Nursing Students Association’s CAREER CENTER at www.cnsa.org

JOB SEEKERS,
YOUR NEXT CAREER OPPORTUNITY COULD BE CLOSER THAN YOU THINK.

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- **Anonymous resume bank** protects your confidential information. Your resume will be displayed for employers to view EXCEPT your identity and contact information which will remain confidential until you are ready to reveal it.

- **Value-added benefits** of career coaching, resume services, education/training, articles and advice, resume critique, resume writing and career assessment test services.

www.cnsa.org
CNSA’S PRESENCE IN NURSING

“Using Our Voices to Lead Change”
Legislative Director’s Report
Valery Bessmertnyy, CSU Chico

It all started with writing a resolution for the 2014 CNSA Annual Convention—never would I have imagined that a year later I would be concluding my term as the 2014-2015 CNSA Legislative Director. My involvement in CNSA has been an enriching and rewarding experience. I also can say with confidence that my time as CNSA Legislative Director has transformed me as a student, a professional, and an individual.

I am equally proud that I was able to share this experience with my ten fellow Legislative/Resolutions Committee members. Despite the fact that we communicated via electronic realms and were from different nursing schools, we were able to build a strong, cohesive team who worked together with passion and devotion. Almost everything accomplished during my term was part of a collaborative effort. I would like to sincerely thank each and every member of the Legislative and Resolutions committees for their dedication and hard work. I would also like to add that nothing could have been achieved without the tremendous support I received from my advisors and fellow Board members. They are a pleasure to work with.

2015 Nursing Students in Sacramento Internship

The Legislative Committee and I had the distinct privilege to help with the facilitation of the Nursing Students in Sacramento Internship (NSSI) through the American Nurses Association\California. This internship introduces two selected recipients to the world of health policy advocacy. This year’s recipients, John Ly from CSU East Bay and Amy Bouck from CSU Sacramento, spent three days at the state Capitol with members of the ANA\C Board. They were introduced to the legislative process, observed committee meetings, attended legislative hearings and met with California senate and assembly members.

Both students were very positive about their experience. Amy Bouck stated: “My experience with NSSI renewed my faith in the political system, and taught me how easy and important it is to get involved.”

If you are interested in participating in next year’s NSSI program, check out the CNSA website and apply. Any nurse or nursing student can attend ANA\C’s RN Day at the Capitol, which is also the first day of the internship. Many nursing students, their faculty, nursing professionals and nurse leaders attended the event this year. The high attendance was partly due to our committee’s efforts to promote this important learning opportunity for nursing students. The participants learned a great deal about important legislative issues and what is involved in advocating for our profession.

CNSA Resolution Presented at 2015 NSNA Convention

Another project that my committee and I were actively involved in was the preparation of the CNSA-sponsored resolution for the
Legislative Director (continued)

National Student Nurses Association (NSNA) Convention in April. At CNSA’s 2014 Convention, a resolution on the benefits of acupuncture and pain management, authored by students at CSU, Sacramento, was voted by the delegates to be presented as CNSA’s resolution at the NSNA convention.

Together with the dedicated authors from CSU Sacramento, my team and I revised the resolution for the national level and submitted it to NSNA for review. Our CNSA resolution was on the same topic as a resolution submitted by the West Virginia University, School of Nursing. NSNA suggested that we combine our resolutions. Our collaborative efforts paid off! CNSA and West Virginia University School of Nursing produced the combined resolution entitled, For increased inclusion of complementary and alternative therapies for pain management by the nursing profession. We were able to present a strong resolution statement at the NSNA House of Delegates. The combination of these two resolutions only made our message of the benefits of acupuncture and pain management stronger. As the result, the House of Delegates unanimously voted to adopt the resolution. It was a great victory for both California and West Virginia!

Preparation for the 2015 CNSA Convention

The work on resolutions did not stop at the NSNA convention. With the date for the CNSA Convention in mind, my committee and I updated the documents on our website to help our constituents write resolutions for the 2015 convention. It was very exciting to see so many nursing students interested in writing resolutions. Anyone can write a resolution and make a difference. It just takes a little courage and energy, but the efforts and outcomes are often very rewarding.

Communicating Current Issues in Legislation to CNSA Members

From a legislative standpoint, it has been a challenging, yet very interesting year for nursing. CNSA’s Legislative/Resolutions Committees and I worked to keep our members informed about the current issues affecting the world of nursing using a variety of media to reach as many people as possible. We created a Legislative Corner in the Range of Motion newsletter that would inform our members about legislation and nursing-related bills at the state level. We posted a number of messages regarding healthcare issues on our Facebook page. Members of the Legislative Committee also wrote several letters to our representatives regarding the issues that affect us. For example, we wrote letters to our local representatives asking them to support the sunrise of the California Board of Registered Nursing (BRN). Also, during the RN Day at the Capitol some of the participants scheduled a “meet-and-greet” with their representatives and addressed issues and bills important to nursing profession.

This was definitely a great year for CNSA and its members—full of opportunities to learn, grow and excel. I can say with the utmost confidence that I truly embraced my role as the CNSA Legislative Director. As a result, I became much more passionate about legislation, leadership and our organization. The work of the CNSA Legislative Director is overwhelming at first, but it is very rewarding. It develops many necessary skills by teaching you to listen, find your own voice, and believe in the power of your profession.
Greetings Colleagues! This year has been an exciting one for CNSA. We hope that you have been able to experience the action with us!

It may seem that the Communications Director’s role focuses primarily on social media, website management, and written publications—but as I have learned during this term, it entails much more than just having a background in these areas.

Holistic Involvement to Improve Quality of Communication

In order to effectively communicate through these media, one needs to know what to communicate. As such, I made it a point to get myself more involved in the activities and projects of my fellow Board members so that I had a better understanding of their functions. For instance, did you know that every year CNSA and the American Nurses Association California (ANA\C) team up for an internship event that helps nursing students learn about the legislative process and nursing? Did you ever wonder if CNSA was embracing other opportunities with other professional organizations in California? What kind of work is involved in planning a membership meeting or convention? How does CNSA represent California on the National level?

To be honest, I found myself asking similar questions before I became the CNSA Communications Director. I don’t think I am alone on this one, as highlighting the importance of CNSA involvement seemed to be an overarching goal between all of us on the CNSA Board of Directors. The answers to some of your questions can be found in the 2014-2015 issues of the Range of Motion. This year, we highlighted major events such as CNSA Membership Meetings (North and South), Nursing Students in Sacramento Internship (NSSI), ANA\C’s RN Day at the Capitol, NSNA Annual Convention, and CNSA’s involvement in creating the White Paper on Nursing Education Redesign for California. As I scan through each of these issues, it fills me with great pride to see the amazing accomplishments that our CNSA board, their committees, and all of our general members have achieved in making this year such a success!

Range of Motion: Making Connections to Members

Improving the quality of format and content for the Range of Motion (ROM) has been a major goal for this term. If you recall from the first issue of ROM this term, I stated that I wanted to include more student involvement in the publication. I wanted to bridge the gap between our members and the Board; and I wanted our members to feel that connection. I mentioned this at our CNSA Board of Directors orientation retreat in November last year; and I was graced to be with a Board who took to those goals as well. As a result, many of our members sent in submissions for their insights on Breakthrough to Nursing, Global Nursing, and various community health events. In our last issue of the Range of Motion, we introduced a thematic component that I hoped would further develop that connection we’ve been talking about. It is my greatest hope that this will carry on into the next term.
Communications Director (continued)

CNSA Website

At the 2014 convention, the new CNSA website was launched. If you have not taken the opportunity to explore the website, I implore you to do so—especially if you are exploring the job market, as we have a new career center on the website to help you. On the Communications end, we included an email broadcast archive for our members to access in the event that they are unable to view our emails sent to them through NSNA. It is also a good way for others to see our announcements. Additionally, we’ve included some other goodies to the website—Toolkits! We have Chapter Toolkits available for new and developing CNSA chapters that will help members of these chapters understand their roles and functions. We have also included Monthly Health Awareness Toolkits to promote community health involvement for our CNSA chapters. All of these great additions to the website I attribute to the hard work of the Board and the CNSA committees involved in creating the documents and toolkits.

CNSA in Social Media

CNSA’s presence in social media is up and coming. In the previous years, we had a Facebook and Twitter page. Facebook continues to be a relevant source of social media communication for our members, yielding very good outreach and steady increases in the number of “likes”. Twitter, on the other hand, has not produced much outreach to our general members but still serves a very good purpose. Many of the professional organizations that CNSA has strong relationships with, such as the California Action Coalition (CA AC), Health Impact (formerly known as CINHC), and American Nurses Association California (ANA\C), are very active on Twitter. Keeping our status current on Twitter has kept us connected with these organizations. In turn, these organizations have promoted CNSA’s presence in nursing as well.

Instagram Initiative

This is the day and age of those notorious “selfies.” How many selfies do you see online? For me, I see so many that I cannot even count them by hand, but I will also admit that I too am guilty of fueling this trend. Understanding this, we initiated a CNSA Instagram account and our hashtag is #ca_nursingstudents. When you see a selfie of a nurse, what do you see? Do you see an image that reflects poorly or positively of our profession? Unfortunately, there are some that reflect negatively of nursing. However, it is CNSA’s intent to dominate the world of social media with positive images of nursing—aside from the whole trend of the selfie phenomenon, this was another reason why we started this Instagram initiative. CNSA Communications has been working very hard with CNSA Image of Nursing to promote this. If you have pictures that you think would promote a positive image of nursing, please feel free to share and use our hashtag!

A Word of Thanks

As I conclude this report, I want to take this opportunity to express my gratitude—first, to my advisor, Brenda Brozek. My other CNSA advisors, Patricia McFarland, Susan Bowman, Ginger Manis, and Donna Kistler have also been wonderful in providing feedback and guidance throughout my term. I would also like to thank my committee members, Oliver Erece, Daniel Fassbender, and Val Bessmertnyy. Oliver has been helpful with his work in Adobe Photoshop, Val was valuable in providing feedback on formatting and arrangement for the Range of Motion, as well as exploring options to promote CNSA social media, and Daniel did an excellent job capturing memories from the 2015 convention. My appreciation also extends to my fellow CNSA Board of Directors—without their motivation, goals, and passions, I wouldn’t have been able to do our work because there would be nothing to write about or promote! Last, and certainly not least, I want to
Communications Director (continued)

express my deepest gratitude to our members—especially to those who submitted articles and pictures for the Range of Motion, shared their pictures using the Instagram hashtag, commented on our Facebook posts, and provided valuable feedback to help us improve. It is the collaborative effort of our Board and general members that have made each CNSA publication this year a success. Thank you everyone for all that you do!

I want to leave you with one statement that I hope you will take with you throughout your journey as a nurse, whether you are a pre-nursing student or a newly-graduated RN like me: Remember that there is a leader growing inside each and every one of us, we just need a little water to help those seeds grow! I hope that the upcoming year will bring you all many opportunities and successes.

Jimil-Anne Linton (Communications Director) and Brenda Brozek (CNSA Communications Advisor) at the 2015 CNSA Convention.

Update on White Paper for Nursing Education Redesign
Jimil-Anne Linton, BSN, RN

The team of thought leaders and contributors for the white paper on Nursing Education Redesign for California met together for the last time in December to discuss their recommendations and plans for moving forward. The meeting was an inspiring one with each action team leader presenting on their team’s recommendations and rationales. From this meeting, new ideas and fresh approaches were brought to light—including new projects that would help carry some of these recommendations forward. Topics of discussion included interdisciplinary education, the possibility of offering the BSN at community colleges, faculty re-tooling and mentorship, the shift of nursing roles to meet a new model of care, the expansion of clinical placements beyond acute care, and much more. Future plans of action include launching pilot programs for faculty re-tooling— as well as other pilot programs, final review of the white paper, and most importantly— publication/distribution of the white paper in May 2016.

The nursing profession is ever-evolving, and you should feel proud to be a nursing student and new RN in California as you get to be part of the experience at a time when healthcare is making some monumental changes— especially those which affect the way we look at and practice nursing today.

CNSA has made their presence known and voice heard at the discussion table; we hope you will continue to follow this topic in future CNSA publications.

Check us out on Social Media!

CNSA is NEW to Instagram!
Help promote the positive image of California nursing students:
#ca_nursingstudents

Like us on Facebook
and stay updated on CNSA events!
California Nursing Students’ Association (CNSA)
&
CNSA – Image of Nursing

Follow us on Twitter!
@CNSA_California
“Promoting a Positive Image of Our Profession”
Image of Nursing Chair’s Report
Eleana Flores, RN
Yuba College

The Image of Nursing Committee’s goals for the past year were to promote the image of nursing by utilizing social media outlets, create an event to support the positive image of nurses, and work with the Breakthrough to Nursing Committee to promote Hands Only CPR Block Parties.

The ION Committee created a Facebook page where members of our Committee and CNSA could post important updates and current events regarding the nursing profession. We have also used the page to keep members apprised of upcoming CNSA events and educational opportunities. To date, there are 175 people following the Image of Nursing Facebook page with article posts reaching nearly 400 through social media sharing. By increasing the number of followers of the page, we are able to promote and respond to various issues affecting students and nurses at the local, state and national levels. We invite all CNSA members, faculty, and Facebook users to check out our page, share an article, or post a photo at: www.facebook.com/CNSAImageofNursing

To expand the use of social media, the Image of Nursing Committee created a photo contest titled Defining Our Image. The contest encourages members to show the student nursing community what the “Image of Nursing” means to them on a personal level. The photos were uploaded by using the #CNSAImageofNursing, #ca_nursingstudents or via email to cnsaimageofnursing@gmail.com. The submissions of selfie photos and group photos feature members participating in community events, volunteering, mentoring, and sharing their accomplishments as student nurses. This is exactly what our Image of Nursing should portray to inspire the next generation of student nurses and leaders.

As the 2015 term draws to an end, Image of Nursing Committee members and I would like to thank the CNSA Board, CNSA advisors, and CNSA Chapter members for their support. Our committee also encourages all members to seek a leadership position within CNSA. As student nurses you are the future voices of leadership, and we want to hear from you!

Check out these resources to stay current with local and national updates!

National Student Nurses’ Association:
www.nsna.org

Association of California Nurse Leaders:
www.acnl.org

California Action Coalition:
www.caactioncoalition.org

Health Impact (formerly known as California Institute for Nursing & Health Care):
www.healthimpact.org

American Nurses Association\California:
www.anacalifornia.org
“A Week as a Candidate, A Year as NSNA Director West”
Tanya Davis, 2015-2016 NSNA Director West
National University, San Diego

Running for National Office & the Campaign

Running for NSNA Director West was an intense, but very rewarding experience. Friendships I made with my fellow candidates of all positions, including my opponent Vanessa Jodway, are relationships I will have for a lifetime. In this week of campaigning for my position I learned so much about what it takes to be a leader at the national level, and what I was truly capable of.

Applying for pre-slae was an accomplishment in and of itself. The act of applying truly showed how much support I had from my school and fellow SNA members. Letters had to be written, and signed, essay questions answered about why I was running and who I was. Once I completed the application, which took me about a month and a half, it went through a review process with the current Elections Committee and then I was informed I was officially a candidate. As a pre-slated candidate I had the luxury of preparing myself for this action packed week at NSNA Annual Convention in Phoenix, Arizona. Once I received my campaigning packet from NSNA I started the process of establishing a theme for my candidacy. First, I asked a fellow SNA member, Maricica Lentenbrink, to be my campaign manager to assist me through this journey. With her help I prepared posters, buttons, speeches, business cards, and my written stances on important nursing issues.

During the actual week of campaigning I was insanely busy. Campaign days started in the early morning and required candidate functions ran until late in the evening. In the campaigning area, I got to speak with students from nursing programs across the country. We discussed issues they were having in their respective chapters, issues in nursing, my interests and theirs. I gave multiple speeches to the various election areas, and to the NSNA House of Delegates. It was an enlightening and character building leadership experience. The NSNA House of Delegates, comprised of delegates from nursing schools across the country, is where I was elected into office. Running for office was one of the most terrifying and difficult things I have ever done, but it was worth it. Even had I not been elected for office, I still feel that running for office was a great learning opportunity in and of itself, which few individuals actually attempt.

How I Serve NSNA & CNSA

Now that I am an elected official of NSNA Board of Directors I get to network with and assist schools across the Nation. Contrary to popular belief, I do not just serve the western region, I serve the nation as a whole. There are four directors, one from each region, but once elected, we serve everyone in the delegation. I was chosen by the current NSNA President, Ryan Bannan, as chair of the Bylaws and Policies Committee, and a member of the Membership and Legislation/Education Committees. The theme for this year’s Bylaws and Policies committee is “Brick by Brick: Nursing Foundations.” As Bylaws and Policies chair, I educate members on the differences between bylaws and policies, and teach them ways to interpret and amend their bylaws. As Bylaws Chair, I have a few goals for my election year. My first goal was to educate, implement, and promote the NSNA Core Values, which were instituted by the previous NSNA Board of Directors. This year we created the new NSNA Core Values Award, which is now available for application. Part of implementing the NSNA Core Values was to review and update the current Codes of Ethics to include the NSNA Core Values and make other needed updates, which are currently in process. Lastly, I wanted to make some standard operating procedures or fact sheets to clarify processes, such as establishing constituency and delegate credentialing.
NSNA Director West (continued)

As an NSNA Director, one of my most important responsibilities is keeping in touch with state presidents to address any needs and questions they may have. It also allows for open communication of updates respecting their respective boards, conventions, and current state projects. CNSA is one of the many state constituencies of NSNA and we work together to further student nurse leadership for the betterment of the profession. Together the state and national boards give guidance to, and provide a strong voice for nursing students as their elected officials. We work to forward nursing education and the student experience, making an impact for our future as leaders in nursing. As one solidified organization, we together can make a difference.

2014-2015 CNSA Committee Members

**Breakthrough to Nursing**
Peyton Baker, CSU Sacramento
Lauren Castle, CSU Sacramento
Libby Chase, CSU Sacramento
Daniel Duron, CSU Stanislaus
Morgan Garcia, CSU Sacramento
Kirstie Hanson, CSU Sacramento
Aleks Kireyeva, CSU Sacramento
Sadie McDowell, CSU Sacramento
Cindy Nguyen, CSU Sacramento
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