

RANGE OF MOTION

The official newsletter of
the California Nursing Students' Association

In This Issue:

- 2 Message from your CNSA Board of Directors
- 3-4 Membership Meeting South Recap
- 5-7 CNSA Convention Preview
- 8-12 The Legislative Process
- 13 The CNSA Career Center
- 14-15 Scholarships
- 16-17 The Save-A-Heart-Campaign
- 18-19 Image of Nursing Contest Winners
- 20 Pre-Nursing Students: An Untapped Resource
- 21-22 How to Enhance Your Chapter's Efficiency
- 23-25 Global Initiatives
- 26-28 A Year of Service



Creating the Future



By



Leading the Way!

Maximizing Your Nursing School Experience

A Message from Your CNSA Board of Directors

Whether you are just starting nursing school or graduating soon, your experiences as a nursing student will stay with you throughout your career. This is a time for learning, growing and preparing for your role as a professional nurse. What you learn in nursing school is the foundation of your RN practice.

Classes, clinicals and projects will consume much of your time as a student, but there are many other valuable experiences and opportunities that nursing school provides. Opportunities for leadership, legislative advocacy, improving the health of our local communities and even traveling to other countries to aid underserved populations are some of the possibilities available to nursing students.

In this issue of *Range of Motion*, we describe many ways to enhance your nursing school experience. We also take this opportunity to invite to join CNSA for our 2016 Annual Convention, October 7-9, in beautiful Visalia, California. This year's convention features outstanding presenters and sessions; an extensive exhibit hall with potential employers, nursing schools and vendors; resume review; CNSA's House of Delegates; and opportunities for networking and fun. See pages 5-7 for more details.

Nursing school is your time to explore, discover and grow. The potential impact of your efforts is limitless!

CNSA 2015-2016 Board of Directors

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A Membership Meeting to Remember: Highlights of Membership Meeting South

By Jessica Gonzalez, Membership Director South

From the moment I was elected into office as your CNSA Membership Director South, one of my main goals was to organize and execute a motivational, inspirational and memorable membership meeting. I will say that I had never before planned such an event, but was excited for the challenge. Having previously helped my counterpart, Kyle Navarro, plan the Membership North meeting, I learned quite a bit about what steps needed to be taken and how to effectively coordinate a well-rounded membership meeting.

CNSA's Membership Meeting South, on July 30, was hosted by CSU, San Marcos. Thanks to the unwavering support of CSUSM nursing students and faculty, and the dedication and hard work by my amazing committee, fellow board members and advisors, the meeting was a great success. I am proud to say that this meeting made records by having the highest attendance of a membership meeting to date, and raising a generous sum for the invaluable charity, *Flo's Cookie Jar*.

The following are a few highlights from the meeting:

- Nurse recruiters from Sharp Healthcare and the Coachella Valley Recruitment Team presented on the details of what to expect from new grad RN programs.
- Author Brenda Brozek provided tips for building an impressive and attractive resume.
- Kaplan and Hurst presented informative mini NCLEX reviews.
- Presenters from Emergency Nurses Association (ENA) described the benefits of joining professional organizations for continued career advancement.
- Breakout sessions presented by CNSA directors provided information on current projects and how to become more involved with our organization.

Numerous exciting drawings and giveaways throughout the day including full Kaplan and Hurst NCLEX reviews, gift cards, Dodgers tickets and much more.



Our CNSA mission is to inspire and assist students in their development and transition to the role of professional nurses. I am so proud of what our team was able to accomplish for this event. We look forward to incorporating the valuable feedback gained from our post event evaluations and continuing to bring engaging meetings, events and experiences to our members. Your continued feedback is key to helping us tailor events to meet the needs of our members.

Thank you to all who attended and helped make this meeting a success. We hope to see you all at the CNSA Convention, October 7-9 in Visalia!

Thank you to Membership Meeting South Sponsors and Exhibitors!

California State University at San Marcos, School of Nursing

University of California San Diego Health Systems

University of San Diego Hahn School of Nursing

ACNL San Diego Chapter

Sharp HealthCare

Coachella Valley Recruitment Team

Emergency Nurse Association

American Nurses Association/California

West Coast University

Kaplan Test Prep

Hurst Review Services

Critical Care Training Center





A Culture of Learning

Our Passport to the World of Nursing!



2016 CNSA CONVENTION

Visalia Convention Center • Marriott Hotel in Visalia, CA

October 7-9, 2016

See pages 6 & 7 for Convention Information

[Link to Convention Information and Registration](#)

[To Make Room Reservations at the Visalia Marriott](#)

Book your room by 9/15 to receive discounted room rate

2016 CNSA CONVENTION

October 7-9, 2016
Visalia Convention Center
Marriott Hotel • Visalia, CA

A Culture of Learning

Our Passport to the World of Nursing!



By selecting nursing as a career, you have chosen to embark on an extraordinary journey! CNSA's 2016 Convention will empower you with knowledge and resources as you choose your destination in the world of nursing.

Our Convention opens with a compelling address from Kathy Harren, a nursing thought leader who will inspire you with the many possibilities our profession has to offer. On Saturday, Nightingale Scholar Dr. Louise Selanders, shares the incredible accomplishments of Florence Nightingale and her impact on modern nursing practice. Our endnote, nurse leader Joyce Eden, examines California's End of Life Option Act and what it means for nursing. In addition, we've planned a variety of breakout sessions to help you maximize your nursing school experience; land your first job as an RN; explore advanced practice and emerging roles in nursing; and much more.

Attend CNSA's 2016 Convention – Our Passport to the World of Nursing!

CONVENTION HIGHLIGHTS

FRIDAY, OCTOBER 7, 2016

Pre-Convention Sessions

8:30a.m. – 12:30p.m.

(Additional Fee to Attend these Sessions)

NCLEX Review

This comprehensive review session is designed for students who will be sitting for the NCLEX within the next four months.

*Mardie Timken, MSN, RN
 Regional Director, Hurst Review Services*

You're Hired! Strategies for Success in Today's Job Market

This workshop focuses on marketing yourself to potential employers, writing your resume and cover letter, and improving your interview skills – the session features interview practice.

Brenda Brozek, BSN, MAOL, RN, Author of: You're Hired! A Nurse's Guide to Success in Today's Job Market

Faculty Forum

Faculty discuss issues confronting nursing educators, including a special presentation on California's White Paper on Education.

*Judith Berg, MS, RN, FACHE
 Executive Director, HealthImpact*

OPENING CEREMONY & KEYNOTE ADDRESS

Our Passport to the World of Nursing! Begins at 5:15p.m.



Nursing thought leader Kathy Harren will reveal strategies to help you to reach your full potential in nursing. She will inspire you to harness your talents to truly make a difference.

*Kathy Harren, MSN, MHA, RN, NEA-BC
 Regional Chief Nursing Officer
 Providence Health & Services, California*

CONVENTION AND DELEGATE REGISTRATION OPENS AT 11:00a.m.

HOUSE OF DELEGATES

Session begins at 1:00p.m.

Parliamentary Briefing

Attendees participate in a mock session of the House of Delegates to prepare for their role as delegates.

Bylaws/Resolutions Hearing

CNSA's proposed bylaw changes are discussed; individuals, schools and chapters introduce and defend their resolutions.

*Parliamentarians: Susan Bowman, PhD, RN and Kathy Falco, MSN, RN
 CNSA Liaisons, American Nurses Association\California*

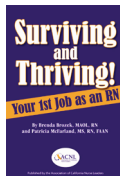


CNSA CELEBRATION: OH THE PLACES WE'LL GO!

Travel is the theme for Friday evening's party featuring fun, games and dancing. Dress in tourism-related attire or representing a country or culture. Prizes awarded for best costume!

Convention Special! 30% off your copy of:

\$15 You're Hired! A Nurse's Guide to Success in Today's Job Market



\$20 Surviving and Thriving! Your 1st Job as an RN!

SATURDAY, OCTOBER 8, 2016

CONVENTION AND DELEGATE REGISTRATION OPENS AT 7:30a.m.

CNSA Exhibit Hall: Your Gateway to the World of Nursing

Bring your resume and business cards and network with potential employers, schools and vendors. Breakfast, lunch and refreshments served in the Exhibit Hall.

Chapter Development Forum and Membership Meeting

Hear the latest news from CNSA and chapters across the state.

SATURDAY KEYNOTE ADDRESS

Our Past, Our Future: Learnings from Florence Nightingale



Begins at 8:30a.m.

An internationally recognized Nightingale Scholar, Dr. Selanders describes Florence Nightingale's impact on modern nursing – drawing parallels to health care today.

*Louise Selanders, EdD, RN, FAAN
Professor Emerita, College of Nursing
Michigan State University*

EDUCATIONAL SESSION I: YOUR JOURNEY TO SUCCESS

Select from one of the following Educational Sessions:

101 More Lessons from Nightingale

Dr. Selanders continues to examine Florence Nightingale's contributions to nursing practice.

Louise Selanders, EdD, RN, FAAN

102 Self-Care: The Healthy Practice of Nursing

You can't effectively care for others if you are physically and emotionally depleted. Identify methods to successfully blend your personal and professional life.

*Kathy Harren MSN, MHA, RN, NEA-BC
Regional Chief Nursing Officer, Providence Health and Services, California*

103 Must Have Skills for the New Nurse

An emerging nurse leader and millennial provides important insights and tips for new RNs.

*Ryan Fuller, BSN, RN, CNML
Nursing Project Coordinator, Kaiser Permanente - Northern California*

104 Advanced Practice Nursing: Options and Opportunities

Learn about opportunities in a variety of advanced practice roles.

*Donna Emanuele, DNP, RN, FNP-BC, FAANP
Assistant Professor, Western University of Health Sciences
Additional Advanced Practice RNs to be Announced*

EDUCATIONAL SESSION II: PACKING THE ESSENTIALS

Select from one of the following Educational Sessions:

201 Improving Your Test Taking Skills

Provides first year students with tips to build positive study habits and test taking skills.

*Mardie Timken, MSN, RN
Regional Director, Hurst Review Services*

202 Using Evidence to Drive Practice

Nursing students learn the latest in evidence-based practice—utilize this knowledge to improve patient care.

*Bridget Parsh, EdD, RN, CNS
Associate Professor, CSU, Sacramento*

*Denise Wall Parilo, PhD, RN
University Development Professor, CSU, Sacramento*

203 Using Your Voice to Impact the Legislative Process

Discover strategies to successfully participate in the legislative process.

*Phillip Bautista, PhD(c), BSN, RN
Membership Director, American Nurses Association\California
Jane De Lay, Legislative Director, CNSA*

204 You're Hired! Achieving Success in Today's Job Market

Use proven marketing principles to create your game plan for landing a job in the nursing profession.

Brenda Brozek, BSN, MAOL, RN, Author of: You're Hired! A Nurse's Guide to Success in Today's Job Market

EDUCATIONAL SESSION III: CHOOSING YOUR DESTINATION

Select from one of the following Educational Sessions:

301 Board of Registered Nursing Update

Update on current issues affecting licensure and nursing practice.

*Pilar De La Cruz-Reyes, MSN, RN
Governor Appointed Member of the Board of Registered Nursing*

302 Pharmacology Made Easy

This session makes the intimidating concepts of pharmacology more approachable and understandable.

*Bridget Parsh, EdD, RN, CNS
Kaplan Test Prep*

303 Mission Trips: Turning Compassion into Action

Learn how RNs and nursing students are putting their skills to work helping others through mission trips.

*Dennis Kneappel, MPA, RN, FACHE, CPHQ, NEA-BC
Chief Operating Officer/Chief Nursing Officer, Kaiser San Rafael Medical Center*

*Robyn Nelson, PhD, MSN, RN
Dean, College of Nursing, West Coast University*

304 Emerging Roles in Nursing

Explore new and expanded roles for RNs in advancing the health of patients and communities.

*Judith Berg, MS, RN, FACHE
Executive Director, HealthImpact*

HOUSE OF DELEGATES

Session begins at 2:15p.m.

Discussion of resolutions continues. If you're not a delegate, you're welcome to observe the process.

Candidate Presentations

Hear what your peers have to offer as future leaders in CNSA

SUNDAY, OCTOBER 9, 2016

HOUSE OF DELEGATES *Session begins at 8:00a.m.*

Delegate voting for the 2016-2017 Board of Directors is the first item on the agenda. The House of Delegates will then continue any unfinished business. Members will be notified of election results before the convention ends.

ENDNOTE ADDRESS

Compassion and Choices for Terminal Patients



California's End of Life Option Act provides terminally ill adults with medical aid in dying. Joyce Eden leads a panel examining the provisions of this law and its impact on nursing care.

*Joyce Eden, BS, MHA, RN
Director, Clinical Transformation
Saint Agnes Medical Center in Fresno*

CNSA Awards Ceremony

Join the celebration as your fellow students are recognized for their contributions to CNSA. Scholarships will be awarded at this time. It is strongly recommended that scholarship recipients attend.

STRATEGIES FOR SUCCESS: RESUME REVIEW

Nurse leaders and recruiters will be available during the Convention to review your resume and offer you tips and suggestions. Sign up for a 10 minute appointment when registering for the Convention. Please come prepared!

The Legislative Process in a Nutshell: Participating in the CNSA House of Delegates

By Jane M. De Lay, RN, CNSA Legislative Director

When asked about participating in the legislative process, I've found that many students shy away, stating that they *don't know enough about the issue* or *don't like politics* or *don't know how to make a difference*.

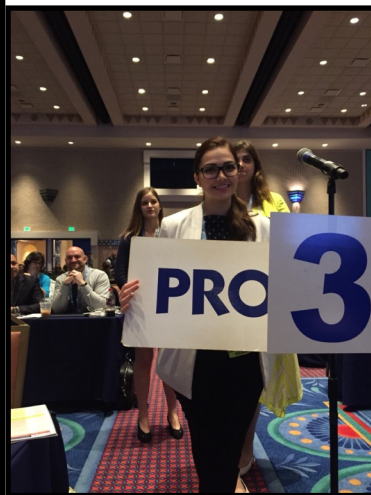
I get it – I often feel the same way. But when you are passionate about an issue that affects you, your family, your community, and/or your profession, suddenly, you are compelled to get involved.

Understand that the legislative process is about governance and it is, fundamentally, a political process. It is about having ideas, developing those ideas into strategies of action (policies) that help improve a situation, and influencing others to agree and implement the policies for the benefit of the entire group.

Politics is not a dirty word! Politics is about people. The word politics is derived from the Greek word “polis” meaning “cities or communities.” According to the Merriam Webster Dictionary, “politics” is “the science and art of governing citizens.” (<http://www.merriam-webster.com/dictionary/politics>).

The 4 Ps of the Legislative Process

Politics at all levels requires full participation and that the individual be present – physically, intellectually, professionally, and emotionally. I call this the 4 Ps:



Presence
Preparedness
Professionalism
Passion



Presence

In order to promote and enact policies, it is important to be at the negotiating table. You can't be effective if you are sitting at the table by yourself, or if you were not invited to the table to begin with. Therefore, be familiar with your community and make certain that the leaders in your community are familiar with you. Be an active participant in the areas where you want to see change. Consider some of the following ideas for being *physically present* in your community:

- Attend professional, school or neighborhood association meetings.
- Volunteer for community service organizations such as the Rotary, Lions, Soroptimists, or Kiwanis.
- Serve on task forces when possible; for example a city task force dedicated to addressing long-term budget concerns.
- Attend city council meetings, coastal commission hearings, board of supervisors' sessions, and school board meetings. It is especially important to attend the meetings, even when you don't have anything to say. This practice helps you to become familiar with the players and the process so that when you do want to make a statement, you already know how it works.
- ***It is important to know the politicians and leaders in your community and to make certain that they know you in a positive way.***

Finally, plan to attend and participate with your community of interest even when you don't have a special cause. If you are going to ask for help from others, make certain that they also know that you are available, knowledgeable and supportive of their causes when they need you. One of my most important lessons came from a Board Supervisor who shared the following advice:

“It is important to ‘come to the well’ even when you don’t need water; it’s where you meet the players and learn the game. You might be able to help someone else with their bucket, and they will be there when you need help with yours.”

Preparedness

Be informed and intelligent about the policy or program that you are promoting. Have your facts straight, and be able to back them up with best available data. Make certain that the information is accurate and current.

Always have a set of specific, reasonable and achievable goals with objectives. Be clear about what you are asking for. Try to be aware of who your target audience or population is, and be conversant with them about the issues that they face.

Prepare a 30-second, three-minute, and 10-15-minute presentation about the policy, so that when the opportunity arises, you are able to talk about your goals in a variety of settings. When given the opportunity to speak in a public forum, stick to the time limit. Be brief and to the point. Just because you have three minutes, doesn't mean you have to use all of the time. Say what you need to say, be concise, truthful and convincing and sit down.

It's also a great strategy to write news articles for local publications, editorials, and letters to the editor. It keeps your topic relevant in the public arena and promotes public discussion.

Finally, never forget to keep your legislative leaders informed about the importance of your idea, and make certain to follow-up with them to keep your cause current and fresh for them.

Professionalism

Nothing will kill an idea faster than an advocate who isn't professional. Even though their concept is a good one, they turn people away by being disrespectful and by not following the *Rules of Order*. This is why it is so important to attend meetings before you have anything to say. It is your chance to learn the rules as they are implemented for that organization. Know them and follow them – every time.

Dress conservatively and appropriately for meetings and public speaking situations. Be prepared: write out what you will be saying and have copies of all statements. Be current, truthful and factual about your topic. If you don't know an answer to a question, admit it.

Most importantly:

- **Never** become emotional, angry, or fail to follow the *Rules of Order*.
- Send thank you notes when appropriate.
- Be accountable. Do what you say you will do.



Passion

This can be the hardest part of advocacy.

Obviously, the best way to enact change is to believe in what you are doing and to allow yourself to be sincerely passionate about it.

But, there is a fine line between being enthusiastic and being overly zealous.

Positive politics requires emotional intelligence for each situation.

This means maintaining self-awareness and an acute sensitivity for how your actions and words affect other people.



The CNSA Legislative Process

As members of the California Nursing Students' Association (CNSA), we have a great opportunity to participate in the legislative process. Not only is this an opportunity to practice our skills, it is also a great time to begin instituting our ideas for change.

As students, we are fortunate to witness a wide variety of practices and when we think something could be done better, we should speak up. Remember, it is never too early or too late to make improvements. As nurses, we operate in a culture that respects and expects "constant improvement."

It is a requirement of the profession that ensures quality health care, maintains patient safety and enhances opportunities for professional development.

The CNSA House of Delegates meets once a year at the Annual Convention in October.

In this important session, nursing students present their resolutions based on nursing-related issues. A resolution is a position paper that identifies important issues and recommends actions.

When adopted by the House of Delegates, resolutions become the foundation for the policies, priorities and activities of the organization. It is an exciting event to participate in and to witness, as students openly debate the pros and cons of each proposal.

Writing a Resolution

CNSA follows the guidelines outlined by the National Student Nurses Association (NSNA) for the development of resolutions. All topics must be relevant to nursing students, nursing, healthcare policy and the CNSA. Moreover, the topic must **not** have been previously introduced within the past five years.

A resolution is limited to two pages in length, and it is composed of the following elements:

1. Title of Resolution
2. Name of the Submitting Chapter
3. Name/s of the Submitting Author/s
4. "Whereas" clauses. The "Whereas" clauses summarize, with documentation, the reasons and rationale for the resolution (with supporting documentation cited).
5. "Resolved" clauses. The Resolved clauses contain the position to be taken on the issue and/or actions to be taken by the CSNA, its constituent associations, and its members.

Writing a Resolution

There are samples of resolutions on the CNSA website at <http://www.cnsa.org/resolutions-archive> and in the 2016 Resolutions' Toolkit at the following link: <http://www.cnsa.org/2016-resolutions-toolkit>

This year, the deadline to submit your resolution for consideration in the CNSA House of Delegates is **Monday, September 19, 2016**.

After your submission, the resolution will be reviewed by the CNSA Legislative Director and Resolutions Subcommittee for appropriateness and compliance with the guidelines. Once finalized by the committee, all resolutions have the chance to be adopted by the CNSA House of Delegates at the October Convention, as well as to be presented at the National Student Nurses Association Annual Convention in Spring 2017. One resolution will be selected by the CNSA House of Delegates to be the resolution presented by CNSA at the NSNA convention. The sponsored resolution is then submitted as a "CNSA resolution".

elements:

The Resolution Process

The process for voting on resolutions is one of the most exciting times at the convention. Proposed resolutions are informally discussed in the Resolutions Hearings before being formally debated on the floor of the House of Delegates.

This is where the fun begins, as this is where the authors and their fellow delegates persuade others that the resolution is worthy of approval and of being the best resolution to represent the CNSA at the national level.

This is also the time when editorial and other changes may be made, and authors will be given the opportunity to accept or reject the changes.

Formal debate occurs in the House of Delegates session when pro and con statements are taken and the proposals are voted upon. When the process is finished, CNSA follows through with the action items you've recommended. Moreover, there is real opportunity for you to follow up and enact change for nursing and nurses throughout our state and our nation.

Remember, participating is easy, and there are plenty of support people and resources to guide you through every step of the process. For complete information about the CNSA resolution process, please visit the following link: <http://www.cnsa.org/2016-resolutions-toolkit> or contact me at cnsalegislativedir@gmail.com.

Check out California Nursing Students Association's CAREER CENTER at www.cnsa.org



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Alleviating Financial Burden Through CNSA Scholarships

By Paolo Molina, CNSA Secretary-Treasurer

It is no secret that a college degree comes with a steep price tag, but just how much is too much? The national college student debt mounts to over \$1 trillion, with an individual average of \$35,000. While higher education is necessary for a career in nursing, the financial repercussions often discourage students from pursuing or continuing their path into the profession. For some, nursing may appear like an unattainable goal to reach, as the rigorous nature of the programs make it unfeasible to work and study simultaneously. With decreasing income and increasing expenses, poor planning can lead to added stressors, and even failed attempts at completing the program.

Although debt seems to have an exponentially multiplying effect, there are many different avenues for alleviating financial burden while still in nursing school. Financial aid can be granted through federal assistance programs in the form of grants and work-study, or through numerous qualifying scholarships. As part of an organization that is fully committed to the development and mentorship of its members, the CNSA Foundation provides scholarships to promote the successful completion of our nursing education. Scholarship awards range from \$500-\$3,000, which can truly help supplement an existing income and cover anything from tuition, housing, and books, to NCLEX and other related certification fees. It is through the generosity and support of our donors that opportunities are created to help *YOU* make your educational goals much more attainable.

Being a member of CNSA means being a part of a supportive organization that can better prepare your transition into the nursing profession, while enhancing your educational journey as a student. Financial support is just one of the many resources available to you. Unfortunately, not enough students see the value of applying for these scholarships, even though the applicant pool may be significantly smaller than most other scholarship programs. The CNSA Scholarships are redacted, and closed to CNSA members only, which gives you a unique advantage over other programs that are open to all nursing students, and even to students of other concentrations.

Demystifying common misconceptions about scholarships can hopefully help you understand the application process, and ultimately ensure that this opportunity does not go missed.

A common misconception is that the application process is too time consuming in comparison to the reward, but this is actually not the case. In reality, most of the work has already been done even before filling out the application. Your dedication in academics, and your involvement in CNSA through your local chapter are two examples of the ways in which you have already begun meeting essential qualifying criteria. The rest is simply your best efforts in describing on paper the infinite reasons why you would make a deserving recipient. Be sure to thoroughly evaluate each of the selection criteria, and keep in mind that even though you may not be strong in one area, you may be strong in several others that will still qualify you to be awarded.

Another common sentiment is the belief that no one is chosen, or more specifically, that the chance of you being selected is slim. The truth is that very few people apply, and there have even been instances in which the number of scholarships available actually exceeded the number of applicants. In this case, not only are deserving candidates going unrecognized, but the money is also being donated to other causes, and the true intent of these funds is unfulfilled.



The application deadline for 2016 CNSA scholarships has passed. Consider applying for a CNSA scholarship in 2017.

Alleviating the financial struggle that often accompanies nursing studies can be easier than you may think. Though this journey brings struggles and countless sacrifices, always remember those who continuously believe and support your endeavors. As a CNSA member, you are *empowered* to complete this journey, with the unwavering trust that you will soon receive that two-letter suffix that will finally make you a Registered Nurse!

References:

Kantrowitz, M. (2016, January 11). Why the Student Loan Crisis Is Even Worse Than People Think. Retrieved August 05, 2016, from <http://time.com/money/4168510/why-student-loan-crisis-is-worse-than-people-think/>

The Save-A-Heart Campaign

By Daniel Duron, BSN, RN & Jenna Druce, BSN, RN

As student nurses and future nurse leaders, we have a duty to educate. We can help double or triple a person's chance of survival by teaching people what to do when their loved ones suffer a cardiac arrest. One of the ways that CNSA has chosen to do this is through the *Save-A-Heart Campaign*.

Now you may be asking yourself: what is hands only CPR and why is it important?

The number one cause of death in the United States is heart disease. In 2013, there were 611,105 deaths, with 350,000 people having cardiac arrest annually in the United States. Ninety percent of people who suffer a cardiac arrest die, and 70 percent of these arrests happen at home. With these statistics offered by the American Heart Association, the results are very concerning.

It is even more concerning, that although the average time for emergency responders to get to someone's home is 4-6 minutes, for every minute that goes by without CPR, the survival rate decreases by 10 percent (1).

Hands-only CPR is CPR without mouth to mouth breaths. It is recommended by the AHA in a cardiac arrest outside of the hospital setting. It is extremely simple to teach. The AHA tells people doing hands only CPR to call 911; then push as hard and fast as you can, oftentimes to the beat of the famous Bee Gee's song, *Stayin' Alive*.

Against what you may have learned in the Basic Life Support courses that you were required to take at the beginning of nursing school, we do not want to teach the lay person conventional CPR method. In a nationwide cohort study done by Iwami et al., "Compression-only CPR is more effective than conventional CPR for patients in whom out-of-hospital cardiac arrest is witnessed and shocked with public-access defibrillation" (1).



Within CNSA, the *Save-A-Heart Campaign* began at CSU Sacramento. At the time of this writing, it has since been followed at California State University Chico, San Jose State University, California State University Stanislaus, Grossmont College, Santa Ana College, and California State University East Bay. Across all of these schools, CNSA students have taught hands-only CPR to nearly 1,000 individuals.

CNSA is not the first to embrace hands-only CPR initiatives. *Take Heart America*, a study in Minnesota, showed the importance of these initiatives. In Minnesota, cardiac arrest survival rates doubled as a result of bystanders learning CPR. The American Heart Association even has kiosks in several airports to teach hands-only CPR. To improve the health of our communities, student nurses need to get on board with this initiative. Our duty in caring for patients extends beyond hospitals by educating people in our communities about how to respond in the event that a loved one has a cardiac arrest.



Please help continue CNSA's initiative by spreading the word to the school you attend!

References

- 1: Espina, I. M, & Varon, J. (2011). Hands-only CPR: A literature review on the benefits of chest compression-only CPR for out-of- hospital cardiac arrest. *Critical Care & Shock*, 14(2),28-33.
- 2: Iwami, T., Kitamura, T., Kawamura, T., Mitamura, H., Nagao, K., Takayama, M., . . . Kimura, T. (2012). Chest compression-only cardiopulmonary resuscitation for out-of- hospital cardiac arrest with public-access defibrillation: A nationwide cohort study. *Circulation*, 126, 2844-2851. doi: 10.1161/CIRCULATIONAHA.112.109504

Attention Chapters! Apply for CNSA Awards

Deadline is September 9, 2016

Learn more at: www.cnsa.org/cnsa-awards

2016 CNSA Image of Nursing Photo Contest

By Shereen Haddad, BSN, RN, Image of Nursing Chair

Congratulations to our 2016 CNSA Image of Nursing Photo Contest Winners

Group Photo Category: West Coast University - Orange County Chapter

On Saturday March 5, 2016, the West Coast University Orange County Chapter of CNSA volunteered at the 2016 Orange County Heart Walk at Angel's Stadium in Anaheim, hosted by the American Heart Association of Orange. Our chapter assisted at the Health and Wellness Expo and along the 5k route directing the participating walkers and runners.

The event's goal was to raise \$1,800,000, was surpassed by more than \$100,000. The mission of the American Heart Association is to build healthier lives free of cardiovascular disease and stroke. The WUC-OC CNSA chapter played an important role in working to accomplish this goal.



As student nurses our chapter was very fortunate to assist our community in combating the very disease that we will be working to treat in the near future. Volunteering to prevent disease is one way we can start our careers as ambassadors to promote good health. This picture of our members standing in front of a large heart represents a portion of our group that assisted at the Health and Wellness Expo.

- Michele O'Neal, CNSA President, West Coast University- Orange County Chapter

Personal Photo Category: Ryan Robertson, California State University, Sacramento Chapter

As part of the Nursing Students in Sacramento Internship, I had the opportunity to learn about different bills related to health care and go to the committee hearings where this legislation was being voted on.

During one of these hearings, I decided to join the long line of people waiting to address the Committee that was hearing Assembly Bill 2231*.

When my turn finally came, I walked up to the microphone, made eye contact with the bill's author, and voiced my opposition to the bill unless amended.

And with those few words I directly participated in the legislative process for my first (and definitely not last) time!



Ryan Robertson, Vice President
CNSA, California State University, Sacramento Chapter

*Writer's views on this bill do not necessarily represent the views of CNSA.

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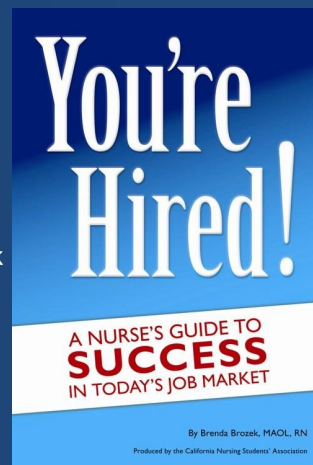
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Pre-Nursing Students: An Untapped Resource

By Daniel Duron, BSN, RN, Ryan Robertson and Cherrie Brosas

Do you ever wish there were more people involved in your CNSA chapter? There is actually a largely overlooked group of individuals we can and should get involved in CNSA. Pre-nursing students are motivated and enthusiastic individuals who can be assets to our organization. By including them, we help both the students and our chapters develop and grow.

Pre-nursing students have much to gain by joining CNSA. Unlike nursing students, they do not usually have an established network of peers as a resource, so involving them in CNSA is a great way to expose them to more resources, introduce them to potential mentors and enable them to network and make connections. Involvement in CNSA also allows the pre-nursing students to participate in chapter events. Additionally there are committees to join, projects to take part in and social and political causes to support. They will have the ability to grow in confidence, gain visibility and sharpen communication skills.

Chapters also gain by engaging pre-nursing students. One unique benefit is their schedule. Although these future nursing students often have busy school schedules, nursing students almost always have a heavier workload. As a result, pre-nursing students may have more time to get involved, allowing your local chapter to become more active in reaching out to the community and helping others. In addition, by including these students early on, they will be more likely to stay involved once they enter the nursing program and will be better prepared to help support the chapter.

CNSA's CSU East Bay Chapter has had some recent success in involving pre-nursing students in their activities. At the chapter's *Save-a-Heart* event, pre-nursing students got involved by making posters of the anatomy and physiology of the heart. These same students also helped with CNSA recruiting during new student orientation. Pre-nursing students are excited about being involved and engaged even before they are in the nursing program.

Let's break down any barriers between CNSA and pre-nursing students! Get pre-nursing students involved with your local chapter and it will benefit both the students and the organization. If you have any questions about incorporating pre-nursing students into CNSA, please contact your local Breakthrough to Nursing Director or the State Breakthrough to Nursing Director at cnsabreakthroughnursingdir@gmail.com.

Local Chapters: How to Enhance Your Chapter's Efficiency? Communication!

By Kyle Navarro CNSA Membership Director North

When speaking to local chapters, common question I am often asked include:

How do we make our chapter more efficient?

How do we start doing bigger events

How do we get more involved in CNSA?

To put it simply, the answer to all three of those questions is: **Communication!**

This article will discuss three simple ways to enhance your chapter's communication effectiveness by: staying in contact with CNSA, maintaining; a healthy line of contact with your local chapter adviser(s) and administrators; and reaching out to other local chapters around your area/you have made contact with at CNSA events

Stay in Contact with CNSA

Chapters who are looking to get more involved with CNSA need to know that one of the best ways to improve is to keep up to date with our information!

Important links to stay in contact with CNSA:

- [CNSA Website](#) (Your #1 spot to get updates on CNSA)
- [CNSA FB Page](#) (Send us a message with any questions!)
 - Feel free to share your experiences and photos on this FB page!

Stay in contact with your respective Membership Director and/or the CNSA State Board of Directors (BOD):

- Membership Director North (Kyle Navarro): cnsamemnorthdir@gmail.com
- Membership Director South (Jessica Gonzalez): cnsamemsouthdir@gmail.com
- [CNSA BOD List and Contact Information](#)

Your CNSA Membership Directors and BOD are there for **You!** We are always open to discuss, brainstorm, and/or advise you on how to improve your chapter!

Please feel free to share any new ideas or projects with CNSA so we can help **all** CNSA chapters create a network of ideas. Your ideas can help start statewide CNSA initiatives like the 2015-2016 [Save-A-Heart Day Campaign!](#)

Want to know the best way to connect with CNSA in person? **Attend CNSA's Annual Convention!**

CNSA 2016 Annual Convention Important Links:

- [Convention Information and Online Registration](#)
- [Download Convention Brochure](#)
- [CNSA Exhibitor/Sponsor Packet](#)
- [CNSA Award Applications](#)
- [Hotel Reservations at the Visalia Marriott](#)



Utilize Your Local Chapter Adviser(s)/Administrator(s)

One of the cornerstones in enhancing your chapter's efficiency is to ensure direct, clear, and **constant** communication with your advisers/administrators. They are there to help, support, and advise you in your chapter's endeavors and your professional development as nurses.

Ways your adviser(s)/administrator(s) can help enhance your chapter:

- Utilize their connections to come into contact with local hospitals or health organizations
- Ask them to write grants or propose fundraisers for your SNA
- Invite your advisers to attend the CNSA annual convention or the regional membership meetings
- Have them [contact the CNSA advisers](#) for more ways to help your chapter!

Ways to increase adviser/administration support:

- Ask them to participate in planning your chapter events
- Nominate your advisers and your SNA for awards/recognitions on your campus

Reach Out to Other CNSA Chapters

Attending our annual conventions and one of our CNSA regional (north/south) membership meetings will provide you with an opportunity to come into contact with other student nurse leaders from chapters throughout the state. Be sure to share your contact information, social media information, etc. with one another.

By maintaining contact with other chapters you can take advantage of the following opportunities:

- Attend other chapters' general/officer meetings
- Learn/adopt some of their practices and procedures
- Blood Drives, Bone Marrow Drives, Hands-only CPR Education, etc.
- Volunteer at hospital/clinic flu shot/health fairs
- Create and collaborate on cross-chapter or regional events

Remember – the key to success for your local chapter is *communication!*

If you have any other questions or would like to discuss any of these points please feel free to contact me at cnsamemnorthdir@gmail.com.

Cultural Humility in Nursing: A Global Initiative

By Andy Liss, Cultural Awareness Committee Chair

Recent graduates from nursing school who have begun the arduous process of seeking employment often find themselves faced with a difficult question: *What is it that sets me apart from other new graduates who have applied for the same position?* For many, the question is difficult to answer. In metropolitan areas where nursing schools are abundant, recent graduates may find themselves competing against hundreds of other new graduates for relatively few positions, many of whom share the same academic credentials. A 3.9 nursing school GPA is a terrific accomplishment, but it only takes up one line on a resume.

Many hiring managers search for achievements outside of the classroom to further separate potential employees from one another. Shawnee Major, an account executive at Fortus Healthcare Resources, cites leadership experience as a way to stand out in the crowd (American Nurses Association Career Center Staff, 2014). Another way to be noticed by potential employers is to exhibit that you “truly care about your patients and want to make a difference in their lives by providing the most quality care possible” (Darienzio, 2016).

Global Initiatives, a committee dedicated to building cultural competence by exposing nursing students to different cultural and health practices, involving them in international projects, and presenting various paths in nursing (San Diego State Global Initiatives, 2016), offers these opportunities, and more, to nursing students. The committee is dedicated to developing opportunities to expand the body of cultural knowledge as it relates to the nursing profession. Some examples include student-led courses in Spanish medical terminology at San Diego State, and Sacramento State, where students learn basic medical terminology in Spanish in seven weeks.

The Global Initiatives position offers unique opportunities for nursing students interested in expanding their cultural competency. Global Initiative committees at San Diego State University and Sacramento State University increase nursing students’ cultural competency by providing basic Spanish medical terminology courses. These seven-week courses aim to broaden nursing students’ capacity to care for Spanish speaking patients. These courses also provide leadership opportunities for the students who volunteer to lead them.

As described by San Diego State Global Initiatives (2016), “nursing students gain beginning-level competency in medical Spanish to enable them to communicate more effectively with Spanish speaking patients and families.” The goal is to build adequacy in communicating with Spanish speaking patients and their families, foster confidence in conducting a head to toe assessment, and to expose students to cultural traditions. In order to pass the course, students are required to score at least 75 percent on the final exam. Those who pass the exam are given a certificate signifying their completion.

Students who teach these classes develop leadership skills by inspiring their fellow students to expand their education beyond what is required in school. Students who volunteer their time to share these lessons with their classmates demonstrate to employers that they are motivated to be leaders in the nursing profession.

Nursing students completing the debuting supplementary course at Sacramento State have expressed satisfaction with the results. A common theme emerged when nursing students were asked what they would take from this course to their practice. Students often remarked that the classes were practical, and would translate well into the field.

Robin Heung, a nursing student entering her third semester in nursing school this Fall, said: “the most important thing I’ll take from the course to practice is how to do vitals and physical assessment in Spanish. We learned how to explain to a patient what we’re doing (nursing out loud!) as well as tell a patient their vital results.”

Courtney Gilhain, also entering her third semester of nursing school, added that the course “focused on conversation relevant to nursing practice. The class was not overly focused on grammar. I will take into practice basic assessment tools and language to use with Spanish speaking patients.”

Leicia Williams Urby echoed a similar sentiment. Williams Urby said: “my experience completing the Spanish medical terminology course offered at Sacramento State School of Nursing was incredibly eye opening. Nurses who are not Spanish speakers are more than capable of communicating and caring for those who do speak Spanish.” She also noted, “while learning an entire new language is not the purpose of this course, learning basic phrases and words truly make a difference in regards to increasing cultural competency and overall patient care.”

Spanish speaking students intend to keep the burgeoning supplementary course available at Sacramento State in the future. Leicia Williams Urby stated: “I understand that enrichment classes such as these that are taught by students risk disappearing as quickly as they appear - especially as upperclassman move towards graduation. This is why, as one of the few fluent Spanish speakers in my cohort, I would like to keep this opportunity available for future students by hopefully teaching the class myself this upcoming (Fall) semester.”

The Cultural Awareness Committee is actively encouraging CNSA chapters to adopt Global Initiative Committees to advocate for cultural humility. Assistance in starting a committee is available via the Cultural Awareness Committee to any chapter interested. If you're considering beginning a Global Initiatives Committee, please contact me at cnsaculturalawareness@gmail.com.



Sacramento State SON Spanish Medical Terminology Class, Spring 2016, taught by CSUS Global Initiatives Committee Chair, Romesh Soin, front 3rd from right.

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A Year of Service

By William Gallegos, BSN, RN, CNSA Vice President

For the past year, I have become a frequent visitor to Cerro Azul (Tecate), Mexico. I have been blessed to be able to join a group of pre-med students from UCLA Latino Student Health Project, doctors from UCLA/Harbor Medical Center, and student nurses from West Coast University. Under the supervision of the doctors and nurse practitioners who attend, we have been able to provide basic health screenings to a rural population that would otherwise go without basic health care.

Cerro Azul is situated in the mountains of the high plain region approximately six miles south of Tecate, Mexico. The community operates with only electricity and telephone to serve its population of roughly four thousand, with very limited availability of running water and sewer systems. In spite of this, the city is a mecca for flooring, roofing tile and native pottery, made from the region's clay soil. Since the majority of citizens don't have a mode of transportation to Tecate, inadequate access to healthcare is a bleak reality.

Since its establishment in 1978, the Latino Student Health Project (LSHP) has been dedicated to "help reduce the increasing rate of debilitating diseases affecting underrepresented communities with limited access to health insurance and health care." What is most impressive about the LSHP, is the fact that it is 100 percent operated by students interested in making a difference in the lives of others. Every quarter for the past year, a well-meaning group of volunteers including myself have been providing screenings for body mass index, blood pressure, cholesterol, anemia and glucose levels to the community of Cerro Azul.





In addition, the diverse groups of specialty doctors strive to increase the availability of much needed medication. LSHP also provides community members with one pound of beans and rice (for each household) and personal items such as clothing, school supplies and personal hygiene items. These items have been either donated to LSHP or purchased through various fundraisers held by the students throughout the year. These fundraisers include Tamales Sales (cooked dough stuffed with pork and chili) and Raspado Sales (flavored shaved iced). Fundraisers help pay for the expenses of the trip as well as covering unexpected expenses while at the sites in Tecate such as purchasing wraps, iodine, saline and specific antibiotics.

Perhaps the most important impact that we make as a group comes from our patient interactions and the opportunity to provide patient education. During our screenings, we find huge gaps in information from medication administration to misconceptions of disease processes. While we are educating patients, we learn about their cultural practices so that we can respectfully incorporate their beliefs into their care. It is during this time that our education and studies come to the forefront. For example, in many of my screenings I found that milk is a breakfast staple for many children in this culture.

However, the milk is being given with iron pills and vitamins thus lowering the child's absorption of iron. With simple education as to the necessity of vitamin C for iron absorption and its sources (orange juice), we are able to promote the normal development of the majority of the children we see during our quarterly visits. The student volunteers that attend have a sense of self-gratification in knowing that they were able to provide basic information that will hopefully stay with the patients long after we leave Cerro Azul.



This has been a year of service for me and my partnership with LSHP is the pinnacle of my humanitarian efforts.

Since my last trip, I have received my BSN and look forward to sitting for the NCLEX and obtaining my RN license.

What excites me the most about the future is the possibility of expanding these types of programs to include various underserved communities.

Many of the pre-med students who joined me on these trips have gone on to medical school and

professional schools and soon we will be working alongside each other in our own respected fields.

I believe that the interprofessional team that forms during these events is having a positive impact on medicine globally and changing the way we approach community medicine locally.

Breakthrough to Nursing Success Stories

Learn what CNSA Chapters are doing by visiting the CNSA website at: www.cnsa.org/btn-success-stories

To submit a BTN success story, contact CNSA BTN Director Daniel Duron at:

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