

Range of Motion

Creating the Future By Leading the Way

IN THIS ISSUE OF

RANGE OF MOTION

<i>CNSA Board of Directors.....</i>	3
<i>President’s Message.....</i>	4-8
<i>Bylaws: Changes to Expect.....</i>	10-11
<i>Learning from Our Leaders.....</i>	12-15
<i>American Nurses Association: Subscriber.....</i>	16
<i>CSUF 1st Annual Nursing Convention.....</i>	17-18
<i>CNSA Annual Convention 2017.....</i>	19-22
<i>Health Impact.....</i>	23-25
<i>West Coast University: The Midnight Mission.....</i>	26-28
<i>Membership Meeting North.....</i>	29-30
<i>Lux On Her Side.....</i>	32-34
<i>Lost and Found.....</i>	35-37

CNSA 2016-2017 BOARD OF DIRECTORS



President
Kyle Navarro

Vice President
Andy Youngblood

Secretary/ Treasurer
Stephanie Botten

Legislative Director
Ryan Robertson

Convention Director
Ana Katrina Cruz Acaylar

Community Health Director
Shauna Fassino

**Breakthrough to Nursing
Director**
Andy Liss

Communications Director
Lina Farnam

Membership Director-North
Janet Linn

Membership Director-South
Shivani Kaneria

Committee Chairs

Image of Nursing Chair
Michele O'Neal

Cultural Awareness Chair
Eva Tan

PRESIDENTS MESSAGE

A QUICK SURVIVAL GUIDE TO NURSING SCHOOL

Kyle Navarro, President 2016-2017

After graduating, I have reflected upon my experiences during nursing school and what did and did not work. As your CNSA President, I thought it would be fitting to provide you with survival tips for nursing school.

Studying:

Learning and identifying what type of study style works best for you is the first step to success! You may hear group studying works well for many students, but for some students learning may be better alone, in pairs, in groups of three, etc. Once you figure out what your study style is, the next step is to identify your ideal study environment. Some students enjoy the total silence of a library, the empty chatter in a café, the bustle of a park, the clinging and clanging of the gym, or the comfort of their own room. Whatever works best for you: stick with it.

Moving away from study habits, another vital piece of advice I wish I mastered earlier was the ability to ask questions. If you do not understand a concept you need to ask questions! *Remember:* the bottom-line for us as future Registered Nurses is providing quality, evidence-based, and competent care for our patients. We have a duty to understand the concepts we are learning. In addition to asking questions, be sure to talk to your professors/instructors during office hours.



Kyle Navarro, BSN
California Nursing Student's Association
President 2016-2017



**“Honor your sleep
and take care of your
health: we owe it to
those we are tasked
to care for.”**



Trust me, this will provide opportunities to better understand course content and build on-going relationships with your professors/instructors.

The most important piece of advice I will share with you is the importance of taking a break. It is so easy for nursing students to forget to take reasonably timed study breaks, stay nourished and hydrated, and – every now and then – get fresh air and breathe. The basics are important – eating, drinking, moving around, and – yes – even breathing – when you are neck-deep in studying or care plan writing.

Keep in mind that we are all still human: your mental health matters as much as your physical health. We need to take care of ourselves. Trust me, these self-care techniques will be useful well past nursing school.

Clinical:

Clinical rotations are probably one of – if not – the biggest areas of anxiety for nursing students. You are not alone in that feeling!

Want to know the best advice when it comes to clinical? Get a reasonable amount of sleep prior to your clinical shift!

Remember: You will have patients to whom you need to provide high quality care. How can you do that if you are barely conscious or tachycardic and shaking from a 1,000mL PO bolus of caffeine? Trust me, you do not want to be experiencing either of those things the first time you put in a foley catheter! Honor your sleep and take care of your health. We owe it to those we are tasked to care for.

Another bit of advice is to do a test commute to and from your clinical site: the last thing you want to do is be late for a clinical!

Once you arrive on the unit, be sure to introduce yourself to the nurses, charge nurses, unlicensed assistive personnel, doctors, unit managers, etc. You never know what doors may open once someone on a unit knows your name and face: stay in contact with them!

If your program allows you to choose your patient assignments, be sure you work with patients of varying diagnoses. Challenging yourself in this way will make you a more competent nursing student and future Registered Nurse.

What do you do when your patient assignments are too challenging or you are not confident in a certain skill? Ask for help. Do not be afraid to ask for help from your classmates, instructors, the unit nurses, etc. They are all there to provide high quality patient care.

You will experience stressful situations during clinical, and it is of the utmost importance to learn how to ask

for help during those times. We are on a healthcare team and are not alone. Utilize the resources available to you.

Professional Development:

Nursing school is filled with its trials and tribulations, but did you know there are several skills you need to develop in addition to your course content to thrive as a Registered Nurse? This is called “Professional Development.” A good start is to create a LinkedIn profile and polish your resume since these will be your first steps in interacting with professionals and recruiters you encounter.

Do not forget to make business cards for yourself! Bring a few with you wherever you go, you never know who you will meet! Your business cards should include the following: full name, school/program name, expected year of graduation, email address, any relevant titles, etc.

Another way to further professional development is to participate in your local Student Nursing Association (SNA) as a member or on the SNA Board. Joining this organization will

allow you to build a foundation of professional skills to carry over into your practice as a RN.

Want to see how other nursing students and nursing student leaders interact? Attend the CNSA and/or NSNA annual conventions: they are amazing opportunities to truly connect with current nursing leaders and the nursing leaders of the future. In addition, you get a small glimpse at the sheer breadth of the nursing profession and its many opportunities.

If you want to get even more involved and hope to accelerate your professional development I urge you to join a CNSA committee or run for a CNSA Board or Chair position!

Yes, nursing school is busy, but it is 100% possible to participate in CNSA while going through nursing school. We have an incredible team of advisers and staff supporting our efforts; they will help make it a reality. Taking part in everything CNSA offers has provided me and countless others indescribable amounts of professional development and personal growth.

You are only a nursing student for so long, make the most out of it while you can!

Self-Care:

As someone who struggled with their share of mental health issues during – and because of – nursing school I will be the first to tell you “Do not neglect self-care.” Neglecting self-care is the fastest way to lead to burnout as a nursing student and as a nurse. Burnout is a very real thing.

My first bit of advice to you: learn how to take a step back from nursing school, your nursing cohort, nursing in general, etc. Nursing is such an amazing profession ripe with opportunity and nursing school is an important step towards entering the profession, but be sure to take little bits of time to nourish other aspects of yourself as well. Just like our patients, we too are holistic individuals with multifaceted needs and interests.

During clinical rotations or simulation sessions, you will participate in debriefing sessions. It is in your best interest for self-care to actively participate.

These debriefings are so important in helping you process any emotional, physical, or psychological trauma you may experience during these rotations or sessions.

On top of participating in debriefing sessions, it is vital for you to utilize your emotional support systems inside and outside of nursing. Be it your friends and family members, your mentors, your therapist, spiritual advisers or communities, or on or offline support programs: utilize them!

There is so much power and relief in hearing the voice of a loved one you have not spoken to in a while because of nursing school. These support systems will continue to be there and encourage you along your nursing school journey.

Another difficult, but quite necessary, skill I learned was to say “No” to events, gatherings, parties, performances, etc. when I was exhausted or tired. Sleep deprivation and exhaustion are harmful things to your personal health and performance as a

nursing student. Sometimes it really is better to skip the party and give yourself a full night’s rest.

A mentor and dear friend of mine taught me an invaluable skill when I am feeling stressed or in a particularly tough clinical situation: Take a moment, stop what you are doing, close your eyes, and breathe.

Being able to quickly relax and clear your head in a moment of stress will have a positive impact on your nursing school and clinical performance and beyond.

Closing:

If you would like to pick my brain for more advice, need a listening ear, or need some guidance, please feel free to contact me any time via email at cnsapresident@gmail.com or on [Facebook](#). I hope these tips will prove useful for you all and I wish you the best of luck on your individual journeys into the wonderful profession of nursing!

Warmest regards,

Kyle Navarro

Kyle Navarro, BSN

Register Now!

**MEMBERSHIP
MEETING NORTH**

**July 29
8am - 3pm**

-Free Event-

For nursing &
pre-nursing students

FOLSOM HALL AT CSUS

7667 Folsom Blvd.
Sacramento, CA 95819

Chapter Development Strategies

Guest Speaker - Your Future in Nursing

Hot Topics in Nursing

NCLEX Review

Don't miss the opportunity drawing

Win a free NCLEX prep!

(Don't forget to bring \$\$ for a chance to win)

After Event

Get together with your new friends in Old Sacramento!

RSVP LINK BELOW

RSVP for Membership Meeting North at: <http://bit.ly/2qJgKQY>

BYLAWS

PROPOSED CHANGES TO EXPECT

Andy Youngblood, Vice President 2016-2017



Andy Youngblood

**California Nursing Student's Association Vice
President 2016-2017**



**“It will be an
opportunity for
members to see the
parliamentary
procedure in action!”**

The CNSA Board of Directors will have some proposed changes to present at the CNSA Annual Convention October 6-8, 2017, in Pomona, California. The Bylaws Committee has been working at reviewing our current Bylaws to make proposed amendments. It is our intention to suggest revisions that will clarify the roles and responsibilities of each board position for future board members differentiating between those that are appropriate for bylaws and those that are more appropriately “policy.” The proposals will be brought forth at the Convention for the delegates to have a voice in discussing and further amending the proposals and then vote on whether or not to adopt these proposals.

It is the duty of the Bylaws Committee to provide access to proposed amendments to all of our members 30 days before the Convention. This gives all members an opportunity to discuss the adoption of the proposals within their chapters. It will be an opportunity for members to see the parliamentary procedure in action! We hope to see as many of our members as possible at the CNSA convention; it will be an exciting time.

Reviewing Bylaws

The Bylaws Committee has assisted two school chapters that have reached out to us regarding the wording of their Chapter's Bylaws. It has been a pleasurable and painless task to sit down and collaborate over what should be in and what should be out. If your Chapter's Bylaws need-attention, feel free to reach out to our Bylaw Committee (cnsavicepresident@gmail.com), and we will help get you started. Before doing that, consider the following resources and questions to be better prepared:

1. Visit NSNA's website and view their *Sample Bylaws for NSNA School Chapters*.
2. Do your chapter bylaws state or explain the chapter's name, purpose, membership, and duties of the board of directors?
3. Are membership and fee requirements stated?
4. If someone were to read your bylaws, would they understand when and how meetings are determined?
5. Are standing committees for the chapter identified?
6. Is it clear how a student can become a delegate to NSNA and CNSA?
7. Are the bylaws clear about how a student can run for and be elected to an office within the chapter?
8. How can the chapter bylaws be amended?
9. Is there a basic understanding of Robert's Rules of Order?

All these questions are important for business to take place within your chapter; without them, one can expect inconsistencies and breakdown of a potentially highly functional and well-serving Chapter Association.

In conclusion, bylaw review is relatively easy. CNSA and NSNA websites have the resources for a chapter to duplicate what has already been done. Well written and accurate bylaws support chapter continuity and growth.

Enjoy the summer! Thank you.

Andy Youngblood

Andy Youngblood

LEARNING FROM OUR LEADERS

INTERVIEW WITH PATRICIA MCFARLAND

Lina Farnam, Communications Director 2016-2017

Recently I had the pleasure of interviewing Patricia McFarland, MS, RN, FAAN. For those of you who don't know her, she is the Chief Executive Officer for the Association of California Nurse Leaders (ACNL), for the California Association of Colleges Nursing (CACN) and for the California Nursing Students' Association (CNSA).

Undoubtedly, Ms. McFarland has a profuse amount of knowledge and experience about leadership and the attributes a leader must have to be successful. Now, I don't want all of you upcoming nurse leaders to think that you should immediately have all the answers and the mindset to be successful, because you never will. If you want to be the best version of yourself, you should consistently aim for where you want to be in a specific amount of time, and then set a higher standard as you go along, this way you are constantly improving your



Lina Farnam

*California Nursing Student's Association
Communications Director 2016-2017*



“A leader cannot do anything in isolation, they must always do it in collaboration...”



Patricia McFarland, MS, RN, FAAN

leadership skills. Lifelong learning is essential. When you stop learning, you stunt your ability to grow as an individual and as a member of society. As I continue the journey to improve myself, I turned to Ms. McFarland for knowledge and advice, and now I would like to share this knowledge with you.

Being involved with three organizations, Ms. McFarland faces many challenges daily, so I asked her what advice she would give people facing adversity in the nursing profession?

“People who thrive in nursing are people who are passionate about the

profession and what our contributions are to the health of the community, and so I think the advice that I would give any young leaders entering nursing is to follow your heart, listen to your heart, and find balance about what it is that excites you about nursing. Nursing is such a great profession, with so many different specialties. I always say leave the job, not the profession. As you face adversity and difficulty, it’s so important to have really good communications skills and the ability to communicate your concerns in a constructive manner - bringing the data to the table to have the conversation, and being open to receiving feedback from others about the situation, about yourself, about how you can improve.”

From the countless number of characteristics that a leader should have, I asked Ms. McFarland to share at least one quality that she feels every leader should possess.

“Passion! Passion for the profession, passion for making a difference, passion about doing the right thing. What I believe is core of passion is ethics. Identifying your personal and professional ethics, and living by your core values are so important. Part of those core values and personal ethics

are about giving back. About being compassionate to the individuals that we serve, to avoid judgement, to being open to hearing other sides of a situation. Always focusing, not on yourself, but on the issue at hand and remembering that just like Florence Nightingale said, “we can do better.” Combining your passion with your ethics is really important for any nurse leader.”

I found it interesting and comforting that the quality that Ms. McFarland thinks every leader should have is passion, and at the core of passion is ethics. This made me reflect how important the building blocks are to our education and career. Further, it made me evaluate how much my competency with my nursing education has developed. For instance, when I learned about sterile technique for the first time, I was new to nursing education and I didn't understand how critical following the steps to a sterile procedure was, especially since at that point, I had not experienced it in the clinical setting. However, I recently observed a physician starting a PICC line at the bedside. I observed the physician very closely because I wanted to see if he followed the steps by the book. I watched how he set up the sterile field, the precise way he put his gown on, how he wouldn't turn his back to

the sterile field and it made me realize that with all the knowledge that he has acquired, how the importance of maintaining a sterile field was to the foundation of the procedure. He could have been completely proficient in the procedure itself, but lacked the knowledge of maintaining a sterile field, which could result in exposing the patient to a serious infection. Without a strong foundation, we can put our patients at risk. The same goes for a leader - without having the passion and ethics for that position, for the cause, an individual can lack that drive that makes them want to improve and therefore will reflect poorly on their leadership style.

At the beginning of this article I discussed the importance of constantly improving oneself and so I asked Ms. McFarland what she does to ensure that her leadership qualities are constantly improving and adapting to situations?

“That's something that I'm constantly working on. I believe in lifelong learning. I attend conferences, but more importantly, I watch leaders in action. You can spot a good leader by how they approach a situation, what they bring to the table, their contributions when they're at the table. I watch them in action and learn how

they approach a situation, including the diversity of opinions during the conversation to engage the right outcome.

I also read, attend conferences and am constantly reflecting myself: 'did I deal with that situation appropriately, could I have done it better?' I'm a strong believer in appreciative inquiry, I wouldn't be where I was if I didn't have mentors to help me move forward and so I respect other people's contributions. I give them feedback and I make sure that they receive credit for their ideas and work, not just because it came out of my mouth, but I'm citing the person who I got that idea from. A leader cannot do anything in isolation, they must always do it in collaboration and

then use reflection to think about how they handled the situation and how they can improve next time."

After my interview with Ms. McFarland, I felt exhilarated and motivated to seek out ways to improve myself, individually, as the Communications Director for CNSA, as a leader and as future registered nurse. I hope that you also have gained insight and knowledge that will help you add to your foundation and remember to never stop learning. I would like to leave you with a quote by Florence Nightingale, "Were there none who were discontented with what they have, the world would never reach anything better."

Run for the 2017-2018 CNSA Board!

Build your leadership skills while serving CNSA!

**Election held at the CNSA Convention
Oct. 6-8, 2017 in Pomona, CA**

More information and nomination packet coming soon to:

www.cnsa.org

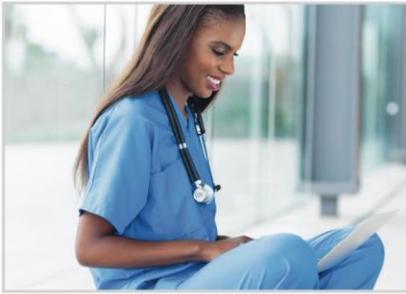


Become a Student Subscriber

AMERICAN NURSES ASSOCIATION AND ANA/CALIFORNIA

Get the help and support that you need as a nursing student. The Student Subscriber program grants you access to invaluable members-only information such as tips on taking care of yourself and your patients, to networking with other students. Subscribe today to get access to all of these benefits and more. As an NSNA member it is absolutely FREE (a \$10 value).

Subscribe today at anasubscribersignup.org



Welcome to the Profession Kit

ANA is your go-to resource for trusted information throughout your nursing career. To get you started, we are offering a **Welcome to the Profession** kit with valuable resources especially for nursing students, new grads, and early-career nurses.

1,575

99 Comments 14 Shares



Student Online Community

Join thousands of nursing students, just like you, who are navigating nursing school and facing similar challenges. As a Student Subscriber, you have exclusive access to the Student Community, which offers a unique experience built on networking, sharing, and trust. We encourage you to seek advice and feedback from future RNs who share your career focus and challenges.

1,689

342 Comments 18 Shares



Advocacy

Legislators and regulators make decisions every day which impact nursing and patients. As the most trusted profession, nurse's voices are needed. Subscribe today to learn more about the issues and how to be an advocate. [Check out our legislative blog at ANAcapitolbeat.org](https://ANAcapitolbeat.org)

Remember, When Nurses Talk, Washington Listens!

1,785

122 Comments 8 Shares

CONNECT WITH ANA/CALIFORNIA AT anacalifornia.org



CSUF 1st ANNUAL NURSING CONVENTION

TITAN NURSES ACROSS GENERATIONS

Reyna Alvarado, CSUF NSA Co-Historian

Titan Nurses Across Generations was California State University, Fullerton Nursing Student Association's (NSA) first ever nursing convention held on campus. The free event was sponsored by the CSUF School of Nursing, Nursing Alumni Association, and NSA on April 15, 2017.

The speakers presented BRN Updates, Resume and Career Advising, and provided a historical perspective of our nursing program, dating back to 1976. A Nurse Leader Panel and a Graduate Program Panel took place, which allowed students to ask questions and enabled alumni to share their passion within their specific specialty of nursing, give advice, and share lessons learned throughout their journeys. This event also allowed time to network and connect current students with alumni, faculty, and various nursing professionals.



The purpose of this convention was to create a bridge between the alumni and current students and to have past students, current nursing students, and future nursing students connect and network. In order to make the event possible, it was a truly collaborative effort of things that were of interest for so many constituents, and it really came together after Austin Nation, founder of CSUF NSA and president of the Nursing Chapter of the Alumni Association, joined the team. Dr. Nation has always maintained a strong relationship with NSA and had a committee of three NSA board members help plan and organize the event.

Titan Nurses Across Generations was brought to life when the Alumni Association gave all chapters a chance to write proposals for a grant. Out of four available grants, the School of Nursing was awarded two, one for the convention. The event itself was an all-inclusive event, representing the alumni, current nursing students and aspiring nursing students.



The ultimate goal of the convention was to bring alumni back to campus and inspire current and future nursing students. According to Dr. Nation, one of the most touching moments was the visible interaction between the current students and the alumni during the graduate panel.

This was the first event that brought alumni back to campus. It is also the biggest alumni and student event CSUF School of Nursing has ever done. This is what nursing at Cal State Fullerton is all about; current students and alumni working together, and communicating. The convention is already scheduled to occur next year, hopefully bringing more students and alumni together.

CNSA ANNUAL CONVENTION 2017

NAVIGATING THE FUTURE:

CHARTING YOUR COURSE IN NURSING!

Ana Katrina Cruz Acaylar, Convention Director 2016-2017 & Ian Morris, CSU, Fullerton

Why attend this year's convention, you may ask? Nursing is more than the skills and knowledge base we learn in our studies. Nursing also entails community leadership and advocacy. CNSA's 2017 Convention is an opportunity to meet other students who understand what it means to be in nursing school, laugh at jokes only nursing students understand, and enjoy a sense of camaraderie with future nurse leaders. Attending the Annual Convention, on October 6-8, 2017 in Pomona, will give members an insight into what the future holds for the nursing profession and the skills to navigate your future and chart a course for your nursing career.



Speakers

The keynote speaker this year will be former Miss Colorado Kelley Johnson, RN. As a Miss America 2016 contestant, Johnson forewent singing and dancing and walked on stage in her scrubs, delivering a monologue on the art of caring that sparked national support for nurses. In addition, Dr. Joseph Morris, Executive Officer for the California Board of Registered Nursing, will provide students with insights regarding the licensure process. A panel of Advanced Practice Registered Nurses will provide valuable knowledge into what their roles will hold in the future. Our endnote, Dr. Kimberly Horton will discuss the essential role of ethics in nursing practice.

House of Delegates

Nursing students can make an impact beyond patient and family encounters. The House of Delegates provides a platform for students to share resolutions about issues they are passionate about. A resolution is an evidence-based proposal of action focusing on a particular issue related to nursing. Topics have ranged from advocating for screening patients as possible human trafficking victims to promoting awareness of paternal postpartum depression. In the House of Delegates, we hold orderly debates and decide together whether to support each resolution. Participating in the House of Delegates gives nursing students a voice in the community and allows students to experience a core function of our organization. You can read past resolutions going back to 2010 at CNSA.org.



Breakout Sessions

Interactive sessions will be offered during the convention that provide an environment for students to learn about current trends in nursing, insight into the future of nursing and skills that will lead to a successful transition into the workforce. A panel of RNs, who previously served on the CNSA Board of Directors, will share their experiences as they transitioned into the workforce.

Exhibitors

Many opportunities await you in the Exhibit Hall where you will find vendors, recruiters and schools. In addition, bring your resume to be reviewed by experienced nurse leaders who will help you refine how to market yourself.

Dance Party and Karaoke

Friday night we will cut loose and have a party celebrating what makes each of us unique. Nursing students are prone to stress, sleepless nights, and relentless studying. It is important to take time for yourself and do what makes you happy to avoid burning out, so this year's theme is Self-Care. Whether your hobby is exercising, playing games, dancing, reading (textbooks don't count), painting, or karaoke, come dressed in a costume representing your favorite pastime.

The CNSA Annual Convention serves as a stepping stone for establishing professionalism that leads to success in your nursing career. So, put your best foot forward and join us on October 6-8, 2017 in Pomona!

[Click Here for more information and registration for the 2017 CNSA Convention](#)



2017 CNSA CONVENTION

October 6-8, 2017

Sheraton Fairplex Hotel • Pomona, CA

Navigating THE FUTURE!

CHARTING YOUR COURSE IN NURSING

Keynote Speakers

- Kelley Johnson, RN and former Miss Colorado, ignited international support for nursing by delivering a poignant monologue about patient care during the Miss America pageant.
- Nursing thought leader Dr. Kimberly Horton examines the essential role of ethics in nursing practice.
- BRN Executive Officer Dr. Joseph Morris shares strategies for success as a student, new RN and throughout your career.
- Advanced Practice RN Panel: explore the exciting roles of CRNA, NP, CNMW and CNS.

Sessions Include:

You're Hired! Achieving Success in the RN Job Market
Tactics for Dealing with Workplace Bullying
Making Your Voice Heard in the Legislative Arena
Effective Team Communication

RN Panel: Former CNSA Leaders Share Their Journeys as New RNs
Opportunities in Military Nursing
Red Cross Disaster Preparedness
NCLEX Review • Test Taking Skills • And Much More!

House of Delegates: Build Your Leadership Skills
Resume Review: Nurse Leaders Help You Refine Your Resume
Exhibit Hall: Employers, Educational Opportunities, Resources & Services

More Information and Online Registration at:

<http://www.cvent.com/d/55q4cr>

HEALTH IMPACT

NURSES WEEK

Michele O'Neal, Image of Nursing Chair



Michele O'Neal

**California Nursing Student's
Association Image of Nursing
Chair 2016-2017**



**“The end of the day
left the nursing
students feeling very
informed and
enthusiastic to what
the future holds...”**

On May 10, 2017, *HealthImpact* and the California Action Coalition held a Nurses Week special event at California State University Los Angeles (CSULA). A large representation of nursing students from CSULA, Rio Honda, West Coast University-LA, WCU-OC, Cypress, LA City College, and CSU, Fullerton were in attendance.

The day began with an introduction from Dr. Gail Washington, Director of the School of Nursing at CSULA. Afterwards Judith Berg MS, RN and Mary Dickow, MPA, discussed the mission of *Health Impact* and the California Action Coalition. The partnership is focused on advancing and developing new strategies to achieve the Future of Nursing recommendations that addressed in the 2010 Institute of Medicine report, *The Future of Nursing: Leading Change, Advancing Health*.

The keynote speaker of the day was Susan Hassmiller PhD, RN, FAAN, from the Robert Wood Johnson Foundation



(RWJF). She discussed the Future of Nursing – Campaign for Action, which is seeking to build healthier communities by nurses through health promotion and improved care. She discussed the recommendation of the IOM report, which recommended 80% BSN prepared nurses by 2020, the need for more PhD prepared nurses to become nursing school faculty, and shortages of experienced nurses in the specialties areas of Labor & Delivery and ICU. The topic of removing barriers in care which discussed that twenty-two states currently participate in some form of allowing the APRN to practice to the full extent of their training. The Veterans Administration 2016 ruling allowing APRN to practice in the full extent of their education in all states and facility was discussed. The need for nurses to

be leaders and to become involved in legislation and serving on boards and registering on www.nursesonboardscoalition.org. 2,761 nurses currently serve on a board and the goal is to reach 10,000 by 2020. She discussed the need for diversity in nursing and how research has noted that care delivered by someone from the same culture affects care. Addressing all factors that affect health such as financial means, education completed, and the neighborhood they live in.

She also discussed nurse/family partnership where a nurse visits a low income, first time mother during their pregnancy and works with them until their child turns two. Nurses assist in promoting health, breastfeeding support, employment

and education support. She encouraged nurses to go to www.rjwf/changeleaders.org and apply for the RJWF leadership programs.

- Yesenia Monsour from Kaiser Permanente Los Angeles discussed the Culture of Health Project in Santa Monica which addressed Less Stress and Thrive, Total Health and Wellbeing with a series of videos set to release one topic a month beginning in July 2017 in English and Spanish.
- BJ Bartleson RN, MS, NEA-BC Vice President for the California Hospital Association discussed the new political landscape. She discussed attempts to repeal the Affordable Care Act, what the means and how it will impact California.
- Ryan Fuller BSN, RN, CNML, Residency and Fellowship Program Director discussed Kaiser Permanente Northern California Nurse Scholar Programs. The Nurse Residency that is starting will be hiring twice a year in April and October. It will be a 12-month program for Registered Nurses with less than 12 months



experience and a fellowship for RNs with 12 months or more experience who are interested.

- Hazel Torres from Kaiser Permanente South discussed the needs and future of ambulatory care.
- Judith Berg discussed the nursing education plan for California and discussed the recent white paper recommendation.
- Teresa Ullrich, MSN NP-C President for the California Association of Nursing Practitioners discussed APRN updates and the current legislation.

The end of the day left the nursing students feeling very informed and enthusiastic about what the future holds for us and how we can play a role in making changes in nursing.

WEST COAST UNIVERSITY PARTNERS WITH THE MIDNIGHT MISSION

Justin Pastor, WCU-LA NSA Member & Lina Farnam, Communications Director

In January 2016, the Los Angeles Homeless Services Authority reported a significant increase in the number of women who are living in the streets, in shelters, or in supportive housing, up 55% since 2013. This increase in the number of homeless females in Skid Row demonstrates the importance of free aid available, a service Midnight Mission provides. Located in the heart of Skid Row and less than 2 miles away from the Los Angeles Convention Center, Midnight Mission offers people suffering from homelessness a chance to rebuild themselves from the ground up. The Midnight Mission supports the 12-step approach to recovery and provides people with a second chance by offering them with, “a path to self-sufficiency”. Providing connections to career resources, mental health professionals and housing opportunities, as well as providing shelter and 3 warm meals a day, are just a few of the things Midnight Mission offers to help guide people towards self-sufficiency.



Since 1914, The Midnight Mission has served individuals in Los Angeles Skid Row area. The population that the Midnight Mission serves is generally homeless men and women,

and women and children who are victims of domestic abuse. Outside the facility, it is overcrowded with people living on the sidewalks in tents, but they are all there because they know that they will have wonderful access to services at the facility. The inside of the facility is professional and modernized. In addition to the cafeteria on the first floor, there is also a barbershop that is open to the public, mail services (people can use the facility's address to get their mail), a library, movie screenings, and educational services.

They offer a variety of resources for these individuals; for example, women and their children who have been victims of domestic abuse have another shelter with other mothers and children who have gone through similar events. They also offer education for their children, and aim to bring the children up to their appropriate level of education. They offer childcare during the day to allow the mothers the opportunity to find a job to be able to support her and her child/children. The upstairs area consists of offices and dorms, as well as a gym. The Midnight Mission fundraises about six million dollars a year with no help from the government. It is through their hard work of raising funds that they can provide a clean and safe environment for the population of people.



Members of the CNSA Los Angeles Chapter have established a partnership with Midnight Mission to volunteer their time to help in Midnight Mission's kitchen, aiding in both the preparation and distribution of food to those clients who utilize these services. From preparing the fruit salad, to distributing meals, to washing dishes and mopping the floors, WCULA-NSA members experience first-hand the impact they made on the people who came seeking help. Members communicated with those who came in and explored the different hardships that put them in their respective situations.



When we arrived at Midnight Mission, we were given a tour of the facility by one of the male staff members. The man who gave us the tour concluded it by stating that he himself was homeless, suffered from addiction, and has a mental health problem. When taking one look at him, nobody would ever think that he could have been homeless and had suffered from everything he stated. He was dressed and groomed well and presented himself very professionally. He continued to tell the group that he still lives there and that without this organization he would not be where he is today.

At that moment, we realized just how amazing the Midnight Mission truly is. That man is living proof of how successful the organization is. Overall, Midnight Mission and CNSA's values mirror one another, in that they provide the resources needed to allow the opportunity for personal growth.

MEMBERSHIP MEETING NORTH

SAVE THE DATE

Janet Linn, Membership Director North 2016-2017

Summer is upon us! Many of us are enjoying vacations, or are learning new skills and getting experience by working as an intern or extern. Some are involved in study abroad and finding adventure in learning and/or serving. This is a great time of year to step outside of one's comfort zone to explore new worlds and new challenges. This is what nurses do. They keep learning and stretching.

CNSA is holding an event for those of you in Northern California that will help you learn and stretch! The Membership Meeting North, for chapters from Bakersfield up to the Oregon border, will be held at California State University, Sacramento, on Saturday, July 29. If you are serving on the board of your chapter, or would like to serve on a board, this meeting will be packed with information for you! Please attend and learn how to optimize the organization of your chapter.



Janet Linn

**California Nursing Student's
Association Membership
Meeting North 2016-2017**

A magnifying glass with a black handle and silver rim is positioned over a white circular area. Inside the circle, a quote is written in purple text.

**“This is a great time
of year to step
outside of one’s
comfort zone to
explore new worlds
and new
challenges.”**

If you are not involved in the activities of your chapter board, we have a special day planned for you too. You will get to enjoy the company of other nursing students as you learn about becoming a true nursing professional.

Ryan Fuller, a CNSA advisor, will take the confusion out of how to make a mark in your profession, as he speaks to us and gives examples from his own career. You will have an opportunity to learn more about NSNA/CNSA, resolutions, what is happening in the Capitol and how it affects you as well as ways you can get involved.

For everyone, there will be games, and prizes, along with presentations from Hurst and Kaplan with an opportunity to win an NCLEX test prep from each company. If you

would like to have more fun and enjoy Sacramento, after the meeting ends, you are invited to join others who are interested in seeing the sights of Old Sacramento, which is a historic district with restaurants, shopping, a river walk and a fun, quaint feel. After a little time in Old Sac, we will move across the river to enjoy “Off the Grid, Sacramento” featuring live music and food trucks. If you are interested in going to a River Cats game, they are playing that night and the field is next to the location for Off the Grid.

The meeting is free, and we even provide lunch! We do request that you RSVP so we can plan appropriately (RSVP at: <http://bit.ly/2qJgKQY>)

RSVP for Membership Meeting North at: <http://bit.ly/2qJgKQY>

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.**

Job Seeker Benefits

- **Access** to high quality, relevant job postings. No more wading through postings that aren't applicable to your expertise.
- **Personalized job alerts** notify you of relevant job opportunities.
- **Career management** – you have complete control over your passive or active job search. Upload multiple resumes and cover letters, add notes on employers and communicate anonymously with employers.
- **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.



**CALIFORNIA NURSING
STUDENTS' ASSOCIATION**

Phone: (916) 779-6949

info@cnsa.org

www.cnsa.org

www.cnsa.org



LUX ON HER SIDE

MENSTRUAL PRODUCT DONATION DRIVE

Annmarie Herrra, CSFU-NSA President

Thank you so much for taking an interest in our project!

Lux on Her Side is a menstrual product donation drive and health policy movement, conceived by 2016-2017 Co-Historian, Lindsay Brill, and organized and run with the support of the Nursing Student Association. We partnered with the Women's Transitional Living Center, a domestic violence and human trafficking service organization in Orange County, and set a SMART goal of collecting 6300 products, which would provide the shelter's clients with a 3-month supply of goods. In the one month that the drive ran, we surpassed our goal, collecting 7,370 products!



We used the drive to raise awareness and support for two state bills proposed by Assemblywoman Cristina Garcia, AB9 and AB10, which would increase

access to these products amongst the poverty-stricken and homeless populations in our state. A phone bank was created on the NSA website, where participants could find their representatives' contact details and use a provided script to call and express their support for these health policy bills. Participants were urged to log their calls on the phone bank for tracking purposes, and some students even received written responses from their reps. NSA members were trained to be education ambassadors; they spoke about our drive in their clubs and classrooms and reached out into the community to organize outreach and interviews. I took my message to the AACN Health Policy Summit in DC in March, where I was able to spread the message to nurses from around the country, and even the Honorable Alan D. Wheat. I also took my message to my Congresswoman, Norma Torres, at a recent town hall meeting.

Donated goods were bagged during our last general meeting of the year and delivered to the shelter with personalized notes to the recipients, as well as educational handouts about proper menstrual hygiene and its importance in illness prevention. The drive was covered by the *Orange County Register* and the *Daily Titan*, and was submitted for the AACN's Grassroots Student Ambassador Award.



This goal is relevant now more than ever, as our changing political environment threatens access to affordable women's healthcare every day. Assuring access to proper feminine hygiene for the homeless and poverty-stricken is a community health issue. Fostering a good relationship with this population through a spirit of generosity creates an opportunity to provide education about proper sanitation, menstrual management, feminine hygiene, and hand washing. It also helps us to decrease the negative social stigma associated with menstruation by talking about it without fear or shame.



Please see the following YouTube links to see my 5 minute video submission for the Grassroots Student Ambassador Award, and my 20 minute presentation on the public health issues associated with menstrual health.

<https://youtu.be/ncvNzXfdoMY>

<https://youtu.be/MWOod3Wrga4>

LOST AND FOUND

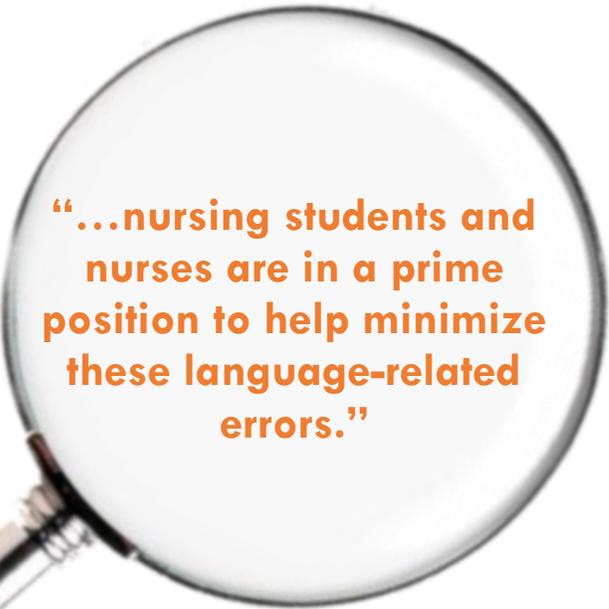
IN TRANSLATION

Eva Tan, Cultural Awareness Chair 2016-2017



Eva Tan

California Nursing Student's
Association Cultural Awareness
Chair 2016-2017



“...nursing students and nurses are in a prime position to help minimize these language-related errors.”

A few months ago, while working in the emergency department, a Hmong-speaking female patient came in with a complaint of diffuse right-sided abdominal pain. Her friend who brought her told the physician that the patient had “kidney pain plus a history of kidney stones.” After an extensive workup involving a blood draw and an ultrasound, the friend later realized that she had confused the Hmong words “lub raum” which meant kidney with the words “lub tsib” which meant gall bladder. She told the physician her mistake and additional tests were ordered. The patient stayed two more hours for her results.

Although language services were available 24/7 via a blue dual-handset phone, as well as through a clip-on Vocera (a wireless voice communication system), the

provider opted not to utilize these services. This is not an uncommon scenario due to the fast-paced, high volume load of an emergency department. Yet, neither the physician, the nurse who triaged and care for the patient, nor myself, the nursing student, advocated for the use of a medical interpreter. If the patient's friend did not realize her mistake, the patient likely would have returned home with her medical complaint untreated.

These lost-in-translation mistakes happen more frequently than most people may realize. In a 2010 study of malpractice lawsuits by the University of California, Berkeley, School of Public Health, in conjunction with the National Health Law Program: 2.5% of the 1400 reviewed cases involved issues related to foreign language barriers. In 32 of the claims, the providers did not utilize a professional interpreter, and the majority of providers used a relative of the patient to communicate with the patient. The study also revealed that many important forms, such as informed consents, were not provided in translated form to the patient.

With the concerning frequency and consequence of these actions, nursing students and nurses are in a prime position to help minimize these language-related errors. Access to medical interpreters and translated resources allow for important exchange of information. Not only is this exchange important, but it is a requirement of the law. Per Title VI of the Civil Rights Act of 1964, patients are not to be discriminated against based on their race or language. A right to a trained and competent medical interpreter is conferred by this act.

This is not to say that every interaction with a non-English speaking patient requires an interpreter. The nursing student should advocate for a formal interpreter during key patient interactions, e.g. during the initial triage, any informed consents, and the discharge process. For the times in between, nursing students may be able to utilize picture-based cards that are available on

many units to help with understanding simple requests, i.e. cards displaying pictures for a cup of water or a blanket. If the request is unclear, use of an interpreter should be considered. Knowing these resources are available and utilizing them when needed is an important skill for any upcoming nursing student.

Tips for nursing students:

- Learn what language resources are available on your unit: e.g. language/pictorial cards, dual hand-set interpreter phones, tablet with video access, or interpreter access via Vocera.
- Avoid using relatives of patients, especially minors, to translate during key patient interactions.
- Individuals who are deaf may require in-person or video interpreter services.

For more news and updates from CNSA, visit www.cnsa.org

The 2016-2017 Board of Directors invites you to share your stories and events. If you're interested, please contact the Communications Director, Lina Farnam, for further information and with any questions or ideas at cnsacommunicationsdirector@gmail.com.

Like us on Facebook: California Nursing Student Association

Follow us on Instagram: #ca_nursingstudents

Follow us on YouTube: CNSAVideos

Follow us on Twitter: @CNSA_California



EDITOR

Lina Farnam

2016-2017 Communications Director

cnsacommunicationsdirector@gmail.com

CNSA ADVISORS

Patricia McFarland, MS, RN, FAAN

Ryan Fuller, BSN, RN, CNML

Donna Kistler, MS, RN

Brenda Brozek: BSN, MAOL, RN

Susan Bowman: PhD, RN

Mary Ann McCarthy: EdD, RN, CNS, STAH

REFERENCES

References for all articles are available upon e-mail request to the

Communications Director, Lina Farnam at: cnsascommunicationsdirector@gmail.com