

RANGE OF MOTION

THE OFFICIAL NEWLETTER OF THE CALIFORNIA NURSING STUDENTS' ASSOCIATION

NEW BEGINNINGS

By Kristi Miller, BSN – CNSA President

Although we attend different schools, and are enrolled in different types of programs, the months of August and September are a time of new beginning for us all. For the first-semester student just beginning your nursing school journey, this is a time of excitement and fear. For the returning nursing student, this is a time of curiosity and preparation. For the nursing student who has recently graduated or who will be graduating soon, this has been a long-awaited time of relief and preparation for passing your NCLEX.

Regardless of your place in this nursing school spectrum, there is something new for each of you. Schedules are about to be readjusted, time will disappear more quickly than we knew possible (while at the same time dragging on at the ridiculous pace of a snail), and our worlds will turn upside-down for a little while.

But with every period of change comes an amazing opportunity for you all: the opportunity of perspective. We may not have control over the situations in our lives, but we do have the ability to control our own experience. You can choose to feel overwhelmed by the daunting projects, clinical hours, comprehensive finals, or job searches ahead, or you can choose to make it fun.

You are the only person in control of your perspective in every situation – no one else. This choice gives you power. Use this power to your advantage. It will give you the emotional energy you need to overcome whatever obstacle lies ahead.



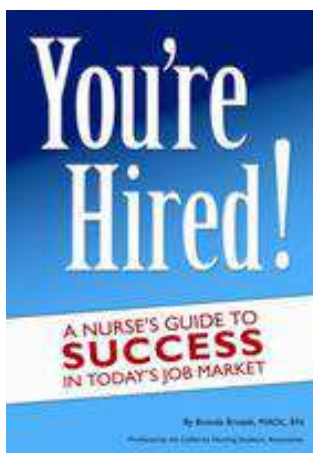
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Produced by the California Nursing Students' Association

Endorsed by the Association of California Nurse Leaders

Written by Brenda Brozek, MAOL, RN

For additional information, and to order this must have resource, go to <http://www.acnl.org/displaycommon.cfm?an=1&subarticlenbr=346>

ARE YOU READY, WILLING, AND ABLE?

By Kristi Miller, BSN – CNSA President

At its most basic level, leadership is something each of us will be doing as we move into our nursing careers. After all, a leader is someone who influences change. But there are different levels of leadership. Some of you have held leadership positions in the past, whether it was during high school or a previous career. Some of you are currently taking advantage of the opportunity to be on your CNSA Chapter Board of Directors or are involved in any of our CNSA Committees. While still others of you have never had the chance to take on a leadership role yet. Regardless of what leadership experience you have had, I would strongly encourage you to consider running for a CNSA State Board of Director or Committee Chair position.

A Life-Changing Experience

Being on the CNSA Board of Directors allows you the opportunity to explore your leadership potential. Each of our Board Members and Committee Chairs have been presented with unique experiences which allow us the opportunity to grow as individuals, nursing students, and future nurse leaders. Our Board is comprised of ten Directors and two Committee Chairs; twelve people with individual identities, different dreams, and separate voices – All of which allow us to provide our unique perspectives as individual nursing students from different schools and semesters. These perspectives allow for rich discussions and thoroughly explored ideas before decisions are made as a group. We are able to come to agreements because despite our differences, we all have one goal in mind: to help change the future. In order for any type of change to be successful, we must work together.

I have had the honor of being on the CNSA Board of Directors for the past two terms, and I can say that it has been the best decision I have made in nursing school. I have been able to travel to different places, get to know nursing students from across the

State and Country, and converse with super heroes of the nursing world. My eyes have been opened to the politics involved in professional nursing and the struggles nurses face in the modern working world, while at the same time I have been touched by the most incredibly inspirational people and stories you can imagine.

Is It Right For You?

Being a Board Member or Committee Chair is exciting, but it calls for a level of commitment above your normal nursing school obligations. You must be able to actively participate in discussions and activities, you must have the ability to set aside extra time to attend conferences and meetings, and you are held to a higher standard because you are in a leadership position. Being on the Board of Directors is not for every individual, just as certain areas are not for every individual (not every nurse wants to work in the ED, OR, or L&D).

I can say it is one of the best decisions you will make, but I cannot say it will be easy. Being a Board Member or Committee Chair is a growing process, and you are not expected to know it all. You have advisors who are expert nurses that continually set aside time specifically for you, acting as a mentor, guide, colleague, and friend. You also have your fellow Board Members and Committee Chairs who are nursing students that understand the struggles you will face with time management.

Being a Board Member or Committee Chair takes extra work, and extra work takes extra time. It is a decision that should not be made lightly. It has its difficulties, but it also has its life-changing benefits. I would strongly encourage you to set the time aside to truly consider if this is right for you. It might seem intimidating or impossible at first, but realize that all things worth having require extra effort. From my experience, being on the CNSA State Board of Directors is one decision you will not regret.

UNCONVENTIONAL TRUTH – MEMBERSHIP SOUTH 2013

Written by: Reina Mercedes Otero-Cid
Santa Monica City College

Why don't more nursing students go to nursing conventions, or at least CNSA membership meetings? That's the question I asked myself after the CNSA Membership South Meeting in Menifee on August 3rd of this year. I understand all too well about the costs conventions can accrue, and as a fellow nursing student every dollar is precious saved for books, gas, rent, and food. However, membership meetings are free, and, as I've discovered this past weekend, breakfast and lunch was on the meetings dime, not on mine. Besides the \$30 spent on gas, which if you carpool could be drastically less, three hours drive for the round-trip from West LA to Menifee, and 9am-2pm time commitment, the benefits greatly outweigh the costs.

I did not know what to expect going into the weekend. Part of me felt I was not going to come out with much. I thought, "Hey, the meeting seem to cater to CNSA board members, which I definitely am not." I was proven wrong. Frankly, the presentations were useful and beneficial to my career as a regular nursing student and future job candidate. The presentations ranged from an amazing introductory workshop by Brenda Brozek titled "You're Hired" on tips on resume-building, interview skills, and overall

increasing one's prospects of being hired to an informative session on the Breakthrough To Nursing position, which aims to fundamentally change views on nursing as purely a female-oriented career starting with children in the formative years. There was even a section on how to get free money, scholarships available in the CNSA workshop, and a grand prize of \$2500 awarded in October. Somehow, even the presentation on By-Laws, which if you're a board member in your local SNA chapter you know all about or know nothing about, was even interesting. That's saying something.

The only thing I found lacking was how short the "You're Hired" workshop was, but that's no fault on the meeting as it was meant to be introductory with a promise of a four-hour session at this coming CNSA convention in October. One piece of advice I can give to fellow nursing students is to save a couple of bucks a week to be able to afford a chance to attend a convention. Because if a five hour meeting could give such a wealth of useful and practical information, imagine what a few days at a convention could give. If anything else, attend a local CNSA meeting. You have nothing much to lose, but a lot to gain.



Samantha Ahwah, Reina Mercedes Otero-Cid, Emily Barrow, Patricia Iluore

BECAUSE DISASTERS HAPPEN

Written by: Drew Rosado
CSU Fresno Nursing

Become Red Cross Disaster Prepared!! Volunteer, Volunteer, Volunteer! Do your part in helping your community!!! We have been most fortunate here in the greater Fresno area to have faculty leaders like Debby Dailey of the Central Valley Red Cross Chapter. She not only teaches nursing at Fresno City College, the first woman fire fighter in California, but also is the mobile manager for the western region of the United States for the American Red Cross. Putting it plainly, she is the onsite; go-to woman in charge. She mobilizes the emergency personnel during any major event in which the Red Cross is involved, thereby assisting many communities, both here in the state of California and Nationally.

Through her participation with Fresno State Nursing and the surrounding schools, she has made it possible for student leaders to become actively involved within the community and beyond. This is due to the fact that Debby advocates for the student nurse and allows us to practice under her license out in the field. She is always looking and willing to take us along for the ride wherever it may be. When the Tornadoes touched down in Oklahoma Debby was the first person I called. She immediately put me in touch with the right people through her office, and then it was no time at all until my fellow nursing leaders of today got together and volunteered wherever help was needed.

A good part of my summer was spent helping the Central Valley Red Cross chapter in raising funds for the disaster victims in Oklahoma. My courageous fellow nursing comrades and I stood on the street corners collecting funds, we took calls during a telethon at our local chapter, and we set up pop tents at our local shopping mall over several days. In all, we raised nearly \$25,000 + dollars for the victims in Oklahoma. This was exciting!! It didn't stop there, for the following month our state was plagued with fires both natural and set by arson. I assisted with the staffing of student nurse volunteers at a fire shelter set up at a Mariposa Elementary School. Even though I

was not able to attend and help the victims at the shelter in Mariposa due to daddy-day care responsibilities; I spent my time coordinating student nurse personnel to man the shelter. My hat goes off to them and their huge hearts.

At the end of June we had our second phase of the disaster preparedness class. This allowed those students on summer break to get educated and sign up to volunteer. This

allowed current students to volunteer locally within the state and graduate nurses/RN's to participate throughout the nation with the Red Cross and the disaster's victims. When disasters strike all eyes turn to medical personnel for assistance. The more prepared we are, the more we can be of service. The Oklahoma tornadoes were just one example of the type of situation we can get involved with. The most common disasters are floods and fires. These are the type of disasters that here in California our communities need assistance with.

I am an advocate for volunteering at the local level for The American Red Cross. I don't see why one would not want to get involved, especially as a student nurse. The infrastructure is already in place for us to be certified and qualified by the Red Cross. There are so many avenues to take from teaching CPR classes, educating youth at schools, disaster volunteerism, or contacting our Community Health Director of CNSA (at the state or local level) and ask for assistance in setting up an educational day on your school campus to have Red Cross come and teach the Disaster Preparedness class. We have liaisons available to help us become educated and provide us with the tools to give back to our communities. The Red Cross was started by nurses, run by nurses for nurses. This is exciting to me, how



Drew Rosado-
Class Representative Fall 2015,
Fresno State Nursing

about you? Let's all be Red Cross disaster prepared today, to help our community tomorrow!



Red Cross Telethon



My name is Haley Heesacker. I attended the Disaster Preparedness Training provided by the Central Valley Red Cross this last May of 2013. It was a great experience to join the Red Cross in efforts to help those that are in need in the Oklahoma disasters. I am an active member of CNSA and am now also proudly representing the Red Cross as a Student Nurse. I have been privileged enough to be able to volunteer on a couple of occasions. I have had nothing but fantastic feedback from those in the community that are also in support of our local Red Cross Volunteer efforts. I am sincerely thankful to have become a part of the Red Cross family.

Sincerely,

Haley Heesacker
2nd semester, Fresno State Nursing

PATIENT PROTECTION AND AFFORDABLE CARE ACT

By Matthew Grayson, Secretary/Treasurer

The Patient Protection and Affordable Care Act (PPACA) was signed into law by President Barack Obama on March 23, 2010. The PPACA is commonly known as Obamacare or Affordable Care Act (ACA). How well do you know the most sweeping federal government change to healthcare since the passage of Medicare and Medicaid in 1965? Did you know that on July 1, 2010 that a 10% sales tax on indoor tanning booths took effect? Did you know that chain restaurants and food vendors with 20 or more locations are required to display caloric content of their foods on menus, drive-through menus, and vending machines? The Affordable Care Act by and large will be implemented by next year, but many provisions are already law. Below are four provisions of the law. Which one has not taken effect yet?

- A: Insurance companies must allow children to stay on their parents' insurance until age 26.
- B: Creation of insurance pools so small businesses can take advantage of large-group pricing benefits.
- C: Insurance companies are no longer allowed to drop coverage when someone gets sick.
- D: Insurance companies must refund money if they don't spend 80% of premiums on providing care.

Go to page 8 to see if you got the correct answer!

CHANGE: Yourself, Nursing, The World

2013 CNSA Annual Convention • October 18-20 • San Jose, CA

As much as we would like to cling to Summer, it is fading fast. Changes are on the horizon for all of us, whether you are a new nursing student or one who is about to graduate. The 2013 CNSA Convention has something for everyone:

Landing that perfect job: Free resume review with nurse leaders and recruiters for all Convention attendees. The "You're Hired! Strategies for Success in Today's Job Market" workshop on Friday presented by Brenda Brozek will focus on properly promoting yourself to potential employers (\$25 before 9/13).

Stressing about the NCLEX? Brush up for the big exam by attending the NCLEX Review by Kaplan on Friday for 4 hours (\$25 before 9/13).

Creating your future: Run for the 2013-2014 CNSA Board of Directors. Submit the Candidate Application found in the Nominations Packet under "Nominations and Elections" at CNSA.org by 10/1/13.

Be actively involved: Participate in the House of Delegates at Convention and vote for resolutions and candidates.

Advice from new nurses: From CNSA to Emerging Nurse Leader" is a panel of former CNSA Board members who will share their experiences as new nurse leaders.

Men in nursing: "Changing the Face of Nursing" is a breakout session that will explore the professional nursing opportunities for men.

Looking for some FUN? Grab your cape, mask, or other Superhero attire for the Friday night party. Dancing and prizes!

The Keynote speakers and Breakout session speakers hail from all areas of nursing, and will inspire you with their stories and life lessons.

The Fairmont Hotel is offering rooms for an incredible \$109/night (with up to 4 people per room) for Convention attendees. Book quickly, as this deal is only guaranteed until 9/24/13 or until sold out.

Register by September 13th and pay only \$65 to attend Convention.

See you all in San Jose! And don't forget your Superhero cape...

Katrina Stell
Convention Director

BREAST CANCER AWARENESS – COMMUNITY HEALTH

By Samanth Ahwah – CNSA Community Health Director

Breast Cancer Awareness has been an issue of utmost importance to me and incredibly close to my heart since it too soon claimed the life of my mother in December 2009. It was in this time of sadness, and overwhelmed by the amount of support from friends, acquaintances, and even total strangers, where I noticed that breast cancer has affected the lives of almost everyone. Whether it is you, your mom, sister, friend, daughter, aunt, niece, cousin, or grandmother, someone you know has battled breast cancer. I realized I need to do something to prevent breast cancer from stealing more of our loved ones away and decided that the way to do that is through prevention and early detection.

Every 30 minutes a woman under the age of 40 is diagnosed with breast cancer. Unfortunately, many of these women think that they are too young for breast cancer and have not been educated on prevention and early detection methods or options. The Helen Knoll Foundation is a cause for breast cancer whose primary focus is to inspire women to take preventative action in their breast health. It differs from many other awareness groups in that their main purpose is not to raise money for a cure, but rather educate and provide all women with information regarding early detection screening options, risk factors, and strategies to prevent breast cancer.

Prior to and during CNSA's State Convention in October, I am asking all CNSA Chapters to raise money for The Helen Knoll Foundation in efforts to promote prevention and early detection through breast education. Following are the ways that your chapter can contribute:

1. Penny Wars! A competition between CNSA Chapters always present at Convention, this time to raise money for The Helen Knoll Foundation and, as always, CNSA's emergency grant-in-aid for RN students, Flo's Cookie Jar. Don't know how to play Penny Wars? Here's a link to explain the game, http://en.wikipedia.org/wiki/Penny_war. To put it simply, each CNSA Chapter will have its own bucket at the Penny Wars table at Convention. The goal is to get the *most pennies* into your chapter's bucket. You will want all other coins put in a bucket of a different chapter because they are counted as negative points. To be a top competitor this year in Penny Wars, start collecting all your change now! Have the student representative in each cohort start going around class and ask students to give up their change for Breast Cancer Awareness.
2. While Penny Wars is fun, I would also like to give each CNSA member the chance to honor or remember a loved one in the fight against breast cancer. There are still some details to work out in terms of fundraising, but in the near future I will be asking for students to submit a picture and short testimonial which I will be using to create a mural to be displayed at convention and serve as a memorial to those who have fought breast cancer.

I am extremely excited to be working on them, and am anxious to see your response. My hope is to prevent losses like that of my mom and I really believe that, together, we can help save the lives of the women we love.

Please, look out for future information regarding the specifics for these two projects. In the meantime, start collecting coins from your classmates now! Lastly, I thought I'd leave you with my contribution to the mural:



I'd like to remember the life of my mother, Sheryl Ahwah. How could one person be so selfless? She showed me what it means to have compassion and love for everyone. Her loss from our world is truly heaven's gain. Everything I now do is completely motivated by my love for her and the fight she lost. She is the reason I am becoming a nurse.

(Cont'd from page 5)

Communities need well informed nurses to help them gain access to healthcare. Cost associated with health insurance is one barrier to access. The additional barrier is knowledge about the many new services and rights afforded to people through ACA. To learn more about ACA, go to www.whitehouse.gov/healthreform.

If you have not turned 26 years old and your parents have health insurance, you are eligible to be covered by your parent's health plan. Children can join or remain on a their parent's health plan even if they are married, not living with their parents, attending school, not financially dependent on their parents, and eligible to enroll in their employer's plan.

A significant milestone to the implementation of the ACA is the development of state insurance exchanges. On October 1, 2013 individuals will be allowed to enroll in subsidized health insurance plans with coverage to begin on January 1, 2014. Covered California is the state exchange for Californians. A key aspect to the health plans available on the state exchange is Essential Health Benefits. These benefits fit into the following 10 categories: 1. Ambulatory patient services; 2. Emergency services; 3. Hospitalization; 4. Maternity and newborn care; 5. Mental health and substance use disorder services, including behavioral health treatment; 6. Prescription drugs; 7. Rehabilitative services and devices; 8. Laboratory services; 9. Preventive and wellness services and chronic disease management; and 10. Pediatric services, including dental and vision care. The law requires a minimum benefits standard for new plans offered by insurance companies. This new requirement is intended to allow consumers to shop for new insurance plans with ease. Prior to ACA, variable benefits and pricing made it difficult for consumers to compare insurance plans. Visit www.coveredca.com to learn more about the new insurance exchange.

Answer to question on page 5. The correct answer is B.

On January 1, 2014, healthcare exchanges will provide a way for small businesses and the uninsured to pool their resources and get better pricing on healthcare insurance. The other three provisions are already law.

SCHOLARSHIP INFORMATION

The 2013 CNSA Scholarship application, to be awarded at State Convention in 2013 is now available. Due date of application is Friday, September 6, 2013. Early submission of applications is encouraged. For more information and to download the application, visit <http://www.cnsa.org/scholarships-and-money-matters.html>

Critical Care Training Center is currently offering a \$2500.00 to financially assist Registered Nursing Students throughout California. Every single nursing student has a fair opportunity to win. Just follow the 3 simple steps of the scholarship process and celebrate your triumph at the end:

1. Visit www.ACLS123.com website
2. Write and submit a creative essay based on the prescribed topic found in the website
3. Share your essay for ratings by your online compadres

For additional information, visit <http://www.cnsa.org/scholarships-and-money-matters.html>



BECOMING A DELEGATE: THE FIRST STEP ON YOUR PATH TO LEADERSHIP

By Allie Bryden – CNSA Vice President

What does it take to be a leader? What does passion look like? Where do I start?

My first semester of nursing school feels like yesterday, when in fact, in just a few months (136 days to be exact—but who's counting!) I will close the *undergraduate education* chapter of my life. Looking back on these past two years of nursing school, I simply can't believe the challenges, struggles and opportunities that were handed to me and the role that leadership positions have played in shaping who I have grown to be. I never pictured myself as a leader until my second semester when I had the amazing opportunity to be a delegate for my school at the NSNA Annual Convention.

I truly had no clue what being a delegate meant, not to mention how to do it. By the time the convention had ended, I felt more knowledgeable not only about how to become a delegate and the duties of a delegate, but also about CNSA. With this new found passion, I made up my mind to become more involved in leadership positions within my local and state Nursing Students' Association.

Each year at CNSA's annual convention, schools across California can represent their CNSA local chapter by being involved in the House of Delegates. The House of Delegates is a gathering of representatives from the CNSA constituency, in which delegates (who represent each local chapter) debate, vote on issues—such as the passage of bylaw amendments or resolutions and elect the Board of Directors for the coming year. In order to participate in this process, you must first become a credentialed delegate. If you're worried that you don't know how to be a delegate, don't let that stop



Allie Bryden Speaking to a Resolution on Ventilator Associated Pneumonia in the CNSA 2012 House of Delegates

you! We will be with you to show you the ropes and to guide you along the way.

To determine how many delegates each local chapter can be allotted, you must first determine how many members your local CNSA chapter has. A formal chapter is one who is recognized by NSNA and has submitted Official Applications for NSNA Constituent Status and has at least 10 members. Each "Official Chapter" is allotted 2 delegates, i.e. if you

have 10 members in your local school chapter you have 2 delegates. Chapters with 20 or more active and/or associate members are entitled to additional delegates at a ratio of 1 delegate for each 20 members. (e.g. chapters with 20 – 39 members are entitled to a total of 3 delegates; chapters with 40 – 59 members are entitled to a total of 4 delegates, etc.)

Once you have arrived at the CNSA 2013 Annual convention in San Jose and checked in, the time has come to be credentialed as an official delegate! You will request the proper forms from the check-in table and your local chapter president must then sign that you and an alternate may represent your school.

Now the fun truly begins! At each session of the House of Delegates, you are now able to sit in the reserved Delegate seating and speak about the issues you are passionate about. Whether it's a new resolution to send medical supplies to foreign

countries or the opportunity to vote into office your next State Board of Directors, being a CNSA delegate allows you to share your opinions and become a more involved leader. If you have any questions

about the credentialing process before convention, feel free to email me at vicepresident@cnsa.org.

"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has."

~ Margaret Mead ~

RESUME BOOSTERS

By Lilla Szakacs – CNSA Membership Director, North

Nowadays, with the health care field being flooded with new graduate nurses, it is getting tougher and tougher for Registered Nurses to land their first job. The situation is especially dire in our home state and many have had to move out of state for employment. The good news is that one can do many things to boost their resume and thus, elevate themselves above the herd of new nursing graduates. Remaining actively involved in CNSA is one way to go about it. With the push for strong nursing leadership, individuals holding office at their local chapter, on the state board, or even on the national level (NSNA), make themselves stand out to prospective employers. Especially with state convention and the election of the new CNSA board fast approaching, I encourage all of you to run for these positions. If being in such roles is not your calling, you can also join CNSA and/or NSNA committees, as well as do community outreach events with your chapter. Another prospect, for those who prefer to spend their time in a clinical environment, is to volunteer at a local hospital. This is especially a good idea if you are waiting to get into a nursing program as most schools award extra points to applicants who have spent a set amount of time in a clinical area (check your prospective school of nursing website for specifics). However, if you are already in a program, it is still beneficial to volunteer. Volunteering for a unit you are interested in working on is one of the best ways to "getting an in." That is to say, if there are openings on the unit and you make a good impression, chances are that they will hire you. If this is something that interests you, check the website of your hospital of choice for more information. Yet another avenue, albeit a rather pricey one, is going abroad. There are many programs that take individuals pursuing degrees in health care into third world nations in need of medical aid. While participation in such a program looks great on a resume, the experience will also be sure to enrich the lives of those in need. For more information on such programs abroad, check out any of the below listed links. Check out each program to see which one is the best fit for you!

- Basecamp International Centers
 - <http://www.volunteerbasecamp.com/index.cfm/Nursing-Volunteer/1/106>
- Cross-Cultural Solutions
 - <http://www.crossculturalsolutions.org/discover-what-you-can-do/volunteer-opportunities>
- Global Crossroad
 - http://www.globalcrossroad.com/summer_escape/
- Global Medical Training
 - http://gmtonline.org/index.php?option=com_dregister&task=category&list1=1&Itemid=169
- International Medical Relief
 - <http://www.internationalmedicalrelief.org/upcoming-medical-missions-trips/>
- International Service Learning
 - <http://www.islonline.org/schedule/>
- International Volunteer HQ
 - <http://www.volunteerhq.org>
- Projects Abroad
 - <http://www.projects-abroad.org/volunteer-projects/medicine-and-healthcare/nursing/>
- Volunteering Solutions
 - <http://www.volunteeringsolutions.com/healthcare>
- Work the World
 - <http://www.worktheworld.com/nursing-internships>

THE NCLEX....A NEW GRADUATE'S PERSPECTIVE

By Emily Barrow, RN, PHN – CNSA Breakthrough to Nursing Director

NCLEX NCLEX NCLEX...we all know that has been on our mind since day 1 of nursing school! As a newly licensed Registered Nurse, I'm going to tell you a little bit about my experience in hopes to ease some inevitable anxiety that could be building up for those of you with graduation approaching.

To begin with, I began preparing for this exam during my last term of nursing school. You don't want your NCLEX preparation to interfere with your remaining studies, but if you can find a way to integrate NCLEX prep into nursing school exit exam and finals studying...great! One particular resource that I found very helpful while studying for the NCLEX was the NCSBN Learning Extension 5-week program. I also utilized a few books, but I did not want to work with too many resources but rather focus on just a few thoroughly.

I was also an interactive learner throughout school, so I found drilling questions to be the most beneficial tool for me. With that said, only YOU know what works best for you and remember how you made your way through nursing school. Treat the NCLEX like any other nursing school test. Granted the NCLEX is a comprehensive, rather intimidating exam, but if you tackle it the way you have done other exams...you increase your chances of being successful! One of the biggest problems I have seen in fellow peers is high levels of anxiety, even before their NCLEX date is set. Although a little nervous energy can drive you forward, too much can paralyze you and make you doubt even the most simple of things. You know this stuff, all of it! After all, you've already completed the hard part and that was nursing school.

Do yourself a big favor and only leave as much time as you absolutely need in between graduating and taking your NCLEX. You do have to wait for an authorization to test code, but as soon as you have that in hand really plan out how much time you need to study and then reserve your seat on a selected day and time for the NCLEX. Do NOT go on vacation or take a nice long break when you finish school, all of the information you need is freshest in your mind right after graduating, so don't let yourself get rusty.

I know how nerve-racking the end of nursing school and board exams can be, so I open myself to all of you if you ever have any questions, need advice, or just want to vent! Even though I'm down South and it may not be possible to meet up in person, I'm available to each of you via email and telephone if need be. CNSA and myself is a resource for you all, so use us! Good luck, stay strong & remember why you are putting in all of these grueling hours...it all pays off in the end :)

RESOURCE CORNER

Visit NSNA's publications for resources on chapter operations. Topics include fundraising ideas, bylaws, and much, much, more... at <http://www.nsna.org/Publications/PublicationsList.aspx>

Visit CNSA's website under Chapters, Toolkits and Resources. You will find samples of bylaws, budget/expense template, meeting minutes examples, newsletter template, and fundraising ideas at <http://www.cnsa.org/toolkits-and-resources.html>

Feel free to email Matthew Grayson with questions at cnsasectres@gmail.com

CALIFORNIA STATE RESOLUTIONS 2013

By April Lembi, SN – CNSA Legislative Director

With CNSA State Convention coming up in October, CNSA members will have the chance to present a resolution on any topic they choose. Resolutions allow students to advocate for their patients, fellow nursing peers, and profession by transforming an issue in healthcare into a policy. Once a resolution is presented at the CNSA fall convention, members will vote to decide whether CNSA would like to adopt the resolution. The resolution must be relevant to current events in healthcare and it must be feasible for CNSA to increase awareness of, implement, or promote.

There are three main types of resolutions, including: resolutions of substance, resolutions of courtesy, and emergency resolutions. A resolution of substance allows for the expression of opinions and affects decisions made by the organization (CNSA or NSNA). A resolution of courtesy recognizes contributions made to the organization (CNSA) by groups and/or individuals (honorary by acclamation). Finally, an emergency resolution is a call to action of an issue that arises after the resolution deadline date (i.e. natural disasters, war, etc).

Each resolution has 5-7 whereas clauses which are direct or indirect quotes that support the position the author is making. The resolved clauses are statements

that the author hopes are implemented if the resolution is passed after its hearing at convention in the fall. All resolutions presented at state convention have the opportunity to be passed, however one resolution has the ability to be sponsored by CNSA. This resolution is sent to National student nurses association convention in the spring on behalf of all CNSA. All the other resolutions which are not sponsored by CNSA are able to be brought to the national level on an individual basis by the authors.

Anyone can write a resolution, no previous experience is required, more information on resolutions can be found on cnsa.org and nsna.org. The benefits of presenting a resolution are endless: informing oneself of current events, improving public speaking skills, adding to your resume or portfolio, and making a difference in the nursing profession.

If anyone is interested in presenting a resolution for the fall please contact me at aprillembi@gmail.com so we can get started! Drafts should be submitted by early to mid-august with the **final deadline to submit a final draft resolution on September 6, 2013**. I look forward to seeing what resolutions will be presented at convention in the Fall!

STUDY TIPS FROM OUR MEMBERSHIP

"Take nursing school one day at a time and focus your attention on one task at a time. You will accomplish more as well as decrease your stress and anxiety" ~ Shelby Smith, Western University of Health Sciences

"Record lectures and listen, listen, listen" ~Leslie Fairbairn, Mt. San Jacinto College

"Utilize Khan Academy online – great resource for electrolytes, etc." ~Laurie Stokes, Mt. San Jacinto College

"Create your own NCLEX style questions after studying broad topics, or at the end of each lesson. If you can create them, it shows you understand information, plus you can also test your friends."
~Adrienne Peralta, CSU San Marcos

"Focus on nursing interventions and patient teaching. Incorporate NCLEX questions ASAP."
~Dalina Weinfurter, Southwestern College

"If you are proof reading a paper you wrote, try reading it out loud. This will help you catch spelling and grammar errors." ~ Margaret McGurr, Golden West College

"Study with a group. Read text books on your own time, then, when you get together, go over NCLEX style questions. Critical Thinking best occurs in a group setting!" ~Teresa Marie Sadlowski, Long Beach City College

"Study with a buddy – throw out scenarios back and forth!" ~Abby Kennedy, Saddleback College

ONE NURSE MAKES A DIFFERENCE: FOR A PATIENT AND A STUDENT

Written by: Margaret McGurr
Golden West College

When I entered nursing school, I knew that Geriatrics was the field for me. If it was possible to choosing my clinical patient, I always looked for the oldest person on the list. Facing my mother/baby rotation, I was both intimidated and not interested in the field. I kept joking that I was unlikely to get any geriatric maternity patients. My strategy was to keep my head down and survive for 8 weeks.

Clinical days in mother/baby were far different than my medical surgical days. Elderly medical patients enjoyed having a student nurse in their room. They wanted to tell me their life stories. Laboring moms did not have the time or energy to spare. Post-partum mom's wanted time alone with their baby. Elderly patients had lots of co-morbidities to research and write about. Maternity patients were mostly physically healthy. To be frank, I thought the rotation was boring.

Things changed for me when I worked with an outstanding nurse named Caroline. We were assigned to the post partum unit. One of our patients, JD, was a 20 year old. She had gone into pre-term labor after an auto accident. Her toxicology screen on admission was positive for illegal substances. When we received report, the night RN told us that JD showed little interest in the baby, had not given him a name, and was not caring for him. She had requested that the baby be moved to the nursery so she could sleep. The social worker had been alerted.

It seemed possible that JD's baby would be going into foster care.

Caroline moved the baby from the nursery and back into the mother's room. She sat down on JD's bed and asked about her life. They talked about how hard it was to raise children. JD talked about all the mistakes she had made and her fears of having her baby taken from her. Caroline told JD that everyone makes mistakes. Right now, JD had to focus on showing everyone that she could care for her baby. As JD became more interested, Caroline moved the baby onto the bed and did her assessment. She got JD involved in the baby's care and got her to give him a name.

I don't know what happened to JD and her baby. What I do know is that Caroline made a difference in their lives. JD was bonding with her baby and had realized that she was not powerless.

I learned an important lesson that day. My fear of the rotation was holding me back. Because I was not involved with my patients, I was cutting myself off from the chance to grow and learn. I still have a passion for Geriatrics. However, my time in mother/baby taught me a lot about nursing. Caroline showed me that taking care of patients was more than knowing about their diseases and medications. Nursing is caring for the entire person. I began to see that nursing practice is not just what I can learn about my patients, but what I can share of myself.

WHAT HAPPENS IN VEGAS: HOW TO MAINTAIN PRIVACY AND PROFESSIONALISM AS A NURSE

By Trudy Chancellor – CNSA Image of Nursing Committee Chair

With more than 900 million active Facebook users – a 32.5% increase from 2011 – and 140 million Twitter users accounting for 340 million tweets per day (as cited in Barry & Hardiker, 2012), it is near impossible to find someone who doesn't have a Facebook, LinkedIn, or Twitter account these days. And why shouldn't they? Social media sites, such as those listed above, can be powerful tools, allowing users to keep up-to-date with their professions, join specific interest groups, network for professional opportunities, and even educate each other and the public. Social networking also provides a means for nurses to connect and receive support in a high stress, emotionally charged profession, which "can be as invaluable as journaling and reflective practice, which have been identified as effective tools in nursing practice" (as cited in Spector & Kappel, 2012). However, it is important to realize this instantaneous and powerful mode of communication has helpful applications; it also has the potential to do harm.



As future nurses, we need to remain cognizant of our professional obligations, regardless of the forum in which we speak. No matter how harmless something may seem when posted on your Facebook wall, you can and will be held accountable for any information that you send out into the world. The fact that social media sites are open to the public is both a blessing and a curse. Once information is posted on a social media site, it becomes impossible to control how that information is spread and who sees it. In fact, one study of 454 pharmacy directors found that 89% of program directors agreed that it was "fair game" to use social media for making judgments of their candidates' character, professionalism, and attitude (as cited in Spector & Kappel, 2012). Before you share anything on social networking sites, ask yourself: Is this photograph (or post, tweet, etc.) something that my family can see? My boss? My patients? Would I be okay if it somehow ended up on the national news?

Social media is the poster-child for smart people doing and sharing unwise things, but this is no reason to stop using it. As stated earlier, social media is a powerful tool that can be used to better ourselves as nurses and as professionals. Through the use of a little common sense, pitfalls can be avoided. Recently, the American Nurses Association (ANA) and the National Council of State Boards of Nursing (NCSBN) mutually endorsed each organization's guidelines for upholding professional boundaries in a social networking environment. ANA President Karen A. Daley comments that "ANA hopes these principles provide a framework for all nurses to maintain professional standards in a world where communication is ever changing" (ANA & NCSBN, 2011). Here are some tips garnered from the ANA and the NCSBN to help avoid the more common pitfalls of social media:

- Understand that patients, colleagues, institutions, and employers may view postings (ANA, 2011).
- Take advantage of privacy settings and think about separating personal and professional information online – consider having two different accounts (ANA, 2011).
- It's never okay to share any information about patients. Don't do it and don't allow others to do it. This includes giving medical advice on social media sites (ANA, 2011).
- Don't seek or allow personal relationships with patients. As nurses we have to maintain professional boundaries and online contact with patients blurs this boundary (NCSBN, 2011).
- Vent about your job in private. Do not post disparaging remarks about patients, employers or co-workers, even if they are not identified (NCSBN, 2011).
- Do not take photos or videos of patients on personal devices, including cell phones (NCSBN, 2011).

- Promptly report any breach of confidentiality or privacy (NCSBN, 2011).

So on your next trip to Vegas, remember: what happens in Vegas, stays in Vegas. Be smart about what you post online. Remember, as student nurses and student leaders, we should always "maintain the awareness that we are contributing to the global image of nursing" (National Student Nurses' Association, n.d.).

If you would like more information, here are some resources not cited in this article:

- ANA – social media webinar, "Nursing Guidelines for Using Social Media"
- NCSBN – YouTube video, "Social Media Guidelines for Nurses"

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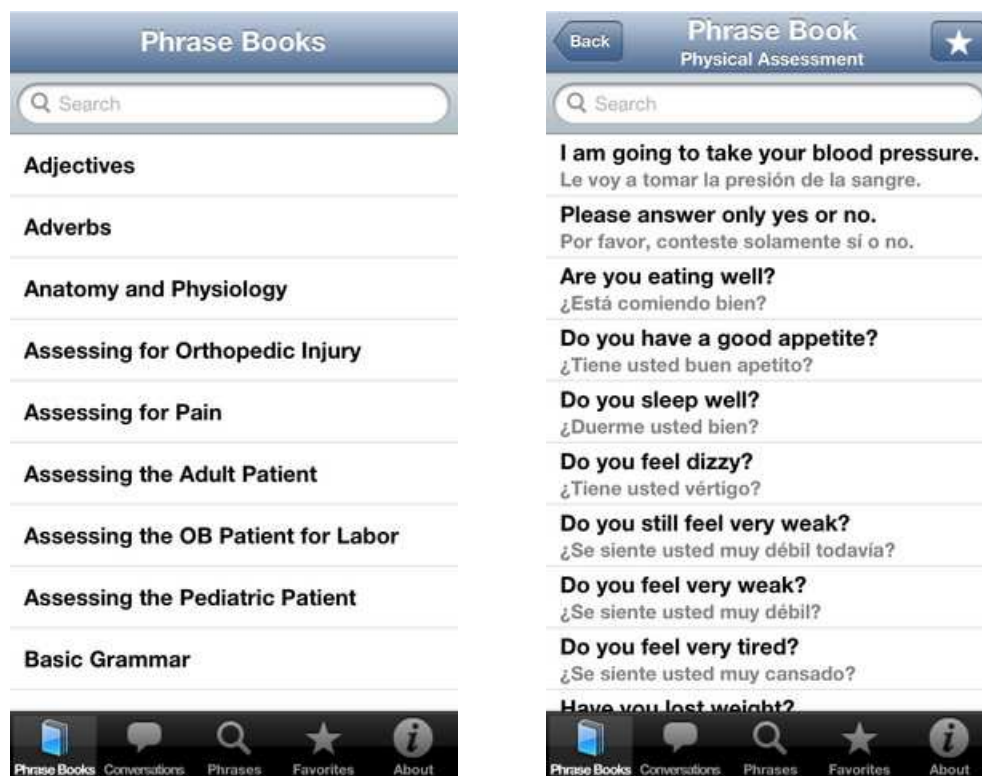
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SMARTPHONE APPLICATIONS FOR TRANSLATION

By Patricia Iluore – CNSA Cultural Awareness Chair

In this Edition, I decided to look into the digital age and examine a smartphone application for Spanish translations. I decided to focus on Polyglot Med Spanish translation application (semi-random choice). This App was developed by Duke University's Area Health Education Center in partnership with other healthcare professionals. The app is available on iPhones and Android versions. What I liked about using this App as a resource is that it is very simple to use, has a clean display, and is free to download. This app features a streamlined interface with easy to navigate features that could prove useful in patient assessment, care and teaching. Polyglot also offers immediate audio translations of over 3000 common words, phrases and assessment questions from English to Spanish and from Spanish to English. (Cont'd page 16)

Here are a couple Screenshots of the App on an iPhone.



As you can see there are a lot of different categories you can choose from. The best part is that they have organized it by specialty. So for example if I was taking care of an Orthopedic patient I could look up assessment phrases that might be pertinent to the scenario. Couple this with the audio and this is a great way to learn a couple of phrases to help with your patient care and because it is on your smart phone you can literally take a couple of minutes anywhere: at the airport, waiting in the grocery line, or during a commercial break and learn a phrase. Of course, it would be highly unlikely that an app of this sort would cover every possible medical scenario. But this one covers a lot of ground and looks to be a great resource for learning some basic phrases.

If you are interested in learning Spanish or any other language, there are many of translation apps out there (free and paid) that provide great resources to begin your language journey. So go out there and explore!

Note: Polyglot Med Spanish is also available for Android phones.

LANGUAGE CORNER

By Patricia Iluore – CNSA Cultural Awareness Chair

This issue's translation focuses on Pain Assessments. I have decided to do Pain assessment translations in Spanish (Of course) and Tagalog (the main language from the Philippines). The Spanish Translations were provided by the Polyglot Application and the Tagalog translation were loosely provided by Josie Fischer & Millicent Iluore. Once again these translations are meant to be a resource not used to translate professionally for patients. Enjoy!

	Spanish Translations	Tagalog Translations
Are you in Pain?	Tiene usted dolor	May sakit ba sa iyo?
Do you have any pain?	Tiene algun dolor?	May nararamdaman ka pa bang ibang masakit?
Is it dull, sharp, or a feeling of pressure?	Es un dolor sordo, agudo, o una sensacion de presion?	Ang sakit ba malakas, mahina, matapang o matinidi?
Is it a Constant pain, or does it come and go?	Es un dolor constant, o viene y se va?	Ang sakit ba tuloy-tuloy o pasumpong-sumpong?
When did your pain begin?	Cuando le comenzo el dolor?	Kailan nagsimula ng sakit?
Does it still hurt you?	Le duele todavia?	Suma-sakit pa ba?
In the head?	En la cabeza?	Sa ulo ba?
In the abdomen?	En la abdomen?	Sa tiyan ba?
In the chest?	En el pecho?	Sa dibdib ba?
In the side?	En un lado del cuerpo?	Sa may tagiliran osa mga braso mo?
In the shoulder blades?	En los hombros?	Sa may tagiliran osa mga braso mo?
In the back?	En la espalda?	Sa may likoran ba?
Here?	Aqui?	Dito?
Show me where.	Enseneme donde.	Ituro mo kung saan ang masakit.
Show me where it hurts you.	Enseneme dinde le duele.	Ituro mo kung saan ang suma sakit?
In your bones?	En los huesos?	Sa mga buto ba?
It is not painful.	No duele?	Hindi ba masakit ba?
Do you have pains now?	Tiene Dolores ahora?	Ngayon, may masakit ba?
Where does it hurt you now?	Donde le duele ahora?	Saan ang suma sakit, ngayon?

*Disclaimer from Polyglot: Polyglot is not intended to be used for directly conversing with patients or their families and is not intended as a substitute for trained health care translators. The Duke University School of Medicine is not responsible for any language errors in the software or for its use other than for its intended purposes.

HOLISTIC NURSING – A CONVERSATION WITH TERESA FADELY

By Patricia Iluore – CNSA Cultural Awareness Chair



In 2006, the American Nurses Association (ANA) recognized holistic nursing as a specialty with its own scope of practice, standards, and evidence based practices. AHNA has defined holistic

nursing as, "all nursing that has healing the whole person as its goal, and integrates complementary and alternative medicine (CAM) approaches into clinical practice. I had the opportunity to interview Teresa Fadely, the President of the new Los Angeles chapter of the American Holistic Nurses' Association (AHNA). Teresa currently is an Acute Care Nurse Practitioner who has a specialty in holistic nursing and works in radiation oncology. As Teresa and I spoke, she gave me insight into her interpretation and world of holistic nursing.

How were you introduced to Holistic nursing?

"After nursing school I started off in the ICU and I knew there was more to nursing than all those bells and whistles, from the ventilators. I saw that there is a person lying in the bed who requires more than me just watching numbers. As a new nurse I would get report from the other shift nurses and they would tell me how terrible their day was and how sick the patient was. I'd be with the patient for 2 hours and their ICP, BP, HR, would go down. This would happen in many of my shifts. Eventually, I met a nurse who introduced me to holistic nursing. She convinced me that the patients were able to read a nurse's calm intention, demeanor, manner and compassion because they treated people like human beings and this just changed the energy of healing that was going on. We spent hours talking about compassion and the intention you bring into your work. Everything I read about the holistic nursing resonated with me. She also introduced me to healing touch. I took a couple of courses and was amazed at how it worked and the results I saw. I decided I was convinced and would go for certification. I was amazed by all the topics and how it was just as important to nurture yourself as well as your patient. The whole basis for

holistic nursing is you have to care for yourself before you can care for others. If you're physically sick you can't come to work and take care of patients because you'll get them sick. So it applies the same way emotionally, psychologically, and spiritually. You have to take care of yourself. It's not something you can fix with medicine like antibiotics. It is continual and must be a lifestyle choice. It is how you live your life and how you choose to think about and approach things".

As a student nurse what can you do to be involved in holistic nursing?

-Stay involved in a chapter! The AHNA has chapter listing on their website.

-Read as much as you can! There are so many journal articles, websites, and books out there.

-Take a Class. When you get a job go to one of the courses they offer for CEUs.

-Explore and Experience CAM modalities. You don't need to try everything and you don't need to be an expert in all modalities. Just pick 1 or 2 and explore.



How would you like to see holistic nursing grow?

I would love to see more students look into holistic nursing organizations. Many schools teach students about different specialties, nursing philosophies, and organizations. Let's get holistic nursing organizations in there. Let's teach students more about the theorists that support holistic nursing. You hear about Florence Nightingale, Martha Rogers, and Jean Watson but I think that nursing students need to know more about holistic nurse trailblazers. A lot of people have an interest in holistic nursing but have trouble expressing it. Or they don't know where to go to learn about it. Prior to the internet it was very difficult to find this information. You had to meet someone who was part of the organization (like I did) because we did not have that networking or communication ability then.

I think it is all about exposure. The majority of nursing programs could do better. We are a specialty now recognized by the ANA, so why shouldn't it be in the curriculum more. Not necessarily as a course, even though I would love that, but even as a 2 day lecture especially in med surg. Some schools have courses and programs about holistic nursing and I commend them. I think it is a responsibility of those of us who practice to teach. We need to give back to the field. One great way we can give back is by teaching and exposing new nurses to holistic nursing. The sooner you are exposed the sooner you can incorporate it in your practice.

Specifically, for our LA AHNA chapter, once we build a foundation of membership I would love to have speakers come in and discuss different modalities. This would be a great way for members to explore. My goal would be to have all day seminars and create forums where we can practice on each other like a skills lab to refine our technique. For example, if you practice healing touch what better way to get practice and feedback then with your fellow nurses. Eventually, I would like to be able to offer CEUs to people who come to our workshops.

Do you think there is any resistance or negative connotation about holistic nursing?

There is a negative connotation to holistic nursing. To put it plainly, some people think we are all crazy. 10-15 years ago people thought holistic nurses were crazy. One of the things that has advanced our specialty or allowed it to blossom and grow is information and the internet. But the major thing that has brought it to the forefront is the fact that people spend billions of dollars on CAM. Just look at how the National Institute of Health's CAM section has grown. I can remember when I first looked at their website. I was just so happy that it was being mentioned. Now there is a vast amount of literature and research happening in that area. But I also think that many holistic nurses have had personal exposure with some form of CAM healing modality and didn't know what was going on. While some younger nurses are exposed to alternative therapies but they keep quiet about it because they don't know how other people will react. Not everyone has a flamboyant personality

like I do. I am a firm believer in Holistic modalities and won't budge. But that's not for everyone.

So there is a wider acceptance because people are spending money on it. It's getting more news coverage and companies follow the profits; thus investing more into research, products, and services. It is becoming more and more acceptable. We still have patients that are very resistant in telling their doctors and nurses that they are using these CAM because of the stigma sometimes attached to it. So as a healthcare professional, I am always careful to phrase these questions in a receptive manner. I see this particularly in the areas of cancer. You really see a lot of stuff out there for cancer patients that might seem strange to others, if they are not exposed to it.

How can a student nurse show this passion for holistic nursing in a more concrete way, like in a portfolio or resume?

First of all, join AHNA! Put it on your resume. Nursing managers are becoming more knowledgeable about holistic nursing and AHNA. If possible get certified in something like healing touch.

Last but definitely not least Lead By Example. It's not something that you say ok today I am going to be a holistic nurse. No, you say I am going to be a holistic nurse all the time. It's just who you are, it's your presence, it's your connection to your patient, it's how you approach the way you go about your day. Once people see that, I think that's the greatest way to show people you are a holistic nurse. LEADING BY EXAMPLE. We know that by observation and literature that at 7 o'clock in the morning when nurses hit the floor, if you got one nurse that is running around crazy by 9 o'clock you will have 50% of them acting the same way. By 11 o'clock 99% will behave in this manner. And the same works for if you have one nurse that is calm and sets the tone. Why wouldn't that positive outcome spread? When I was charge nurse that day we always had a calmer day. I would make the nurses that look overwhelmed stop and breathe because they couldn't help the patients in the state they were in. I do it even with myself. More than ever you must stay grounded to ensure the best quality of care for your patient. Holistic nursing is not anything a student nurse (or a registered nurse) can accomplish overnight. It's a process just like going

through nursing school. When you're done with school it doesn't mean you are proficient in nursing yet. It takes time but people will see your efforts. By trying and expressing your interest people will see it and take note. Many a times, expressing what they have seen in your practice in a Letter of Recommendation for your portfolio.

The hard thing about holistic nursing is that unlike other specialties with a concrete set of skills and knowledge; holistic nursing encompasses everything. For example, you can be an oncology nurse and practice holistic medicine. How do you describe your specialty or keep it from sounding too abstract?

Well this is what AHNA and ANA does really well. They have developed out scope of practice and the standards which we work by. You can take a look at our scope of practice on the AHNA website. This document keeps our specialty tangible and concrete because they have developed and defined criteria you must function by/accomplish if you want to maintain your certification. If you don't want to be certified in holistic nursing that's fine.

Certification is not for everybody but it lends credibility. I find it very beneficial in my nurse practitioner field because it's another resource I can utilize in my practice to help my patients. Unlike something like oncology nursing, you can still practice holistic nursing and not be certified. Something as simple (and safe) as meditation can do wonders with a patient.

How do you join or find out more information about the LA AHNA Chapter?

Just email me at tafadely@gmail.com for more information. The LA chapter does not have a website (yet) but AHNA has a website that can give you contact info to other chapters if Los Angeles is too far.

Why should you attend a meeting or event?

The more you are around people who are inspired by Holistic nursing, the more it invigorates you to be proactive in the field. Coming to these meeting and events can be educational but more importantly refreshing and replenishing for your nursing practice!

Resources:

The National Center for Complementary and Alternative Medicine (NCCAM): <http://nccam.nih.gov/>



American *Holistic Nurses* Association

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info@ahna.org ● www.ahna.org

IT WASN'T WHAT I EXPECTED.... IT WAS BETTER

By Lori Arotcharen – CNSA Communications Director

Looking back now at last October, I'm not sure exactly what I expected my experience being on the California Nursing Students' Association Board of Directors to be, but I am positive that my expectation was not that it would be nearly as incredible as it has been.

So, what exactly is so different? I never expected to get so much personal growth and satisfaction out of being on our state board. After being in nursing school for 2 semesters, I didn't think I could be stretched much further than I already had been, but I have been stretched and challenged in ways that I never knew I could be. I didn't expect to establish the relationships that I have by meeting incredible people whose paths probably never would have crossed with mine if it wasn't for being on the state board. I never expected to find the support I have from this group of people who just over a year ago I didn't know.

I have had the opportunity to work side by side with an incredible group of student nurses, all of us in different seasons in our own lives, and under the direction and guidance of four incredible mentors who do whatever they can to make us the best leaders, and our association the best organization it can be. Each of these people have taken time out of their busy schedules on a weekly, even daily, basis to make our organization the best that it can be. To be able to say that I am affiliated with this organization, and these people, makes me proud.

I would encourage everybody to consider running for a position on the California Nursing Students' Association State Board, I can say with confidence, that serving on our board is a decision you will not regret.

"Who We Are", which is on the last page of this edition of Range of Motion, truly embodies how I feel about the experience I have had over the last year. I did not write it, but it is a true reflection of who we are as a group of people chosen by our membership to represent and carry forward the running of our organization.

WHO WE ARE

We are diverse. We are of different backgrounds, ages, genders, and ethnicities. We attend different colleges and universities. We have different areas of strength and weakness.

We are unified. We are passionate. We care about the future. We are determined.

We want to make a difference. **We lead the way.**

What it Takes

It takes strength and honesty. It takes patience and understanding. It takes humility and kindness.

You must listen. You must care. You must be flexible.

It's not your way or the highway. It's not just a title on your resume.

It takes work. **It takes time.**

What it Is

It is rewarding. It is life-changing. It is awesome.

It is challenging. It is frustrating. It is overwhelming.

It is worth it.

~Anonymous

Do you have what it takes? Run for CNSA State Board of Directors at this year's CNSA Annual Convention in San Jose, CA. For more information, please read through our Nominations and Elections Packet (NEC) on our website at:
<http://www.cnsa.org/nominations-and-elections.html>

It's not for the weak, but if you were weak you wouldn't be in nursing school, would you?

Find us on Twitter: @CNSA_California

Face book: <https://www.facebook.com/pages/California-Nursing-Student-Association-CNSA/192637602616>

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