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Chapter 1

2009

1.1 December

Sutter (2009-12-01 10:17)



[1]

1. <http://www.aftercollege.com/company/sutter-health>

CNSA Legislative Achievements (2009-12-04 14:22)

Author: Angela Schwab, SN, BSN, CNSA Legislative Director, 2008-2009

Serving on the 2008-2009 CNSA Board of Directors has been the highlight of my nursing school experience. I have learned a great deal about the importance of nurses advocating for patients and each other. As I leave my position as Legislative Director, I am proud of the accomplishments that were made. Over the last year, two new policies were created to help ensure that the CNSA Legislative Director's role in the "Nursing Student in Sacramento Internship" is clearly defined. We were also able to pass the bylaw amendment to make NSSI part of the Legislative Director's formal list of responsibilities. In addition, all of the California resolutions were passed at the NSNA convention. These were all great achievements for CNSA. I want to acknowledge all of the hard work that went into the resolutions presented at the state convention.

Congratulations to all the authors on the success of your resolutions.

As I look to the future of CNSA, I am extremely excited about having Kelly Bowker take over the position of CNSA Legislative Director. Kelly's enthusiasm and dedication to her new role are already apparent. Through her leadership the role of Legislative Director will continue to experience great success.

Angela Schwab

2008-2009 CNSA Legislative Director

Commitment of Service and Compassion (2009-12-04 14:24)

Author: Michelle Irving, SN, BSN, CNSA Convention Director, 2009-2010, [1]communityhealthdirector@cnsa.org,



Hello fellow CNSA members! My name is Michelle Irving and I am honored to serve as your new Community Health Director (CHD). I presently reside in Fontana, CA and attend Western University of Health Sciences, located in Pomona, CA. I am currently enrolled in a master's-entry program, which means that after I obtain my RN license, I will continue with my education and receive a Master's of Science in Nursing. My educational background also includes a B.S. in Health Education with an emphasis in Community-based Public Health, from San Francisco State University. Community service and involvement are my passions. As a volunteer and professional in the public health field, I have had the opportunity to collaborate with incredible organizations which sought to eliminate health disparities within underserved communities. With the skills gained from these experiences, I aspire to fulfill my responsibilities and attain the goals set for the new academic year.

Accomplishing goals takes collaboration, support, eagerness, enthusiasm and of course team work. We all know there is no "I" in team, so I humbly ask for your participation. I fully support last year's community

project; “Be the Match” National Marrow Donor Program set forth, by our past CHD and look forward to building on its success. As nursing students, our practice involves serving and being compassionate towards our patients both in the clinical and community setting. In order to incorporate this practice into our community projects, I ask each chapter to take on the personal commitment of “service” and “compassion”.

Some ideas I have for the upcoming year are:

- Encouraging ALL chapters to participate in projects that enrich their communities
- Facilitate chapters in volunteering with local nursing or health organizations
- Supporting project ideas that focus on education, outreach and illness prevention
- Brainstorming and providing opportunities that promote a “positive image” for ALL nursing students

I am thrilled to embark on this new adventure with all of you and look forward to having an amazing year. This year’s Community Health Committee is comprised of students representing, Southern, Central, and Northern CA cities. With all of your effort and support we can impact the lives of those living in our communities. I encourage ALL local chapters to participate in this year’s Community Health Projects! CNSA, would you join me? Let’s BE ACTIVE, BE INVOLVED, AND ASSUME LEADERSHIP!

Sincerely,

Michelle Irving

1. <mailto:communityhealthdirector@cnsa.org>

Community Health Summation (2009-12-04 14:30)

Author: Elena Rilleau, SN, BSN, CNSA Community Health Director, 2008-2009,



The year has come to an end and I've thoroughly enjoyed my position as Community Health Director. I'd like to highlight two Community Health projects we undertook this year.

One project I worked on as Community Health Director was promoting partnerships between nursing programs and Head Start programs. Nursing programs are frequently faced with insufficient placement options for their Community Health Nursing clinical rotations and Head Start is perpetually in need of greater community support. The federally-funded Head Start program provides comprehensive education, health, nutrition, and social services for low-income children, aged 3-5 years, and their families. While community health nursing placements may be limited, Head Start programs are underutilized. I was able to attend the California Head Start Association's Summer Health Institute, their summer convention for managers and directors. I presented on a panel to introduce and discuss the benefits and challenges of partnering with schools of nursing. It was a great experience and many Head Start staff were eager to get involved.

A second project that the Community Health Committee worked on was promoting "Be the Match", a campaign operated by the National Marrow Donor Program. The campaign works to engage those who are inspired and committed to helping patients in need of bone marrow transplants. "Be The Match" offers people the unique opportunity to help a patient by donating bone marrow. Thousands of patients with leukemia and other life-threatening diseases depend on the "Be The Match" Registry to find their match.

I hope that you all enjoyed Convention and that it was an exciting and motivating experience for you. Thank you all for your involvement and support during this year. I have tremendously enjoyed serving as your Community Health Director. Best of luck in the future!

Creating Bonds (2009-12-04 14:34)

Author: Nancy Chiang, RN, BSN, CNSA Secretary/Treasurer, 2008-2009



Thank you everyone who gave me the opportunity to be on the CNSA board. Being on the 2008-2009 CNSA board has been one of the most enriching years of my life. I knew that as Secretary/Treasurer, I would be responsible for recording Board minutes and managing CNSA finances. I did not expect to create bonds with the exceptional Board of Directors I worked with nor the nurse leaders who were our advisors. These are all relationships I hope to keep for the rest of my life. My hope is for Kaley Ferreira, your 2009-2010 Secretary/Treasurer, to have the same great experience.

Nancy Chiang, RN, BSN

CNSA Secretary/Treasurer 2008-2009

Dynamic Passion (2009-12-04 14:36)

Author: Yovannah Chavez, SN, BSN, CNSA Co-CR North, 2009-2010, [1]cocrnorth@cnsa.org

I am a San Jose State University nursing student, who is firmly committed to ensuring that the goals and responsibilities that have been set forth by the office of Co-Chairs of the Council of Chapter Representatives are met. I am seeking to utilize the leadership skills and organizational abilities that I have developed on the local chapter level to make an impact among Northern California. Having held numerous leadership positions across many different organizations, I look forward to establishing new community partnerships for the CNSA chapters, increasing the level of communication among the Northern California CNSA chapters and bring a degree of dynamic passion and enthusiasm to the position.

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Farewell CNSA! (2009-12-04 14:37)

Author: Jeff Huber, SN, CNSA President, 2008-2009



I wanted to take one last opportunity to thank you all for giving me the chance to serve as your 2008-2009 President. I met many new friends and learned a lot with you along the way. Special thanks go out to the 2008-2009 Board of Directors and all of our advisors for helping me grow as a future nurse leader. It was a fun ride and I'm grateful to have shared it with you.

I wish the new Board of Directors a year of bountiful success. I trust you will all come away from this experience changed in ways you didn't anticipate. And remember to lean on each other when the need arises - you're all in this together!

I would suggest to the rest of the membership reading this that you take a little bit of your time to get involved with CNSA at the state level. Don't let the state board of directors have all the fun. Joining a state committee is a great way to get involved outside of your local chapter and can be a great learning opportunity.

Be well,

Jeff Huber

Getting Involved! (2009-12-04 14:39)

Author: Callan Lisker, SN, BSN, CNSA Convention Director, 2009-2010, [1]conventiondirector@cnsa.org



My name is Callan Lisker and I am the new Convention Director for the 2009-2010 Board of CNSA. It is an honor to become part of this amazing association. I am currently a nursing student at California State University San Marcos. I will be graduating from this University as an RN with a BSN degree in May 2010. Throughout nursing school, I have had the privilege of being a NSNA member, decorations coordinator for our CSUSM Student Nurse Association, as well as being part of our apparel and fundraising committee for our school of nursing. I am also currently a Nurse Extern in the IMU at UCSD Medical Center.

I recently had the wonderful opportunity to attend the previous October convention, which was held in Sacramento. During the convention, I decided I wanted to become more involved as a student nurse. I felt as though becoming part of the CNSA board, I would be able to contribute a lot to the field of nursing as well as further my knowledge as a nursing student. As Convention Director, I look forward to using my creative mind and profound love for nursing in order to produce a memorable Convention that we can all enjoy!

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Identifying oneself as a Nurse (2009-12-04 14:40)

Author: Angela Schwab, SN, BSN, CNSA President 2009-2010, [1]President@cnsa.org



As we move through life, I think we all naturally desire to define who we are. Now that I am entering my final year of nursing school, I am finally to a point where I identify myself as a nurse. I take advocacy, observation, knowledge, skills, and compassion with me everywhere I go and in all that I do. That includes the work that I do on behalf of CNSA.

I am so honored to be serving you as President for the 2009-2010 term. My goal for the next year is to keep you, the CNSA membership, engaged through acknowledgement and communication. I want to hear about the accomplishments you are making in your local chapters. Please google the CNSA Presidents forum and become a member. This is a great way for us to support and encourage each other as we strive for the common goal of completing nursing school and placing RN after our names. The CNSA board will continue to send out regular email blasts to keep you abreast of what is going on. I also want to encourage you to visit the CNSA.org website frequently for updates on what the state board is doing to serve you.

Thank you for your continued support of CNSA. I am looking forward to a great year.

Angela Schwab

CNSA President

1. <mailto:President@cnsa.org>

Is Nursing right for you? (2009-12-04 14:44)

Author: Kaley Ferreira SN, BSN, CNSA Secretary/Treasurer, 2009-2010, [1]sectreas@cnsa.org



My name is Kaley Ferreira. I was born and raised in Northern California, and I moved to San Diego two years ago to pursue an education in nursing. It took me a while to decide on a career path, but I am positive now that the nursing profession is where I'm supposed to be. I absolutely love helping people and caring for others. I also enjoy learning so it was important for me to find a profession that would allow me to continually learn. Nursing is definitely the right choice for me. I am so excited to be the new Secretary/Treasurer for CNSA, and I know this year will be great!

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CNSA Board: It's All About The Money..Or Is It About Felicific Calculus?
(2009-12-04 14:46)

Author: Briggs Latham, SN, CNSA Vice President, 2008-2009



Big salaries, lavish expense accounts, chauffeured rides, assistants and long vacations. That's what being on the board of an organization is all about. Isn't it? Well not at CNSA.

We will get to the felicific calculus a little bit later. Don't read ahead.

Several years ago I took a pre-nursing course, which allowed students wanting to be nurses, an opportunity to see what nursing school and nursing was all about. The first question asked by the instructor was, "Why do you want to be a nurse?" Three students shouted out in unison, "For the money!!!" The instructor looked back at the three with a look of disappointment. Needless to say, after two weeks of classes, those three realized that nursing was not the profession for them. What I have always known to be true is that any time a nurse or student prefaces a conversation with how much they can make I question their motives for being in the profession.

CNSA is a pre-professional organization that allows student nurses the opportunity to see a side of nursing that you normally don't see in the classroom. As our mission statement says, "CNSA fosters the transition of the student to the role of the professional nurse through the development of leadership, activism, and advocacy." So when you have a minute between Clinicals, lectures, work and family take a moment to reflect and see if that is what you are getting from your local chapter. If not, challenge your chapter... Become an activist... And make it a better chapter.

As for the CNSA Board of Directors.... It has been a great pleasure serving on the Board of Directors. We have a group of people who have grown tremendously over the past year in their leadership abilities. This group came from all over the State of California and worked to make some good changes in the way things were done.

So why did they choose to do it? Obviously it wasn't the money. It wasn't the expense accounts, assistants or vacations. I ask you to consider if it was because of a sense of 'happiness'. Now before you start questioning whether I get too little sleep during the week, I would ask you to think about it for a few moments. Why do we have children? Is it to sit up all night with a crying baby? Spend hours helping with their homework? Or is it so we can work hard to spend thousands of dollars to put them through college? I will argue that it is because of the happiness that they bring us.

In 350 B.C.E., Aristotle wrote that happiness is an activity rather than an emotion or a state. Happiness is characteristic of a good life, that is, a life in which a person fulfills human nature in an excellent way.

Now for that felicific calculus “Thing”.....

Maybe we serve because of the felicific calculus. The “WHAT THE HECK IS THAT” you say??? The felicific calculus is an algorithm formulated by the philosopher Jeremy Bentham for calculating the degree or amount of pleasure that a specific action is likely to cause. He believed that the moral rightness or wrongness of an action to be a function of the amount of pleasure or pain that it produced.

Okay. Now we are getting somewhere... Is serving on a board an exercise in Sadoomasochism? No... Not really.

Here is an example of felicific calculus:

Let us imagine you are a nurse driving to a patient, a young mother who is about to give birth. It looks like she will need a caesarian section. It is late at night and you come across a car accident on the country road you are traveling on. Two cars are involved in the accident and both drivers are unconscious and are injured. One of the men is the father of the child you are going to deliver, and the other man is very old. You do not know the extent of their injuries but in your opinion, without immediate medical help, one or both may die. You are now faced with one of three possible solutions: (This is NOT an NCLEX question)

1. You help the young mother who's about to give birth.
2. You help the young woman's husband.
3. You help the old man.

The outcome of felicific calculus would suggest:

1. Attending to the mother first is your primary concern as the doctor. The death of both mother and child is almost a certainty if you do not act now, whereas the death of the men is uncertain. Furthermore, the pain of the mother is clearly greater than that of the men at this time. There is a greater richness and purity in saving the life of a young child who has, in all probability, a long happy life ahead. Meanwhile the extent and duration of the utility created by these two people is a clear likelihood.
2. Attending to the young husband is the next priority. The pleasures of a new family—its intensity, duration, extent, richness, and purity—are all clear probabilities. If, as the doctor, you attend him first his wife and child would in all probability die. The man would then experience pain. The pain experienced by the widowed husband is likely to outstrip any pleasure to be gained from continued life without his loved ones.
3. Attending to the old man is the last priority. The duration and certainty of his future pleasure are questionable owing to his age—he has all but lived his life. This is sometimes known as the 'good innings' argument, according to which the older you are the less claim you have to life.

Certainly, the nurse should not be limited to the three choices, though the whole purpose of the exercise rests on it being a closed universe. To maximize the felicific calculus, the nurse should try to secure external help

by calling another to help the mother, and by asking people nearby and the emergency services to deal with the accident.

So remember the next time the opportunity comes around to serve on a Board of Directors, or any group designed to serve others, remember that the rewards don't normally come with a monetary value. They will make you much richer than you can imagine. Maybe use that felicitous calculus 'thing' to help you make your decision.

Leadership as a New Graduate RN (2009-12-04 14:49)

Author: Brandy Azevedo RN, BSN, CNSA Vice President, 2007-2008, [1]brandy.azevedo@hotmail.com



When I attended this year's Annual CNSA Convention, I felt not only a considerable wave of nostalgia, but also appreciation. As a RN who only recently graduated in December 2008, (and who had also been a member of the CNSA state board) I could easily identify with each and every student in that room. The stress of nursing school is overwhelming and all-consuming: the exams, the clinicals, the time constraints, the lack of a social life. There never seems to be enough of you to accomplish everything that you need to do! I could relate to the anxiety the board members were feeling, as well as the excitement and satisfaction of a hard but successful year coming to a close. While I felt reminiscent of my time involved in CNSA, through my reflection I gained perspective. I was more appreciative of the skills I developed during that time and how I've been able to utilize them as a new graduate RN.

Let's be honest. Most nursing students do not believe they are going to be leaders when they are still so inexperienced. A new grad is not going to be charge nurse, supervisor or manager. A novice is not going to be precepting or orienting other novices; they will be in the role of questions ask-er, not questions answerer. That doesn't mean that a new grad is not a leader, or cannot apply the skills that CNSA helps develop in their first years of nursing.

So many students believe that leadership skills are superfluous without experience. While I'm not becoming charge nurse any time soon, I've had many experiences where the leadership skills I've gained through CNSA have improved my performance and my job satisfaction. The most common example is having the confidence to ask questions and seek clarification. When I'm not sure on what is going on with my patient or how to do something, I don't guess. I feel comfortable asking my charge RN or my co-workers to help me. If the answer I get doesn't feel right, then I ask someone else or I look up the appropriate policy. Ultimately, I have the confidence to make myself vulnerable and acknowledge my limitations.

Another example of leadership is interacting with other members of the patient's care team, including physicians. As new graduate nurses, there is so much that we don't know yet. There is only so much that nursing lectures cover, and our limited time in clinicals impacts the types of patients we gain experience with.

It is important to communicate with everybody taking care of the patient: other nurses, respiratory therapists, phlebotomists, radiologists and especially physicians; they're writing the orders that dictate our patient's care, so we need to ensure they have all the essential information that we gain through our assessments and interactions. We cannot second-guess ourselves or be too insecure to talk to physicians about the patient's needs. We are their advocate, and as such, we must have open communication with their care team!

A third example of how new grads should exhibit leadership is through professional development. Even though it feels like we are up to our ears in education and we couldn't possibly shove anymore knowledge into our brains, we must not become idle: we must continue to pursue learning opportunities. In our first years, everyday is a new lesson; but certifications and in-services can continue to accelerate our learning and our growth. Go to open rounds, discuss your patients with other nurses and physicians, go to conferences and symposiums. Learn as much as you can and become an expert! I found that I was able to be a resource (for some things) for other new graduates only after I'd been on my own for a few months. Sometimes my advice was "go as someone more experienced," but my own confidence grew as I realized that I was becoming a resource to others. It also spoke to my growing confidence and nursing abilities that another nurse appraised me and felt I had knowledge that I could share with her. It may take a while, but as you take advantage of learning opportunities, you'll continue to expand your knowledge base as well as make yourself an invaluable asset to your employer and the nursing profession.

A final example of leadership is by becoming a member of ANA and ANA\C (or if you're not working in California, your state's ANA chapter). I've heard many new graduate nurses say that they didn't know what they could do to contribute as a member of ANA. Myself, I don't feel I have the time or mental energy to become a board or committee member. I am so consumed keeping up with the learning curve of being a new graduate, that I couldn't commit to a position of such responsibility just yet. But, what can I do? I can become a member, support the organization financially by paying membership dues, attending meetings and giving my feedback. It's simple and only takes a few hours out of my year! ANA is our voice and our support. We don't have to read and understand every single piece of legislation that is proposed. We can use the resources ANA provides on their website and their mailers to keep updated, but the best (and easiest) way we can contribute to our professional nursing organization is to JOIN and become a member.

There are countless other ways new graduate nurses can utilize leadership experience in their emerging careers. It is essential, however, to HAVE leadership skills; the best way I can recommend developing those skills is through participation in CNSA locally, state-wide and NSNA nationally. Be involved. Have an opinion. Learn to express that opinion respectfully, tactfully, and effectively. Learn about yourself: what are your strengths and weaknesses? How can you improve upon your weaknesses, and how can you comfortably talk about your strengths to convey your worth to prospective employers? These are all vitally important to becoming a strong, employed, professional registered nurse in this economy. I encourage you to take advantage of every opportunity to better yourself and the profession, and I wish you luck and prosperity in doing so.

Brandy Azevedo
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Thank You! (2009-12-04 14:51)

Author: Fatima Arastu, SN, BSN, CNSA Co-CR North, 2008-2009



It was my privilege to serve you all as a CoCR North Director for the 2008-2009 year. It has been one of the best leadership experiences of my nursing career thus far. It was a blessing to work with a group of smart, passionate, and enthusiastic board members and to learn from ACNL (Association of California Nurse Leaders) Advisors and Staff members who have nurtured and guided us throughout our term. Although, it is a bitter sweet feeling of stepping down as your CoCr North Director, I am really excited about my transition from CNSA to ACNL. As an official member of ACNL, I'm looking forward to learn and seek guidance from these great nurse leaders. Many of us graduating this Fall 2009 will greatly miss CNSA, our schools and all the people who made this journey exciting for us. Therefore, it is imperative to grow these relationships by transitioning to professional organizations like ACNL and ANA/C.

Meanwhile, CNSA continues to attract talented student nurse leaders. Please welcome your newly elected CoCR North Director for the year 2009-2010, Yovonna Chavez from San Jose State University. She is very proactive, helpful and an enthusiastic individual. And I am positive that she will lead you well in this next term.

Good luck Yovonna and the rest of the newly elected CNSA Board!

We Could Not Have Done it Without You!! (2009-12-04 14:53)

Author: Molly Cocking SN, BSN, CNSA Co-CR South, 2008-2009



While hounding students at the most recent CNSA Convention in Sacramento as a member of Nominations and Elections Committee (NEC) trying to get people to run for an office, I noticed myself saying the same thing to any interested (or uninterested student). I continuously was sharing with them that being on the State Board of Directors for California Nursing Students Association has been a life changing experience for me, and I really cannot put into words the impact it had on me as a student, a nurse, and a person. The experiences I have had, the people that I have met, and the places I have had the opportunity to travel to are way past my wildest dreams as to what this last year in office was going to hold.

First and foremost the networking opportunities were beyond anything I ever imagined. I was given first-in-line access to employers, graduate schools, and nursing peers with similar interest. Major nurse leaders also became friends and mentors to me. Patricia McFarland CEO of ACNL became known as “Pat”, and was the mother hen to us all, keeping us on tract and motivated. Donna Kistler, immediate past President of ACNL, became a confidant about frustrations with the job market and was always keeping her ear to the ground for all board members for possible employment or work experience opportunities. Susan Bowman, one of our ANA advisors, became yet another nurse leader looking out for our best interests as students and new graduate nurses eagerly looking for jobs. All of these women and many more we had continuous contact showed us first hand what it really meant to be a leader.

Everyone on the board of directors became part of a special group of friends that I will always have. If you have seen us together at a CNSA function, or even pictures, we were many times hysterically laughing. We got business done first, but because we all clicked so well, working together came easily and accomplishments followed. These people are amazing student leaders, and will make extraordinary nurse leaders. It was a pleasure and honor to serve alongside each one of these people on the State Board. Working with these individuals I really felt like I was able to make a difference in the nursing education arena and healthcare as a whole. Being on the board gave me the access and opportunity to really make a huge impact, much more than I ever thought possible.

As shared in previous ROM articles, CoCR Spring and CoCR Summer, held at San Diego State University and Samuel Merritt College respectfully were successful and great venues for both established and new chapters to meet and bounce ideas off of each other. We were also able to learn more about the importance of joining our professional organizations while we are students and when we graduate, get a sneak peak of Hurst Review services, and hear a special report on the successes and efforts of the Image of Nursing ad hoc

committee.

Another success was working with the CoCR Director North, Fatima Arustu, on a new pilot program to aid and mentor new or struggling CNSA chapters. This program is still in its infantile stages but we have begun to collect information (i.e bylaws, examples of agendas, fundraising ideas) from more established chapters to disseminate to struggling chapters. This program also began to actually match up these new or reinstated chapters with the established chapters, using the newly formed mentorship program. We've been working with the new CoCR Directors to make this a successful transition and insure all information passes from our hands to theirs. It has been my pleasure to serve and represent California nursing students, and thank everyone for supporting our board and giving us the opportunity to share in this experience. I wish the 2009-2010 CNSA State Board of Directors all the best of luck!

Molly Cocking
Immediate Past CoCR Director South

From the Bay Area to Orange County (2009-12-04 14:55)

Author: Rosalyn Downs, SN, CNSA Breakthrough to Nursing, 2009-2010, [1]btndirector@cnsa.org



I am a third semester nursing student at Saddleback College in Mission Viejo. Prior to attending Saddleback Nursing, I worked full time at Siemens Ultrasound where I exhibited leadership roles in the area of emergency preparedness, emergency response teams and employee training compliance. While in this role, I trained and registered to be a FEMA-certified Disaster Service Worker for the Cities of Mtn View and Campbell.

While attending San Jose State University I was a Deans Scholar, and was accepted into the Saddleback Nursing program in May, 2008. During my 1st semester, I became actively involved in CNSA and was elected that chapter's BTN board position. I have continued the successful Discover Nursing events for the Girl Scouts of Orange County, where young girls learn about Nursing and earn a Girl Scout Interest Project patch. My most notable accomplishment, the production of the video, Breakthrough to Nursing: Past, Present, and Future, won the Best Project at the October 2009 CNSA State Convention in Sacramento.

I have participated in raising money for community charities for MS, American Cancer Society, Lymphoma and Leukemia Society, and, most recently, corporate aquathon challenges for Abilities United in Palo Alto, CA.

Originally from the Bay Area, I have remained committed to my education and leadership at Saddleback by commuting from the Bay Area to Orange County three times a month. I'm a mother to two growing boys, I never hesitate to take the time to talk with them about my successes, and failures. My sons know that my pursuit of my education is a goal for all of them, and they are a wonderful source of support and motivation.

I am interested in pursuing positions in Trauma, SICU, Peri operative Nursing and/or Emergency Disaster Management. While in CNSA Breakthrough to Nursing Director position, I plan to help mentor newer BTN positions both in Northern and Southern California, and the emphasis in the promotion of Hispanics in Nursing.

When I's not studying, or conducting business for Breakthrough to Nursing, I enjoy spending time with my sons, close friends/family, swimming, hiking, yoga, and enjoying the outdoors.

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Letter from the Editor (2009-12-04 14:57)

Author: Anna Viet, SN, BSN, CNSA Communications Director, 2009-2010, [1]conventiondirector@cnsa.org



Hello and welcome to the first Range of Motion issue published by your new CNSA Board of Directors for the 2009-2010 year. My name is Anna Viet and I will be serving on the board as your Communications Director. This issue of the ROM concentrates on introducing our new board members as well as saying farewell to our amazing predecessors.

A little about me, I am a third year nursing student at the University of California, Irvine, and currently the President of our CNSA chapter. I strongly believe in idea that nursing is about more than just bedside care. It is about working together with other nurses to optimize our knowledge and experiences so that we may better care for our patients. In the beginning of my student nursing career I was unsure that this was the right path for me, however after learning about how much commitment and passion it takes to be a nurse, I fell in love with the profession. Being a nurse is not something you can just identify within the work or hospital setting. It shapes who you are in your everyday life and teaches you to be compassionate, caring, and of course to have good time managing skills. I have always been a strong advocate for getting involved in organizations and building networking and leadership skills. I look forward to working with the new Board of Directors and our amazing advisors. One of my goals this year is stay on top of all deadlines and to make sure the website is up to date so that the membership is well informed in a timely manner of the happenings of our state chapter. I highly encourage the membership to please submit articles to the ROM about anything that is on your mind pertaining to the nursing profession. It is quite simple; all you have to do is email me the article before the proposed deadlines, pictures are also welcome. The deadlines for each issue can be found on our website [2]www.cnsa.org. I hope to be reading your amazing submissions in the future. Enjoy this issue of the Range of Motion! Until next time!

Sincerely,

Anna Viet SN, BSN

CNSA Communications Director, 2009-2010

[3]commdir@cnsa.org

1. <mailto:conventiondirector@cnsa.org>
2. <file://localhost/../>
3. <mailto:commdir@cnsa.org>

Light of My Life (2009-12-04 14:59)

Author: Courtney Hensman, SN, CNSA Co-CR South, 2009-2010, [1]cocrsouth@cnsa.org



I am a first semester student at Saddleback College in Mission Viejo. After attending our State convention I was inspired to run for CoCR-South, because I really believe CNSA gives us a voice to influence our schooling and our careers. I am a mother to my 2 ½ year old daughter, who is the light of my life, although nursing is a close second. I hope to eventually get my masters and be a Nurse Anesthetist. I am excited to help CNSA grow over the next year and look forward to working with you to do just that.

1. <mailto:cocrsouth@cnsa.org>

Loving all things Nursing! (2009-12-04 15:00)

Author: Kelly Bowker SN, BSN, CNSA Legislative Director, 2009-2010, [1]legdirector@cnsa.org



Hi Everyone!

I can't tell you how excited I am to be the new Legislative Director. I am currently in the third semester of the five-semester Bachelor of Nursing program at San Diego State University. I am currently the newsletter editor for our CNSA chapter. I am determined and focused on being a great board member for all the nursing students of California. I am an athlete, a sister, a great friend, and a dedicated nursing student. I love all things nursing. I still have not decided which field in particular I would like to go into, since so far they have all been wonderful. Please don't be shy, and let me know any ideas, concerns, or questions you have. I look forward to hearing from you!

Kelly Bowker

1. <mailto:legdirector@cnsa.org>

John Muir Health (2009-12-04 15:00)



[1]

1. <http://bs.serving-sys.com/BurstingPipe/BannerRedirect.asp?FlightID=1024987&Page=&PluID=0&Pos=6050>

Sharp HealthCare (2009-12-04 15:00)



[1]

1. <http://www.aftercollege.com/companies/sharp/index.asp>

Never Just a Nurse (2009-12-04 15:02)

Author: Dazel Roberts, RN, BSN, CNSA Breakthrough to Nursing, 2008-2009



We've had a number of successful Breakthrough To Nursing events this year! To begin, I compiled a list of middle and high schools in San Diego and began to email science and health teachers; school principals, nurses and counselors; and certain city officials who were involved in the education system. I informed them of my specific goal presenting the idea of entering the nursing profession to young people who may not have considered it before. As a San Diego native, I have grown up in a melting pot of cultures. As a nursing assistant, I have seen the constant strain that nurses and patients face when their differences become obstacles in the nursing process. By encouraging a more diverse group of individuals and helping them believe that the profession of nursing can be a job for many types of people, we can move a little closer to matching the population of patients that we are there to serve.

The Millennial Tech Middle (MTM) School is a brand new middle school in Central San Diego that is primarily males. CNSA volunteers and I presented the BTN presentation about males in nursing to their entire male population! The presentation was very well received and we were asked numerous questions. A few of the faculty were former nurses and were very excited to have us engaging the minds of their young students. The students and faculty were very pleased with our presentation and we were invited back to participate in the annual MTM Science Fair, where we educated students about CPR and heart health.

We had also presented the BTN Presentation to three science based classes at Patrick Henry High School in La Mesa. Some students already had plans to enter the nursing field and had many questions about the profession. We were invited back for their two- day Career Fair and we were overwhelmed by the number of students that were interested in our nursing program! I would say that at least half of them were males! I set out a sign-up sheet at the table and plan to forward the accepted SDSU student names to the Pre Nursing Society, as well as provide the rest of the students with important links for entrance into nursing school to keep them in the loop.

In Central San Diego, Crawford High School is divided into 4 separate career oriented schools- one of them being Healthcare. Mid May, I arranged for a group of about 10 CNSA members to present to the entire CHAMPs division (Community Health and Medical Practices) at Crawford High School about males and minorities in nursing. We presented to about 300 students, male and female about the nursing profession and the basic steps to get into nursing school. We also presented to individual CHAMPs classes to answer more detailed questions about nursing school.

At all events, we passed out Johnson and Johnson pamphlets on the nursing profession. At Discovernursing.com, you can find free materials on nursing, and the information is available in English and Spanish.

While I am sad to say goodbye to this position, I am only grateful that I was given this opportunity. The projects that I have started and the relationships that I have developed with local schools are being continued today. Additionally I know that Rose Downs will only take the position to new heights and I look forward to staying involved however possible. I have met some amazing people while in office and the

experiences I've had are priceless. I have grown tremendously as a person and as a nurse because of CNSA, and hope that each of you knows that you are never just a nurse.

Dazel Mary Roberts, RN, BSN
San Diego State University Graduate August 2009

Trading in the Cold Forests and Falling Leaves for Palm Trees and Sandy Beaches (2009-12-04 15:03)

Author: Bryanth Sunga, SN, BSN, CNSA Vice President 2009-2010, [1]vicepresident@cnsa.org



Hello Dear Readers,

My name is Bryanth Sunga, I am a 23-year-old nursing student extraordinaire going into my last year of nursing school over at Cal State San Marcos. I was born and raised in Alexandria, Virginia and moved to Southern California in 2003, trading in the cold forests and falling leaves for palm trees and sandy beaches. I currently serve as a student affairs representative for my cohort. I also sit on the university student governing board of directors, Associated Students Incorporated, as the School of Nursing representative. I enjoy being active in school and believe that there is so much more to see and do in nursing than just bedside care. I want to work a couple years in both emergency medicine and pediatrics. One day when I'm old and gray, I see myself grading care plans and showing kids how to miter those corners in clinical. But first, I want to travel and experience the world, saving it one patient at a time... or rather four, depending on the patient-nurse ratio. Other than that I love good times, awesome people, big laughs and living life! Um, why does this feel like an eHarmony ad?

Bryanth Sunga

1. <mailto:vicepresident@cnsa.org>

BlogBook v0.4,
L^AT_EX 2_ε & GNU/Linux.
<http://www.blogbooker.com>

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