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Chapter 1

2010

1.1 December

The Future of Nursing (2010-12-14 10:01)

Author: Anna Viet, SN, BSN, CNSA Vice President 2010-2011, vicepresident@cnsa.org



Hello CNSA Membership! It has been an honor serving as your Communications Director this previous year! It has been truly an amazing experience, so much so that it had motivated me to run again for the office of Vice-President for 2010-2011. Thank you to those who have submitted articles to the Range of Motion and for all the emails and questions I received throughout the year. I am currently in my last year of nursing school at the University of California, Irvine and have found the experience unforgettable.

I am involved in the CNSA chapter at UCI as well as other medical organizations such as the Medical Initiative Against Homelessness (MIAH). Thank you to everyone who attended this year's 2010 Many Hats of Nursing Convention in Ontario. It was especially motivational to network and meet with those who shared the same passion for nursing as well as taking a leadership role in our profession. I am thrilled to have been elected your Vice-President for this upcoming term! I will begin by requesting that each chapter please send

a copy of their current bylaws to vicepresident@cnsa.org for review and feedback! Again, I would just like to express how thankful I am for this organization and its membership. We truly are the future of nursing profession.

Secretary/Treasurer (2010-12-14 10:03)

Author: Charla Tinsely, SN, BSN, CNSA Secretary/Treasurer 2010-2011, sectreas@cnsa.org



Hello, I'm Charla Tinsley, your new CNSA Secretary/Treasurer! I'm finishing up my fourth semester of nursing school at San Diego State University. I grew up in Paso Robles, California and moved down to San Diego to attend Mesa College before transferring to San Diego State University. I enjoy playing tennis in my free time. I enjoy every aspect of nursing school and hope to one day become a flight nurse.

As Secretary/Treasurer, I plan to keep everyone informed on what CNSA is doing and on posting scholarship opportunities. I will encourage others to apply for the scholarship opportunities. I also plan on being involved in other committees within CNSA. If you have any other questions or would like to know how to become involved please contact me at sectreas@cnsa.org.

A Wonderland of Opportunity (2010-12-14 10:03)

Author: Callan Lisker, RN, BSN, CNSA Convention Director 2009-2010, A Wonderland of Opportunity, 12/03/2010, Message



Looking back at this year, we as a Pre-Professional Nursing Organization have been able to make a difference in various ways within the field of Nursing. Each and every Board Member, had the same opportunity to put forth their own ideas in order to create and establish their own change they wanted to see within CNSA. I feel as though these individuals went above and beyond in order to accomplish their goals and represent CNSA at a high level. I wanted to thank each and every one of you for this amazing year and wish you all the best of luck in your career as a Registered Nurse.

It has been an amazing opportunity and privilege to serve as a Board of Director for CNSA. This Nursing Organization taught me a lot about the field of nursing as well as professionalism, leadership and how a nursing student can truly make a difference in many people's lives. As Convention Director, I wanted to provide a Convention for Nursing Students that was well formulated with a vision of the numerous hats in nursing and express that there is indeed a wonderland of opportunity for every individual. There are various paths each of us will take within our career as a Registered Nurse. I hope all of you will continue to pursue your dreams and goals and live your lives without any regrets. Make the change you want to see and never give up.

"When you're a nurse you know that every day you will touch a life or a life will touch yours."

Callan Lisker RN, BSN
CNSA Convention Director 2009-2010

A Nurse's Work is Never Done (2010-12-14 10:03)

Author: Yovannah Chavez, SN, BSN, CNSA Chapter of Council Representatives Co-Chair North 2009-2010

This past 18 months has been a whirlwind of an experience and so far the highlight of my nursing career. Working with this talented board and its dedicated advisors has been an absolute pleasure and has inspired me to continue my passionate pursuit of this profession and its related endeavors. The saying that, "A nurse's work is never done", has never rang truer.

I just wanted to extend my sincerest thanks to the members of the CNSA for allowing me to serve as their representative this year. The promises which I made to the CNSA constituents was achieved as a result of the camaraderie and participation you have shown by attending Nurse's Night with the Golden State Warriors and the San Francisco Giants, and the CoCR Summer Meeting. Therefore, I must once again say thank you for all of the dedication that was displayed on a repeated basis.

All the best in the pursuit of your passions and remember that a nurse's work is never truly done.

Becoming Leaders (2010-12-14 10:03)

Author: Kaley Ferreira, SN, BSN, CNSA President 2010-2011, president@cnsa.org



First, I would like to thank you all for electing me as the 2010-2011 CNSA President! I am extremely honored to have this position, and I look forward to working with the 2010-2011 newly elected Board of Directors to make this term exceptional!

When elected as Secretary/Treasurer for the 2009-2010 term, I was extremely honored and excited to get started. I never expected to have such an amazing experience! Working as your Secretary/Treasurer and working with the 2009-2010 Board of Directors has been an exceptional experience. I now very much look forward to being your President and creating new opportunities for you during the 2010-2011 term! We accomplished so much during the 2009-2010 term, and I know that with the help of the amazing nursing students in California, that CNSA will continue to accomplish great things!

My main goal is to help you, the accomplished members of CNSA, become even more outstanding leaders. I hope to do this by strengthening communication between the state and chapter levels, as well as by keeping the constituency informed on issues and legislation important to nursing students. Many chapters have taken on the task of creating mentorship projects at their schools, and I want to spread this mentorship focus throughout the state. As nurses, we will be expected to work as a team to accomplish the best health outcomes for our patients, and for this reason, I want to start creating that teamwork now, as we are all still students learning about this profession. This increased communication will also allow you to get your voices

heard! I want to provide you with the opportunities, networking, and support that you want, and I can only help make that happen if you feel comfortable communicating with the Board of Directors at the state level.

In addition to encouraging open communication, I also hope to increase your awareness of the issues that have an important impact on the nursing profession. We, as nurses, are viewed as experts on healthcare, and many people will go to you with their questions on healthcare issues, healthcare reform, and other legislative issues regarding healthcare. In order to create a better image of nursing and to creating a strong professional image, it is important to be educated and prepared to answer these important questions, and I want to help you accomplish this!

I very much look forward to working as your President during the 2010-2011 term, and I encourage you all to please share your suggestions and questions with me so that I can provide you with the best experience this year!

Kaley Ferreira
2010-2011 CNSA President
president@cnsa.org

Breakthrough to Nursing (2010-12-14 10:03)

Author: Kimberly Vaughan, SN, BSN, CNSA Breakthrough to Nursing Director 2010-2011, btndirector@cnsa.org



My name is Kimberly Vaughan and I am the Breakthrough to Nursing Director for 2010-2011. I am a fourth semester BSN student at San Diego State University where I am currently the chapter President and the previous chapter Breakthrough to Nursing Director. This past year I helped to establish Image of Nursing as a permanent committee for CNSA as the ad-hoc committee chair. The opportunities and experiences I have had in these positions have all helped me learn invaluable information that will help guide me in this state Breakthrough to Nursing Director position. I am looking forward to this year and I am excited about Breakthrough to Nursing!

Communicating with Passion (2010-12-14 10:03)

Author: Mikayla Mays, SN, ADN, CNSA Communications Director 2010-2011, commdir@cnsa.org



Hi, I'm Mikayla Mays, your newly elected CNSA Communications Director for the 2010-2011 year. I am currently a second semester Nursing student at Saddleback College. In my first semester at Saddleback College, I had no clue what I wanted to do. So, I took a class to find out. The professor of that class happened to be the advisor for the Nursing program and saw something in me that he thought would make a good Nurse. I decided to trust his judgment and go for it. That ended up being the best decision of my life so far. I am truly enjoying the process of becoming a Nurse.

When I had the chance to go to Convention and run for a position on the Board this year, I decided once again to go for it. I chose to run for Communications Director because communicating is something I have a passion for. I write in my free time (what little I have as a Nursing Student) and was on the editing panel of an award winning literary magazine. It seemed natural to do what I love. Thank you for electing me.

Convention Director (2010-12-14 10:03)

Author: Shannon Murphy, SN, BSN, Convention Director 2010-2011, conventiondirector@cnsa.org



Hey everyone! My name is Shannon Murphy, and I am your 2010-2011 Convention Director. I am a 2nd semester nursing student at San Diego State University, and the Undergraduate Representative for SDSU's School of Nursing's Program Committee. I am originally from Canada, and have been in San Diego for four years now! I got involved in CNSA to become more aware of how healthcare is run in California, and what kind of influence we could have as students. I chose the Convention Director position because I want to make our annual convention a can't-miss event, where students who don't have the time to be involved consistently in CNSA can attend, and walk away feeling educated and up-to-date. So mark your calendars: October 21-23, 2011, at the Hyatt Regency in Sacramento, CA, will be your 2011 CNSA Annual Convention! I promise you won't be disappointed!

Get Involved (2010-12-14 10:03)

Author: Phillip Bautista, SN, BSN, CNSA Legislative Director 2010-2011, legdirector@cnsa.org

Hello CNSA!



While it has only been a short few weeks since the election during state convention, I feel that the board has made a great change on my life. I am a returning student, and the current chapter president of CNSA at CSU Fresno. This was my second state convention, and at the last year in Sacramento I almost ran for office. I now wish that I would have tried then so I would not have missed a year of experience! I definitely would encourage anyone interested to seriously consider running for office.

I grew up in the central San Joaquin Valley just north of Fresno as the older of two siblings. My father has always encouraged political awareness and activism, and that definitely carried over into college. My desire to become involved and make a change is a driving factor towards involvement with CNSA. From local and county elections all the way up to nationwide elections, I have always been involved in the political process. Even before the age to vote, voter education was always encouraged.

I hope to be able to bring the same level of enthusiasm, commitment, and excitement towards political education and activism that I have experienced growing up. While Legislative Director is somewhat of a new area for me, I feel very optimistic and welcome any feedback that you may have. Save the date for RN Lobby Days on April 4th and 5th, 2011.

Making Dreams Reality (2010-12-14 10:03)

Author: Summer Buchanan, SN, BSN, CNSA Community Health Director 2010-2011, communityhealthdirector@cnsa.org



Greetings Everyone!

My name is Summer Buchanan and I am so honored to be the new Community Health Director. I was born and raised in San Diego and I use to dream about the day of being in nursing school and eventually becoming a registered nurse. I love to help people and have strong curiosity about human physiology and pathology (I work as a lab technician in a local hospital's pathology tissue room). So the perfect career choice for me was nursing. I am currently finishing up my third semester at San Diego State University's BSN program. I have been actively involved in CNSA since my first semester serving as the first semester representative and currently serving as SDSU's CNSA Chapter College of Health and Human Services Liaison. My passion is international health care and community health nursing and I am thrilled about the difference nurse's and nursing students can make in their local community and abroad. Although my heart is set to travel around the globe providing health care to various communities, I really enjoy medical-surgical nursing. I am learning each day that there are so many amazing things one can do as a nurse and I am so grateful to be a part of such an incredible profession. Go Nursing!!!

Making History in Culturally Aware Nursing Care (2010-12-14 10:03)

Author: By William Brooke, RN, BSN, CNSA, Diversity Ad Hoc Committee Chair 2009-2010

This year, at the 2010 CNSA Annual Convention, the House of Delegates supported the Board's proposal to amend the bylaws to create a permanent Committee on Cultural Awareness (CCA) within CNSA. The mission of the CCA is to increase awareness of nursing students and the community in culturally sensitive nursing practice through advocacy and supplementary education programs. This big step reflects what an exciting time it is to be a part of CNSA and a part of the nursing field in general, as CNSA takes a leadership role in cultural awareness.

Among many new and exciting possibilities for the CCA, one of the primary goals of the committee is to encourage local chapters to start their own Committees on Cultural Awareness. In order to do this they have created a CCA Starter Kit to be available on the Cultural Awareness Chair Updates page. Furthermore, it is a hope of the committee to begin seeing more schools integrate education in culturally competent nursing practice into their curriculum, in the near future. The CCA plans on being an advocate to facilitate this change. Please contact the new CCA chair, Remy Paille, for more information or to get involved.

As one of the primary instigators for the CCA, I'm thrilled to see these developments take shape. Ever since I first decided to go into nursing it has been one of my long-term goals to do my part to incorporate complimentary, alternative, and integrative medicine into our mainstream nursing culture. So, when I got involved in CNSA, I thought it would be fun to write a resolution that could somehow highlight these practices and raise awareness of these issues among nursing students. I proposed my idea to my local Legislative Director, Bryn Bitzer, Maurine Church Coburn SON, who was to become a strong ally in my leadership career within CNSA, not to mention a lasting friend. Bryn encouraged me to come up with a resolution that would be practical, applicable, relevant, and measurable. So together, we asked ourselves, "How can we quantify such a broad range of medicine and apply it to nursing practice?" We came up with the idea of a resolution that supports increasing awareness in culturally competent nursing practice, since we noticed an obvious link between complimentary, alternative, and integrative medicine, and cross-cultural healing practices. Furthermore, we both agreed that in order for the mainstream culture of nursing to become more accepting of integrative practices we will first need to increase education and understanding of cultural competence.

I wanted to take this one step further when I noticed that CNSA did not already have a leadership position

specifically dedicated to, what I was coming to realize was, such an important area of the nursing field. So, I wrote a resolution in support of creating a Diversity Ad Hoc Committee to research the need for, and goals and objectives of, a Diversity Director within CNSA. Our local chapter had already selected a resolution to present at the State Convention, and as each school can only submit one resolution, it was either present the resolution as an individual or have the resolution sponsored by another school. I thought, since it was such a unique and important idea for a resolution, and I wanted to ensure support in the House of Delegates, I should find another school to work with. So I pitched the idea to Angela Schwab, who was then the current Legislative

Director for CNSA, and a student of CSU San Marcos SON. She pitched the idea to her local level CNSA Chapter President, Rebecca Sanborn, who – much to my delight – ran with it. With the support of CSU San Marcos, a revised and stronger resolution passed in the 2009 House of Delegates and the Diversity Ad Hoc Committee was created.

Incidentally, at the same convention, Angela Schwab was voted in as CNSA President, much to the benefit of CNSA, as well as, the future of our committee, and the future of cultural awareness among nursing students. I was subsequently appointed Diversity Ad Hoc Committee chair and a committee was recruited.

We immediately began our research, which culminated in the CNSA Diversity Report 2010, now available on the Cultural Awareness Chair Updates page. The research of this committee, along with this report, was instrumental in the Board's decision to propose the creation of the Committee on Cultural Awareness. The Diversity Ad Hoc Committee agreed with the Board that it would be easier, and more cost effective, to get a committee position created in the House of Delegates, rather than creating another director position at this time, as was originally proposed in the resolution. I began to learn how much politics is about adapting and accommodating in order to get done what you know needs to happen, even if it means a little compromise. Sometimes a little is better than nothing, especially when you're proposing big changes. We also agreed on another point. The more we talked about the actual mission of the proposed leadership position, the more we realized that people were getting the wrong ideas about the position, from using the word "diversity." So we all agreed that it was more in line with the mission of the position to call it what it was, the Committee on Cultural Awareness.

I can barely begin to tell you what a rewarding experience working with CNSA has been for me over the past couple of years. As you can see, we started out with one idea, and it became another. We had to be willing to adapt, grow, compromise, integrate and accommodate. This was not just a process of what we wanted to get done, but what needed to happen. Not just our agenda, the agenda of the people and students of CNSA and the nursing community. It has been such a blessing to participate in the legislative process, seeing the germs of thought in a small circle of peers become seeds for change. I am so honored to have been a part of CNSA, and to have worked with such a wonderful and supportive Board of Directors. This kind of change could not have happened without the support of the immediate past Board, and I want to thank you all for your assistance and support from the beginning. I wish you all an exciting and fulfilling career ahead.

And for all of you who are new to this, if you are reading this, I believe you are on the right track. You must be willing to share your ideas, investigate, to take risks, to have people say no, to be rejected, to be different, to not fit in, to trust your intuition. You must be willing to never stop learning. You must be willing.

Membership Director North (2010-12-14 10:03)

Author: Monique Molina, SN, BSN, CNSA Membership Director North 2010-2011, memdirnorth@cnsa.org



Becoming a nursing student is one of the greatest feelings I have ever experienced. Yes, being a nursing student contains many stressed out moments, but the friendships and memories that I have created throughout the program have transitioned to an experience I never imagined. I always knew I wanted to become a nurse because I enjoy helping people and meeting new people. Nursing school has shown me a different spectrum in nursing that I never thought possible. Currently, I am in my second semester of Fresno State's BSN Nursing Program. Spring of 2011 will be the start of my 3rd semester.

I come from a family of four. I am the eldest and have one younger sister. In my family amongst cousins, aunts, and uncles I will be the first to graduate as a nurse. My schooling and experiences have sparked an interest in my sister who is eight and a half years younger than me. I am going to school to become a nurse to fulfill a dream, make my family proud, and be an example to my sister. I am very close to my family, and their unconditional support and love are a prime factor to what gets through schooling.

I am excited to experience a new avenue in nursing as being the 2010/2011 Membership Board Director. This Year the Membership North Meeting will be held in Fresno, California. I invite all nursing programs to attend. This Winter Break I will be working hard in planning and organizing sponsors to create a good experience for you all. I anticipate seeing you all in June!

Membership Meeting South (2010-12-14 10:03)

Author: Vuth Ros, SN, BSN, CNSA Membership Director South 2010-2011, memdirsouth@cnsa.org



Hello, my name is Vuth Ros. I am both honored and excited to serve as the CNSA Membership Director-South for the 2010-2011 term. My role as Membership Director is to be the link between the members of CNSA and the Board of Directors. I also serve as a link between the chapters, so that we may learn from one another and strengthen our chapters, thereby strengthening our organization. We currently have around 4,700 members in CNSA. In 2009, there were an estimated 25,000 nursing students in California, as well as an estimated 29,000 pre-nursing students. This represents a huge number of students that are not connected with CNSA, and therefore do not get the same opportunities for growth and development that our members get. My goals for this year are to increase membership in CNSA and connect more students to the organization; to establish chapters in schools that do not currently have a chapter; to strengthen the chapters that may need or want assistance; and to connect the chapters for collaboration and increase camaraderie between all nursing students in the state. I have a firm belief that active participation at the pre-professional level better prepares students to participate at the professional level. In addition, as our numbers grow, so does our voice as an organization. We are our best advocates and it is vital that we advocate not only for ourselves, but for all the nursing students across the state and nation.

Our first Membership Meeting for this term will be held in San Diego on January 29, 2011. This meeting will give the members their first opportunity to connect with the Board of Directors, as well as other members from across the state. Come hear what the Board and other chapters are doing, and get ideas to bring back to your own chapter. There will be various workshops and informational sessions for your own personal, professional development. I'm personally inviting every member to attend the Membership Meeting. So mark your calendars now and I look forward to meeting you all in San Diego in January.

Vuth Ros
CNSA Membership Director-South

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