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Chapter 1

2010

1.1 February

Why Join? (2010-02-26 04:53)

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



I became a member of the National Student Nurses Association (NSNA) my second semester of nursing school. Like most of you, my membership was prefaced by the question, “What’s in it for me?” At the time, I did not know the answer to that question, but I became a member anyway. Soon after joining NSNA, I became actively involved in the organization by holding positions on both the California State University San Marcos, and California State Board of Directors. In these positions, I have been given the awesome opportunity to create change. As I talk with fellow students, I continue to hear the question I once asked, “Why join?” My response to this question is to have the “voice” of student nursing be heard.

The Student Nurses Associations (NSNA, CNSA and CSUSM SNA) are modeled after the American Nurses Association (ANA). They are considered pre-professional organizations. Like everything else we do in nursing school, they are designed to prepare us for our careers as RNs. Being a member of the profession includes being a member of the American Nurses Association.

The ANA is involved in several practices that can be summed up as, being the “voice” of nursing by advocating for the nation’s 2.9 million RNs and their patients. One of the many actions taken by the ANA is to lobby on the federal level on behalf of all RNs. Like other organizations with a political action committee, their voice is strengthened by the number of members they have. Currently, the ANA has 180,000 members

out of the 2.9 million nurses across the country. These numbers indicate that the “voice” of nursing is not as strong as it could be.

Since nursing makes up 70 % of the healthcare workforce, it is important that during this time of reform we are all engaged in the future of health care. As patient advocates, we are on the front lines of patient care, we can see the issues involved and the effects that health care reform will have on our patients. In order to achieve the goal of reform, we must participate in the process of developing an effective healthcare system. This cannot be accomplished without the strong “voice” of nurses.

Nursing includes the best and the brightest, the intelligent and the strong; however, we are often overlooked in the healthcare reform debate. The public image of nursing is that of a passive woman whose every action is dictated by a physician. This is a false representation of the profession. It is only through activism that change is initiated. Activism allows the nurse’s “voice” to be heard. Together, through membership, in the pre-professional and professional nursing organizations, we can change the future of health care.

1. <mailto:President@cnsa.org>

Sprinting to the Finish (2010-02-26 04:59)

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



For many of us, here comes the start of another semester. For others, it is our last semester of Nursing School! Feels almost unreal, no? The light at the end of the tunnel is only a couple months away. It’s been way too long and everything went by way too fast. As we enter the home stretch I encourage you all to cherish and make the most out of your last semester or current one. Don’t give up! We didn’t make it all the way to the end zone just to fumble at the first yard line, you feel me? We might be stressing out about comprehensive exams and the usual Nursing School cortisol, but we’ll be throwing those hats up into the air before we know it. Sure, do well in your classes, study hard and finish strong. But at this point I’d say it’s all about making memories. The choices, the long days & nights, the tears, the celebrations, the people we’ve met and the friends we’ve made along the way. Love it or hate it, we will look back years later at our time during Nursing School and all we’ll have are those moments. To be where we are at, on the brink of an amazing career, is a blessing we will only understand later in life. Enjoy the sunset of this journey because you deserve too. So as you sprint to finish, please make sure to take the scenic route.

1. <mailto:vicepresident@cnsa.org>

What is on your mind? (2010-02-26 05:03)

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



There are many different ways of expressing oneself. Some prefer to speak their minds, while others prefer to write. Nursing school is nothing short of difficult and hearing about others going through the same path is comforting. Take some time to think about the following questions: What as an unforgettable experience in a clinical rotation that changed your whole view of nursing? Did you grow as a nursing student and person from a certain incident? You never know how powerful words can be. At some point in nursing school, the thought of just throwing in the towel and quitting crosses our minds, however we are uplifted by how much everything will be worth it in the end. How do we know this is true? Because of all our amazing mentors and those who have gone before us. We hear stories of how amazing the nursing profession is and how we will make a huge impact in other people's lives. I implore and highly encourage you to write about anything you feel like, pertaining to the nursing, and share your masterpiece with your fellow CNSA members so that we may share in your experiences and grow with you. Please do not hesitate, for nothing is a bad story, or one that is not worth telling. The deadline for the next Range of Motion Articles will be May 1st 2010, so that gives you plenty of time to put your experiences into words. You may submit any articles anytime between now (Feb. 2010) through May 1st by emailing them to me at [2]commdir@cnsa.org. Please include your name, nursing degree (ADN, BSN), and picture that goes along with your article. Hope to see you all at CoCR Spring! Sincerely, Anna Viet SN, BSN CNSA Communications Director, 2009-2010 [3]commdir@cnsa.org

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How does Legislation Affect Me? What can I do about it? (2010-02-26 05:10)

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



Legislation affects all nurses as well as future nurses. Health care is a big topic on Capitol Hill right now and the best thing to do is become informed. Most articles you read will have opposing views that can be confusing and at some times frustrating. The thing that has helped me determine my assessment of the issues is to remember that there are three sides to every story. There are many free nurse publications on the web that discuss the major health care topics currently in the political arena. My advice is to pick two different publications with contradictory views and follow them both. Continue to investigate and evaluate the issues that interest you and make your opinion heard.

This is a crucial time for the evolution of health care. As students it is easy to get bogged down with exams, assignments, and trying to maintain a normal life. However, in the near future this will be our field and wouldn't you like to rest easy knowing you did everything in your power to help shape it the way you see fit? An easy way to ensure this is by becoming involved. Go to a local CNSA meeting and see what topics are being discussed. Bring up issues you feel are important to classmates, professors and your school representatives. RN Lobby days are April 19th & 20th in Sacramento. Try to come, take the opportunity to learn as much as you can and familiarize yourself with the system. Also there is a Nursing Student in Sacramento Internship that CNSA members can apply for. This internship aims to expose nursing students to the role politics can play in their careers and gain insight into the bigger political picture of patient advocacy. It also allows the individual to see how the role of the nurse is implemented in health care reform and our health care in general. Nurses make up the largest group of healthcare professionals in the nation. Imagine what a unanimous voice could do for change. We can and will move mountains. After mastering medical terminology I know it sounds like a daunting task to get involved with and may seem foreign. The advice that I can give is start small, think big, and takes action. Legislation is a complex new world for many of us. However, we are nurses and we can master anything. Kelly Bowker Legislative Director

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Spring Meeting and Convention Brainstorming (2010-02-26 05:17)

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



Hi everyone!!

Just a little reminder to come and join the CNSA Board of Directors and fellow nursing chapters at the Spring Co-CR meeting on Saturday, February 20th from 9am-3pm at Saddleback College in Mission Viejo. All Chapter Representatives and members are welcome. For those interested in joining the Convention Committee, please come and express your creative ideas at a breakout session following this meeting. Everyone is welcome. Ideas regarding the upcoming October Convention will be discussed during this time. Hope to see you there!! Callan Lisker CNSA Convention Director

1. <mailto:conventiondirector@cnsa.org>

Call to Serve (2010-02-26 05:23)

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



Is there not such a time as this to have the passion to serve?
In the wake of Haiti's catastrophe, we have seen natural disaster cause devastation upon a city, leaving

people displaced and severely injured. In light of this tragedy, the outpour of aid and volunteers for the Haitian people has been epidemic. I hope from this incident, we are inspired to become advocates for disaster preparedness.

In an effort to be disaster prepared nursing students, I would like to implement the 2010 statewide project: Disaster Preparedness Project. I would like to encourage every chapter to get involved with disaster preparation in your school and local communities. Join the Be Red Cross Ready, which offers to help you prepare for emergencies. Complete the National Incident Management System (NIMS) 100, 200, 700a certifications, which is sponsored by the Federal Emergency Management Agency (FEMA). Please check out the CNSA Community Health page for more information on how to become prepared for disasters.

With the recent events of Haiti, many of you have responded to the call of giving. In the spirit of giving we would like to promote our campaign: Let Your \$Change Be the Change in the World. I understand many of you would like to give to victims of Haiti and other natural disasters nationally and internationally. Please check the CNSA Community Health page for updates on our campaign.

Don't forget to check the message board on the Community Health page. Please comment and tell me what your chapter is doing in your school and throughout your community. Please send articles and pictures of your community service events to [2]communityhealthdirector@cnsa.org I would like to highlight your chapter's accomplishments! Remember let's BE ACTIVE, BE INVOLVED, AND ASSUME LEADERSHIP!

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CNSA Explores Culturally Sensitive Nursing Practice (2010-02-26 05:25)

Author: William Brooke, SN, ADN, CNSA Diversity Ad Hoc Committee Chair, 2009-2010, [1]diversity-chair@cnsa.org



The new Diversity Ad Hoc Committee was formed in response to a resolution passed by the 2009 House of Delegates "In Support of Creating a Diversity Ad Hoc Committee to Research, Over a One Year Period, the Need for, and Goals and Objectives of, a Potential Diversity Director Within CNSA." In short, we're a research committee. The committees' initial hypothesis concluded that there is a need for increased culturally sensitive education and that it is important for CNSA to take a leadership role in the advocacy and education of its constituents, and that a CNSA Diversity Director could fill this need.

Our research will begin with defining cultural competence and cultural sensitivity to dispel some of the

ambiguities of the terminology. Next, we need to establish a need for increased culturally sensitive nursing by asking ourselves some very important questions. What is the prevalence of cultural diversity within the U.S.? How can culturally competent care reduce health disparities among ethnic populations? What are the clinical benefits of culturally competent healthcare? What is the connection between cultural competence and complementary and alternative medicine? What are the financial implications of culturally sensitive nursing practice?

Next, we need to investigate what the world of nursing has done to implement cultural competence into standard practice. The committee will explore into how the nursing profession has integrated cultural care into the field by looking into the history of Transcultural Nursing as well as what current policy setting and accreditation organizations are doing to standardize cultural nursing practice. Finally, the committee will take a look at past and present CNSA leadership involvement as well as some future possibilities for the organization.

This leads us to our big question: How can CNSA most effectively increase the awareness and education of its constituents in culturally sensitive nursing practice? This is what the committee hopes to answer.

If you have any questions or comments please contact William Brooke, Diversity Ad Hoc Committee Chair at [2]diversitychair@cnsa.org.

1. <mailto:diversitychair@cnsa.org>
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CoCR Spring (2010-02-26 05:30)

Author: Courtney Hensman, SN, CNSA Co-CR South, 2009-2010, [1]cocrsouth@cnsa.org
Author: Yovannah Chavez, SN, BSN, CNSA Co-CR North, 2009-2010, [2]cocrnorth@cnsa.org

This is your official Invitation to CNSA's Co-CR Spring 2010!

This year the meeting will be held in beautiful Mission Viejo at Saddleback College.

Registration will begin at 8:30am.

This FREE meeting is open to any CNSA member! And it is never too late to join, go to [3]www.cnsa.org and go to membership.

We urge everyone to come together and take advantage of the free meeting that is so close!

Presently details are still being finalized yet, plan on a wonderful day filled with enlightening guest speakers, chapter networking, breakout sessions focusing on writing resolutions, how to get those scholarships, writing Bylaws, Break Through to Nursing, Diversity, and Test Taking Skills. You'll have an opportunity to meet your 2009-2010 CNSA Board of Directors.

This meeting gives chapters a chance to meet on a casual basis other than that of State and National Conventions, to share their ideas, projects, achievements, and pitfalls. There is a section of the meeting that is fully devoted to each chapter giving a report including what is going on in their chapter and any comments, concerns and questions they might have. There will also be great fundraising opportunities for those chapters who may be interested.

We hope to see everyone there,

Courtney Hensman and Yovannah Chavez

CNSA CoCR Co-Chairs

To RSVP or if you have questions please contact Courtney Hensman at [4]cocrsouth@cnsa.org or

Yovannah Chavez at [5]cocrnorth@cnsa.org

1. <mailto:cocrsouth@cnsa.org>
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Mentorship: a way of life (2010-02-26 05:33)

Author: Linda Gleason RN, MSN, FNP, CNE



Maybe you have had a mentor; maybe sometime in your life you have been one. But I am here to offer a novel idea for life and for nursing. Every nurse should not only have a mentor but be one at the same time. This has been the goal of our Fostering Student Success grant at Saddleback College for the last five years and it is paying off in dividends of increased retention and decreased anxiety.

When I took on the position of Case Manager for Student Success, I was a fairly new faculty. Only one year into my tenured track position, I was still trying to organize my office. One senior faculty member was planning on taking the position when she returned from sabbatical, but someone needed to do it at its inception while she was on sabbatical. My thought process went something like, “what better way to learn how things work and about the support services on campus than to help students find their way.” Little did I know the scope of project on which I was embarking or how it would change me. But I had mentors aplenty: senior faculty and counselors directed me to various college support systems; my Nursing Director, Tammy Rice, had held the State positions in Deans and Directors and on the California White paper for revamping nursing Education in California and freely offered her talent; and I had four faculty who would serve as “faculty advisors” who would be working directly with students and had a wealth of knowledge on helping students to be successful.

In the midst, of this the Carnegie Foundation team lead by Patricia Benner came to the college to interview the faculty and student as part of the research for their new book on *Educating Nurses: A Call for Radical Transformation*. We were doing something right because we had been recommended for this project as an ADN program that had good NCLEX pass rates. This premise was supported when Diane Pestolesi was featured in the book as a paradigm teacher. I had done my student teaching with her, as had other faculty, so we were starting from a position of strength. I am honored that I have been mentored by such an exemplar nursing instructor.

We have always had great teamwork but with the grant came a new enthusiasm from the entire faculty to work together for student success. Faculty began to mentor each other and had an increased interest in mentoring new clinical faculty and graduate students that were working towards their Master's in Nursing Education. Each faculty took what they were especially good at and shared it with their colleagues without petty jealousies. Everything became focused on "what can make students succeed".

There is a legend that "nurses eat their young", but that does not have to be the future. Faculty and staff nurses are mentoring students in our program, not expecting them to have every answer, but setting the bar high and encouraging them to think. Most students began to feel a sense of accomplishment rather than a fear of failure. When hard work pays off in praise for a job well done or a clinical judgment well thought out, students achieve their potential. An instructor is as likely to throw the question back to a student to answer, by asking "what do you think?", rather than to spout the answer as the authority. This process teaches the student important skills of using nursing knowledge to develop clinical judgment not just memorizing facts.

Well, it was contagious. Although we had had a peer mentoring program, it was revitalized. Students started suggesting mentoring opportunities that would have helped them and then volunteering to initiate the program. Out of these student-driven plans came two fabulous new mentoring ideas. The first is a new class that helps future students getting organized for the nursing program (to negotiate the first course syllabus, textbooks, and Blackboard site and looks at learning style and how nursing tests are different). The other is student mentors at the hospital on each unit to help with the first day of patient selection and gathering patient data. Peer mentors are also available for skills lab practice sessions, with clinical careplans or tutoring for lecture classes. All Peer mentors are recommended by faculty but are volunteers. They participate with students either in their class or those junior to them in the program offering "to share the wealth". Students are mentoring other students, not giving them the answers, but teaching them how to learn or process the information. What they learn from each other is invaluable and has decreased the anxiety due to the unknown.

In our local CNSA chapter, we have also used the mentoring concept. Students now run for office usually during their first or second semester. For the first semester, they are "elect" to their position and although they attend Board meeting and assist the outgoing board member, they don't have to vote on issues before they understand the workings of the College and club. In the fourth semester, they are "resource" for their position and also attend board meetings but do not vote, so that the history can be passed along. This gives us an active board that is comfortable with the running of the club and has ongoing student to student mentoring. Faculty advisors are always at meetings to mentor if needed but for the most part students run the club and mentor each other.

We are taking nursing education and transforming it, as Benner et al. suggested, by mentoring every chance we get to share our knowlege. We are looking at all three apprenticeships discussed in the Carnegie study and have increased mentoring in each of them. Modeling the ethical comportment of professional behavior, coaching the acquiring of skills and clinical judgment, and encouraging discussion and use of the vast amount of nursing knowledge is building a network of support and an aura of collegiality that our students can take with them into the profession of nursing. I challenge both service and education to join in

this transformation.

Nursing Image in Television: Don't Believe the Hype (2010-02-26 05:35)

Author: Kimberly Vaughan, SN, BSN, CNSA Image of Nursing Committee Chair, [1]iondir@cnsa.org



The nursing students of today are the nursing workforce of the future. It is every student's responsibility to not only grasp the important skills and knowledge to work in this profession, but to develop an image for ourselves that portrays nursing in a positive light. No matter what we are doing we must take our job seriously so that others do as well.

It is easy to get caught up in the media and in stereotypes of what nurses are. Think of all the television shows that are out there that have characters who are nurses: Nurse Jackie, HawthorRNe, Grey's Anatomy, Scrubs, Private Practice, Mercy, and many more. The public watches actors play the parts of nurses in the television shows and then start to believe that this is what nurses are really like; when the truth is they are just actors playing parts, not real people.

In today's society people are greatly influenced by what they see in the media. What is shown in television, movies, commercials and the Internet about nurses is usually what people will believe. If nurses are portrayed as drug addicts (as in Nurse Jackie) or as sexual side notes (as in Grey's Anatomy) then that is what people are going to believe. It is our duty to dispel any misconceptions or wrong ideas that are brought up in the media about the nursing profession because this is not the truth.

Tina Gerardi, the Chief Executive Officer of the New York State Nurse's Association, recently said in a letter to Showtime said "We believe that the public's view of nurses is influenced by TV dramas, and we have yet to see an accurate portrayal of what nurses really do." This statement is very applicable to the image of nursing because if the media does not portray a correct view of nurses, and then the public bases their opinions about nursing on what they see on TV, then they are getting a skewed version of the truth.

It is important to always promote a positive image of nursing so that people you encounter can see what who nurses truly are. This means making sure that we pay attention to detail and that even the littlest of things like following the dress code, using professional language, maintaining appropriate self-conduct and having an overall professional appearance can really affect our image as nurses. When you present yourself with a positive image, it will no doubt rub off on your fellow students, peers, and people around you.

The media may not always display nursing in the best light but if we develop a positive image of nursing for ourselves now we can at least know that we are doing some part in portraying nurses as the amazing "true-life characters" we know them to be.

1. <file:///localhost/./about/board-of-directors/iondir@cnsa.org>

Money, Money, Money! (2010-02-26 05:42)

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



In this economy, we, as nursing students, can use all the financial aid we can get. I have compiled some information for all you so that I may be able to make finding scholarships a little easier for you. The CNSA scholarship application will be posted on March 1, 2010, but until then, there are plenty of scholarships and financial aid out there that you can be applying for!

- The Health Professions Education Foundation works with the State of California to provide scholarships and loans to those who agree to work with medically underserved areas (MUA) for a set length of time. Scholarship recipients in a Bachelor of Nursing program will receive up to \$13,000, and recipients in an Associate Degree in nursing program will be awarded up to \$10,000. The deadlines for these scholarships are:

- o Spring: Postmarked by March 24, 2010
- o Fall: Postmarked by September 11, 2010

For more information, visit: [2]<http://www.oshpd.ca.gov/HPEF/Schlrshp.html>. This site also has information on a BSN loan repayment program, in which the recipient may receive up to \$19,000 if he or she commits to serving in a medically underserved area in California for two to four years.

- The American Association of Colleges of Nursing also has an extremely useful page full of scholarship resources that can be found at [3]<http://www.aacn.nche.edu/Education/financialaid.htm> #undergrad. These include resources for undergraduate, graduate, and post-graduate nursing students, as well as resources for general scholarships and financial aid.

- California's website has information on financial aid programs that include nursing education. To get more information, visit: [4]<http://www.csac.ca.gov/doc.asp?id=33>

I will be running a breakout session at the Council of Chapter Representatives South meeting on February 20, 2010. At this session, I will provide more scholarship resources, as well tips for writing and winning scholarships. This will be an interactive meeting, so please come with any suggestions and resources to share with the other CNSA members!

If you have any information about scholarships that you would like to share, please email me so that I can share your information with the rest of the constituency. Please, also send any fundraising or other tips regarding secretary or treasurer business that you would like to share with other chapters. If you think I should change/add/remove any items in my updates, send your suggestions my way! Send me a message at [5]sectreas@cnsa.org. I would love to hear from you!

1. <mailto:sectreas@cnsa.org>
2. <http://www.oshpd.ca.gov/HPEF/Schlrshp.html>
3. <http://www.aacn.nche.edu/Education/financialaid.htm#undergrad>
4. <http://www.csac.ca.gov/doc.asp?id=33%20>
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