

# ***BlogBooker***

From Blog to Book.

[NEWSLETTER.CNSA.ORG](http://NEWSLETTER.CNSA.ORG)



# Contents

<b>1</b>	<b>2012</b>	<b>5</b>
1.1	February . . . . .	5
	ANA California Corner - November-December, 2011 (2012-02-01 04:58) . . . . .	5
	John B. James Biography (2012-02-01 05:19) . . . . .	7
	Aimee Ponomarenko Biography (2012-02-01 05:25) . . . . .	9
	Amanda Tang Biography (2012-02-01 05:27) . . . . .	9
	Andrea Vega Biography (2012-02-01 05:31) . . . . .	10
	Corinne MacEgan Biography (2012-02-01 06:03) . . . . .	11
	Diana Jimenez Biography (2012-02-01 06:08) . . . . .	12
	Jessica Hunter Biography (2012-02-01 06:09) . . . . .	12
	Kristi Miller Biography (2012-02-01 06:11) . . . . .	13
	Let Your Voice Be Heard (2012-02-01 06:13) . . . . .	15
	Scholarship Tips (2012-02-01 06:16) . . . . .	15
	Shannon Murphy Biography (2012-02-01 06:18) . . . . .	17
	Diversifying Nursing Through Mentorship (2012-02-01 06:20) . . . . .	17
	A New Year (2012-02-01 06:21) . . . . .	18
	CNSA-Supported Resolution (2012-02-01 06:23) . . . . .	19
	Resolution on Tubing Misconnections (2012-02-01 06:26) . . . . .	20



# Chapter 1

## 2012

### 1.1 February

#### ANA California Corner - November-December, 2011 (2012-02-01 04:58)

Author: Elissa Brown, President, ANA\California

As President of the American Nurses Association\California (ANA\C), I am pleased to again be invited to write an article for the CNSA Newsletter, Range of Motion. This is truly an honor, and I believe a sign of the continued collaboration between CNSA and ANA\C.

To clarify for those who may not know: Just as CNSA is part of the National Student Nurses Association, ANA\C is a part of the national American Nurses Association. We need to consider establishing a regular process for combining our efforts to encourage continued involvement in professional associations. A project that I hope we will take on together is to better assist new grads' transition into their jobs and nursing career.

All nursing students are welcome to attend our ANA\California events. We just had our biennial General Assembly in Ontario, California and it was a very successful day. Some students attended, provided valuable feedback, and are still in touch to help move us all along on more joint ventures. ANA President, Karen Daley was our inspiring keynote speaker. Two excellent speakers from West Coast University discussed simulated learning, evidence-based outcomes, preliminary research findings and led the attendees on a tour of the state of the art campus building and their Sim labs. We shall let CNSA know when other programs are scheduled.

Having been in nursing for over 40 years, I guess you can say I still love it! I have worked in Psychiatry/Mental Health, although I was interested in several specialties. Every time I had a new rotation in school, I thought that might be the area I would choose!. I did work in Pediatrics, to help pay for school.

Then also worked in Rehab for a short stint - loved it, too. Some of my love for Nursing is also rooted in the fact that I have also been part of ANA since 1965! Those were the days, by the way, when it was an expectation of professional RNs to belong to ANA. Of course that is many moons ago; however there were hospitals that made joining ANA an expectation of the job. In today's climate, it is the individual nurse who must recognize the responsibility to join, to be involved.

On working relationships between students and preceptors and other staff: my colleagues hopefully en-

joy working with students as much as I do. There must be a mutual respect and willingness to learn together. We keep each other “on our toes”—alert and open to new opportunities, new knowledge and new skills. The teacher learns as the student learns.

Knowing that we engage in lifelong learning in our professional nursing careers, the newer nurses will then mentor the next graduates, and so on. This may be when your leadership skills are enhanced. Leadership occurs at all levels. Although it seems like a given, it is important to realize that how you treat your colleagues, can make a significant difference in their lives and in their nursing careers. I am reminded of an instance (way back when) at a local nursing association meeting when a then-recent graduate RN stood up. She pleaded with the RNs already out there working, to be kinder to students and new grads, to not “bad mouth” nursing or the places they work, to present a more positive image. You, we –need to heed such words and support a healthy work environment, conducive to providing high quality ethical care, and one in which we must learn and grow.

Florence Nightingale, whom I have also quoted in our ANA\C Newsletter, said:

“Nursing is a progressive art, in which to stand still is to go back. A woman who thinks to herself, “Now I am a full nurse, a skilled nurse, I have learnt all there is to be learnt”—take my word for it, she does not know what a nurse is, and never will know; she is gone back already. Progress can never end but with a nurse’s life.”

Florence Nightingale (1859)

About ANA\C: It is the professional organization open to all nurses. It is logical that RNs who have been CNSA members would join ANA\California. If they can, some nurses join their specialty organizations as well. That enables you to receive up to date general and specialty nursing and healthcare knowledge and information, and participate with your colleagues in moving Nursing forward.

ANA\C continues to be active in the legislative and policy arenas, with very qualified staff who are knowledgeable and skilled in those arenas. Please check our website for up to date information. We also rely on our members and others– with special thanks to nursing students, who let us know when there are issues of concern. RN Lobby Days will be in April, 2012.

Some words about ANA, national: In addition to networking, meeting new nursing colleagues, including meeting those who have written the theory, the books from which you study, “... members receive a subscription to The American Nurse (TAN), the bimonthly publication of the ANA, as well as a subscription to the monthly American Nurse Today. Members receive discounts on various credentialing and conference fees and discounts on insurance, i.e., disability, life... (and malpractice) insurance through ANA. Individual members can apply for an ANA Visa credit card, and also obtain travel and shopping benefits... Additionally, ANA maintains the web site, [1]NursingWorld.org. Coupling these benefits with the state nurses association benefits offered makes membership in ANA a strong value....” ANA is the strongest voice for the nursing profession. It is headquartered in Silver Spring, Maryland.

Reminder: Although one currently needs to be an RN to join ANA, students can now sign up to access the “Members Only” areas of [2]NursingWorld.org for free. You may do this by e-mailing your name, school, and current year in school to [3]students@ana.org and a promo code will be sent immediately to you.

If you are doing a paper about Nursing, please check the ANA \C and ANA websites to research your

topic(s). Also available is a video, [4]Discover Your ANA, on the ANA web site, a short film about ANA. Please do check [5]www.nursingworld.org website for more information about ANA, its positions, update on healthcare reform activity, and more.

Again, students are invited to visit our ANA\C website, ask questions, send comments, check the links, and attend to our ANA\C meetings and events.

FYI: Often ANA\C is contacted, with sometimes very little notice, to send representatives to healthcare reform hearings, political events, community outreach programs, rallies, health fairs and more. When we are asked to present testimony, we seek those who can and are willing speak. We shall help prepare individual RNs and students to present. We also may seek students to be part of various events. As I mentioned in a previous article, this is one of the areas where we can collaborate more-e.g., share a list of who is available for what.

Thank you, again, for the privilege of being able to write for your Newsletter. ANA\California is enthusiastic about our continued working together with CNSA.

Happy Holidays from ANA\California!

Contact information:

Address of the American Nurses Association\California  
1121 L. Street Suite 409  
Sacramento, CA 95814  
Phone: 916-447-0225  
Fax: 916-442-4394

Website: [6]American Nurses Association California  
Email: [7]anac@anacalifornia.org

Address of the American Nurses Association (ANA):  
8515 Georgia Avenue, Suite 400, Silver Spring, MD 20910-3492

Website: [8]www.nursingworld.org

1. <http://NursingWorld.org/>
2. <http://NursingWorld.org/>
3. <mailto:students@ana.org>
4. <http://www.nursingworld.org/EspeciallyForYou/Educators/ANAMovie.aspx>
5. <http://www.nursingworld.org/>
6. <http://anacalifornia.org/>
7. <mailto:anac@anacalifornia.org>
8. <http://www.nursingworld.org/>

---

**John B. James Biography (2012-02-01 05:19)**

Author: John B. James, SN, BSN, CNSA Membership Director South 2011-2012



Hello future nurses of California!!!

I am John B. James IV and I attend Cal State University San Marcos where I am currently Legislative Director and member of the Student Affairs Committee. I feel both honored and privileged to take on new roles and responsibilities as Membership Director- South for the State Board! I am here to serve you and help you become more connected to the Student Nurse Association and to each other. We are all in this together and building the future, so let's make it a bright one!

Prior to nursing school I worked as an Emergency Room Technician where I developed a desire to care for people who are in need. I plan on continuing my education after nursing school because I have quickly realized the more I learn, the more I want to know. I am drawn to the health care field because the more I know, the more I can help. I will be graduating in May 2013 and am leaning toward becoming an ICU nurse.

I was born and raised in San Diego County and currently reside here. I love the outdoors and sunshine...my hobbies include running, mountain biking, hiking, beach activities, spending time with friends and family, and engaging in good conversation. I enjoy reading philosophy, psychology, science, politics and keeping up to date on cutting edge medical advancements.

Last summer I ran my first long distance race in the "America's Finest City Half Marathon" in San Diego and placed 81st out of 7000+ runners! So, I've decided to take it to the next level and train for a full marathon in January. People who know me would say that I highly value internal strength, perseverance and desire. I respect the power of the individual and also recognize the importance of synergistic teamwork.

Over the next year I would like to see the current CNSA chapters have stronger communication by creating a more direct means of contact between one another. I would like to see an overall increase in the number of CNSA members and an even larger turnout for the annual State convention. I would also like to help my fellow Board Members inspire other future nurses to get involved and become passionate, strong leaders for tomorrow!



## **Aimee Ponomarenko Biography (2012-02-01 05:25)**

Author: Aimee Ponomarenko, SN,BSN, CNSA Community Health Director 2011-2012



My name is Aimee Ponomarenko. I am a wife, a mother of a fabulous 5 year old little boy, and a California State University of Fresno nursing student. Nursing is my passion. I enjoy serving my fellow nurses and community. When I was 24 my grandmother became very sick and was diagnosed with ovarian cancer. Her surgery and treatment was extensive. Unfortunately, the nurse at the hospital at which she stayed did not provide her with adequate nursing care. She developed a pressure ulcer on her coccyx and it quickly progressed to a stage 3. She was so incredibly weak and fragile. The infection soon became systemic.

She passed away a couple weeks later. My grandmother should have never gotten any bed sores. This is what inspired me to be a nurse. I wanted to provide stellar nursing care that was thorough and efficient, preventing harm and infection to those who are already incredibly vulnerable. My grandmother's death inspired me to make a difference in others' lives by providing compassionate and competent care to all.

When I began my nursing career at CSUF I thought, as many of you did, do the work and get the degree. Then, I fell in love with my nursing class and then the entire cohort. I did as much as I could to give back to a program that has given so much to me. This affinity to serve my fellow nurses, help them in any way, promote their success and excellence gave me a cause- a cause to serve. I will continue my dedication to my program and now to each of my fellow constituencies of CNSA.

I look forward in working with each chapter promoting community health and service activities state wide and encourage other regional CNSA students to get involved with their community health and service. Together we CAN and we WILL do great things to improve our communities and serve its constituents!

---

## **Amanda Tang Biography (2012-02-01 05:27)**

Author: Amanda Tang, SN, BSN, CNSA Secretary-Treasurer, 2011-2012



Hi everyone! My name is Amanda Tang and I am the 2011-2012 Secretary-Treasurer. I am currently completing my fourth semester in the nursing program at California State University, Fresno. I have previously served as the Media and Publications Director for CNSA Fresno during the 2010-2011 school year. I currently work as a scribe in the ER at Madera Community Hospital.

In the future, I hope to work as a coronary care ICU nurse but have recently fallen in love with my pediatrics clinical. In my free time, I love watching movies and singing obnoxiously in my car when I don't think people are listening. I love traveling, snuggling with puppies after a long week and laughing so hard no sound comes out so I inadvertently just look like a clapping seal.

My goals as Secretary-Treasurer are to maintain communication between individual chapters and the CNSA state board and to increase CNSA awareness and programs available.

---

### **Andrea Vega Biography (2012-02-01 05:31)**

Author: Andrea Vega, SN, BSN, CNSA Breakthrough To Nursing Director, 2011-2012



Hey guys, my name is Andrea Vega but all my friends call me Dre. I was born in Mexico and immigrated to the United States with my 6 siblings and parents when I was about 2 years of age. I have one sister and five brothers, who keep the tomboy in me alive. I was raised in a small farming town, Greenfield, where I was exposed to a diverse population of lower-class families who mostly worked in the nearby fields, including my parents. Early on, I discovered a passion for sports—particularly basketball, volleyball, and softball (Did I mention I was a tomboy?). I currently play volleyball on my school's

intramural league and love every minute of it. I enjoy watching football, thanks to my boyfriend Andrew, hanging with family and friends, reading, and laughing. One of the best non-pharmacological medicines!

I was drawn to the nursing field because I love interacting with people on a personal level. The nursing program has been one of the hardest challenges I have ever faced and one of the most rewarding. It has not only shaped who I am today but it also introduced me to some of the nicest, smartest people I know (girls/guy you know who you are). My career plans are to become a nurse anesthetist and eventually a nurse educator. I believe education and leadership can impact those around us. As BTN director I hope to make a difference and give back to my community as well as inspire people from humble backgrounds to pursue their dreams.

---

### **Corinne MacEgan Biography (2012-02-01 06:03)**

Author: Corinne MacEgan, SN, BSN, CNSA Communications Director 2011-2012



I'll try to tone this one down, because I think I used up a lot of electricity with all of my enthusiasm at Convention. My name is Corinne, and I am so pleased, proud, and excited to be your 2011-2012 Communications Director. I can't begin to tell you how thrilled I am to be able to bring California together through the written word.

I was born and raised in San Diego, and moved up to Humboldt County for several years of "life-expanding experience". I discovered many things that took my interest away from school, and spent a lot of time working three jobs just to make ends meet. I did notice that my favorite jobs included those in which I could really help people. I also noticed that I was one of few people who remained calm in situations that involved stabbings or seizures or any sort of medical crisis. I also learned a lot during my time in the Navy Reserves, such as leadership, prioritizing, and how to do that cool thing called an "About Face".

I originally went back to school at the ripe ol' age of 32 to work on a degree in Kinesiology. When my beloved grandmother was admitted to hospice care, I really noticed how the nurses not only cared for her, but for our family as well. The day she passed will be forever carved into my memory, just for the absolute and heartbreaking love that was in the room that day. I changed my major to nursing just a few weeks later, and plan to work in hospice. It is an enormous blessing and honor to be with people as they transition. My future plan is to work in Med-Surg for a year or so, then return for my DNP so I can really work in hospice at a level in which I can affect change.

When I don't have my nose in a book, I love spending time with family, friends, the boyfriend (Troy), and my two furballs who have this amazing ability to distract me simply by planting themselves in the middle of whatever it is I'm trying to work on. I love those kitties, though; they help keep me sane. I love camping, roaming the city, and creative writing.

I look forward to meeting many more of you through our CNSA website, which is growing more and more every day. I'll be sending out requests through e-mail blasts and Facebook for articles or photos, too. Check out [1]www.CNSA.org and our Facebook page, too!

1. <http://www.CNSA.org/>

---

### **Diana Jimenez Biography (2012-02-01 06:08)**

Author: Diana Jimenez, SN, BSN, CNSA Vice President 2011-2012



[1] Diana was born in Salem, Massachusetts, and has lived on the East and West Coast throughout her life. She comes from a Dominican culture and speaks Spanish fluently. She enjoys traveling, art, culture, laughing, trying new ethnic foods, hiking, singing, and giving back to the community. She hopes to further her education to one day attain a DNP degree. She is committed to providing compassionate, quality health care to those who are in need and dreams of someday being involved in cross-cultural medical missions.

1. <http://newsletter.cnsa.org/wp-content/uploads/2012/02/Diana-Jimenez.jpg>

---

### **Jessica Hunter Biography (2012-02-01 06:09)**

Author: Jessica Hunter, SN, BSN, CNSA Legislative Director 2011-2012



[1] Hi fellow nursing students, faculty, and supporters, My name is Jessica Hunter and I am the new Legislative Director for California Nursing Students' Association. First and foremost, I want to say how excited I am for the upcoming 2011-2012 year and how much I look forward to working with the new Board of Directors and advisors. I have always had a passion for law and legislation and I couldn't be more excited to explore the many changes that we, as the future nurses of America, will be facing this upcoming year.

I love all types of nursing and have a respect and appreciation for nurses in every field of work. My heart lies with the mother-baby population, and I plan to become a Labor and Delivery nurse and then go on to provide pre- and postnatal care in a clinic setting as a Family Nurse Practitioner.

Aside from nursing, I love spending time with my incredible family (who some of you may have met at convention) and friends. I also have a serious case of the Travel Bug. I spent the past summer in Thailand and the summer before that traveling through nine countries in the Mediterranean. At some point in my life I would love to participate in a program like Doctors Without Borders and provide prenatal care to women in rural communities. I enjoy being outdoors and my favorite place to be is at my family's cabin in Lake Tahoe. I love snowboarding, wakeboarding, and yoga.

I also love meeting new people, so if you have an interest in anything to do with legislation, becoming more involved in CNSA, writing a resolution, or just happen to have similar interests, I would love to hear from you. I'm looking forward to an excellent year and hope to meet as many nursing students across California as possible!

1. <http://newsletter.cnsa.org/wp-content/uploads/2012/02/Jessica-Hunter.jpg>

---

## **Kristi Miller Biography (2012-02-01 06:11)**

Author: Kristi Miller, SN, BSN, CNSA Membership Director North 2011-2012



[1] My road to Nursing has been an interesting, unpredictable journey. I was homeschooled throughout elementary school, middle school, and most of high school (with exception to a year-and-a-half at public high school), and always had big dreams to someday change the world – but not even once did I consider becoming a Nurse. I’ve always had a sense of adventure, and couldn’t wait to start living my life; traveling to different places, experiencing new cultures, learning new things.

I decided to graduate high school early, and at the age of 16 began my college pursuit. I attended Cuesta College for three years, not knowing which avenue to take in order to achieve my vague dream of making a difference. Eventually I decided that teaching English to speakers of other languages was my goal. I transferred to California State University, Chico to attain a degree in English Education, with a double-minor in Linguistics and Creative Writing. However, halfway through my schooling at Chico State I went on a Missions trip to Vicente Guirrerro, Mexico, and it changed my life.

I had been on many missions trips before this trip in January, 2009, but what made this trip special was my introduction to a six-year-old boy named Stefan. Stefan was an extremely disabled child who was small enough for me to carry in my arms like an infant. His family thought his disabilities were a result of something they had done, and they were so ashamed that they had never taken Stephan outside of their home. Stefan had never learned to talk, and his body had grown in the shape of his swaddled blankets. While visiting, I took Stefan to a local orphanage to have him assessed by a doctor and physical therapist.

This is where Stefan had his first interaction with children who were not his siblings. I gave him his first bath, and brushed his teeth for the first time. In all of this, I saw him change from a frightened child to a happy, smiling little boy.

Because of Stefan I realized that it didn’t matter if people were able to speak English – if they were disabled, sick, or dying, they needed to be taken care of. That was the day I decided I wanted to become a Nurse.

When I returned to Chico, I transferred to Butte College for my nursing prerequisite classes, and after those were finished I transferred to California State University, Fresno for the Nursing Program. I immediately joined and became an active member in CNSA, realizing that CNSA was my way of “giving back” while still in school. My desire is to help others, and to be an advocate for those who cannot help themselves, and CNSA allows me to do so as a Nursing Student.

Nursing school is difficult –I think we can all agree on that – But every single time I feel like it’s too difficult for me, I see Stefan’s face in my mind and I know why I am going through this. He is my inspiration.

My goal is to become a Registered Nurse and care for people just like him.

1. <http://newsletter.cnsa.org/wp-content/uploads/2012/02/Kristine-Miller.jpg>

---

## **Let Your Voice Be Heard (2012-02-01 06:13)**

Author: Nathan Howard, SN, BSN, CNSA Convention Director 2011-2012



It's truly amazing what a little motivation can do in your life. As a senior in high school I always knew that I wanted to be a nurse. Yet I never realized the journey to becoming a nurse is rather difficult and extremely competitive. I remember the day that I was talking to my grandpa about how flustered I am because of the competitive nature of my fellow classmates. He started out by handing me a small piece of paper with a scribbled quote that read, "Motivation is what gets you started, and habit is what keeps you going". I re-read this quote and continually thought it over in my mind. This was the moment that I decided that I CAN be whoever I want to be I just have to set my mind on it.

Flashing forward to present day, I am now the CNSA Convention Director for the 2011-2012 school year and Vice President of SDSU's CNSA Chapter. This journey to becoming a nurse has been more than what I could have asked for. I am truly humbled by this honor and I am thankful to work with a new board of directors from all different walks of life. I also believe that anyone, no matter how small, can make a difference! If you truly believe in yourself and are dedicated to seeing something changed it will happen.

I found this year's convention, "Unmask Your Future" to be quite a life-changing experience. It really opened my eyes to where the future of healthcare is moving and it's vital for us to voice our opinions and make a difference. This is why I believe that next year's convention in Irvine should revolve around the idea of success. I hope that I can give the future nurses the motivation and keys to attaining a successful career. I want to inspire everybody that no matter how small they feel that they can make a difference!

So get your explorer hats everybody and be prepared for a wild adventure on October 19-21, 2012! Welcome to the jungle and be prepared to navigate your way to a successful future.

---

## **Scholarship Tips (2012-02-01 06:16)**

Author: Amanda Tang, SN, BSN, CNSA Secretary-Treasurer 2011-2012

Need extra money this semester? We all do. Fortunately there are lots of resources out there for students who need a little more bang for their buck. Though some may believe scholarships are difficult to obtain, there are numerous resources available for nursing students that may ease scholarship apprehension.

The key to being a viable candidate for a nursing scholarship, as with many scholarships is to be a well rounded person. Many scholarships are based around specific qualities or activities that tie into the organization awarding the scholarship. Naturally, the more well-rounded the person, the easier it may be to qualify for a variety of scholarships.

While participating in a variety of activities is important, be sure to take an active role within the organization. For example, if you are part of the recycling club, organize a recycling event that you can write about. You don't have to save an African village to get the judges attention, but judges do enjoy reading stories about how you made a difference, even in your own community.

Another tip when applying for scholarships is to start early, allow plenty of time to write a quality essay, and get your transcripts in order. Also allow those who are writing recommendation letters to write a personalized letter that showcases what you have to offer, not just a generic one written on the fly.

Some final tips:

- Get to know your instructors- they will be the most valuable people when it comes to letters of recommendation. The best way to do this is to visit some of your professors and speak to them about your interests and some of the activities you participate in so they really get a sense of who you are in and out of the classroom.
- Request that your official transcripts and printed and sealed on the spot from your school's administrative office. This eliminates the middle man and puts you in control, rather than relying on the school to mail your transcripts in on time.
- Note: Make sure that the scholarship you are applying for will let you mail sealed transcripts, and does not require the school to mail them.
- Volunteer for a cause you are really passionate about!
- The easiest way to do this? Join CNSA; there are endless volunteer opportunities that are nursing related!
- Fill out your school's official scholarship application. The process is virtually painless and there are numerous scholarship opportunities available by simply filling out one application. What could be easier than that?!
- Don't be deterred if/when you do not receive a scholarship you applied for. Applying for scholarships can be an exhausting process. Evaluate what you could have done differently and reapply next year!

For more information, visit these web-sites for tips, tricks, and scholarships:

[1][www.fastweb.com](http://www.fastweb.com)

[2][www.nursingscholarship.us](http://www.nursingscholarship.us)

[3][www.discovernursing.com](http://www.discovernursing.com)

[4][www.campusrn.com](http://www.campusrn.com)



1. <http://www.fastweb.com/>
  2. <http://www.nursingscholarship.us/>
  3. <http://www.discovernursing.com/>
  4. <http://www.campusrn.com/>
- 

## Shannon Murphy Biography (2012-02-01 06:18)

Author: Shannon Murphy, SN, BSN, CNSA President 2011-2012



My name is Shannon Murphy, and I am honored to serve as your 2011-2012 CNSA President! I will graduate in May of 2012, and hope to work in Neonatal Intensive Care.

I am passionate about personal growth and leadership, and strive to impact, empower and inspire others to find their passion, and grow beyond their dreams. I never thought I would become a nurse or a leader, and have found my voice thanks to the guidance and encouragement of those around me. I believe in taking every opportunity, because you never know where that open door may lead you!

My ultimate goal is to be transparent and accessible to everyone, and connect you with people who can help you on your journey, whatever that may be. Feel free to email me anytime, at [1]president@cnsa.org.

"Don't ask what the world needs. Ask what makes you come alive, and go do it, because the world needs people who have come alive."

Howard Thurman

1. <mailto:president@cnsa.org>
- 

## Diversifying Nursing Through Mentorship (2012-02-01 06:20)

Author: Andrea Vega, SN, BSN, CNSA Breakthrough To Nursing Director, 2011-2012

Connecting with patients on a personal level takes time and effort and cannot happen without the ability to speak the same language as the patient. As a student I am reminded of this in clinical everyday when I'm called on by a nurse or a fellow classmate to translate.

The most recent reminder was when I was at Children's Hospital and one of my friends called me over to help translate for him as he did an assessment on his patient. He needed me to talk to the patient's mom and let her know what he would be doing as well as answer any questions she may have. It was really awesome to see how the mother reacted when I spoke Spanish to her. She smiled and was very engaged as she asked questions and listened to what my classmate had to say to her.

It's fascinating to me when I encounter patients like this. It's almost as though they take a big sigh of relief. The sigh is usually followed by nonstop talking by the patient trying to explain things or ask questions. It is truly rewarding to help voice the patients concerns and questions as well as establish relationships with these patients.

Cultural competence and the ability to understand not only your culture but the culture of your patient, whether that be Mexican or Hmong, can have great impacts on the recovery and outcomes of patients. When a patient can trust you because you have been able to establish a rapport with them through speaking their language and understanding their customs, that is so impactful. We need more nurses to be culturally competent and knowledgeable about other races and their customs so that we may deliver the best possible health care.

How do we do this you ask? We start by recruiting a diverse population of students into the nursing field. There is a big need to improve recruiting efforts of students into the nursing profession. So how do we encourage young students to become our future nurse leaders? Recruit at the grade school age. Go into your local schools and be role models for these students. Spend time in the classrooms and discuss what it's like to be in nursing school and share your dreams in becoming a nurse. Tell them about the endless opportunities nursing has to offer. We cannot wait for them to come to us - we need to be proactive, mentor students and develop those relationships that will help increase diversity in our hospitals and eventually translate into better care for our patients.

We need to come together, share our knowledge, and use our abilities and resources to improve health care for all. As nursing students we don't have much time to spare, however most presentations take no more than 30 minutes. These 30 minutes in the life of a student can change their life. Some tips for starting up your recruitment efforts are: find out when the next career fair is in your local schools, and contact counselors and your old teachers. They love it when their students want to come back and talk in their classes. It really makes a big difference. I would love to hear about any activities you are doing in your community to help in this recruitment effort. If you need any help on presentation activities or how to get started in please contact me at [1]amvega@mail.fresnostate.edu. I would love to help.

1. <mailto:amvega@mail.fresnostate.edu>

---

**A New Year (2012-02-01 06:21)**

Author: Corinne MacEgan, SN, CNSA Communications Director 2011-2012



So, this is it: Another new year for all of us. What will 2012 bring? What kind of interesting, incredible, amazing, awesome and inspirational days will you have? What kind of days will you have that will make you think just a bit harder about the nurse you want to become? What will you say, or do, that will make someone smile just one more time at the end of your clinical day? How many hands will you hold?

Throughout this year I aim to bring you articles written by your fellow students, as well as admired professionals, which will lift us up and bring us information and motivation. I am incredibly proud of the diverse and beautiful people I have met in California so far, and I can't wait to really bring us all together through media. I want to hear your ideas, your stories, and your concerns. How can we make nursing even better? What made you realize that this is where you are meant to be? What do you do to network? Who made you laugh on your very first day in clinical? I want to hear it all! E-mail me your stories at [1]commdir@cnsa.org.

Let's have a great 2012. This is YOUR year!

1. <mailto:commdir@cnsa.org>

---

### **CNSA-Supported Resolution (2012-02-01 06:23)**

TOPIC: IN SUPPORT OF INCREASING AWARENESS TO PREVENT TUBING AND CATHETER MISCONNECTION ERRORS

SUBMITTED BY: San Diego State University

WHEREAS, "Reports to the Joint Commission, ECRI (formerly the Emergency Care Research Institute), the Food and Drug Administration (FDA), the Institute for Safe Medication Practices and the U.S. Pharmacopeia show that tubing and catheter misconnection errors occur frequently and lead to deadly consequences in many instances" (Hellwig, 2006); and

WHEREAS, According to The Joint Commission (2006), on April 3, 2006, a Sentinel Event Alert (Issue 36) was published reporting that, "To date, nine cases involving tubing misconnections have been reported to the Joint Commission's Sentinel Event Database. These resulted in eight deaths and one instance of permanent loss of function, and affected seven adults and two infants"; and

WHEREAS, “Further review of misconnections reported to the United States Pharmacopeia found 300 cases that included connections of epidural lines to intravenous catheters, bladder irrigation solutions connected to primary infusion sets, intravenous infusions connected to indwelling (Foley) catheters, and various other misconnections between critically incompatible infusion and drainage sets” (Graves & Simmons, 2008); and

WHEREAS, The majority of these misconnections were deemed to be caused by luer locks, connectors that enable functionally different devices to be attached, which the Emergency Care Research Institute identified as one of the Top 10 Technology Hazards for 2011 (“Nurse’s misdemeanor incident, 2011); and

WHEREAS, According to the World Health Organization (2007) “avoiding catheter and tubing misconnections” was named as one of its “Nine patient safety solutions” that will greatly reduce the toll of health-care related injury, which currently affects one in every ten patients worldwide; therefore be it

RESOLVED, that the California Nursing Students’ Association (CNSA) encourage its constituents to advocate for increased awareness of preventing tubing and catheter misconnection errors by nurses and nursing students; and be it further

RESOLVED, that the CNSA publish an article about this topic in the Range of Motion magazine, if feasible; and be it further

RESOLVED, that the CNSA send a copy of this resolution to the Association of California Nurse Leaders, American Nurses Association/California, the Nurse Alliance of California, the California Board of Registered Nursing, the California Children’s Hospital Association, the California Association of Medical Product Suppliers, the Hospital Association of Northern and Central California, the Hospital Association of Southern California, Catholic Healthcare West, Kaiser, Sutter Medical, UC Medical, Community Regional Medical Centers, Stanford, Loma Linda, Veteran’s Administration, and all others deemed appropriate by the CNSA Board of Directors.

---

## **Resolution on Tubing Misconnections (2012-02-01 06:26)**

Author: Jessica Hunter, SN, BSN, CNSA Legislative Director 2011-2012

I decided to write my resolution on tubing misconnection errors because these types of errors occur so frequently and aren’t discussed nearly often enough. This is an event that is so entirely preventable that it seems absurd it should even still be an issue.

However, on September 24th, 2011, a patient was inadvertently given a bag of enteral feeding through her IV catheter instead of into her feeding tube, which resulted in her untimely and tragic death.

In my opinion, the scariest part of the whole story is the interviews with other nurses in the aftermath of the tragedy. One nurse was quoted in the San Francisco Chronicle as saying “I feel bad because I could have been there, and this wouldn’t have happened.” This mindset is setting nurses up for disaster.

We, as professional nurses, need to accept that no matter how educated, experienced, and skilled we are at our jobs, we are still human and we can still make mistakes. We must recognize that if the error can occur, eventually it will. These types of mistakes can happen regardless of the experience of the nurse and so

it is imperative that we approach the problem with a more holistic point of view.

We need to stop blaming individuals and start re-educating and reinforcing the importance of this problem and the simple ways to help prevent it to hospital administrators, Clinical Nurse Specialists, nurses, and hospital equipment supply companies if we want to see a difference. This is a simple problem with a simple solution but if we spend our time blaming individuals then we are not fixing anything and we are certainly not doing justice to our patients.

---



BlogBook v0.4,  
L<sup>A</sup>T<sub>E</sub>X 2<sub>ε</sub> & GNU/Linux.  
<http://www.blogbooker.com>

Edited: February 9, 2013

