

# ***BlogBooker***

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# Chapter 1

## 2008

### 1.1 July

#### Leadership is not an Option (2008-07-12 16:09)

(If you're wearing the skis, you're a skier)

ANA/C Contribution. Susan Bowman, Ph.D., RN., Professor Emeritus, Humboldt State University



If a person puts on a pair of skis and goes downhill on a snowy slope, that person is a skier. Being a skier is not an option in that situation. They may be novices or experts but they are still skiers. Skiers may choose to ski on the same slope throughout their whole life and get to be better and better at skiing on that slope. On the other hand, he/she may try other slopes at other ski areas and become a better skier on more difficult trails and, of course, also be able to ski the original slope with more skill.

To be a nurse is to be a leader. The nurse assumes a leadership role in any professional nurse-patient relationship regardless of the practice setting. Although leadership is not an option in your chosen career, how you lead and whom you lead are both options. Your leadership skills may remain focused on direct patient care throughout your career and you will assume a more and more skilled leadership role in the nurse-patient relationship. On the other hand, you may choose to be a leader among your peers within the agency where you work or through a nursing organization. You may choose to demonstrate leadership as a representative of nursing on an interdisciplinary committee or in the legislative, political, or policy arena. Every time you choose

to develop your leadership skills in a new situation, you enhance those leadership skills applicable to direct patient care and become a better leader in nursing practice as well.

I encourage you to seek out opportunities to develop leadership skills in many different settings. Just as the ski trails are marked for you to know which ones are for beginners, intermediates and experts, so are the leadership opportunities in nursing. As a student, you can seek out opportunities at your local school chapter or run for an office or director position in CNSA. There are committees at your school that need student representation, too. When you become a registered nurse, it will be obvious to you that you are not ready to seek out the presidency of the International Congress of Nursing in your first year of practice, however, you can become a member of the American Nurses' Association of California and become active in a chapter, committee, or task force. You can also attend conferences related to your chosen specialty and prepare a poster or paper to present with a colleague or mentor.

Don't shy away from any opportunity to develop your leadership skills. In fact, seek them out. Don't worry about being a novice and finding yourself on an expert slope that was not marked correctly. It's not the best approach to gaining experience but it can happen. That has happened to me in both skiing and in nursing. In those instances there was an expert skier or an expert nurse to help me down those steep slopes that I found myself on and I learned about better ways to gather important information necessary in both nursing leadership and skiing.

You don't have to be president of an organization to be a leader. You don't need to have a title like "nurse manager" or "supervisor" to be a leader. You will learn (or have already learned) in your nursing leadership course about styles of leadership, characteristics of leaders, definitions of leadership, etc. However, just as you already know that reading about different skills and situations in nursing is not the same as being the nurse (or student nurse) in that nurse-patient situation, so is reading about leadership not the same thing as gaining first-hand practice in developing those skills. It is never too soon to begin being aware of how you facilitate things getting done, how you motivate other people, how your ideas are presented and received, etc. Leadership is not an option when you are in nursing, so begin seeking out opportunities to learn and practice leadership skills.

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## **Blogs – Creating Stronger Committees (2008-07-12 16:22)**

Breakthrough to Nursing. Trina Eagal, San Joaquin Delta College



What is a blog?

A blog, short for "Web Log", is an easily accessible webpage where comments are left and responded to for all those who go to the website to view.

WHO is the blog designed for?

The blog is mainly designed for those interested in joining the Board Member's committee, but all those interested in activities associated with that position are encouraged to view the site and

leave comments and ideas.

#### WHAT can I share on the blog?

You can share ideas, comments, questions, pictures and anything else you feel is worthwhile. The blog is meant to allow committee members and interested parties to see what the CNSA Board Members are hoping to accomplish or are accomplishing during their term and to get and share ideas about your own chapter.

#### WHEN can I access the blog?

NOW! Board Members will periodically check their blog to see if new posts or comments have been left. For a more immediate response, email the Board Member.

#### WHERE do I go to see the Board Members' blogs?

President, Jim Edmunds [1]<http://cnsapresident.blogspot.com>  
Vice President, Brandy Azevedo [2]<http://cnsavp.blogspot.com>  
Legislative Director, Ian St. Martin [3]<http://cnsalegislation.blogspot.com>  
Community Health Director, Kelley Stewart [4]<http://cnsacommunityhealth.blogspot.com>  
Convention Director, Megan Munz [5]<http://cnsaconvention.blogspot.com>  
Breakthrough to Nursing Director, Trina Eagal [6]<http://breakthroughtonursing.blogspot.com>  
Secretary, April Simoni [7]<http://cnsasecretary.blogspot.com>  
Communications Director [8]<http://cnsacommunication.blogspot.com>  
Chapter of Council Reps - North, Rafael Ramos [9]<http://cnsacocrsouth.blogspot.com>  
Chapter of Council Reps - South, Shiloh Cooper [10]<http://cnsacocrnorth.blogspot.com>  
Ad Hoc Image of Nursing Committee, Judy Chang [11]<http://cnsaimageofnursing.blogspot.com>

#### WHY should I access the blog?

Just as you are interested in the Boards' ideas and activities, we are interested in your chapter's ideas and activities as well. Help us create a strong and productive committee by giving us your input.

#### HOW do I gain access to the blog?

Anybody can view the blog, but in order to become an author and post comments and ideas, you will need to be "invited". This can be done by contacting the Blog's representing Board Member.

1. <http://cnsapresident.blogspot.com/>
2. <http://cnsapresident.blogspot.com/>
3. <http://cnsalegislation.blogspot.com/>
4. <http://cnsacommunityhealth.blogspot.com/>
5. <http://cnsaconvention.blogspot.com/>
6. <http://breakthroughtonursing.blogspot.com/>
7. <http://cnsasecretary.blogspot.com/>
8. <http://cnsacommunication.blogspot.com/>
9. <http://cnsacocrsouth.blogspot.com/>
10. <http://cnsacocrnorth.blogspot.com/>
11. <http://cnsacocrnorth.blogspot.com/>

## A Case Study on Successful Growth and Development (2008-07-12 16:56)

Chapter Contribution. Lisa Chong, California State University, Long Beach



As nursing students, we are familiar with case study assignments. Hypothetical patients with complex conditions are presented, and we are expected to use our critical thinking skills to assess the needs of the patient, as well as create nursing plans and interventions to improve their physical and psychosocial wellbeing. Similarly, as CNSA members, we can consider ourselves as one patient - we are part of a dynamic organization that also has complex components and requires the same focused attention and plan for optimal health.

Assessing the needs of an organization, and furthermore, creating a plan with viable actions can be a seemingly daunting task inciting numerous questions. Where do we begin? How can we achieve our goals? How do we recruit and keep our members? These are questions our CSULB CNSA board members embraced this past year, and through trial-and-error, we have developed a healthy organization that has provided numerous resources for our members. We are proud to have recently been chosen as "Organization of the Year" by CSULB's College of Health and Human Services, but we are also very much and humbly aware of the constant need for re-assessment and planning. We extend our hand to your CNSA Chapter and hope that you find the following tips valuable and helpful.

### Creating a Mission Statement

Although creating a mission statement may seem unnecessary or a waste of time, a well thought out and focused statement lends to a specific identity and purpose-oriented organization. At our very first board meeting, we collectively created our mission statement for the upcoming school year. This statement intimately tied to what each of us believed should characterize our board's identity and what we wanted CNSA to achieve. After careful consideration and productive discussion, we agreed our mission was "to foster nursing education, facilitate early unity among our future colleagues in nursing, and to optimize the nursing student's exposure to the numerous specialties and pathways in the ever-changing field of nursing." Our faculty adviser, Dr. Jarline Ketola, facilitated this process by challenging each board member to first come with our own goals for CNSA. From there, we used a white board and grouped these goals into related topics and began discussing the ones we felt were most important.

While we wanted to change numerous aspects about our chapter, in order to effectively start the progression of change we had to focus our attention to a select few projects. The combined effort from our board, faculty and CNSA members allowed us to regain our status as an important part of the nursing



program and as a connection between students, faculty and the nursing curriculum.  
Alissa Miyake, Vice-President & Public Relations Director, CSULB CNSA 2007-2008

Goals need to reflect the reasons that most members have for joining a group. In this way, members remain passionate about the group because they are doing what they think is important. It is therefore essential that all members, especially the shy ones, have an active voice in setting the goals. One way to do this is to have members write 3 goals, each one on a different card. Volunteers from the group paste all the cards on the wall. The goals that have the most cards become the goals for the group.

- Dr. Jarline Ketola, Faculty Advisor to CNSA

#### Increasing Membership (Quantity & Quality)

One way we increased membership was by establishing a strong first relationship with incoming nursing students at our New Student Orientation. By working with our faculty member, Dianne Leever, who is in charge of the orientation program, we spoke to the new students about CNSA and the various events we offer and activities they can participate in. Our board members created a PowerPoint presentation to visually organize the information and spoke about the different resources we provide new nursing students to smoothly transition into a rigorous academic program. Resources like our Careplan Workshop and Career Fair are a few examples we highlighted.

Another way we planned to increase membership was by borrowing a great idea from Golden West College's CNSA. During the most recent CNSA conference, GWC's members shared that during the new student orientation, they would have laptop computers already linked to the NSNA website so that students could immediately also sign up for the mandatory national membership. This process alleviated a concern regarding how to confirm CNSA members had satisfied the mandatory NSNA membership. With our most recent new student orientation in June 2008, however, we quickly realized that one laptop was not enough to accommodate the long line of 70 to-be CNSA members! Thus, one lesson we learned is to plan for multiple laptops to account for long lines or slow internet connections.

One way we hoped to retain CNSA membership is by continually re-assessing the needs and desires of our current members. For example, surveys have been a great way to identify what kinds of nursing specialties our members are interested in. Related to our mission statement goal, we provided monthly seminar meetings where various nursing speakers would come and speak to us about their specialty or focus. We used the information from these surveys to direct our speaker selection and scheduling.

Getting people to part with money is never an easy task, especially when you are asking students with academic loans or strict budgets for \$35 membership fees. However, by having class representatives speak in their nursing classes about the benefits of CNSA and NSNA membership, it gives potential members an incentive to join, as well as provide a face-to-face link to the organization.

April Kubachka, N200 Class Representative, CSULB CNSA 2007-2008; Vice-President & President-elect, CSULB CNSA 2008-2009

In the past, CNSA speaker meetings have drawn just four to five students/meeting. The 2007-2008 CNSA CSULB focused on promoting speaker meetings. We asked our nursing faculty to include our flyers in their lecture PowerPoint presentations, the class reps spoke to their classes bi-weekly about upcoming events, and we hung banners at the nursing building, announcing upcoming meetings. Another way we drew more students was, after analyzing the semester schedule for our 600+ nursing students, to schedule meetings when the most students were on campus, and over the lunch hour. We supplied pizza and soda to the students, and recruited charismatic nursing speakers from specialties that were of interest to our them. From the first to the last speaker meetings that the 2007-2008 CNSA CSULB board conducted, our student attendance averaged 80 students/meeting.

Amanda Severson, President, CNSA CSULB 2008-2009

#### Careplan Workshop

Because careplans have traditionally been the bane of every nursing student's existence, our board organized a Careplan Workshop for new students.

As a first semester student, I felt as though I was drowning. I went from entering the nursing program with a 3.7 GPA to receiving D's and F's. I knew I needed help, and CNSA was the one to throw me a life preserver. A few of the senior members took me under their wings and shared their collective knowledge with me. One suggested holding a workshop, where senior CNSA members could help new students with the hardest part of their first semester - the dreaded, all-consuming patient careplans. I helped get the idea off the ground, as I knew any information from these cream-of-the-crop senior students would help us green students tremendously. And it did.

The senior students taught us time-savings techniques for careplanning nights, how to approach nursing staff at hospitals, and also shared online resources for labs and nursing diagnoses. Most importantly, they gave us a much-needed pep talk, which boosted our morale considerably. The feedback from the 40 students who attended the workshop was overwhelmingly positive, and on a personal note, it helped me pass my classes, which I was thrilled about! It also made me feel good to know that as a first-semester CNSA class representative, I had a part in helping my fellow students navigate the hardest semester of nursing school. April Kubachka, N200 Class Representative, CSULB CNSA 2007-2008; Vice-President & President-elect, CSULB CNSA 2008-2009

#### Stronger Faculty-Student Relationships

Our nursing department faculty convenes on a monthly basis, and Amanda Severson, the CSULB CNSA President 2007-2008, attended these meetings to represent our organization. She provided updates on what current projects our chapter was working on, and she provided different ways that the faculty could support their students or work with CNSA through these activities. With her representation, a strong faculty-student relationship gradually blossomed and extended to numerous faculty members becoming increasingly involved with CNSA events and vice-versa.

For example, one of our nursing department staff members, Maureen "Mo" Bykerk, has been actively involved with arthritis awareness through the Arthritis Walk as her 8 year-old niece Caitlin is diagnosed with systemic juvenile rheumatoid arthritis. Our Community Service Director, Tina Thomas, organized a CNSA group to join Mo's Arthritis Walk group to help raise money and awareness. Several faculty members including Melody Coffey-Love, Anita Fitzgerald, and Silvia Walker supported CNSA's Arthritis Walk group by challenging their students to raise money for the cause. With their support as well as many others, Mo's Arthritis Walk group exceeded their goal and raised over \$30,000!

Many of other faculty members have continually supported student participation by chiming in when our representatives make announcements during class. One of the associate professors, Becky Dahlen, even donated brand new textbooks to the Career Fair raffle after our ELM representative made an announcement about the event during class.

The CNSA Board members were enthusiastic, reliable and very competent. The faculty valued their ability to accurately represent the students, their ability to communicate with and for their colleagues and their ability to further the goals of the faculty by competently teaching subjects such as careplans and parts of the orientation program. In this way, the CNSA Board members endeared themselves to the faculty and gained their respect and trust.

- Dr. Jarline Ketola, CNSA Faculty Advisor

### Community Involvement

Our organization became involved within the community at a variety of levels. The CSULB College of Health and Human Services (CHHS) held monthly meetings for a variety of organizations, and Christina "Tino" Tolentino, our N300 Class Representative, was the CNSA representative on the CHHS's Student Council. As our liaison, Tino provided a means of potential collaboration with other health-oriented organization - something we hope to do more of in the future.

CNSA also became involved within the larger CSULB setting by participating in the annual Kaleidoscope Festival, an "open house" event for the local college and surrounding area. We borrowed our nursing department's Simulation Man to attract passersby of the various technologies our program has to offer, as well as providing information about the nursing program to interested parties. At this event, we also provided free blood pressure readings.

It was here that I was able to collaborate with different students from other organizations within our college. We would discuss and vote on issues that would be brought up to the University's Academic Senate. More importantly I was able to give reports about CNSA to other organizations. At the end of the year I nominated us for organization of the year and presented a PowerPoint on CNSA. Although there were many other deserving and hardworking organizations, we were so happy to found out we had won! After all of our hardwork with raising membership, uniting the faculty and students together, and having the ability to mentor our fellow nursing students, we were voted the organization of the year within the College of Health and Human Services for CSULB. I could not be more proud to be apart of such an amazing board of future nurses. :)

Christina "Tino" Tolentino, N300 Class Representative, CSULB CNSA 2007-2008; Community Service Director, CSULB CNSA 2008-2009

### Career Fair

Our board recognized the importance of revitalizing the annual nursing career fair for our campus. Career fairs allow nursing students at all levels of the nursing program to explore positions for student technicians or CNAs while in school and as registered nurses once they graduate. Students are also allowed to practice interviewing skills in a non-threatening environment. For this year's career fair we redesigned our advertising efforts, inviting over 50 Los Angeles and Orange County hospitals and over 35 local nursing schools.

The response we received was refreshing. We had to decline applications from various hospitals, since we had reached our maximum capacity for 23 tables in our nursing department courtyard. Over 130 students attended the career fair; students who were still taking prerequisite classes to get into the nursing program to students as far away as East Los Angeles College attended. Making the extra effort to improve our organizing and advertising skills not only brought about a successful event, but proved to be a great resource for nursing students, which was more than enough validation for all our hard work.

Alissa Miyake, Vice-President & Public Relations Director, CSULB CNSA 2007-2008

All Great Things Do NOT Have to Come to an End: Tips On Fostering Your Local Chapter's

### CNSA Involvement and Membership

#### Commitment

Develop a mission statement to define your chapter's purpose and then formulate key goals that you want to accomplish throughout the school year.

#### Communication

Attend faculty meetings and provide updates on what your CNSA chapter is doing, as well as how the faculty can support or work with your organization.

Create surveys and have class representatives pass them out to learn what nursing topics your members want to hear about.

Embrace new modes of communication technology by creating a website and/or a MySpace or Facebook page, as well as emailing members about important upcoming events.

#### Career

Organize a career fair by inviting local hospitals and/or other potential employers so that members can get an idea of what new graduate RN programs are available.

Schedule a mock interview seminar with former CNSA members who have recently gone through the hiring process and have their own tips.

Plan a résumé-writing seminar. Many colleges have career centers that are great resources, and local hospital human resource/hiring departments are often willing to provide tips on interviews, résumés, etc. as well.

#### Camaraderie

Maintain a sense of friendship and trust within the board, organization, and nursing department by involving faculty and students in supporting your "home" causes e.g. our staff member's Arthritis Walk group.

#### Community

Become involved in your college-wide fairs by providing free blood pressure readings and provide information about your specific nursing program to interested parties. Connect with other organizations and student councils for updates and collaboration ideas.

#### Clothing

Design apparel like sweatshirts to instill CNSA membership and nurse pride; this can also possibly be a successful fundraiser.

Encourage senior nursing students to donate their "gently used" uniforms to incoming students, and provide the former group incentives like discount off membership fees, etc.

#### Celebrate

Be generous to yourselves - Most groups invest time and energy to help others. To do this well, especially over time, you must find ways to replenish your energy. Be generous to yourselves. After a successful event that took hours of effort, go out to dinner using your treasury funds to celebrate. Add food to your meetings. Your group efforts will benefit from this generosity. Dr. Jarline Ketola

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**Raf's guide in finding your dream RN job (2008-07-12 17:08)**

COCR- North. Rafael Ramos, San Francisco State University



If you have read our previous issue, you might have noticed how I explored the narrowing nursing shortage in Bay Area. Now, this does not mean that this holds true in other areas of the country, especially in suburban and rural California. In fact, we still need 30,000 RNs per year to meet our health care needs, according to research done by the Council on Physician and Nurse Study last March 2008. However, if you would like to do your New Graduate Training Program and eventually work on a specialty unit such as a Cardiovascular ICU, Emergency Room, Pediatric ICU or a Hematology/Oncology Unit and not just a typical

Medical-Surgical floor (not that this is bad), you should not assume that just because of this shortage that you will get the clinical placement or land your dream RN job. Remember: it is extremely vital for one to be always vigilant, resourceful, and assertive.

We all know how our clinical instructors work tirelessly in finding us our clinical placements. We also know that part of this nursing shortage stems from the fact that there aren't that many clinical placements available. But what would you do if during your last semester of nursing school they place you on a unit where you don't want to do your preceptorship? Moreover, work on a unit 3 months after getting hired and realize that you don't want to be there? Essentially, you're in big trouble! But wait, this is not going to happen because you will remember this article and put it to heart. . . . .

Some things one may want to consider. . .

1. Connections, Connections, Connections. I've often told this to my friends and this doesn't only apply to nursing but pretty much to any type of work, especially when one is a novice or a New Graduate. It is important for one to know the right people. Find out who your Clinical Placement Coordinator is at your school. Ask him/her about the Nurse Educator of the hospital and unit you are interested in working. Introduce yourself and get your name out there by e mailing, calling, or writing a letter.
2. Open Houses. Do your research. Look over the web for any open houses and job fairs. Most hospitals participate in these events. Attend as many open houses as you can. Remember: Bring your resume, look professional, organize your files, and be prepared for an on-the-spot interview.
3. Work in the hospital. Get your feet wet! Do a part time or a per diem job in a hospital as a nursing assistant, unit secretary, EKG Tech, etc. This will be valuable to you as a nursing student

and will set you apart from the rest of your classmates. You learn more about the various professionals and their roles in the hospitals i.e. RNs, MDs, RTs, PTs, Technicians, etc. Moreover, you will be able to interact with clients and enhance your communication skills.

4. Apply for internships. Search online and ask your clinical instructors or faculty about available summer internship opportunities. This will enable you to have more bedside experience and eventually make you a more competent and confident nurse. (Plus it is often paid, too!)

5. Find a mentor. Throughout your life and student career, it is important to look up to somebody and serve as your role model; someone who you want to be like someday in the future. This can be a teacher, co-worker, employer, family member, friend, or a fictitious being. To do this, you must first determine what qualities that person has that you would like to emulate.

At this point you must be wondering what are my qualifications as a writer for putting all this together; if these suggestions are feasible, will they work and help you to eventually land your dream job as a nurse? Well, I would not say that I am an expert but, I can tell you that I used all these and they have produced positive outcomes for me.

Starting nursing school, I didn't have any prior healthcare experience at all. I did not know anybody. I attended a career fair and got a job at Stanford Hospital as a nursing assistant, made lasting friendships, and gained several mentors in the process that have taught me valuable lessons in life and how to succeed in nursing. I also applied and got accepted at a competitive summer nursing internship at UCSF. Because of my work ethic and appealing personality (ahem!) they offered me a job as a Per-Diem nursing assistant. I did all these while I was in nursing school. Just this May 2008, I've finally graduated with a Bachelors of Science in Nursing and a Minor in Health Education. Because of the five aforementioned things that I did during my entire student nursing career, the fruits of my labor paid off as I was offered a New Graduate position at a Cardiovascular ICU at Stanford Hospital and am starting on July!

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### Just Say "No" to Stress (2008-07-12 17:19)

Council of Chapter Representatives, South. Shiloh Cooper, Santa Ana College



When school is out for the summer, stress is probably the last thing on our minds. The first thing would probably be getting a tan, surfing, or going on vacation somewhere affordable. It's very important to master these stress reducing techniques when our stress levels are low, so that when the stress levels increase we'll have a better chance of reducing them. We have all learned to teach patients to ask for pain medications when the pain isn't too severe, because it's easier to control the pain if

caught early. The same concept applies to stress. Learning how to reduce stress when the levels are low gives us a better chance of keeping the levels low.

Not only am I a nursing student, but I am a Licensed Massage Therapist, so teaching stress reduction is part of my job. The first thing we learn about stress reduction is breathing. Take a moment to look at a mirror and inhale deeply. If you see or feel your scalene muscles contracting, very simply you are breathing incorrectly. Typically you are using your accessory breathing muscles instead of your diaphragm. Remember your oxygenation module, diaphragmatic breathing is important! If you feel stressed or mentally fatigued, getting oxygen to your tissues and brain is probably one of the most important things to do. I highly recommend getting the CD set called Breathing: The Master Key to Self Healing by Andrew Weil, MD. After completing the breathing exercises in this CD, it feels like I received a full body massage or rejuvenation touched every cell in my body. It's no rocket science that oxygen is important to the body, it's simple physiology (no simple physiology is not an oxymoron). Physiologically, we all know stress is hazardous to the body and your well being, it releases toxins, it reduces your immune system, causes headaches, anxiety, fatigue, and impairs your thought process. Do we really have control over stress? Yes! Just like we can control disease prevention with hand washing, we can control our stress levels with simple techniques.

Another stress reducing technique includes limit setting. Good old limit setting, one of the first things you learn in your psych rotation. Just say "no" and set healthy boundaries. Okay, realistically some of us have problems with this one. We are nurses: caring, compassionate, and a little bit of OCD. It's hard to say "no" when we want to nurture and help everyone. That's fabulous but, not in nursing school. Nursing school is a time to be selfish, yes I said the "S" word. It's okay to be selfish, very simply say, "I can't help you I have to do my care plan or study for an exam." Set your limits. One of my favorite stress reducing technique is to avoid people that stress you out. For example, its test day and some overly caffeinated and anxious nursing students are flipping out because they can't remember the normal electrolyte levels right before the exam. Typically, we know which students do this regularly, so avoid them. Or irate family members who have problems and want to impose their problems on you, just screen your caller ID. Limit setting isn't the only thing we have to limit. We have to limit our caffeine. Don't write me nasty letters saying I told you to give up your precious Starbucks or Rockstar, it's not detox time, it's just moderation time. "Everything in moderation and nothing in excess." A quad venti non fat no foam extra sugar free vanilla latte four times a day is not moderation. Yes, the truth hurts just a little supportive confrontation here. Try alternatives, like B12 vitamins, WATER, and exercise to boost your energy.

Energy is needed for our hectic schedules. But, we also need to master time management. If your to do list is pages long and you have to study, just buckle down and do it. Time it takes to throw the laundry in the wash: 2 minutes. Time you spent stressing over your to do list: 20 minutes. Being able to study stress free because your to do list is done: priceless. And remember to have fun. Embrace your nursing career, have fun, and don't forget to breathe. Laugh, find humor in those stressful situations. Get a massage, I'm not just saying that because I'm a Massage Therapist. There are many holistic ways to reduce stress. You don't always have to pop an Ativan. Remember non-pharmalogical interventions first. Enjoy your summer. If you have any questions or comments about this article please, email me at [1]shiloh.cnsa@gmail.com.

1. <mailto:shiloh.cnsa@gmail.com>

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**Nursing Students Strive to become Disaster Prepared (2008-07-12 17:28)**

Community Health Director. Kelley Stewart, San Diego State University



"Beep, beep, beep..." went my alarm at 5:00am and it felt extra early this particular Monday morning. I performed my typical routine of stumbling to the restroom, followed by turning on the coffee machine and then the morning news as background noise. Besides my rush to get to my carpool on time, I did not have a worry in the world. That all changed however, as the television screen illuminated the words, "San Diego Firestorm 2007." Horrifying pictures of numerous fires burning out of control were taking place all over the county. The news reporters began naming the various freeways and areas being evacuated. Just as I realized the route I was headed for was closed down, I began receiving phone calls from classmates who were also in a state of shock and hysterics as they and their families were being evacuated from their homes.

I immediately felt an instantaneous need to help, but had absolutely no idea how. Our instructors and president of SDSU sent out emails stating that classes would be closed for the rest of the week due to amount of students and their families evacuated. They also suggested that students leave San Diego and spend time with their families, if possible. This was difficult for the various nursing students who saw this as a perfect opportunity to apply their skills as volunteers for various shelters housing evacuees. As the community health director for our NSA chapter many students emailed me for opportunities to provide assistance. Many of the shelters admitted they were in need of volunteers with nursing skills but that there was a liability without knowing what skills we possessed.

It was an incredible sight to witness the outreach from the community of San Diego, as hundreds of people donated money, food and supplies to evacuees that were placed all over the county. Many nursing students were turned away from volunteering, while others were allowed to distribute food. It was very disconcerting for many of us who had the skills and saw the need to share them with the numerous, overworked hospital staff and volunteers, but were unable to do so.

At this point it became very clear to me and other students and faculty of the importance of increasing the number of nursing students qualified to participate in disaster relief activities. Through the creation of organized disaster committees, students and organizations will have confidence in the skills and knowledge by defining our roles. As a result, it will leave little concern for the possibility of crossing boundaries of unfamiliarity. Following in the footsteps of the NSNA disaster preparedness project, it is a statewide goal to increase awareness in all CNSA chapters of the role of nursing students during disasters. Guidelines and further information can be found at:

[1][http://www.nсна.org/pdf/disaster\\_guidelines.pdf](http://www.nсна.org/pdf/disaster_guidelines.pdf)

[2][www.dmat.org](http://www.dmat.org)

[3][www.fema.org](http://www.fema.org)



1. [http://www.nсна.org/pdf/disaster\\_guidelines.pdf](http://www.nсна.org/pdf/disaster_guidelines.pdf)
2. <http://www.dmat.org/>
3. <http://www.fema.org/>

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## Lights, Camera, Nursing in Action (2008-07-12 17:35)

Convention Director, Megan Munz, San Diego State University



"Lights, Camera, Nursing in Action"

Universal City, CA

October 10-12, 2008

Convention is getting closer and I hope you are getting excited! I am pleased to announce our Keynote Speaker will be Anne Ryder, television journalist, writer and speaker. Anne worked as a news anchor for NBC in Indianapolis for 20 years, has earned 15 regional Emmy Awards and has been a strong supporter of the nursing profession her whole life. She is also well known for interviewing peacemakers around the world including the Dali Lama and giving Mother Theresa's last interview in 1996. This is one Keynote not to be missed!

If you are able to make it down a day early or stay for the afternoon on Sunday, I encourage you to make the most out of your trip and visit some of the Los Angeles hot spots. Here are some great websites that provide great information about Universal City and may be useful in planning your trip.

[1] <http://www.latourist.com>

[2] <http://www.discoverlosangeles.com/>

[3] <http://theguide.latimes.com/>

[4] <http://www.universalstudioshollywood.com/>

[5] <http://www.cnsa.org>

If you are planning on attending convention, remember to start planning now! Try and do a couple of fundraising events over the summer months in order to save up and send a large constituency to convention. If you have to miss class or clinical in order to attend, be sure to contact your instructors early to prevent any last minute stress or conflict. Remember to book you rooms at the Hilton as well. The link to do this

can be found on the CNSA website.

To hear more about the convention come to the 2008 CoCR North meeting at the Stanford School of Medicine on June 20. For more information, answers to questions, or to join the convention committee, contact me at [6]munz.cnsa@gmail.com

1. <http://www.latourist.com/>
2. <http://www.discoverlosangeles.com/>
3. <http://theguide.latimes.com/>
4. <http://www.universalstudioshollywood.com/>
5. <http://www.cnsa.org/>
6. <mailto:munz.cnsa@gmail.com>

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### Striving for Excellence (2008-07-12 17:37)

Editorial. Louise Jones, California State University, Fullerton



I can hardly believe it, but as I write this, it has actually been a year to the day that I found out that I passed the NCLEX-RN. I have had wonderful experiences in my first year of nursing and am nearing completion of the first year of my Masters program at Cal State Fullerton. I am busier than ever and keeping myself involved in both the preprofessional and professional nursing organizations that I feel are important to my growth. I cannot stress to you how important it is to be actively involved in some way as a nursing student and beyond. I know how stressful nursing school is! I was just there. You don't have to dedicate hours and hours to an organization to make a difference.

If you don't feel that you can commit enough time, becoming a member and supporting those who do hold leadership positions can be very beneficial. There is strength in numbers and the more members an organization have, the louder the voice it has. There are many committees that could use your input and energies. Often times, you can take on a small project or help organize a larger one. CNSA is YOUR organization and your opinions and ideas are always welcome.

Please feel free to contact any of the board members with your input, suggestions, comments, or constructive criticism. Visit [www.cnsa.org](http://www.cnsa.org) and visit the Board of Directors page for contact information. Trina Eagal, CNSA Breakthrough to Nursing Director has also set up blogs for each board member (see her article in this issue for details.)

There are many nurses out there that are setting themselves apart from the rest. As a nursing student you can start a great habit and become involved early. Many of the articles we publish have that very theme. There are so many benefits to doing so.

## Assembly Bill 2375 (2008-07-12 18:22)

Legislative Director, Ian St. Martin. California State University, Sacramento.



Assembly bill (AB) 2375, authored by Hernandez and co-authored by Berg, makes two additions to Part 1 Division 107 of the Health and Safety Code. The purpose of the bill is to redirect some of the duties of state wide health planning from the Office of Statewide Health Planning and Development (OSHPD) to the Health Professions Workforce Task Force.

The Health Professions Workforce Task Force is to be established by the OSHPD in conjunction with the California Workforce Investment Board. The new task force shall be no more than 21 people in total, which will be appointed to their positions as outlined in AB 2375. Furthermore, the positions on the Health Professions Workforce Task Force are voluntary, thus no compensation will be appropriated to its board. The purpose for creating the task force is to establish a statewide health professions workforce master plan. The details of the master plan are to focus on finding solutions to supply and demand in the health professions workforce, addressing cultural needs, addressing shortages in workforce distribution, identifying effective strategies that have been applied in the past, and compiling effective strategies to address the needs of the current workforce.

There is a long list of supporters for AB 2375, identified in the Senate Health Committee Analysis by Senator Sheila J. Kuehl. The list of supporters includes groups such as the AFLCIO, the Grey Panthers, and the Association of California Healthcare Districts. Arguments in support of the bill is that it is necessary to create a master plan for California's workforce to address the rapidly changing demographic needs within the state, to create a solid infrastructure for the health care workforce, and to address supply and demand. All of the supporting arguments are backed by a common concept that the cost of health care may be mitigated by addressing the direct needs of health care consumers.

The committee analysis identified one group in opposition to the bill, which is the OSHPD. The argument in opposition being that due to the current short fall in the state budget, it would not be prudent to create a new task force that would only be emulating the work that is currently being done by the OSHPD.

For a detailed look at AB 2375 visit the CNSA website, [link to the legislation section](#), [link to the search for bills in the California legislature](#), and search for AB 2375.

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## Senate Bill 1620 (2008-07-12 18:26)

Legislative Director, Ian St. Martin. California State University, Sacramento.



Senate Bill 1620, introduced by Senator Ashburn February 22, 2008, is currently in assembly and being held at the desk after its first review. The purpose of the bill is to amend three sections of the education code in respect to community colleges.

According to section 87482 of the education code, temporary faculty working as full or part-time faculty are only allowed to work for four semesters or six quarters in any consecutive three year period between July 1, 2007, and June 30, 2014. The amendment proposed in Senate Bill 1620 would create an exception to the rule for temporary clinical nurse faculty. The exception being that temporary clinical nurse faculty working full or part-time hours would be allowed to work indefinitely within a single district.

Under section 87482.6 of the education code, full time faculty hours are added up at each district to assess improvement revenues appropriations. If 75 % of the total hours taught come from full time faculty, the school is allowed to appropriate the money in any way according to section 84755 of the education code. On the other hand, if the full time faculty hours do not equal 75 % of total hours taught the existing law mandates that an incrementally predetermined amount of money be appropriated to increase the amount of full time faculty hours provided to community colleges. The proposed amendment would exclude full time clinical nurse instructors from limitations pertaining to the minimal credit hours taught. Therefore, an increase in temporary clinical nurse instructors could be achieved without negatively impacting the improvement revenue funds.

The amendment to section 87482.7 addresses funding complications, comparable to those found in section 87482.6, by excluding the minimum full and part-time hours contributed by clinical nurse faculty in regards to further district appropriations.

One opposing viewpoint is that the amendment may jeopardize the ability for clinical nurse faculty to receive their tenure because there is no stipulation regarding the length of time a temporary clinical nurse instructor will be allowed to teach. The cost-to-cost ratio of a tenure compared to a temporary faculty member may force schools to higher temporary instructors only, due to cost restraints. The supporting stance is that the current law regulates the length of time a clinical nurse instructor can work in a district, which forces programs to dismiss highly sought after instructors due to insufficient funds needed to tenure the professors.

To see the bill in its entirety visit the CNSA website and click on the resources, legislation, and search for bills in the California legislature links. This will connect to the California Bill Information page. Enter SB 1620 and click the search button. Make sure to view the most recent amendments to the bill. Furthermore, for a listing of current issues impacting nurses in the California legislature, visit the ANA\C website and search for the most recent copy bill folder.

## What Do Your Students Like? (2008-07-12 18:29)

Ideas, Trina Eagal.



As thoughts of summer turn into thoughts of nursing school, I begin to brainstorm ideas to attract members to my chapter's Student Nurses' Association. Meetings are the place to educate, excite, and encourage those who attend your meetings to join and participate in the organization. But how do we do that?

Our most successful meeting was just this last semester when we had our very first "Survival Tips" meeting. We invited our nursing tutors, our Nursing Student Success representatives as well as students from each semester, to talk about common difficulties among students, what helped them through the hard classes, and what they wished they had known earlier. This topic was great for many reasons: It encouraged many different semesters to come to the meeting, since many of us need help through the harder classes.

It involved different resources from our school, which helps raise awareness about the other programs that are available to help the students.

It also involved some of the faculty. It is always flattering to be asked to speak on a topic, and it also helps make the faculty aware of what the Nursing Students' Association does and how students rely on it as a way to keep informed, get involved, and begin communication with a network of students.

The interest was high. I have received comments from members that they may choose not to attend a Nursing Students' Association meeting if it does not have relevance to school, a field they want to get into, or employment after school.

A big part of raising attendance is spreading the word. Our Nursing Students' Association started a blog, which posts meeting minutes, meeting agendas, volunteer opportunities, dates, times as well as CNSA events. This blog, along with mass e mailings reminding students of times and locations, has really helped

make our students and faculty aware of our organization.

I want to hear about your school! What unique ideas has your chapter had in regards to popular meeting topics and improving meeting attendance? I encourage anyone with ideas and/or comments to visit the Break Through to Nursing Blog at [1][www.cnsabreakthroughonursingblogspot.com](http://www.cnsabreakthroughonursingblogspot.com). Or, e mail me, Trina Eagal, at [2][btndirector@cnsa.org](mailto:btndirector@cnsa.org) for an invitation to the blog.

1. <http://www.cnsabreakthroughonursingblogspot.com/>
2. <mailto:btndirector@cnsa.org>

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## A Change of Mind (2008-07-12 18:32)

President's Message, Jim Edmunds. California State University, Fresno.

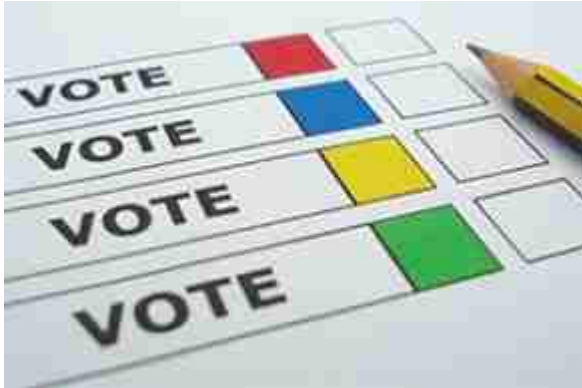


Whether we like to admit it or not we all tend to be creatures of habit, some of us more than others. We get comfortable with things the way they are, we enjoy doing things the way we always have. In these cases it usually takes something drastic to foment change in our life. I am a great example of this principal, 30 some years in a career I hated, but would I change, not until a major medical situation forced me to, not until I had to face my mortality. We face many changes on a daily basis. Gas prices are making us look very hard at alternative ways to get to work or alternatives to the type of car we drive, we just may have to park the car we love so much and car pool or take public transportation to school or work. Change is in the air.

And speaking of change, the CNSA Board is not exempt from having to stepping out of our comfort zone. From our first meeting of our term we have been discussing what we could do to improve Range of Motion. This discussion was not new to us it was a discussion which had carried over from previous boards. The major decision before the board was to continue with the current paper format and possibly change it some, maybe look at adding color, higher quality paper, etc., or go online. As you can imagine, going with color or higher quality paper would significantly affect the cost of production. The third alternative, which has been discussed by the previous board and AfterCollege, our newsletter and website publisher, was to take the newsletter online. I have to admit the idea was not warmly received by a majority of the board members. Can you say creatures of habit? But Aftercollege continued to advance the idea, pointing out that we could save 38 trees per year by going online. They worked with us to develop a brand new prototype, which was a dramatic improvement over anything they currently produce. It was interesting to see the dramatic turnaround in the opinions of different board members, we were all realizing the need for us to do our part to be "Green", but that reluctance to change kept getting in the way. We were able to present this prototype newsletter at the CoCR North meeting last month at Stanford, and it was warmly received. Now it is your turn, we would like all of you to look at it and give us some feedback, remember the key word is prototype, we realize there are somethings to be done to brand it to us and we will continue to work with Aftercollege to do that. You can access the online copy by going to [1][www.cnsa.org/newsletter](http://www.cnsa.org/newsletter), please look and give us your feelings about the site and about going online in general.

## NSSI and the Power to Make a Difference (2008-07-12 18:35)

Student Contribution. Ryan Butler, BSN, RN. San Diego State University.



We have all heard it at least once before: "Flex your power." "You can make a difference." "You have a voice. Use it!" To encourage people to be proactive in their communities, their professions, or to allure support for a specific cause, these phrases were designed and have become universal motivators. However, many people either feel apathetic to a particular cause or have little knowledge regarding how to flex their power. In nursing school, students are encouraged to sponsor professional organizations that take on this responsibility of promoting or fighting legislation that benefit or hurt their profession, but minimal education concerning healthcare in politics and how to become involved is communicated. The Nursing Student in Sacramento Internship (NSSI) provided the opportunity for me to learn how to utilize my right as a professional and citizen to influence healthcare for my colleagues and community through legislation.

The NSSI affords applied education regarding state government, healthcare bills, and government officials through the guidance of the American Nurses Association\California and RN lobbyists. During my practical experience in the Capitol, I gained the understanding of the state government structure - Assembly, Senate, and the various committees. The process of a bill becoming law was, then, taught in a concrete approach that allowed me to appreciate the legislative process while applying it to the structure of the state government.

Who has political power? Professional organizations such as ANA and lobbyists who support their causes have political power as do you and me. This concept was demonstrated while shadowing a representative of ANA\C and an RN lobbyist. I witnessed which legislators were pursued, the discussions held, and why the support of some legislators over others was prioritized. More interestingly, I had my own appointments with my district assemblyman and senator to take on the same role - to influence votes for healthcare bills. When a bill is introduced concerning a specific topic that your representative has limited information about, they want expert guidance. With regards to healthcare bills, the nurse is, therefore, very significant to them. This experience taught the importance of networking: know your legislators and their aides, know who has the power to make the changes you want accomplished, and understand that citizens have a voice that their representatives want to hear.

Too many people are told they have the ability to advocate for the causes they support and they are not provided with the tools to believe that they can actually make a difference. The NSSI is an excellent opportunity to gain the knowledge necessary to influence the future of healthcare. I strongly encourage everyone to take advantage of this chance to make the difference: flex your power, use your voice - they are listening.

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## Have We Graduated Yet? (2008-07-12 18:38)

Vice President's Message, Brandy Azevdo. California State University, Sacramento.



It's officially summertime and the Nursing Class of Spring 2008 has completed their program, received their pins, accepted their degrees, and is beginning their new incredible careers. To those recent graduates, I give my congratulations and wish them all the best of luck in their new-found nursing positions. For those of us left chomping at the bit to be in their shoes, I say - have patience.

The nursing program is only a small portion of our lives. In fact, most nursing programs are only 4-6 semesters long; according to the CDC, the average life expectancy for Americans is 77.8 years. This means that the nursing program is only 1.6 - 3.5 % of our lifetimes. We only have 1.6 - 3.5 % of our lives to utilize the resources offered from our schools, our peers, and our faculty. We should take full advantage of our time as students, because after we graduate, we are pretty much on our own.

So, what should be on our "to-do" list during this time? The #1 priority is to focus on our classes. We may choose to get involved in activities and organizations - such as internships and CNSA - but we are students first and foremost. From my personal experience, I know how easy it is to see the benefit of an activity but not realize the time commitment until it is too late. When we take responsibilities without fully considering how it will infringe upon our school time, we risk losing focus of school and our education will suffer. When you choose to take on extracurricular responsibilities, carefully consider how it will fit into your school and study schedule.

Once you have balanced classes and activities, what is your next priority? Getting experience through activities and internships is a valuable part of our learning experience. That's because much of what we gain from our time in the nursing program cannot be taught in the classroom. The advice of our school faculty and career counselors is valuable insight that should be sought out outside of classroom and clinical



time. Many campuses have careers centers where counselors are available to assist students in creating their resumes and cover letters, and even preparing for interviews. It is a great benefit to utilize these services; most hospitals begin their new graduate hiring process well before graduation and being prepared early will ensure that you can get the job that best suits your needs and desires.

The nursing faculty is another excellent resource available to us as students. These are veteran nurses who have mountains of experience to share. They know their stuff! Ask them questions, pick their brains, and learn from them. They have worked at more hospitals, clinics, communities, and in every nursing field imaginable. They are experts and, lucky for us, they love to teach. If you ever have the opportunity to work closely with them, strongly consider it. Not only will it be a valuable learning experience for you, it gives them an opportunity to know you better; the better they know what a great student you are, the better reference they will be able to write for you when you are applying for your dream job.

Finally, don't forget that your peers can be great resources as well. Not only can they share their unique perspectives and individual experiences, but they can be a social support for when you are feeling overwhelmed. Nursing school is taxing. While there is a great reward waiting for us upon graduation, we can easily lose focus and forget what we are working so hard to achieve. Stay focused. Use your resources, and take full advantage of your time as a student; your fast approaching nursing career will be far better for it.

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### University of California, Irvine (2008-07-19 00:07)



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[1]

1. <http://www.healthcare.uci.edu/jobs.asp>

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[1]

1. <http://www.aftercollege.com/companies/chw/>

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Edited: February 9, 2013

