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# Chapter 1

## 2011

### 1.1 July

#### California's Resolution Passes! (2011-07-06 19:01)

Author: Phillip Bautista, SN, BSN, CNSA Legislative Director 2010-2011, [1]legdirector@cnsa.org, California's Resolution Passes, 6/23/2011, Legislation



[2] As I wait for my flight home to Central California, my sandwich from Quiznos in the Boise International Airport just seems like the perfect end to a great weekend in Salt Lake City. At the National Convention, I had the privilege to present the California Nursing Students Association state-sponsored resolution. RESOLUTION #23, IN SUPPORT OF INCREASED EDUCATION & AWARENESS OF BLOOD TRANSFUSION ALTERNATIVES AND BLOOD MANAGEMENT OPTIONS FOR PATIENTS passes the House of Delegates with a vote of 93 % to 7 %. I'm not sure where the 7 % came from, and I hoped it was a mistake by at least a few delegates. There was no opposition to the resolution, and many convention participants came up to me after the hearing and vote to voice their support for the resolution.

It was an incredible experience to be in Salt Lake City and witness peers from across the nation debate and support resolutions that may very well become national policy. Before the CNSA delegation from Fresno State left, we gathered to have pizza and talk about the resolutions and how we can present them to our faculty council when we return to school with hopes for improved learning and new ideas. There were just

so many good ideas and new perspectives on topics that we encounter in a daily basis in nursing, even as students.

Resolutions are such a powerful way for us to express our voice as students, and if you or your school is looking to write a resolution, I encourage you to contact me for more information about the process. The process of writing a resolution is an excellent way to become an expert to your peers about an issue that you are passionate about, and quite possibly an improvement for our future profession of nursing.

The position of Legislative Director has been a tremendously rewarding experience as I was able to represent the more than 3,800 students statewide in support of the Board of Registered Nursing at a Senate hearing at the capitol building in March and with our state-sponsored resolution in Salt Lake City. Please do not hesitate to ask me any questions or for more information about current legislative issues that directly affect nurses and nursing students, I would be more than happy to share with you what I have learned. Also, if you are writing a resolution for the October State Convention, please let me know so I can help you early!

Author: Phillip Bautista, SN, BSN, CNSA Legislative Director 2010-2011, [legdirector@cnsa.org](mailto:legdirector@cnsa.org), California's Resolution Passes, 6/23/2011, Legislation

1. <mailto:legdirector@cnsa.org>
2. <http://newsletter.cnsa.org/wp-content/uploads/2011/07/California%E2%80%99s-Resolution-Passes-Legislation1.jpg>

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## **Graduate Nursing Programs: Tips from the NSNA convention (2011-07-08 11:35)**

Author: Charla Schrodell SN, BSN, CNSA Secretary/Treasurer 2010-2011, [1][sectreas@cnsa.org](mailto:sectreas@cnsa.org), Graduate nursing programs: Tips from the NSNA convention, 6/23/2011, Message

Advance practice nurses are the way of the future for nursing. There are many options for nurses. You can go into a master or joint masters program or you could go into a BSN to DNP or PhD program. So where do you start? When looking into furthering your education and attending a graduate school there are many factors you need to consider.

1. What are your professional goals in nursing?

(a) This will determine what they of advance degree you obtain.[2]



1. When do you want to go back to school?
  - (a) Does the program you plan on attending require you to have experience?
  
1. Who is going to pay for the schooling?
  - (a) Does your employer have a tuition reimbursement program?
  - (b) There is a lot of money in scholarships for graduate studies.
  - (c) The school you attend may also have financial assistance programs.
  - (d) There is always external scholarships, loan repayments, and federal nurse traineeships.
  
1. Are you going to go full time or part time?
  - (a) Is there a clinical prerequisite?
  - (b) Part time will allow you to work, but it might not make you eligible to some scholarships.
  
1. Where to go?
  - (a) Seek advice from people you respect
  - (b) Are you willing to move or do you want to stay locally?
  - (c) Are you willing to take an online course?
  - (d) Make sure to look into the national rankings.

1. Here are some other questions you need to ask yourself when choosing a location:
  - (a) Are there entrance exam requirements?
  - (b) Are there course prerequisites?
  - (c) When is the program deadline?
  - (d) How often does a cohort enter?

Here are some pointers by the panel.

- Make sure to have confidence in your decision- Go with your heart!
  - Don't apply for a family nurse practitioner, if your passion is in pediatrics.
  - Don't do it because it is marketable.
- Make sure you do your research and learn as much as you can about the school, program, and faculty.
  - During interview state, "I have done my research....I have been to your website.
- Start to build a relationship with the school.
  - It starts with the first email you send out. So make sure you have an appropriate email address!
- Present yourself professionally. In the way you dress (always dress your best!) and communicate. Make sure to look at your facebook and edit it if you need to.
- Make sure to proof read your application (resume, cover letter, essay ect.)

Below are some questions the audience asked with the panel's response.

- Would you suggest doing an online course if I want to work?
  - No. A good advance education really requires you to attend class and assigns you a preceptor/mentor to work with. In some DNP programs there is a 3:1 ratio, 3 faculties to 1 student. Some programs might be hybrid where part of the lectures is online.
  - These programs tend to be harder because there isn't as much structure.
  - Look into what kind of support you would be getting. Is there someone you can go to/talk to?
- If I want to go into health administration, do I have to go into a graduate nursing program?
  - No. There are many other graduate programs that you can take to become a health administrator.
- Are younger students at a disadvantage when applying to graduate schools?

- It depends. You need to look into the program and see if they require you to have experience.
  - It also depends on how confident you are in your job. One great quote one of the panel members said was, “ Age isn’t key. It is what you do with those years.”
  - If you really want to go back to school right away make sure to take advantage of opportunities. Think of ways you can develop leadership roles. They like to accept individuals with leadership experience.
  - Getting more experience and developing leadership roles is a great way for you to stand apart.
- I am looking into graduate school. What is a good way to find a mentor?
    - Do your research! You want to find a mentor who is focused on the same thing you are. This is especially true for individuals looking into PhD programs. You want to find a mentor who is interested in the same research you are.
    - Get involved in professional organizations. This is a great way to find a mentor with a lot of experience.
- Would you suggest going into a master than PhD or DNP program or straight into a PhD or DNP program?
    - See if there is a “buy out” option. Where you could get out with a master degree if something came up halfway through the program.
    - Depends on what you want to do long-term.
    - A Masters program provides you with more experience.
    - If your passion is research and the masters is just a stepping-stone going straight into a RN to PhD program would be a good choice.
- I am going on a medical mission trip this summer and won’t be able to accept a externship. Is overseas experience valuable?
    - Experience overseas is very valuable.
    - You need to articulate it well.
    - It can set you apart.
    - Make sure to state what your experience was, what you learned from it and how you grew from it.

1. <mailto:sectreas@cnsa.org>

2. <http://newsletter.cnsa.org/wp-content/uploads/2011/07/Graduate-nursing-programs-Tips-from-the-NSNA-convention-Message.gif>

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## How a Nursing Student Changes Lives (2011-07-08 11:40)

Author: Summer Buchanan SN, BSN, CNSA Community Health Director 2010-2011, [1]communityhealthdirector@cnsa.org, How a nursing student changes lives, 6/23/2011, Message



[2]

We now have all heard about the devastation in Japan. Many of us have joined together to either fundraise or make donations to help aide the relief efforts for those who have been affected. We as nursing students share the universal compassion to serve others. Although this current disaster may not have physically impacted us, our emotions were triggered by an innate desire to lend a helping hand.

Emi Harris, a San Diego State University nursing student, shared her personal experience of how this disaster has triggered her desire to reach out to those in need. Prior to the earthquake that struck Japan, Emi was a full-time student, mother, and wife whose main focus was getting through nursing school. “Before the tsunami, I did not realize the opportunities that existed for nurses and nursing students to help in natural disasters”. After hearing the devastation of the tsunami and dealing with the internalized fear regarding the safety of her parents, family, and friends in Japan, Emi contacted local leaders and teamed up with San Diego’s Japanese community to help organize and volunteer at the Don’t Give up Stay Strong Charity Bizarre. This event, which was held at two locations on April 10th, did everything from making Japanese art, goods, and food to offering hand car washes, make-overs, and even counseling to help raise donations and awareness for the victims of Japan. Through this community service effort, Emi and the other volunteers of Don’t Give up Stay Strong successfully raised \$10,000 to send to the Japanese Red Cross Society. “Through this experience, I want to continue to help other communities and countries like Haiti who have been affected by natural disasters” states Emi who now looks to her graduation as an opportunity in becoming a skilled nurse who helps those in great need.

To continue to help support relief efforts in Japan, please visit:

[3] Japan Red Cross Society at [www.jrc.or.jp](http://www.jrc.or.jp)

[4] American Red Cross at [www.redcross.org](http://www.redcross.org)

[5] The Salvation Army at [donate.salvationarmyusa.org](http://donate.salvationarmyusa.org)

1. <mailto:communityhealthdirector@cnsa.org>

2. <http://newsletter.cnsa.org/wp-content/uploads/2011/07/How-a-Nursuing-Student-Chan.png>

3. <file:///localhost/mnt/ext/blogbooker/tmp/bdjxp0vy/JapanRedCrossSocietyatwww.jrc.or.jp>
  4. <file:///localhost/mnt/ext/blogbooker/tmp/bdjxp0vy/AmericanRedCrossatwww.redcross.org>
  5. <file:///localhost/mnt/ext/blogbooker/tmp/bdjxp0vy/TheSalvationArmyatdonate.salvationarmyusa.org>
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## Nursing and Beyond (2011-07-08 11:41)

Author: Kimberly Vaughan, SN, BSN, CNSA Breakthrough to Nursing Director 2010-2011,[1] [btndirector@cnsa.org](mailto:btndirector@cnsa.org), Nursing and Beyond, 6/23/2011, Message



[2]

At the National Student Nurses Association (NSNA) Convention April 4-6 2011 in Salt Lake City, Utah nursing students and nursing leaders from all over the nation gathered to discuss the current advancements, policies and changes happening in nursing. Two major recurrent themes were the importance of leadership in nursing and nurses advancing their careers. As students, many of us are focusing simply on graduating, but as future nurses and as leaders, we need to focus on what comes next. Being a leader in what we do is crucial to the future of not only our careers, but to the future of nursing as a whole.

As a hopeful Labor and Delivery nurse, and aspiring leader, attending the breakout session “Why Having a PhD in Nursing is Fun: Changing Clinical Practice for High Risk Mothers and Babies” was a very meaningful experience for me. The speaker was Diane Spatz, PhD, RN- BC, FAAN, a nurse at the Children’s Hospital of Philadelphia, professor at the University of Pennsylvania School of Nursing and the winner of this year’s NSNA Leader of Leader’s Award. Diane epitomizes the link between nursing practice, nursing education, nursing research and the impact leadership can have on others.

Listening to this breakout session I was able to see the connection between someone’s passion for nursing and the desire to make change. She was able to further ignite the passion I have for mothers and babies as well as my passion for leadership and nursing. Seeing someone accomplish such amazing things at such a young age and having the ability to impact so many people with what she does inside and outside the hospital made me admire her even more. She said that less than 1 % of nurses have their PhD’s and the average age of a PhD prepared nurse is 55. She is well below that age and wants to ensure that nurses are getting higher degrees sooner (not waiting until the end of their careers) so that the future of nursing is in good hands. We as students are the future.

With the looming nursing shortage despite the trouble new graduates are currently having finding jobs, it is important to market yourself and getting another degree can help. Advancing your career and staying up to date on research and evidence based practice is integral to our careers. We must always practice based on the most current and up to date information. Being a part of the research and the change as well as being leaders in our field will ensure that the future of nursing is substantial and impact of nursing is endless. There is no limit to the places you can go with your career. Will you be a part of the future of nursing?

Kimberly Vaughan

CNSA Breakthrough to Nursing Director

1. <file:///localhost/mnt/ext/blogbooker/tmp/bdjpg0vy/btndirector@cnsa.org>
  2. <http://newsletter.cnsa.org/wp-content/uploads/2011/07/Nursing-and-Beyond-Message.jpg>
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## **Pioneering Professionalism (2011-07-08 11:43)**

Author: Andrea Vega, RN, BSN, CNSA Image of Nursing Committee Chair 2010-2011, [1]iondir@cnsa.org. Pioneering Professionalism, 06/23/2011, News.

At this year's convention in Salt Lake City, there were numerous opportunities to meet with fellow students, nursing leaders, and employers—the later of which may end up being your boss one day. This reality means that it is important to feel, behave, and dress like a professional. So how does one “look” the part? By choosing a skirt of the correct length, the right tie for your suit, and maintaining a positive attitude. First impressions are all about what you say, how you say it, and most importantly, the image that you are conveying. Dressing to impress is the first step towards making great first impression.



[2]

While at convention, which was an awesome experience by the way, I could not help but notice all the different attires that were present. I saw everything from business professional attire to cocktail dresses for a night out on the town. This was a perfect example of why we should take the time to cautiously pick our clothing for such events where the attire is professional or business casual.

I remember that on the second day of convention I took the elevator with a gal who complemented me on the color of my blue blouse. We got to talking and I came to find out that this person was with an employee of one of my top picks for grad school. I did my best to engage her and keep a positive attitude. By the end of the conversation I had her contact information and a lot of really great information that will help me prepare for the application process. All because I kept a positive attitude and I choose my attire carefully beforehand.

Our abilities and skills are what make us qualified for a job, however like the example I gave above, our appearance and first impression is what gets us in the door to show our talents. Next are a couple of helpful tips that I found on the NSNA Guidelines web page:

Before going to a job interview or attending a professional meeting research the employers dress style or guidelines for the meeting you will be attending. Look in brochures, websites, or at the employees of the organization. When you have gathered your data you are now ready to go shopping. A great rule to keep

in mind while shopping is if you have to ask the question, “Can I wear this?” The answer is most likely no. When you are in professional situation remember to smile, introduce yourself and shake hands. If you have business cards this would be a great time to hand them out. At the end of your interview or conversation make sure to thank the person for their time and excuse yourself if possible.

Knowing what to expect and preparing for it will help you with your confidence and strengthen your professional image. When you dress and feel like a professional you are ready to accept last minute meeting invitations, schedule interviews with exhibitors, and most importantly you will have made a lasting first impressions that will carry you on the way to your successful nursing career. So remember to take the extra time to research and prepare for interviews and meetings, you’ll surely make a lasting impression and maybe even land you the job.

If you would like further information on the NSNA guidelines and many other useful websites please check out their web page at [3]<http://www.nsna.org/Meetings/Guidelines.aspx>.

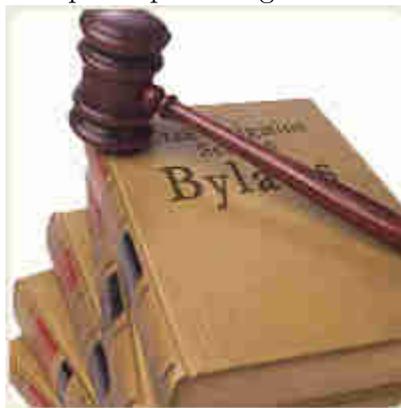
1. <mailto:iondir@cnsa.org>
2. <http://newsletter.cnsa.org/wp-content/uploads/2011/07/pioneeringprofessionalism.png>
3. <http://www.nsna.org/Meetings/Guidelines.aspx>

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## Proposed National Bylaws Recap (2011-07-08 11:45)

Author: Anna Viet, SN, BSN, CNSA Vice President 2010-2011, [vicepresident@cnsa.org](mailto:vicepresident@cnsa.org), Proposed National Bylaws Recap, 6/23/2011, Vice President Message

At the 2011 National Student Nurses Association 59<sup>th</sup> Annual Convention in Salt Lake City Utah, the NSNA board of directors brought forth to the House of Delegates a proposed bylaws amendment to change Article IV, section 2, subsection 2, part a, to add the phrase “and students enrolled in state-approved programs preparing licensed practical/vocational nurses” to the current statement that reads “Associate members: a. prenursing students, including registered nurses, enrolled in college or university programs designed as preparation for entrance into a program leading to an associate degree, diploma or baccalaureate degree in nursing.” This change would essentially allow licensed practical/vocational nurses to become members of NSNA and have all the privileges of membership except the right to hold the office of president and vice



president at state and national levels. [1] If adopted, every state would need to bring forth this change to their bylaws and vote at the following state conventions. It was stated that if the bylaw amendment were to be adopted on a national level, regardless of individual state outcomes, it would still become a part of all state bylaws due to the requirement to be consistent with the NSNA bylaws. The rationale behind this proposal was that it was created in response to the inquiries from students and faculty regarding NSNA membership for practical/vocational nursing students. Additionally, due to the

competition for RN programs, there have been an increased number of students starting their RN academic progression in LPN/LVN education. With adoption of this law, the NSNA board of directors proposed the potential outcomes as improving relationships and understanding of roles and responsibilities of LPN/LVNs and RNs; Also that it would increase diversity in nursing, and the number of LPN/LVNs who progress academically to RN licensure. Those that spoke “con” to this proposed change argued that the LPN/LVNs already had an established national organization that they could become more involved in. When it was brought forward that LPN/LVNs were titled “nurses” as well and therefore should be included in NSNA, a delegate questioned “if just having the word ‘nurse’ in their title qualifies them, should we include nurse’s aides as well?” This statement initiated much skepticism within the House of Delegates. One suggestion was to encourage the National Association for Practical Nurse Education and Service (NAPNES) to create a student position on their national board of directors so that students could have a direct voice within the organization. After much discussion and debate, the House of Delegates casted their votes and ultimately turned down the proposed bylaws amendment ending the possibility of one the most significant changes ever proposed in the history of NSNA.

1. <http://newsletter.cnsa.org/wp-content/uploads/2011/07/Proposed-National-bylaws-recap-Vicepresidents-Message.jpg>

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## Scholarship Opportunities! (2011-07-08 11:46)

Author: Charla Schrodel SN, BSN, CNSA Secretary/Treasurer 2010-2011, [1]sectreas@cnsa.org, Scholarship Opportunities, 6/23/2011, News.

Nowadays everyone needs help paying for school. Have you ever though of applying for a scholarship? There are several opportunities to find and apply for scholarships.



[2]

1. CNSA is currently accepting applications from their members for their scholarship opportunity.
  - They anticipate awarding around 14 or more different scholarships.
  - The awards will be presented at their next state convention, which will be held in Sacramento, CA from October 20-23, 2011.
  - CNSA makes sure to give each applicant the best chances of being offered a scholarship by placing your one application in every scholarship they are offered. This is an amazing opportunity! So don't hold off, get you're applications in now!

- You can apply on the CNSA website, [3]www.cnsa.org
- Applications are due by August 12, 2011.

2. Look on your schools financial aid website.

- You can search within your specific major.
- These scholarships will be less competitive.
- This is a great resource, so take advantage!

3. Search on the Internet.

- Google is your friend. There is countless number of opportunities for scholarships on the web.
- Remember these will have more applicants so it will be more competitive but it still is a great resource.
- This can feel a little over whelming. Set a specific day/time aside to look.
- Limit your search to 1 or 2 sites and only a couple
- Here are a few sites I found to be helpful
  - <http://www.discovernursing.com>
  - <http://www.nursingscholarships.org/>
  - [4]www.college.gov
  - [www.studentaid.ed.gov](http://www.studentaid.ed.gov)

4. Be prepared for the National Student Nursing Association (NSNA) Scholarship

- The scholarship application is available from May 2011 until January 2012
  - Who is eligible?
    - \* U.S. citizens and students with an Alien Registration number currently enrolled in state-approved schools of nursing or pre-nursing in associate degree, baccalaureate, diploma, generic doctorate, and generic master's programs. Funds are not available for graduate study unless it is for a first degree in nursing. RN to BSN/MSN and LPN/LVN to RN students are also eligible.
- How much money is available?
  - The NSNA Foundation awards over \$125,000 annually in the general scholarship program. Scholarships range from \$1,000 to \$2,500.

- Promise of nursing scholarships
  - are available in selected regions of the US. Your school/college of nursing's zip code determines eligibility for this new scholarship program which is supported by fund-raising events sponsored by Johnson & Johnson. Funds for this scholarship program are supported by contributors in selected regions.
  
- What criteria are used for selection?
  - The scholarships are based on academic achievement, financial need, and involvement in nursing student organizations and community activities related to health care. Additional criteria may be required by some sponsors.
  
- When will the scholarships be awarded?
  - Scholarships are awarded in the spring of 2012 for use the 2012 – 2013 academic year.
  
- Deadline: MUST BE RECEIVED BY FRIDAY, JANUARY 13, 2012
  
- More information can be found at NSNA.org

1. <mailto:sectreas@cnsa.org>
2. <http://newsletter.cnsa.org/wp-content/uploads/2011/07/Scholarship-Opportunities-News.jpg>
3. <http://www.cnsa.org/>
4. <http://www.college.gov/>

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**Take a Moment to a Reflect on the Journey You're Embarking on and Appreciate the Ride (2011-07-08 11:47)**

Author: Monique Monlina, SN, BSN, CNSA Membership Director North 2010-2011, [1]memdirnorth@cnsa.org, Take a Moment, 06/23/2011, Message.

Late nights, early mornings, hurried trips to the local caffeine stop of our choice, piles of papers surrounding us, endless power points to review, books as thick as that newly baked triple chocolate cake we might have seen at the local bakery, and endless to do tasks all entail the life of a nursing student. Always on the go never feeling ahead, and always thinking of the deadlines in our agenda. Social life during the semester, or trimester for some, is nearly impossible, and if one chooses to have fun at times during the weekend it's always the next day regret of anxiety towards the thought of double time work they need to now accomplish. I know I've been guilty of these feelings to the point where sometimes it difficult to juggle everything that I would like to do or have in my life.



[2]

How many of us nursing students have created a special bond with our classmates in our nursing program? For many, these friends have become close to us as family. We see them majority of the time, we study with them, we call them when we need advice, encouragement, or just because they are always willing that lend an audible ear. The new family we have created with people in our program has been one of the best support groups to help keep us sane in the program. They keep us grounded because they know exactly what we are going through and by them understanding exactly how we feel creates a united bond that is hard to break.

With finals around the corner and stress levels high, let us take some time to reflect on the memories we have created with our support group from the program we are in. Let us take a couple of minutes and maybe share some memories aloud with our group reflecting on the good times and some of the bad, and being that it's a reflection some of the bad memories can create laughter and wisdom from the falls we once had. Not only should we take this time to thank our support group that we created with our classmates, but for some, school has taken us away from the support groups we once held close or saw daily in our lives. Use these moments of reflection as a reflection in other support groups you may have. Take 20 minutes of your day to visit some of the members of other support groups you have and analyze the love, encouragement, and admiration they have for you because of the person you are. To the graduates this May or June congratulations on your journey they you have worked so hard for! Good luck everyone!

Monique A. Molina

Membership North Director

1. <mailto:memdirnorth@cnsa.org>

2. <http://newsletter.cnsa.org/wp-content/uploads/2011/07/Take-a-Moment-Message.jpg>

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## **The Future of Nursing – It's in Your Hands! (2011-07-08 11:49)**

Author: Kaley Ferreira, SN, BSN, CNSA President 2010-2011, [president@cnsa.org](mailto:president@cnsa.org), The Future of Nursing – It's in Your Hands!, 6/23/2011, President's Message

In 2010, The Robert Wood Johnson Foundation and the Institute of Medicine released a report entitled The Future of Nursing: Leading Change, Advancing Health. This report came out of a two year process with the goal of assessing and transforming the nursing profession. Though the length of the report may seem daunting, as future nurses, it is important for us to be aware of the recommendations put forth in this report.



[1] Robert Wood Johnson Foundation

There are four key messages in this report. The first key point focuses on ensuring that nurses are able to practice to the full extent of their education. This point focuses on both ensuring that scope of practice regulations for nurses are the same throughout the country and also forming transition to practice residency programs to help new graduates further gain the needed skills to provide quality care. The second main message encourages nurses to seek lifelong learning and higher levels of education. This is expected to be carried out through creating seamless academic progression. The third main point requires nurses, physicians, and other healthcare workers to form strong partnerships in order to redesign healthcare in the United States. This also must include a culture that promotes nurse involvement in leadership. The last key message includes creating better data collection in order to create effective workforce planning and policy making.

These four key messages are further broken down into eight key recommendations:

“Recommendation 1: Remove scope-of-practice barriers . . .

Recommendation 2: Expand opportunities for nurses to lead and diffuse collaborative improvement efforts . . .

Recommendation 3: Implement nurse residency programs . . .

Recommendation 4: Increase the proportion of nurses with a baccalaureate degree to 80 percent by 2020 . . .

Recommendation 5: Double the number of nurses with a doctorate by 2020 . . .

Recommendation 6: Ensure that nurses engage in lifelong learning . . .

Recommendation 7: Prepare and enable nurses to lead change to advance health

Recommendation 8: Build an infrastructure for the collection and analysis of inter-professional healthcare workforce data”

(The Future of Nursing Leading Change, Advancing Health – Report Recommendations)

What I have presented here is merely a brief summary of the articles already summarizing the report. I challenge you to at least read the summaries of the report in order to inform yourself. It is important for you to take the initiative to educate yourself on the proposals in this report.

You may be thinking that as nursing students you cannot yet work on furthering this initiative. However, nursing students are the future of nursing and thus have the power to make the long term changes possible. It is important to start getting involved now so that involvement and leadership become part of who you are as a nurse.

We are the future of nursing, and as such, we need to help facilitate change in our profession. Take the initiative. Get involved.

Sources:

[2]<http://www.iom.edu/Reports/2010/The-Future-of-Nursing-Leading-Change-Advancing-Health.aspx>

1. <http://newsletter.cnsa.org/wp-content/uploads/2011/07/The-Future-of-Nursing-%E2%80%93-It%E2%80%99s-in-Your-Hands-Presidents-Message.jpg>

2. <http://www.iom.edu/Reports/2010/The-Future-of-Nursing-Leading-Change-Advancing-Health.aspx>

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## The Time is NOW for Cultural Awareness! (2011-07-08 11:51)

Author: Remy Paille, SN, CNSA Committee on Cultural Awareness Chair 2010-2011, [1][diversity-chair@cnsa.org](mailto:diversity-chair@cnsa.org). The time is Now for Cultural Awareness, 06/23/2011, Message.



[2] First I would like to thank all of the CNSA members who I met at the NSNA Convention in Salt Lake City this past April, 2011. It was wonderful to feel so much support from the CNSA Board of Directors and watch the Committee on Cultural Awareness gain momentum and recognition on a national level. As the inaugural Chairperson for the Committee on Cultural Awareness (CCA) it's my goal to get you as excited about this new committee as I am. Are you interested in patient-centered care, patient advocacy, learning more about caring for patients in multi-cultural populations? Are you passionate about culturally sensitive and competent nursing care and/or complimentary, alternative and integrative medicine in nursing practice? Would you like to know about how CNSA raises awareness in these issues throughout the state? If you answered yes to any of these questions, then please take a look at The Cultural Awareness Starter Kit to see how you can start a committee in your own school. Also, contact Cultural Awareness Committee Chair, Remy Alexis Paille at [3][culturalawarenesschair@cnsa.org](mailto:culturalawarenesschair@cnsa.org). The CNSA Bylaws were amended at the 2010 CNSA House of Delegates to create the Committee on Cultural Awareness, who has as its' mission, to increase awareness of nursing students and the community in culturally competent and sensitive nursing care through advocacy and supplemental education programs. These are exciting times for the Committee on Cultural Awareness. On November 24, 2009 the CCA of Maurine Church Coburn School of Nursing (MCCSN) put on a Cultural Awareness Event titled, "Transfusion Alternative Healthcare." This was a fascinating event exploring the cultural implications and alternatives to blood transfusions. The topic was introduced by way of a video and was expanded upon in an open discussion led by an expert in the subject matter, Mark Stevenson, Representative of the Hospital Liaison Committee. The MCCSN Chapter of the CNSA took up the issue of transfusion alternative healthcare and created a resolution topic, "In Support of Increased Education & Awareness for Blood Transfusion Alternatives and Blood Management Options for Patients". The resolution passed at the CNSA Annual Convention in Ontario, Ca October 15-17, 2010. CNSA then took MCCSN's resolution to the NSNA Convention in Salt Lake City, April 6-10, 2011 where it

passed easily with a 93 % majority voting in favor. Kudos go out to the authors, Lauren Cillizza, Jessica Sullivan, Charlotte Parker, Gisela Mandujano, Tammy Worley, and CNSA Legislative Director, Phillip Bautista. Meanwhile, the CCA continues to put on more events related to culturally sensitive nursing care. We have explored “Diabetes across Cultures”, “Integrative Pharmacology”, “Traditional Chinese Medicine”, and “Nurse Midwifery”. All of these events help to bridge the gap between our nursing theory classes and the diverse collage of perspectives on health and healing that are directly influenced by culture. The ideas for these events have arisen from experiences of students working with a variety of cultures and realizing that more education and awareness about culturally sensitive nursing topics is necessary. Members of the CCA are highly encouraged to get involved in community health operations and serve as a CNSA liaison between students, staff, and the community regarding nursing issues in cultural sensitivity. What’s the missing link between your nursing theory classes and the rest of the world? You can create that link by starting or joining a Committee on Cultural Awareness in your own school. Take a look at the Cultural Awareness Starter Kit to see how it can be done. I also highly encourage anyone interested in running for CCA Chair for 2011-2012 to read the 2010 Diversity Report as it contains pertinent information relating to the position. As the 2010-2011 CNSA Chair for the CCA I would love to hear about your experiences and help you achieve your goals in culturally aware nursing. Please email your ideas and any questions to Remy Paille, [culturalawarenesschair@cnsa.org](mailto:culturalawarenesschair@cnsa.org). The Time is NOW for Cultural Awareness!

1. <mailto:diversitychair@cnsa.org>
  2. <http://newsletter.cnsa.org/wp-content/uploads/2011/07/thetimeisnowforculturalawar.png>
  3. <mailto:culturalawarenesschair@cnsa.org>
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