

RANGE OF MOTION

THE OFFICIAL NEWLETTER OF THE CALIFORNIA NURSING STUDENTS' ASSOCIATION

PLANTING THE SEEDS OF NURSING

by Trudy Chancellor, SN – CNSA Image of Nursing Committee Chair

On the chilly morning of January 1, 2013, a very special float drove in line down Colorado Boulevard in the annual Tournament of Roses Parade in Pasadena, California. Received by the crowd to a raucous uprising of cheers, this was a float to Celebrate-Honor-Thank the millions of nurses who make such an impact on the lives of so many. However, the story doesn't start with this cold New Year's Day, but rather, almost six years ago when Sally Bixby, RN, MS, CNOR, was chosen to be the first nurse to hold the office of President of the Tournament of Roses and Rose Bowl Game for the year 2013.



Recently the Director of Surgical Services at the City of Hope National Medical Center in Duarte, California, Sally has remained a passionate nurse, holding memberships and actively participating in a variety of professional nursing associations. Joining the Tournament of Roses Association in 1989 as a volunteer, she has since served and acted as chairman of various committees and was elected to the Executive Committee in 2005. Her achievement of President for the 2013 Tournament of Roses Parade provided the nursing community with an international stage for the first time.

Inspired by the appointment of a nurse to the position of President for the Tournament of Roses Parade, five nurses came together to form Bare Root, Inc., a not-for-profit corporation with the goal of raising funds to design and build a Nurses Float for the 2013 Tournament of Roses Parade. They saw this as an opportunity to: 1) celebrate, honor, and thank all nurses, 2) give nurses an opportunity to celebrate with each other, 3) educate potential nurses about the profession, and 4) provide scholarships to nurses with any remaining funds. These nurses decided it was time for nurses to be in the international spotlight and went to Sally with the idea to give her parade a float representing the profession she is so passionate about, a Float for Nurses. (Cont. page 3)

CNSA 
California Nursing Students' Association

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YOUR PRESIDENT'S PREVIEW

By Kristi Miller, SN – CNSA President

This is quickly becoming an exciting year for CNSA! The board of directors and committee chairs you elected at our Annual Convention in October 2012 have been working hard on your behalf and are accomplishing wonderful things. As we continue to look ahead, one of my main goals in moving forward is to be sure that CNSA offers you the necessary tools that will set you apart from your peers. One of our main purposes as an organization is to help provide you with opportunities and learning experiences that many nursing schools are unable to provide.

Something that is important to remember as individual members, CNSA chapters, and as your State board members is that all nursing students are at different levels in the nursing school spectrum. This

makes us a diverse organization with both fresh perspectives and wise advice. This also gives us the opportunity to receive mentorship from those more experienced than ourselves, and then share those learning experiences with students who are less experienced than we are.

As a "veteran" CNSA member myself, with three years of involvement in this wonderful organization, I have been on the receiving end of many incredible mentors. These mentors shared their knowledge with me, challenged me to broaden my horizon, and encouraged me to keep moving forward. Without those CNSA members taking me with them to their level and then pushing me to go beyond my comfort zone, I would not be half of the nursing student I am now, or

half of the nurse I will be shortly. I am ever grateful to them for their mentorship, encouragement, and advice, all of which taught me a valuable lesson: As future nurses, we must work together. We will not be in our profession alone. It is important for us to give back to our community and to share the knowledge we have learned so that those who come behind us can accomplish even greater tasks than we imagined.

It is my goal this year to encourage you to express your new ideas, discover what it means to affect change in our future career, find your nursing voice, and to understand what is involved in becoming a professional nurse. I hope you will join me on this exciting journey as we continue to become the future of nursing.

VICE-PRESIDENT 2013

By Allie Bryden, SN – CNSA Vice President

With the New Year in full swing, I am excited to bring you a glimpse of what is ahead of us at CNSA! Stepping into the Vice President's role has been such an incredible experience and I am thrilled to begin making amendments to our bylaws and policies and procedures. By keeping our Bylaws current we can ensure that our organization remains organized and upholds our ongoing mission to inspire student-nurse leadership. If you have begun a new CNSA local chapter, or would like to refresh your bylaws, please do not hesitate to contact me so that I can provide assistance. An additional event that will be fast approaching is our annual CNSA elections! We hope that this year will provide the inspiration for all members to become more involved within their community and even strive to run for a position on the 2013-2014 Board of Directors. Nominations and Elections packets will be available on the CNSA webpage in July and we highly encourage all interested members to apply. On behalf of CNSA, we would like to wish you a wonderful start to your new year and we look forward to the enthusiasm and leadership you, as a CNSA member, will cultivate in the coming months!

(Cont. from page 1)

The Seed Grows

As nurses create *A Healing Place* with their presence, it is the qualities of caring, commitment, compassion, confidence, conscientiousness, and intelligence, among others, which make it possible. These qualities of a nurse were reflected in the design and written along the bottom edge of the float, titled "A Healing Place." The animals portrayed on the float served as metaphors of these qualities that allow nurses to create "A Healing Place" for their patients.

The story continues with the hundreds of volunteers who descended on the decorating barn to help decorate this homage to nursing. It is inspiring to note that these volunteers were not all nurses – they were parents, children, friends, patients and family of patients whose lives have been impacted by a nurse and so came out to honor those nurses by decorating a float created to *Celebrate-Honor-Thank* nurses worldwide. Volunteer Susan Herman from the Childrens Hospital at Stanford remembers how one volunteer told her, "A nurse at your hospital saved my god-child's life; that is why I am here today."

These volunteers came from all over the country; one volunteer said that when she was there, there were nurses from California to New York working side by side to "put a rose on the float that is the nurses' float." One day, the decorating barn even received a visit from Edna, the head nurse at Hadassah Medical Center in Jerusalem, who had somehow heard about the float and came to see for herself. The photos she took and memories she created will go back with her to Israel and the nurses there who will know that they too, were "celebrated, honored, and thanked" on this international stage.

Even though the ground where they were sitting was freezing and the glue sticky, spirits were high. A memory book in the decorating barn collected the anonymous messages of volunteers: "this is the most fun 'nurse-thing' I have ever done!" "I believe working even the smallest amount is perhaps the most significant thing that I have done in my decades of being a nurse." Perhaps it is this

volunteer who said it best, "it is a special moment in time when you are gifted with the opportunity to work on something bigger than yourself, something enduring, and something that brings out the best in others."

Nursing Blooms in the Spotlight

On New Year's Day, over 300 million people worldwide watched the Tournament of Roses Parade in over 220 countries and in 25 languages. On that morning, the eyes of the entire world watched as the profession of nursing was placed in the spotlight. "We did it, that's OUR float!" shouted Monica Weisbrich, President of Bare Root, Inc., speaking for nurses worldwide who looked to the float with a "sense of ownership, a sense of satisfaction of belonging to such a wonderful profession."



Float riders, from left to right: Nicole Brown, SN, Ariel Eby, SN, and Bob Patterson, RN, MSN.

As the float drove down Colorado Boulevard, two nursing students were among its riders, waving to the crowd and representing nursing students around the world. Nicole Brown and Ariel Eby of Pasadena City College were chosen from an essay contest in which they wrote about why they want to be nurses. Nicole says that "seeing the people waving and cheering on nurses has made her proud to be a nurse... I feel as though it was a welcome into the nursing profession."

(Cont. page. 4)

The Bloom Keeps Growing

There is no doubt that the Nurses' Float has impacted the community, both public and nursing; the question is "How?" The Tournament of Roses showed their appreciation for nurses and the float by awarding it the Craftsman Trophy for outstanding showmanship and dramatic impact over 55 feet in length. "This float made the compassion of nurses so much more apparent to our city [and] has further proved how dedicated nurses are," says Ariel Eby. While, Nicole Brown declares that "the non-nursing community is [now] more aware of the variety of roles that nurses play and that nurses are leaders not only in the hospital, but wherever they go. When nurses put their minds to something, they achieve great things."

The float's impact on the nursing community was seen at

WHEN ALL IS SAID AND DONE, THE WORDS OF AN ANONYMOUS VOLUNTEER ARE MOST FITTING:

"AT A SINGLE POINT IN TIME, THE EYES OF THE WORLD [WERE] ON NURSES. FOR THE FIRST TIME IN AN ENTIRELY NEW AND INNOVATIVE WAY, PEOPLE [SAW] THE QUALITIES OF NURSING LIKE THEY HAVE NEVER SEEN THEM. SALLY CREATED THE OPPORTUNITY FOR THIS TRANSFORMATIVE EXPERIENCE, BARE ROOT, INC. MADE IT A REALITY, AND THE REST OF US ARE LIKE BUTTERFLIES ON THE FLOAT, FLITTERING AND FOLLOWING WHERE THE NECTAR OF THE FLOWERS IS SWEETEST. WE COME AND GO, REAPING THE BENEFITS OF MANY YEARS OF WORK. THIS EXPERIENCE WILL FOREVER BE IN MY HEART, NURSES ROCK!"

the Association of California Nurse Leaders (ACNL) 35th Annual Conference on February 10-13 where the Board of Directors of Bare Root, Inc. were greeted with a standing ovation as they were awarded the "Friends of ACNL" award by their peers in the nursing community for their significant contributions and support for the nursing community. In addition, Monica Weisbrich, BSN, RN (President, Bare Root, Inc.) and Suzanne Ward, MN, MA, RN, CNOR(E), GC-C (Treasurer, Bare Root, Inc.) were awarded the "Best Practice in Nursing – Recruitment/Retention/Out-reach" award for actualizing the dream of a float honoring nurses at the 2013 Rose Parade through their unwavering resolve and determination.



Bare Root, Inc. Board of Directors with CNSA Board of Directors members. Clockwise, starting far left: Trudy Chancellor (CNSA Image of Nursing Chair), Kristi Miller (CNSA President), Suzanne Ward (Bare Root, Inc. Treasurer), Monica Weisbrich (Bare Root, Inc. President), Paul Wafer (Bare Root, Inc. VP of Marketing), Katrina Stell (CNSA Convention Director), Judy Dahle (Bare Root, Inc. Chief Operating Officer), Pat Spongberg (Bare Root, Inc. Secretary), and Sara McMannus (Bare Root, Inc. Board of Directors)

2013 – THE YEAR IN PREVIEW

by Lori Arotcharen, SN – CNSA Communications Director

Where has the time gone? This is a question I hear so often, especially among my fellow nursing students and CNSA State Board members. As the first quarter of 2013 is came to a close, there were many exciting things happening in the world of the nursing student, on a personal level, in nursing, and in the world.

Your CNSA State Board has been working hard to plan and execute events for our members that you will walk away from feeling like it was a great investment of your time to participate.

Already in 2013, we have had our Membership North Meeting at Sacramento State. Our board has traveled to Charlotte, NC to represent the State of California at the NSNA National Convention, the Nursing Students in Sacramento Internship (NSSI) was in April, and plans are being made for our Membership South meeting in August, and our State Convention in October.

Another change in 2013 that will impact all nursing students is the new passing standard for the NCLEX-

RN, which was implemented in April. The NCSBN reviews and revises passing standards as necessary every three years to determine if the current passing standard is adequate for the entry level RN. In December of 2012, the board determined that the current standard did not adequately reflect the nursing ability required of an entry level RN, and made the changes necessary to reflect the requirements of today's graduating nursing student.

You can download a copy of the NCLEX-RN Examination detailed test plan at:

https://www.ncsbn.org/2013_NCLEX_RN_Detailed_Test_Plan_Dandidate.pdf.

If you would like to learn more about the NCSBN, go to www.ncsbn.org.

It is my hope that as you read through this issue of the Range of Motion you will become as excited as your State Board of Directors are about what is to come in 2013!

A NEW YEAR, A NEW YOU: STRENGTHEN YOUR INFLUENCE

by Katrina Stell, SN – CNSA Convention Director

I had the wonderful opportunity to attend the 2013 ACNL Conference in San Diego with our President Kristi Miller and Vice President Allie Bryden. The numerous accomplished speakers mesmerized and inspired us. Among these great Nurse Leaders is Kathy Harren, Regional Director Nursing Institute at Providence Health and Services, who taught us how to maximize our leadership potential to influence positive change.

Influence is the power that a person has to affect another's thinking. To develop your voice of influence, Kathy suggests mastering the skills of:

conflict management, managing difficult people, and interpersonal relationship competencies. It is also best to be aware of your personality type so that you know yourself and your strengths. Some vital attributes that Kathy says are important to increasing influence include: person to person communication and written competencies, attitude excellence, effective use of time, appearance counts, keep your promises, have high expectations of others, and seek to understand more than to be understood.

Many leaders of influence use visualization (such as envisioning a conversation or situation through to the end) to achieve their goals. They also have the objectivity to stand back and take in the big picture, and they are able to find common ground or a shared vision that unites people. Kathy recommends strengthening your influence further by: always having a written plan;



researching your subject;
knowing the facts and data;
asking for what you want
clearly; being prepared for
"yes", to compromise, or for
"no" and the next step; take

notes when others are talking; affirm agreement whenever possible; and
use their name in the conversation. Use these simple and effective tactics
to increase your influence and to improve your ability to lead.

All information referenced is from the ACNL 2013 Conference session
"Strengthening Your Voice & Influence" by Kathy Harren.

LEGISLATION 2013

By April Lembi, SN – CNSA Legislative Director

Students should not only know and understand how legislation is affecting them, but also how they can in turn, affect legislation in healthcare. We must remember that our opinions and perspectives, as nursing students and future healthcare workers, are greatly valued. A perfect example of students making a difference was shown at the 2012 CNSA Annual Convention in Irvine, where five different resolutions were presented. All five resolutions were passed, and one resolution was sponsored to go to Nationals.

As Legislative Director this year, I would like to continue to encourage students to be proactive in getting involved. I have set many goals in attempts of meeting and hopefully exceeding what we were able to accomplish in the previous years.

The first goal was to encourage CNSA members to apply for the Nursing Students in Sacramento internship (NSSI) opportunity. This internship gave students a glimpse of what happens behind the scenes, and how healthcare laws are being changed. In addition, there were several opportunities to meet influential leaders representing nurses all over California. Interns learned about legislation and leadership in nursing.

Another goal to accomplish this year is to assist students in developing and presenting resolutions at the CNSA Annual Convention in the fall. I want to serve as a resource and be available for anyone who needs help in developing, writing, and presenting a resolution. With the help from my resolutions committee and fellow board members, we would like to have resolutions presented from nursing schools all over California. All resolutions presented at convention have the chance to be passed; however, one resolution can be sponsored by CNSA and taken to the National Student Nurses' Association (NSNA) Annual Convention in the spring. In other words, resolutions are written locally, but have the chance to effect healthcare at a statewide level or even national level.

Finally, I would like to start a letter writing campaign in support of a pertinent issue in healthcare. I am still reviewing the bills coming before the California legislature this year that will have an impact on nursing and will select an issue that I believe CNSA can pursue after I complete my study and analysis. I am honored to fill this position; I hope to serve California nursing students to the best of my ability. I look forward to seeing what we can all accomplish this year!

MEMBERSHIP NORTH 2013

By Lilla Szakacs, SN – CNSA Membership Director North

First of all, I want to take a minute to thank those of you that elected me as the Membership Director of Northern California for the 2012-2013 year; I am very honored to be able to serve on CNSA's Board of Directors (BOD). Since starting nursing school in Fall of 2011, I have been an avid member of CSU Sacramento's chapter. As some of you from convention might remember, the speech I made when running for office began with the fact that I had initially decided to not bother with becoming a member of CNSA. After all, I simply did not see the point in me becoming involved with CNSA. However, after being persuaded by upper classmen, I can say that participating in CNSA has been one of the best experiences of being in nursing school. This is precisely why I chose to run for this position, so that I could recruit others to become involved and thus enhance their experience while in nursing school.

Now you might be asking yourself what a Membership Director does exactly. As outlined in CNSA's bylaws, my primary duties are to execute the following in Northern California:

- Arrange a Membership Meeting.
- Establish and maintain contact with each school of nursing.
- Serve as the liaison between chapters and our BOD.
- Reach out to nursing schools that do not have chapters and serve as the resource persons for

starting one.

Accordingly, my goals while in office for the 2013 year are to:

1. Organize the largest Membership Meeting yet with members from each chapter in attendance.
2. Enhance communication between chapters' BOD and our BOD.
3. Start three new CNSA chapters in Northern California.
4. Increase overall NSNA membership.

For more information about the Membership Meeting in Northern California, refer to the separate article included in this issue. As far as enhancing communication between chapters' BOD and our own, one of the issues I came across when planning the Membership Meeting North was how outdated CNSA's contact list is. Thus, I plan on compiling current contact information for every chapter. I am asking each chapter to email me:

- Name of School of Nursing
- Name of advisor
- Advisor's email address
- Chapter representative's email address (if this position exists on the BOD)
- President's email address
- URL to website (if there is one)
- URL to Facebook page (if there is one)

The primary reason that CNSA's contact list is out of date is due to the fact that Directors on the chapters' Boards use their school or

private email as their point of contact. Due to this, I am encouraging each chapter to adopt generic emails for their Directors. This way consistency can be maintained as the email would be turned over to the subsequent occupant of the position. These generic emails should have the school name and position on the BOD in it (e.g. ucsf.pres@gmail.com). I am also advocating for each chapter to have a chapter representative on their BOD who will function in keeping the chapter up to date with our BOD. In addition, remember to like CNSA's Facebook page!

As you can see, this year will be a busy one for me and I hope to accomplish much. In a state as large as California, due to the geographical separation, maintaining communication is a challenge. Yet we on the BOD must remain connected to our membership because we are nothing without our members. It is because of this that I am hard at work reconnecting each of you with us. However, I cannot do it without help from you, the membership. I ask that you take this information back to your respective chapter. I beseech each of you to request of your BOD to implement the above detailed suggestions. Be my voice at your chapter!

You can contact me at: memdirnorth@cnsa.org.

BREAKTHROUGH TO NURSING (BTN) 2013

By Emily Barrow, SN – CNSA Breakthrough to Nursing Director

As I become more comfortable with my position on the CNSA State Board, I cannot help but get carried away with ideas, opportunities and dreams I'd love to make reality. When first elected, I was so overwhelmed with the position and what exactly to make of Breakthrough to Nursing, but after a few months of research and guidance from the fantastic BTN Director from last term, I think I have some ideas in the making!

I have begun to reach out to a few nursing students regarding the BTN committee and so far have four individuals who are actively involved with the BTN efforts. However, we can always use more! Breakthrough to Nursing is a large umbrella program and needs as much help and ambassadors as possible. The recruitment of nurses, especially from the male and minority populations, requires ambassadors from all over California who represent the diversity we are trying to encourage. As the BTN committee continues to grow, I would love to see several individuals from different schools, both ADN and BSN programs, and in varying semesters. If you would like to get involved or have any ideas, please do not hesitate to contact myself at: btndirector@cnsa.org. Also

please remember that you do not necessarily have to be on the BTN committee to get involved, there is so much that can be done with whatever time and resources you can provide!

The highlight of the term, thus far, has definitely been my first BTN presentation to an elementary school in San Diego, CA called Solana Santa Fe. With resources that I obtained from the Johnson & Johnson's Campaign for Nursing's Future, three stethoscopes, and plenty of treats, I set out to present to a first grade class of twenty-two children. This experience was so fulfilling and turned out to be such a great success that I urge each and every nursing student to reach out to even just one school (elementary, middle, high school or community college) during their time in nursing school. With the help from Johnson & Johnson and also the Coalition for Nursing Careers in California (CNCC), the ability to go and give a presentation geared towards the recruitment of nurses was very easy and enjoyable.

Now as far as the near future is concerned: BTN is working towards a few things. To begin with, a nurse recruitment commercial is being discussed in which high schools will be the target audiences. The details of

this commercial/video have yet to be set, but brainstorming is underway. In addition, one of my main goals is to have a collection of presentations available for all nursing students in California, or the nation for that matter, to be able to access and use as tools to go out and present to different schools. I would love to have presentations for each school level and even though the cncc.org already has some fantastic presentations available for use, I believe CNSA needs to have their own!

I know how busy and stressful nursing school can be, especially since I am in my final term before graduation! However, it is so important and vital to this profession to give back. It is our duty as nursing students and future nurses to go out and educate the public, of all ages, about what nursing truly is. It is also our duty to ensure that the field of nursing continues to grow in diversity including gender, race, ethnicity, and culture. The only way to adequately care for the diverse population of patients in the hospital setting is to reflect this diversity with the nurses who are working, caring, and healing. Let's make a difference together!

COMMUNITY HEALTH 2013

By Samantha Ahwah, SN – CNSA Community Health Director

As Community Health Director, this year I will focus on getting the opportunity to be hands-on outside of the hospital setting that many of us are used to. I want us to utilize and solidify those nursing skills that are so new to us, and at the same time, be able see the change that we are making in our communities. One opportunity that I believe is perfect for this is participating in the Red Cross Disaster Health and Sheltering course. This is something that my predecessor, Aimee, advocated for during her term, and I am trying to continue the process. It is a two-part course, Part I is an online Independent Study and Part II is an Interactive Tabletop Exercise, all designed for preparing us for disaster relief operations. I think it is important that we learn the importance of disaster preparedness and our roles as nurses in the event of a disaster. Being certified in disaster relief will allow us to assist the Red Cross, making us active participants in our community. Below depicts the experience of nursing student, Diana Ramos of Rio Hondo College where 85 students participated:

"We liked the course because we believe an important aspect of being a nurse is prevention, and part of that is being prepared in case of a disaster. If we are not prepared within our own family, how can we help others? The community will look to us, as nurses, to be their guides, and we have to set the example by being prepared ourselves.

This course is important because often nursing curriculum is so focused on learning the textbook material that we forget to look at other aspects that are important to nursing. Disaster can strike any community at any time, and having the knowledge

and foundation from this course, can help serve our communities better.

We would like to encourage other schools to participate in this program because it builds upon our professional role as a nurse. It helps to strengthen our critical thinking process, assessment and prioritization skills. It also gives the nursing student to volunteer in their community and something to add to their portfolio. Furthermore, it can easily be set up



by contacting your local Red Cross chapter, and they will assist you in preparing for the event."

To learn more about this course, go to: , <http://www.drc-group.com/library/exercise/osc/OSC-DHS-FactSheet.pdf>. If you are interested in bringing this course to your school or have any questions, please email me at sammyahwah@gmail.com, and I will lead you in the right direction.

CULTURAL AWARENESS 2013

By Patricia Iluore, SN – CNSA Cultural Awareness Committee Chair

I am the new Cultural Awareness Committee Chair (CACC), Patricia Iluore. I am Filipino, Nigerian, and pinch of Spanish. I have always been surrounded by many cultures growing up. This constant immersion with different cultures inside and outside my home is what ignited my interest for learning about different cultures. Now add nursing school to that and now you've opened a whole new box of ideas, concepts, and issues relating to culture. I believe culture is the lens in which people view the world. This lens can affect how nurses give care and how patients receive care. As your new CACC, I am here to educate, inspire, and mobilize our future nurses about Cultural Awareness. I will be forming a committee to help spread the news across California. The cultural awareness committee's job will be to find innovative ways to increase awareness about:



- Addressing Different Cultural Perspectives towards healthcare
- Transcultural Nursing/Cultural Competent Nursing
- Nursing Abroad
- Diversity in the Healthcare Workforce
- And much more!

As Chair I am calling out to all the AWESOME students who are as passionate about culture. Your mission, if you choose to accept it, will be to help put on workshops, write articles, create events, and utilize social media and other technology to educate CNSA.

The qualities that I am looking for in committee members are: passion, innovative thinking, reliability, independence, go-getter attitude, professionalism, and Ninja training (optional).

If you think you have what it takes please email me at: **CNSADiversity@gmail.com**

- Health Disparities in the U.S. and Abroad

How many times have you had a patient who barely spoke English? If you live in California it probably happens a lot. As a future nurse I acknowledge that Nursing is a global profession and with that said the world is full of many languages. I want to be able to relate and speak to my patient on their terms and in the language they are most comfortable with. As I surveyed my surroundings and contemplated what language could I learn that would also help me out professionally and personally; I came to the conclusion that I wanted to learn Spanish. Being a resident of Southern California and working in areas of lower socioeconomic standings, being bilingual in English and Spanish is an asset. This was one of the main reasons I decided make it my personal mission to learn Spanish. (Another motivating factor is that I am also part Spanish and would like to speak one of the languages that my family speaks). This led me to create a new series of fun articles for ROM where students can pick up a few phrases in different languages that can be used in the nursing setting. Now before we begin let's make sure that everyone knows that just because you learned these few phrases by no means does this mean you are ready to interpret professionally/legally for you patient. (But I know you guys already know that, wink wink) Let's Begin. This issue will showcase Spanish and Somali Nurse-Patient Communication phrases*. Enjoy!

*Translation verified through www.ethnomed.org. EthnoMed is Harborview Medical Center's ethnic medicine website containing medical and cultural information. EthnoMed is a joint program of the University of Washington Health Sciences Libraries and Harborview Medical Center's Interpreter Services Department/Community House Calls Program (ISD/CHC)

English – Spanish Translations

YES Sí

NO No

I am your nurse. My name is...

Yo soy su enfermera/o. Mi nombre es. . . .

Do you wear dentures?

¿Usa usted placas (cajas) de dientes/ dentaduras postizas?

Do you have pain? Point to pain.

¿Tiene dolor? Señáleme por favor donde le duele.

This is your medicine for pain/fever/nausea/infection.

Esta es su medicina para el dolor/la fiebre/la nausea/la infección.

Are you thirsty? Hungry? Cold? Nauseated?

¿Tiene sed? ¿Tiene hambre? ¿Tiene frío? ¿Se siente con nauseas?

Are you better now?

¿Se siente mejor?

Is it hard to breathe?

¿Le cuesta trabajo respirar?

Do you need to urinate?

Please save some of your urine in a cup, for a sample.

¿Quiere orinar?

Necesitamos una muestra de su orina en un vaso de papel.

Do you need to have a bowel movement (BM)/gas?

¿Necesita hacer del cuerpo (obrar) o sacas gas?

Would you like to bathe?

¿Le gustaría bañarse?

Take deep breath. Cough.

Respire profundo. Tosa.

You need to get out of bed.

Necesita levantarse de la cama.

It is time to change your position.

Llego el momento de dares vuelta (cambie de posición en lacama).

Push this call light if you need help.

Si necesita ayuda, presione este botón.

I have to change this dressing.

Tengo que cambiarle el vendaje.

English – Somali Translations

YES Haa

NO Maya

I am your nurse. My name is.....

Waxaan ahay kalkaaliye caafimaad. Magaceyga waa.....

Do you wear dentures?

Maxerataa ilkaha aartifishaalka?

Do you have pain? Point to pain.

Xanuun maku haayaa? Farta ku fiiq meesha ku xanuuneysa.

This is your medicine for pain/fever/nausea/infection.

Tan waa daawadaada xanuunka/qandhada/lalabada/jeermiga cudurka dhaliya markuu jirka galo kuna bato (infection).

Are you thirsty? Hungry? Cold? Nauseated?

Oon m'a ku haayaa? Gaajo (Baahi)/Qaboow (Dhaxan)/lalabo maku haysaa?

Are you better now?

Hadda ma roon tahay?

Is it hard to breathe?

Neefsashada dhib miyey kugu tahay?

Do you need to urinate?

Please save some of your urine in a cup, for a sample.

Marabtaa inaad kaadisid?

Fadlan koobka ku keydi waxoogaa kaadidaada ah.

Do you need to have a bowel movement (BM)/gas?

Marabtaa inaad xaartid (saxarootid)? dhuustid?

Would you like to bathe?

Qubeys marabtaa?

Take deep breaths. Cough.

Neef qaado. Qunfac(Qufac).

You need to get out of bed.

Waa inaad sariirta ka soo degtid.

It is the time to change your position.

Waa waqtiigii aad dhinaca kale isu geddin lahayd.

Push this call light if you need help.

Riix nalka wacitaanka haddii aad caawinaad u baahan tahay.

I have to change this dressing.

Waa inaan beddelaa faashaddaan

MEMBERSHIP NORTH MEETING

By Lilla Szakacs, SN – CNSA Membership Director North

One of the largest responsibilities I was faced with as Membership Director of Northern California was to organize the Membership Meeting for Northern California. Prior to running for my position on the CNSA Board of Directors, I was not even aware of the existence of Membership Meetings, let alone what they were about. But it seems that I was not alone in this regard; as I began to advertise the event, many CNSA members inquired as to what the purpose of the Membership Meeting is. According to CNSA's bylaws, "Membership meetings provide a forum for consideration of concerns to CNSA members and Constituent Chapters that are of a general nature and within the purposes and objectives of CNSA." The Membership Meeting also serves, "As a resource and provide support for existing chapters, schools with CNSA members but no chapter, geographically close chapters wishing to coordinate activities, and other activities related to the recruitment and retention of members in CNSA." Basically, it is a platform at which the Board

of Directors conveys to our membership what we have been working on. Through involving members in our work, we strengthen our membership as we receive their input.

This year, the event took place at California State University, Sacramento's School of Nursing on March 2nd. Registration for the event, as well as breakfast, began at 9 am. The first presentation before the general session was about the California Action Coalition, a group in the state tasked with implementing the eight recommendations made by the Institute of Medicine's *Future of Nursing: Leading Change, Advancing Health Report*. Following were four breakout sessions given simultaneously: How your CNSA Chapter can Succeed, Flo's Cookie Jar, Nursing Student in Sacramento Internship (NSSI), and Breakthrough to Nursing (BTN). A lunch break was allotted and then the general session reconvened to listen to two presentations, Building Professionalism: Setting the Stage for Your Success and The Importance of the House of Delegates. The second set of breakout sessions followed: Resolutions, the Upcoming Convention, Bylaws, and Scholarships. The last two presentations were for again for the entire general membership. The President of the Greater Sacramento Oncology Nursing Society chapter, Cynthia Blencha, came and talked to us about Oncology Nursing Society. To finish off the event, the author of *You're Hired*, Brenda Brozek, completed a presentation on getting employment as a new graduate. The entire event was over by 3:30 pm.

Ultimately, the Membership Meeting North was a success with 116 members in attendance from 16 different schools of nursing as far north as CSU Chico and as far south as San Diego State University. It was an amazing opportunity to meet and converse with nursing students from numerous different nursing schools. In addition, members in attendance had an opportunity to select which prompts will be used as the essay questions for applying to the scholarship offered by CNSA. There was a wall at the meeting attributed to nine posters that each had one of the provisions from the American Nurses Association's Code of Ethics. Upon checking in, each member was given two dot stickers with which they could select their top two choices. Two provisions emerged as clear winners and have been selected as the essay prompts for our scholarship.



SCHOLARSHIP OPPORTUNITIES 2013

By Matthew Grayson, SN – CNSA Secretary/Treasurer

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

1. California Nursing Students' Association (CNSA) has posted our scholarship applications for 2013. Visit <http://www.cnsa.org> for details.

2. Look on your schools financial aid and nursing department websites. These types of local scholarships tend to be less competitive, if offered.

3. Use scholarship search engines, such as:

- <http://www.fastweb.com/>
- <http://www.discovernursing.com/>
- <http://www.nursingscholarship.us/>

4. Access the variety of nursing associations:

<http://www.theagapecenter.com/Organizations/Nursing.htm>

5. Ask your employer, if they offer scholarships. Visit hospitals' websites where you perform clinical rotations.

6. Federal and State government agencies that offer scholarships and loans:

- <http://www.hrsa.gov/loanscholarships/>
- <http://www.oshpd.ca.gov/HPEF>
- <http://www.studentaid.ed.gov>
- <http://www.college.gov>

It may be overwhelming, but set aside specific days/times to conduct research. Limit your search to a couple of websites, select a few scholarships that fit your situation, and begin the process of applying. Remember, \$500 scholarship calculates to be \$50 per hour, if you spend 10 hours to apply.



RESOURCE CORNER

Visit NSNA's publications for resources on chapter operations. Topics include how to write meeting minutes, fundraising ideas, bylaws, and much, much, more... at

<http://www.nсна.org/Publications/PublicationsList.aspx>

Visit CNSA's website under Chapters, Toolkits and Resources. You will find samples of bylaws, budget/expense template, newsletter template, and fundraising ideas at

<http://www.cnsa.org/toolkits-and-resources.html>

Feel free to email me with questions at cnsasectres@gmail.com

CNSA CONVENTION 2013

By Katrina Stell, SN – CNSA Convention Director

- Who: You!
- What: Attend the 2013 Annual CNSA Convention!
- Where: Fairmont Hotel, San Jose, CA!
- When: Friday, October 18 2013 – Sunday October 20, 2013!
- Why: To have FUN!
 To be inspired by speakers that hail from all different areas of nursing!
 To network with nursing students from across the state!
 To participate in the House of Delegates and vote on resolutions!
 To attend the Friday night party!
 To run for a position on the state board!
 To go back to school and brag about how convention was totally awesome!

We are only a few months into the New Year, but the 2013 CNSA convention will be here before we know it. I urge you all to mark your calendars for the weekend of 10/18-10/20 so that you can join me at the beautiful Fairmont Hotel in San Jose for an unforgettable three days. Prepare to be intrigued and inspired as you hear from amazing and accomplished nurses. I look forward to seeing you all at this year's convention!

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