

# RANGE OF MOTION

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*The official newsletter of  
California Nursing Students' Association.*



## IMPORTANT DATES

- April 07-09, 2014  
NSSI
- April 12, 2014  
You're Hired Workshop
- April 09-13, 2014  
NSNA Convention
- May 08, 2014  
National Student  
Nurses Day



*"Changing the future by leading the way."*

Visit Our Website [CNSA.org](http://CNSA.org)

# PRESIDENT'S ADDRESS

*By Matthew Grayson – CNSA President*

Spring is the time of year for things to grow and blossom. Henry Ford once said, "Coming together is a beginning; keeping together is progress; working together is success." Growth occurs in stages. It takes mindful, diligent, and consistent effort over time to grow a successful organization. This quote reminds me of my local chapter's journey. In the beginning, we had a group of eight dedicated students attend CNSA Convention 2012. At the time, our nursing school usually had twelve NSNA/CNSA members with few leadership opportunities. We stayed together through the year and added to our ranks. We now have over 45 NSNA/CNSA members with lots of leadership opportunities—far exceeding our initial goal of 25 NSNA/CNSA members. It's exciting to see new nursing student leaders coming together and starting their own journeys towards success.

My goal for CNSA is to recognize local leaders and their efforts. To that end, CNSA Board of Directors authorized additional awards to be issued at CNSA Convention 2014. The new CNSA Chapter Award and CNSA Star Chapter Award is designed to acknowledge all those countless hours spent at the local chapter level to provide community service, student leadership/development activities, and fundraising to support education and charitable causes. The award applications are usually posted in August and will be due September 21. However, the new awards will take additional planning and will be posted much earlier. Please, do not hesitate to email me at [president@cnsa.org](mailto:president@cnsa.org) to discuss the applications. And no matter where your chapter is on the continuum, I want to recognize your efforts and support your journey towards success.

The CNSA Board of Directors and Committee Chairs spent the past several months planning exciting projects, which are

starting to blossom. The Community Health Director is connecting with American Red Cross to bring back a focus on disaster preparedness this year. The Breakthrough to Nursing (BTN) Director and Image of Nursing Committee Chair collaborated to enact their 10,000 Hands in Motion Campaign. In addition, their committees joined forces to write and submit an Office of Statewide Health Planning Department (OSHPD) grant focused on recruiting linguistically diverse, underserved, and underrepresented groups into primary health care careers, such as, nurse practitioner. If awarded the grant, then a select group of CNSA members and chapters will qualify for funds in fall semester 2014 to share information about nursing careers and mentor pre-nursing and high school students. It's a fantastic opportunity to practice leadership, share knowledge about how to be successful at the college/university level, and prepare for nursing or primary care careers.

The Nursing Students in Sacramento Internship (NSSI) is a unique learning experience to engage in the political process. The CNSA members selected to participate in the internship will work with legislative nursing professionals from the American Nursing Association\California. The training received is immediately applied while attending legislative hearings and speaking with lawmakers. The internship applications are due March 12, 2014. Please, visit [www.cnsa.org](http://www.cnsa.org) to learn more about the application process.

The Membership South Meeting at CSU, Long Beach on Saturday, March 1, 2014 was a stellar success due to our wonderful Membership Directors. A special presentation by Patricia McFarland, Association of California Nurse Leaders (ACNL), reviewed the new Breeze System being used by the California Board of Registered Nursing (BRN)

## PRESIDENT'S ADDRESS continued

The implementation of the new system has delayed some Fall/Winter 2013 graduates from obtaining clearance to take National Council of State Boards of Nursing (NCSBN), NCLEX-RN exam. Advice for future applicants is to pay attention to the details, and be sure to enter all the data requested in the application. In addition, Dr. Suzette Cardin, UCLA, presented findings of a survey of 2012-2013 nursing graduates in California. As anticipated, the nursing job market for new graduates is still a challenge, but the percentage of new grads finding jobs is rising. Several years ago in response to the nursing job market challenges, CNSA published the book "You're Hired" by Brenda Brozek. We encourage CNSA members to purchase the book at CNSA membership meetings, convention, and presentations since we offer special discount pricing at these events. Visit [www.cnsa.org](http://www.cnsa.org) to find Brenda Brozek's presentation schedule in March/April 2014. She is a fantastic presenter with great advice on entering the RN workforce.

I encourage all CNSA members to apply for the CNSA scholarships, which are awarded at the CNSA Convention. Applicants must be enrolled in nursing school at the time of convention to qualify for these scholarships. The application can be found on the CNSA website.

I wish all of you a successful spring semester and continued growth!



**#1 Seller on Amazon.com**

**ORDER YOURS TODAY!**

Visit [CNSA.org](http://CNSA.org) to order your copy of *You're Hired*, written by Brenda Brozek, MAOL, RN

\$17.95 + tax, shipping & handling for CNSA & ACNL members & California nursing faculty

\$24.95 + tax, shipping & handling for non-CNSA members

## Scholarship Opportunities

*Critical Care Training Center is offering an Interactive Scholarship Program to all California Nursing Students!*

*To get additional information, and to apply for the \$2500.00 scholarship, visit [CNSA.org](http://CNSA.org).*



Contact  
Joe Vaughn our  
Secretary/Treasure  
for other  
opportunities to  
help pay for your  
education!

sectreas@cnsa.org

# Membership South Recap

This year's Membership Meeting for Southern Region was a definite success. Even though LA County was experiencing the worst storm it has seen in the last three years, CNSA members were ready and committed to attending for which I am so thankful! We had members who drove almost 5 hours just to be in attendance and Bakersfield College had upwards of 25 students who made the commute all the way to Long Beach even with the down pouring rain. Thank you to CSU Long Beach for being our host this year and letting CNSA use their beautiful campus and thank you to all the students and speakers in attendance as it was the collective that made this event a success.

While hearing from all the Directors and the students was of utmost importance, I would like discuss our general speakers. The morning started off with Patricia McFarland, CEO of ACNL and CNSA, informing all of the students of the recent BRN changes. Following her, was Dr. Suzette Cardin of UCLA speaking about the results of the 2013 New Graduate Survey.

She discussed where the jobs are and who's getting those jobs. It may not have been much of a shock to us students that there is the least amount of job openings for us in California despite having the biggest population. It may be a good idea to take the opportunity to move out of state for the first two years of licensure and come back to California with experience. Next, we had Gail Nishi, Talent Acquisition Manager, and Tracey Ybarra, Surgical Services Educator, from Valley Presbyterian Hospital speaking to the students about the different things that could get a new grad overlooked. They provided as a great resource to the students, allowing for many questions and answers in the concerns of the students. Lastly, Brenda Brozek, CNSA advisor and author of *You're Hired* and *Surviving and Thriving* spoke to the students about how to perfect their "elevator speech" and other small details during the hiring process like how effective you can be simply with introductions.



By Samantha Ahwah  
Membership  
South Director



Images from Membership South.



## Membership South Recap continued.

The feedback I got from students was overall rather great. I think focusing on the new graduate nurse from all angles was extremely beneficial to the students, and hope all in attendance can agree with me on that. Lastly, I would like to thank our sponsors, Critical Care Training, Kaplan, and Hearst, for also contributing to this event's success. I know that the lucky students were ecstatic to win NCLEX reviews. It was the perfect way to end the meeting. If anyone has any questions about our future Membership Meetings or would like to give us any feedback, please contact me at [memdirsouth@cnsa.org](mailto:memdirsouth@cnsa.org). I would love to answer your questions and hear what you have to say!



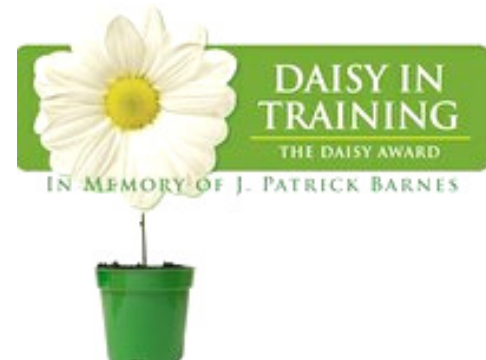
# Daisy Award

The DAISY In Training Award was created to help students be reminded on why they wanted to become a nurse.

"By recognizing Nursing Students for the above-and-beyond care and compassion you show patients and their families as you are learning, we celebrate what it truly means to be a nurse."

For more information visit:

<http://www.cnsa.org/daisy-award.html>



## More Than Just A “Student Nurse”



*Jennifer Ericson  
Convention Director*

Becoming involved with the California Nursing Student’s Association was one of the best decisions I’ve ever made. I became a member my first year of nursing school. The first meeting I attended I was hooked by the leadership. The Board of Directors for my local chapter were professional, knowledgeable and inspiring. They wanted to see the students succeed and they encouraged me to get involved. I continued to attend meetings, and branched out to volunteer at service events and Breakthrough to Nursing events. A common factor in all of these events was nursing students. I know it sounds corny, but being surrounded

by students who can share in the victory of successfully inserting your first IV, or lend an understanding shoulder when the Med-Surg test was harder than expected, can be incredibly helpful, especially when your family is far away. After a bit of encouragement, I ran for a board position within my chapter that first year. After the election, which I lost, one of the outgoing directors congratulated me on the courage I had to run as a first year student. He told me not to give up, and to keep trying, which I did.

The benefits that I have gained from being involved with CNSA are numerous. I have friends and mentors that I can talk to, who are more than willing to share their experiences, and help me when I ask. Early in my involvement with CNSA, everyone kept referring to professionalism, which I was clueless to; CNSA had helped me to understand what it means to be professional as well as grow into a professional. Being a part of CNSA also keeps me up to date on important nursing legislation, which I WANT to read and be knowledgeable about. CNSA is full of amazing opportunities for education, leadership and service. There is something for everyone; all you have to do is get involved.

# NSNA Convention

*Strong Voices and Big Dreams: Influencing the Future*

**NSNA's 62nd Annual Convention**

**April 9 - 13, 2014**

**Gaylord Opryland Resort  
& Convention Center  
Nashville, Tennessee**

*Register at [NSNA.org](http://NSNA.org)*



## *Consider Running for a NSNA Director Position*

By running for a position in NSNA you will be able to be a part of the advancement of this wonderful organization. You will represent the members and be our voice on the national level. Our very own Zackary Huddleston of the Fresno State Chapter is preslated for the Director West position. Below is a brief description of his experience in leadership and how he decided to run for this position.



Zackary Huddleston (left) meets with our President, Matthew Grayson (right), at Membership South.

### *Leadership Experience*

#### **CNSA/NSNA**

CNSA Chapter President (Current)  
State Bylaws Committee Member (2013)  
CNSA Chapter Treasurer (2012-2013)

#### **Associations**

Nursing Leadership Coalition  
- Education Committee Member (Current)  
Emergency Nurses Association  
American Nurses Association/California

For more information about candidacy and open positions visit our NSNA candidacy page on our website at [cnsa.org](http://cnsa.org).

# Public Health Nursing

## *Taking Nursing to the Streets*

*By Victoria Marie Conlu*

As nursing students, our working definition of public health nursing is "the synthesis of nursing practice and public health practice" - but this definition sometimes feels vague and inadequate. Other nurses' job titles are somewhat self-explanatory: a pediatric nurse works with a pediatric population; an oncology nurse works with populations diagnoses with cancer. Public health, on the other hand, is a nebulous area of nursing that can't simply be defined by the population or the diagnoses it handles. In the acute care setting, patients present themselves with existing needs, and an interdisciplinary team works to address them. In a public health setting, the team is responsible for finding and identifying the needs as well as creating game plans for addressing them. These needs vary from place to place, and from time period to time period as conditions change.

For my final semester preceptorship, choosing to precept in public health brought me to the Yolo County Health Department and the sheer diversity of people, environments, and needs in a single county was astounding to say the least. From rural Dunnigan, to industrial West Sacramento, it feels like a stretch to believe that this is all one county, with one health department designated to keep watch over it. Where do you even start?

Choosing public health has been a humbling, eye-opening experience that has made me realize that all of things we learn in nursing school are truly just the start of what we are learning to do as nurses - what we have the power to do as nurses. While nurses are truly a cornerstone of acute care, my preceptorship in public health so far has made me realize that our nursing skills and knowledge are central to healthcare outside of the hospital too.

- Public health nurses see patients at different point on the health-disease continuum. Just because a patient is no longer acutely ill doesn't mean they are "better"; there are a whole host of other issues that the patient goes back home to. In public health, many members of a population don't even know that they're putting themselves at risk, or that there are resources and assistance available to them. When acute care nurses have treated an acute illness and sent a patient home, public health nurses take over and use their critical thinking and assessment skills to ask, "Now, what else is wrong with this picture?".



Victoria (above) is shown assessing a man's blood pressure during a screening.



## Taking Nursing to the Streets continued

By Victoria Marie Conlu

- Public health nurses are patient advocates. In day-to-day work, public health nurses must interact and network with professionals from a plethora of disciplines - social workers, epidemiologists, law enforcement officers, physicians, business offices, and so many others. In these interactions, they build relationships with major players in entire communities and use this position to tackle the issues that hospitals cannot treat. There is no pill to treat the inability to access healthcare services, and there is no injection to immunize against cultural barriers. Public health nurses take their assessments of patients as communities and use this information to be a voice for patients behind the closed doors that patients don't get to enter.
- Public health nurses are the equivalent of mechanics and engineers of nursing practice. Often in acute care, it is easy to get wrapped up in protocols and orders and bundles, made complacent by standardized by-exception charting, or stressed by time crunches. A public health nurse has the unique ability to place themselves outside of the hospital setting, out of the mindset acquired by working at a single facility; they are able to step back and ask, "Why are we doing this?" or "Is this really working?". If healthcare is a large machine, which in many ways it is, a public health nurse is the technician who can step back and see the gear that is grinding too hard, the bolt that is coming loose.

In years to come, government spending on public health is expected to steadily rise as the Affordable Care Act comes in full force. In expectation of this change in the healthcare playing field, the American Nurses' Association has even released a new edition of *Public Health Nursing: Scope and Standards of Practice*. *The new edition emphasizes how public health nursing is evolving because of changes in politics and society to address the following health threats in our daily lives:*

- *Re-emergence of communicable diseases and increasing incidences of drug-resistant organisms*
- *Environmental hazards*
- *Physical or civic barriers to healthy lifestyles (e.g., food "deserts")*
- *Overall concern about the structure and function of the healthcare system*
- *Challenges imposed by the presence of modern public health epidemics such as pandemic influenza, obesity, and tobacco-related diseases and deaths.*

*(from Public Health Nursing: Scope and Standards of Practice, Second Edition)*

The field of public health is wide and versatile. When we live in communities with diverse races, religions, and educational levels, paired with so many other constantly intertwining factors, public health nurses use their nursing training and education to foster conditions which help these diverse populations do what I think we would all like to be able to do – live, thrive, and overcome barriers to good holistic health.

## 10,000 Hands in Motion



*Eboni Cross*  
BTN Director

Looking to get involved in worthy cause? Join us by getting your hands in motion! *10,000 Hands in Motion* is a campaign designed to promote awareness about the nursing profession in an active fashion. This means we want at least 5,000 people

spreading the word about nursing. The campaign was designed in such a way as to make it a fun experience for all involved. As Breakthrough to Nursing director, I seek to inform as many people as possible about the wonderful profession of Nursing. There is a huge need for male and minority Nurses, and one of the major efforts of BTN is seeking creative ways to assist in filling that need.

On March 1st of 2014, our campaign kicked off directly from membership meeting south. One of our major goals is to have every chapter participate in a fun competition that will promote healthcare careers to ethnically and linguistically diverse populations.

Join in the fun by speaking about the campaign, making presentations, handing out flyers, promoting nursing on your Facebook page, and talking to anybody who will listen about the amazing field of Nursing. Keep track of the number of people your chapter reaches out to, as well as how many people you cause to become active in the cause. These are the numbers we'll use to determine winners.

To find out more information on how to get your chapter involved, visit our facebook page where official contest rules will be posted. You will also be able to find campaign ideas and resources. Make sure you "like" the page as well.

[www.Facebook.com/imageOfNursingCalifornia](http://www.Facebook.com/imageOfNursingCalifornia)



## Importance of Community Involvement



*Ashley MacRunnel*  
Community Health  
Director

One of the largest struggles a CNSA chapter may find is creating and completing a successful community health project. A successful project requires hours of planning, multiple volunteers, financial support, and strong relationships with

community partners. While some of the more established chapters may already have well-constructed and vibrant community contacts and events, smaller or newer chapters may still be struggling. This article will hopefully provide more information about the importance of community health events, approaches for increasing involvement, and resources available to CNSA chapters.

It may be difficult to convince chapter members to engage in projects, especially with the full workload while in nursing school. It is vital that nursing schools engage in with the community and reach out with support. As future nurses, CNSA members must become familiar with their role as the nurse advocate, not just in the hospital, but in the community as a whole. Targeting interventions in the community reduce the incidence of hospitalization, and ultimately lower the cost of healthcare (Mackey et al. 2013). Multiple health issues can start as a manifestation of poverty, limited access to healthcare, and limited knowledge of health topics such as nutrition, hygiene, immunizations, etc. While nursing students may not have the resources of hospitals and other large organizations, events such as a health fair, blood pressure screening day, or a nutrition lesson at a local elementary school, can open the door to an area that may not have a lot of health information available. Consider the work that can be done with homeless populations, refugees, and

## Importance of Community Involvement continued

By Ashley MacRunnel

immigrants, who may lack even the basic knowledge of healthcare.

Nursing students must be challenged to participate in the community now more than ever. The new Affordable Health Act (AHA) will change the way that Americans interact with the healthcare system, while the degree and exact details are still under speculation, most professional and government organizations predict a shift from treatment in the hospitals to treatment in the community. "The nature of family and community-based care means that nurses and other providers of health and social care will continue to work in contexts of growing demand and ever-shrinking resources; with diverse communities who are dealing with increasingly complex health and social challenges" (Jackson, Andrew, and Cleary 2012). As the shift continues to grow, there may be fewer and fewer positions open for hospital nurses, and more positions in the community. Schools of nursing and students must anticipate this change, and prepare students for more involvement in the community. In the years to come, many nursing jobs may be assigned based on experience in community involvement, volunteer experience, and externships in primary healthcare, as well as hospital preceptorships and clinical hours. As treatment options continue to advance, more patients will be living in the community with chronic health disease than ever before (Jackson, Andrew, and Cleary 2012). That is why it is vital to get students excited and curious about community health projects now.

The question that must be asked is how do we get nursing students excited for community health? While there is no one perfect answer. Based on my chapter's history, and the advice of professors and mentors, there are several ways to increase involvement. First, emphasize the opportunity for leadership positions and volunteer hours.

Show how this opportunity in the community with strengthen student's skills and add a new dimension to their resume. Come up with projects that are time limited, feasible, financially possible, and that will interest students. For example at my chapter, we saw a rise in participation when we added a medical play and nutrition event at a local elementary school's career day. Find out your member's passion. Are they interested in cardiac care, pediatrics, trauma, or obstetrics to name a few? There is an opportunity to teach and interact with the community in so many.

I also wanted to touch on resources that are available to CNSA chapters looking to plan new events. One thing I can never stress enough is to develop contacts with other organizations that already plan events and provide for the logistics and supplies. Many local hospitals host events in the community, such as fundraisers, walks or runs, or supply drives. The Red Cross has such a wide variety of classes and events, and they welcome students to become involved. Talk to schools, community centers, businesses which run charitable events, and senior living facilities. There are so many programs already in place that just need people to do the jobs. Get input from previous CNSA boards. What events were successful in the past, and which events had limited interest? Your community health professor is a great resources; these professors has tons of ideas, access to journals and magazines, and multiple contacts in the community. Do your research: look at articles online, search for local health events or fairs, and browse the NSNA website.

See

<http://www.nсна.org/ProgramActivities/CommHealthDisasterPrep.aspx> for more ideas and resources.

Interested in furthering community health outside your local chapter? I am looking for more CNSA members to join the Community Health Committee. For information about roles and responsibilities, e-mail me at [cnsacommunityhealth@cnsa.org](mailto:cnsacommunityhealth@cnsa.org).

# Student Success

*Caring – Collaboration – Commitment – Community*



*By Vanesa Vidal*

My name is Vanesa E. Vidal and I am a 4<sup>th</sup> semester nursing student at California State University, Fresno. I have always felt a strong passion to help those around me. I love to share what I know and teach to pretty much anyone I talk to because I feel that through the spread of information life gets a little easier for whoever hears it! What highlights this passion is the Student Success project at Fresno State.

When I was first introduced to the title “Student Success” I thought this was something that would benefit the nursing students only, but when I sat down and talked to the committee about what all this was about, I realized that we were not the ones that would be the focus here, rather, the diversity of people you find in our central valley. Not only was I excited about putting my passion into action, but getting others involved too.

I can tell you what the Student Success means according to the people who developed it, but I want to share what it means to me. The first word that comes to mind when I think about all we have done since we started is: *humility*. This project not only benefits the people in our community, but provides nursing students with the exposure to different cultures in a setting where flexibility trumps comfort. That is something nurses are so used to. We are so comfortable in our air-conditioned hospitals with everything at our fingertips. This is why I say that the first word that comes to mind is *humility*, because we show our people we care enough to step out of our norm and accommodate to theirs instead. This project helps students think outside the box, to get creative in how to teach, access,



*Jackie DeLaCruz at a Student Success event at the Madera Swap Meet.*

The Student Success project aims to draw near to the people before they draw near to us at the hospital. This creates a greater opportunity to teach about preventing disease because we are coming to them before it's too late. When we go out into the community and inform people of how to *prevent* a disease or from coming into the hospital, we are a step ahead of game! I am so happy to be part of this project; it has shown me to be more proactive, less judgmental and more compassionate towards the people we serve.

For more information contact Vanesa Vidal at [cnsa.csufresno.btndirector@gmail.com](mailto:cnsa.csufresno.btndirector@gmail.com)

Be sure to visit these great resources to keep up to date  
with local and national updates:



Search:  
California Student Nurses' Association



[NSNA.org](http://NSNA.org)



[ACNL.org](http://ACNL.org)



#### [Flo's Cookie Jar](#)

Flo's Cookie Jar provides emergency grants-in-aid to pre-licensure RN students facing a one-time need that otherwise would force them to leave school. Developed by a group of experienced nurse leaders and educators, Flo's Cookie Jar is uniquely structured to provide two types of emergency grants-in-aid, not to exceed \$2,000

## CNSA Advisors

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