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Chapter 1

2009

1.1 October

Hoag (2009-10-01 19:00)



[1]

1. <http://www.aftercollege.com/company/hoag-memorial-hospital-presbyterian>

Power to Nurses! RN Lobby Days (2009-10-12 07:09)

Author: Angela Schwab, SN, CNSA Legislative Director, 2008-2009 [1]legdirector@cnsa.org



[2]
AngelaSchwab 2010 NSSI _Flyer

Nursing is a profession that has many prospects. As students we are at the beginning of a life long career that holds endless opportunities. Nursing school gives us exposure to various hospitals and specialties that allow us to determine where we fit in to the profession of nursing. Although this is true, it is impossible for us to be introduced to every aspect of the profession during our short time in nursing school. One area of nursing that is vital to the future of the profession is that of a nurse lobbyist. To give nurses and nursing students an in depth look at how nurses lobby in Sacramento the American Nurses Association of California (ANA\C) holds RN Lobby Days. This annual event provides information on how the state legislature works and what the ANA\C does to support the nursing profession through lobbying in Sacramento.

RN Lobby days is a two day event that begins with a series of lectures. Some of the topics covered include the regulation of nursing, the nurse practice acts, the board of registered nursing and advocacy. All of these topics are related to the legislative process and how nurses can and should get involved with legislation. The education provided at this event motivates attendees to get involved. Voicing our opinion to government officials is stressed throughout the day as an important action for us as nurses and citizens.

The second day of the event concludes the lecture series. Attendees are then given the opportunity to tour the capital and meet with legislatures or their staff to discuss legislation that is important to the nursing profession.

I highly recommend that all nurses and nursing students take advantage of the opportunity to attend RN Lobby Days. The 2010 RN Lobby Days will be held in Sacramento April 18th and 19th. Registration forms are available at the ANA\C booth here at the convention. You can also find registration forms on the [3]CNSA or [4]ANA\C websites.

1. <mailto:legdirector@cnsa.org>
2. <http://newsletter.cnsa.org/wp-content/uploads/2009/10/2010-NSSI-Flyer.doc>
3. <file://localhost/./events/rn-lobby-days/>
4. <http://www.anacalifornia.org/>

I'm a Nursing Student.... Leave me alone... (2009-10-12 07:43)

Author: Briggs Latham, SN, CNSA Vice President, 2008-2009 [1]vicepresident@cnsa.org

“Why can't they just leave me alone to study? I jumped through all of the hoops, dotted all the Is and crossed all the Ts. I just want to stick my nose in a book and pass lecture and not kill anyone in clinicals. What do these people want from me??”

Do these nagging voices sound familiar? Life as a nursing student can seem overwhelming when you first start. You are told:

- The first year will be over before you know it
- You will spend hours upon hours researching esoteric information for care plans that you will never use again
- You will learn how to do things in clinicals that are never practiced on the floor
- Limit your extracurricular activities and concentrate on your studies
- Don't be a leader, be a follower... fly under the radar
- Stay away from groups like CNSA on any level

Unfortunately, these are the Urban Legends of nursing school. If you thought that it would be over quickly you will realize that you get out of it what you put into it. Your first year will be filled with learning many new things and learning the right way of doing things. For many it will be their first opportunity to touch a real patient, see a baby born, and be with a patient when they die. Stick your head in the sand if you choose, but understand that you will not see much from that perspective.

Let's face it. You have completed your prerequisites and have been accepted to a nursing program. Nationwide, between 30 % and 45 % of students applying to 2 and 4 year programs have been accepted. You made the cut. You know what is expected of you and you know that you still have to work to graduate. Take a breath and put it all into perspective. Don't make it harder than it has to be.

Your first year of nursing school is all about discovering who you are and learning about what field of nursing you want to go into. You are in charge of much of your destiny. Take it from a former captain in the US Army: if you choose to be a follower and not a leader you will never experience what this great profession has to offer. If you choose to fly under the radar you will graduate and wake up the next day and say, “What do I do now?”

So what is leadership all about? Does it mean that you have to travel to the deepest darkest parts of the Amazon jungle to cure disease? No. A leader is someone who guides and inspires others. A leader is a nursing student who visits the classroom of prospective students and urges them to complete their prerequisites to get into nursing school. A leader is a nursing student who steps out of their comfort zone and runs for their local CNSA Chapter. A leader is a nursing student who says, “I am prepared to make this profession better and help others aspire to be the best they can be.”

Take two minutes from your busy schedule and watch [2]“40 Inspirational Speeches in 2 Minutes.” When you think you have reached the lowest point of your first year you will remember this video and say, “failure is not an option.”

It's time for you to get your nose out of the books and learn what being a nurse is about. So how do you do that? By exposing yourself to as many positive role models as you can. Learn from nurses with advanced degrees who are in professional organizations. Join your local professional nursing organizations. Ask yourself what area of nursing you want to learn about and find out what professional organizations are out there to join. Go meet nurses working in that field. Ask your CNSA advisor, or make the move yourself to discover, where and when a local professional organization that holds your interest meets, such as the Emergency Nursing Association ([3]ENA), the American College of Cardiovascular Nurses ([4]ACCN), or the American Association of Critical Care Nurses ([5]AACN), to name just three.

This past year as the Vice President for CNSA, I have had nothing but great experiences serving with other Nursing Student/Board Members. The same must be said for our nursing advisors who truly cared about our professional growth and development.

So what did we learn from this experience? Several of our graduating board members were hired, in part, because of their experience on the board. Hiring managers see students who serve in organizations like CNSA as nurse leaders who are willing to go the extra mile. Face it. Do you want to hire a nurse who goes the extra mile or the nurse who just does what is necessary to get their license?

The 'take-away' from this article is simple. "Get Involved!" Now is the time to prepare yourself for your future. Has anyone told you that the best nurse is the one who thinks ahead 30 minutes about what could possibly happen to their patient... And plans for it? Your time in school is your time to prepare... What do you have to do that's more important right now???

1. <mailto:vicepresident@cnsa.org>
2. <http://www.youtube.com/watch?v=d6wRkzCW5qI>
3. <http://www.ena.org/>
4. <http://www.accn.net/>
5. <http://www.aacn.org/>

Sacramento: The Future of California Nursing (2009-10-12 07:47)

Author: Chris Baylis, SN, California State University, San Marcos [1]bayli002@csusm.edu

In my application letter for CNSAs Nursing Student in Sacramento Internship (NSSI), I was asked what I hoped to attain from the internship program. My answer was "On the brink of working in the healthcare industry for the rest of my life, I want to learn, first hand, the true voice that Nurses have to create change. I wish for this experience to open my eyes to a nurse's role in the current and future movement in the healthcare system. I hope to restore my optimism for our healthcare system and trust that this opportunity provides me with the enthusiasm to one day play a lead role in the reform of our nation's healthcare system".

My interest in healthcare politics was first sparked when I attended the 2008 NSNA CcCR South Conference. Patricia McFarland, MS, RN, FAAN, CEO Association of California Nurse Leaders (ACNL), Executive Officer CNSA, was asked "What is the first issue related to healthcare the Obama administration should focus on?" Her response was "The Obama administration should focus on placing nurses in control of the healthcare system and its reform." After hearing these words I was stunned. Could this concept actually become a reality? This seemed like such a logical idea, why isn't it in effect now? Think about it, if you want to build a bridge would you not ask a bridge builder how to build it?

There are over 350,000 RNs in California and over 3 million RNs nationwide, making up nearly 80 % of the healthcare system. Why would we not be in charge of reforming the healthcare system? Nurses are the providers of primary, secondary and tertiary care for patients. It would be safe to say that nurses collectively understand the healthcare system better than any Wharton Business School guru, yet we are not the ones in charge of the healthcare system. This has to change!

The NSSI internship was a perfect orientation to the political arena for student nurses. Louise Timmerman, the previous President of the American Nurses Association California (ANA\C), was by our side for four days, teaching us the ins and outs of lobbying. We met face to face with numerous senators and congressmen, discussing current healthcare issues. As well, the honorable Patricia Hunter, a renowned healthcare lobbyist in California, taught us her insight to lobbying effectively and efficiently.

After this extraordinary experience, I foresee nurses having a significant impact on healthcare legislation in the future. This is an exciting time to be a nurse, in an era full of opportunity, change, and empowerment. The role of nurses in healthcare legislation will bring Patricia McFarland's vision one step closer to reality. I am forever indebted to Louise Timmerman and the Honorable Patricia Hunter for their patience and the time they spent sharing their knowledge and experience.

1. <mailto:bayli002@csusm.edu>

Four Legged Nurses (2009-10-12 07:50)

Author: Chris Passanisi, SN, CNSA Communications Director, 2008-2009, [1]commdir@cnsa.org



I've recently become the owner of a wonderful little dog, or perhaps I should say she has become the owner of me. I've finished the hectic pace of my second level nursing courses and have progressed to the more "reasonable" schedule in community health and preceptorship. Why not get a dog? I had one as a child, they are wonderful companions, and they can't be that much trouble, right? Looking back, that was rather naïve. Now that I've completely rearranged my life around her, I've come to discover the wonderful love and support that pets offer. Yes, I am both ashamed and proud to say, I have become one of those crazy dog people.

But what does this have to do with nursing? Before I broke with sanity and started putting little hats on my Chihuahua for holidays, I didn't understand what pets can come to mean to people. In clinicals, I've taken care of patients who have mentioned their pets, but I probably brushed it aside with a "that's nice," or "what kind?" while I indifferently went about my tasks. For some, especially the ill or elderly whom might not have many friends left alive or family close by, their pets are their sanity. A constant in their lives that offers unlimited love, a friendly face, a wag of the tail, or a comforting swipe of a paw, long after a family member drops by for their one visit that week or home health finishes for the day. Perhaps they are just a reason to get out and walk around the block a couple times a day. Regardless, it occurred to me that to some people,

pets may not just be special, they might be everything.

We have all heard of guide dogs for the blind and other service animals—these creatures are specially trained and provide specific tasks to their disabled owner. Other animals can be considered Emotional Support Animals, and provide therapeutic or emotional support. Some acute care hospitals, such as Marin General here in the Bay Area, have combined these two needs and instituted a Dog Therapy program, where a lovable, friendly, and trained dog visits people during their hospital stay. I have volunteered in San Francisco with [2]Pets Are Wonderful Support, a nonprofit that recognizes the benefits of pets for those living with HIV and AIDS. It helps owners keep their furry friends, despite the financial drain or physical debilitation that can accompany the disease. They understand that a dog or cat might be just as important as medication to the physical and mental health of their owner.

So, as a crazy dog person, I encourage you to recognize that conversation with your patient about their dog or cat might be more than what it first seems. If hospital bound, with the pet left at home, it might be the one item they are most concerned about. An instructor of mine, who worked on the cancer unit, once told me the dying wish of some clients was simply to see their beloved pet one more time, and her job as nurse was simply to make that happen. I think that says quite a lot.

I also invite you to check out the picture of my Chihuahua, Reina, taking a nap with her boyfriend, Frankie. Aren't they adorable? Come see me at convention, I have more.

1. <mailto:commdir@cnsa.org>
2. <http://www.pawssf.org/>

Welcome to Convention! (2009-10-12 07:56)

Author: Chris Passanisi, SN, CNSA Communications Director, 2008-2009, Editor, Range of Motion [1]commdir@cnsa.org

Hello and welcome to the 2009 Convention issue of Range of Motion! As editor it is my pleasure to present a wonderful collection of articles from your CNSA Board of Directors, involved students, faculty, and esteemed California nursing leaders. These leaders of today and tomorrow have, collectively and without hyperbole, the power and influence to change the face of nursing in this country. As an organization and a state, we are truly blessed with such an incredible range of talent.

As if this wasn't enough, CNSA is fortunate to be able to gather a cross section of these industry leaders under one roof at convention. The bad news is there is so much to do, you cannot possibly attend everything. The good news is that Sharon Robillos, your CNSA Convention Director, along with her committee and volunteers, have gone through extraordinary lengths to organize the event so you can choose what appeals to you. I encourage you to read her overview article and get an idea of what convention has to offer this year. It promises to be exciting!

In addition, this ROM includes updates on scholarships, an overview of the successful Council of Chapter Representatives (CoCR) meeting, RN Lobby Days, Student Internship, community health, and other pertinent topics. As your 2008-2009 CNSA Board winds down our term, some have written about the special insight they have gained through the experience. I hope you can find the time to read these special stories, and perhaps they will inspire you to get involved or look at your nursing career with fresh eyes. If you are unable to attend convention this year, this issue of ROM will also be available, as always, online at

Finally, I would like to thank the advisors from ANA\C and ACNL, who work so diligently on CNSA's behalf. As students come, learn, leave their mark, and eventually go, the experience and guidance of our advisors provide a consistency throughout the years that continues to allow CNSA to grow into a stronger and more vibrant organization. In addition, ACNL staff work tirelessly (and I mean tirelessly, day and night) to make convention a success. I encourage you to take a moment out of your hectic schedule at convention to thank them for all the hard work.

It has been my pleasure to serve as your Communications Director for 2008-2009. I hope you are as excited as I am for convention, and I look forward to seeing you in Sacramento!

1. <mailto:commdir@cnsa.org>

Have a Stellar Clinical Experience (2009-10-12 08:01)

Author: Nicole R. Marcy, BPH, BSN, RN, ANA\C Secretary, 2009-20011 [1]nicole@anacalifornia.org

1) Take Initiative:

If you want to get more out of your clinical experience, chuck fear and turn it into respect. Once your perspective switches, you are able to go with an eager inquisitiveness. Don't try to blend into the wall and claim you didn't know what to do or how to do it or where to put it. Introduce yourself and ask questions.

2) Be Accountable:

You know what you're supposed to do...so do it. Actively seek situations to enhance your education. The RNs were once students, so they know that you should tend to hygiene, urinals, I &O, beds, dirty linen, vital signs, turn patients, walk patients, feed patients, assist with bedpans, blood sugars, medications, verify medication effectiveness, talk with patients, direct hospital guests and so on. How is it that so often the nursing students end up standing around?

3) Communicate:

Introduce yourself. Find out who the RN is that is responsible for the patient. The RN takes full responsibility for all that happens with their patients, not the LVN, nor the Patient Care Tech, nor the Certified Nursing Assistant, nor anyone else. In school you learn what is normal and abnormal, and you know that if something is abnormal then you have to tell the RN as soon as possible. Inform the RN within five minutes. Don't forget.

4) Be Realistic:

"I didn't take the vital signs because they were sleeping." If the vital signs aren't taken, the show cannot go on. Patients are at the hospital receiving medical services for a serious medical condition which was warranted life threatening enough to be hospitalized, and you have tons of work to do in a short period of time to ensure timely and safe treatment to all. This is not easy. Are you going to put everything on hold and go room to room to room trying to catch the patients when it's convenient for them? You are the one in charge.

RNs are there to save lives. RNs have the medical and technical aspect; however, RNs care for the whole patient. The patient is hospitalized for close monitoring and because they are sick enough to the point where they cannot take care of themselves, or they wouldn't be there.

Some are more able than others, yet no matter where you are, there are the core nursing skills — beds, toileting, hygiene, feeding, vitals signs, physical activity, medications and so forth. Always be on the lookout for signs of life-threatening changes in all patients while working about the area.

Try where you can to accommodate and provide choices. We are taught that in nursing school, but you'll have to devise other ways of accommodating which do not delay your obligation of quality and safe medical services.

5) Ignore Nurse Ratched:

Understand that, for better or worse, not all RNs that you interact with are equipped to work with students. Don't have unrealistic expectations. It's not personal and they are not a bad person or a bad nurse. Some nurses love teaching but aren't good teachers. Some nurses hate teaching but are forced into the role once their facility decides to take students. Some RNs love it and are good at it. Everyone is different.

RNs have a lot of responsibility and are extremely busy. The student has a lot of questions that have to be answered carefully while not breaking the RN's concentration or speed; multitasking at its finest. I know the students think, "But I'm helping the RN." Students more often than not do slow the RN. Sometimes, in order to fulfill their obligation to the patients, to themselves and to the employer, teaching may get bumped. By doing everything that you can to help, you, the RN, the patient, the medical organization, your school and everyone comes out better off.

When you do run into the infamous Nurse Ratched so aptly attacking her young – ignore them! You go about your wonderful business and do not let them get to you. You hold your chin up and be the best nurse that you are. Be the role model of professional behavior. You too will likely be working with students one day. It's the timeless age-old saying, "Everything which goes around comes around." That Nurse Ratched will fade into disappearance eventually; no longer will Nurse Ratched be tolerated. Who knows why they're that way? It's not up to us to solve. Everyone is responsible for themselves and working hard to create a pleasant environment, which all nurses, patients, hospital staff and visitors benefit from. You are the change that you seek.

RNs are happy to see students for a variety of reasons. Here's a misperception which people like to joke about: The RN is not trying to maliciously dump grunt work onto the poor, helpless, innocent, slave student. Snap out of it! A vast majority of students come to clinical having zero hands-on patient care or having been in a medical environment in their entire lives. The environment is foreign. This is why the simplest of activities can be the gems of your experience, whether you realize it now or years later in retrospect. Just being there is key. You are absorbing every detail, both consciously and subconsciously.

RNs are happy to see the students, because we are all so painfully aware of the nursing shortage and are thrilled to see you, because it is reassurance that the pipeline isn't empty. There are willing, able people to come work alongside us. Everyone is lifted up.

Take initiative, be positive, be accountable, communicate, seek learning opportunities, overcome fears, feel respect, prove that you care and stay realistic and empathetic. You will soon be an RN!

1. <mailto:nicole@anacalifornia.org>

A Year in Community Health (2009-10-12 08:06)

Author: Elena Rilleau, SN, CNSA Community Health Director, 2008-2009 [1]communityhealthdirector@cnsa.org



It's hard to believe that nearly a year has gone by already! I'd like to give a brief overview of the Community Health projects from 2009, as well as discuss this year's convention agenda.

One project the Community Health Committee (CHC) worked on was promoting partnerships between nursing programs and Head Start programs. Nursing programs are frequently faced with insufficient placement options for their Community Health Nursing clinical rotations. The federally-funded Head Start program provides comprehensive education, health, nutrition, and social services for low-income children, aged 3-5 years, and their families. While community health nursing placements in health departments may be limited, Head Start programs are underutilized clinical placement options that are widely available. I was able to attend the California Head Start Association's Summer Health Institute—their summer convention for managers and directors. I presented on a panel to introduce and discuss the benefits and challenges of partnering with schools of nursing. It was a great experience and many Head Start staff were eager to get involved.

A second project that the CHC worked on was promoting "Be the Match," a campaign operated by the National Marrow Donor Program. The campaign is working to engage those who are inspired and committed to helping patients in need of bone marrow transplants. Be The Match offers people the unique opportunity to help a patient by donating bone marrow. Thousands of patients with leukemia and other life-threatening diseases depend on the Be The Match Registry to find matches. The Community Health spot on CNSA's website has more details about how to get involved and hold a drive at your school or in your community.

The 2009 CNSA Convention promises to be an exciting one; with so much changing in the profession of nursing, I expect a great deal of networking and discussion amongst students. Though there are no breakout session specifically geared towards those of us who are passionate about community health, but there are two that may provide insight and feedback for those of us who are headed into this field in the near

future. Striking it Rich, with Josie Clevenger, RN, will discuss landing that first nursing job. What will this have to do with community health? There is no better time to consider a job outside the acute care/hospital setting, and public health nursing is a great arena to explore. The second session I suggest is Panning for Gold: Discovering that Hidden Nugget, with Bridget Parsh, EdD, RN. This discussion will focus on various paths and endless opportunities open to nursing graduates.

Thank you all for your involvement and support during this year. I have tremendously enjoyed serving as your Community Health Director. Enjoy convention and best of luck to all the new graduates!

1. <mailto:communityhealthdirector@cnsa.org>

CoCR Summer Had “Merritt” (2009-10-12 08:12)

Author: Fatima Arastu, CNSA COCR Co-Chair, North, 2008-2009 [1]cocrnorth@cnsa.org



On June 20th, 2009, we held another successful Council of Chapter Representatives (CoCR) summer meeting. This year’s event was held on the beautiful Samuel Merritt University campus in Oakland, and sponsored by Samuel Merritt University Nursing School, the Hurst Review, and the San Francisco State University Nursing Student Association. Fifteen schools gathered at SMU’s Fontaine Auditorium for a day-long event packed with chapter reports, speaker presentations, breakout sessions and a Hurst review session. Participating schools included American River College, CSU East Bay- Hayward, CSU East Bay- Concord, CSU San Marcos, CSU Sacramento, CSU San Francisco, CSU San Diego, CSU Stanislaus, Golden West College, Maurine Church Coburn School of Nursing(MCCSN), Ohlone College, Samuel Merritt University, Saddleback College, University of California at Irvine(UCI), and West Coast University. Highlights of the meeting included presentations and discussions on the image of nursing, professional nursing journals, [2]Flo’s Cookie Jar, financial portfolio planning, chapter reports, breakout sessions, and a Hurst Review Session. The image of nursing topic was presented by: Trina Jayne, Ad Hoc Chair, CNSA Image of Nursing Committee; Grace Alcantra, Maurine Church Coburn School of Nursing; Dr. Susan Bowman, RN, Director at Large American Nurses Association California ([3]ANA\C); Patricia McFarland, MS, RN, FAAN, CEO

Association of California Nurse Leaders ([4]ACNL), Executive Officer CNSA. The presentation included a short documentary, “[5]I’m Just a Nurse” During discussion, Dr. Bowman asked students to take a moment and truly reflect on true meaning of nursing, and image of nursing as a profession. We all are equally responsible for representing our profession; to do this, it is important for us to understand what nursing means to us individually, so that we can explain it to rest of the world. The importance of being actively involved in a professional nursing organization (eg: ANA\C, ACNL, etc.) was also stressed, in addition to legislation as future nurses. Candy Goulette, the public relations and editorial liaison for [6]ADVANCE for Nurses in California and Nevada, talked about the importance of journals in the nursing profession, and in particular their role in evidence based practice. She gave an enthusiastic presentation, and closed with a request for student feedback on various topics they might like to see published or focused on in nursing magazines and journals. Many students offered their ideas. If you have any suggestions please feel free to email [7]Candy. Patricia McFarland shared the vision and success of Flo’s Cookie Jar for nursing students in California during the tough economic times. She asked students for their much needed support by spreading the word about Flo’s cookie Jar. Flo’s Cookie Jar provides emergency grants-in-aid to prelicensure RN students facing a one-time need that otherwise would force them to leave school. For more information check out the [8]Flo’s Cookie jar website. In addition, Donna Kistler, MSN, RN, Past President ACNL, and Nicole Marcy, RN, BPH, BSN, Secretary ANA\C, Past Director of Nursing Practice ANA\C, attended the meeting and took part in the image of nursing discussion. As always, chapter report was a huge success, but this year’s CoCR summer was special as it broke all past records for school participation! We had an awesome school attendance from both northern and southern California. During report, each chapter shared their successes and struggles for the year, in addition to exchanging fundraising and recruitment ideas. Towards our effort to create a CNSA new chapter kit, Ohlone College was the first college to submit a sample copy of their bylaws, fundraising letter, community health events flyers, and meeting minutes. I would like to encourage you all to do the same in order for us to print and publish the kit. Any copy would help struggling chapters and new chapters to become a strong chapter. If you would like to turn in anything for the “New Membership Kit,” please email [9]Molly Cocking and myself. If you were unable to attend, I encourage you to plan for the winter CoCR meeting. CNSA holds two COCR meeting each year; it is empowering to meet other students, share stories, and network, and is truly a great experience. Special thanks go to ACNL, ANA\C, CNSA Advisors, CNSA Board of Directors, Samuel Merritt University, Candy Goulette, Hurst Review, and San Francisco State University for making it a successful event.

1. <mailto:cocrnorth@cnsa.org>
2. <http://www.floscookiejar.org/>
3. <http://www.anacalifornia.org/>
4. <http://www.acnl.org/>
5. <http://www.youtube.com/watch?v=Jds1A1KzVGg>
6. <http://nursing.advanceweb.com/>
7. <mailto:cgoulette@advanceweb.com>
8. <http://www.floscookiejar.org/>
9. <mailto:cocrsouth@cnsa.org>, cocrnorth@cnsa.org

The Circle of CNSA (2009-10-12 08:22)

Author: Jeff Huber, SN, CNSA President, 2008-2009 [1]president@cnsa.org

As the saying goes– “time flies when you’re having fun.” Apparently, it flies even faster when you are a nursing student having fun. Was it not just a few weeks ago that I drove up to Universal City to join my fellow CNSA members at convention? Surely it hasn’t been an entire year since then, has it? Amazing.

Over this past year, your state board of directors has been busy doing their best to help better this organization. I'd like to share with you just some of things we've done.

Both of the Council of Chapter Representatives (CoCR) meetings this year were fantastic and well attended. The meeting in Sacramento had 15 schools participate - many coming from Southern California. The workshops were well received and there was plenty of networking between chapters.

We started a Chapter to Chapter mentoring program - Sierra College was the first to sign up and is currently being mentored by Sacramento State. We brought chapter fundraising opportunities to the local chapters through the state event Night at the Ballparks. We brought an increase in awareness and participation to the national bone marrow registry. We also voiced your opinions on legislation to the ANA\C's Legislative Committee.

I believe all endings are merely new beginnings. So, although I'm a little saddened with the closing circle of this part of my life, I'm very happy with the journey that has brought me to this end. I look forward to my next beginning, and wish you all health and happiness.

1. <mailto:president@cnsa.org>

NSSI: A Government Practicum (2009-10-12 08:24)

Author: Jennifer Ferrell, SN, San Diego State University, San Diego, CA

I was one of the few students who had the good fortune to be picked for the Nursing Student in Sacramento Internship (NSSI). This internship allowed us to go in depth on a topic that is only touched on in our schooling: to be an advocate for our patients. My professors have spent hours making sure that I know how to advocate for my patient in the hospital setting, but the NSSI proved that working outside of the hospital to improve nursing and patient care laws doesn't just make you an advocate for your patient, it makes you an advocate for all patients of California, as well as all of your colleagues.

I have been involved with politics for some time now, but usually just as an informed citizen, occasionally making phone calls for local campaigns. Never before have I actually traveled to Sacramento and stepped into the heart of government. It was so enlightening to find out what a difference you can make as a nurse in Sacramento. Every day there are bills going through the CA House and Senate on healthcare, nursing, and patient care laws; many times there is not one health professional in the room! The men and women in congress vote for bills based on their knowledge of the bill going through, and if no one is there to teach them about the impacts these bills would have, how can they make an informed decision?

This is where we, as nurses, come in. During the NSSI, we were able to sit in and testify as nursing students on various bills. One bill that was of particular importance to us as CSU students was one which would introduce doctoral nursing programs into the CSU system. It would be hard for me to believe that three nursing students asking congress to allow them to continue their education in their own school system wouldn't have an impact on their decision.

The NSSI was an experience that was unlike any other that we could get from a classroom. Not only did I have an impact on our California healthcare system that weekend, but it gave me the tools to do the same throughout my nursing career. My only wish is that more students are exposed to this part of their nursing education because of the whole new level of patient advocacy it provides.

Growing Up with a Little Bit of Pixy Dust (2009-10-12 08:26)

Author: Molly Cocking, SN, CNSA COCR Co-Chair, South, 2008-2009 [1]cocrsouth@cnsa.org

To this day I still get the same giddy, uncontrollable giggle and sense of innocent happiness as I did when I was a five years old girl with pig-tails, stepping through the shiny gold gates and looking up at the rolling hill of grass with Mickey Mouse's face smiling back at me. Disney has always been a special place for my family and me, and some of my best childhood and early adult memories are from spending time at the "happiest place on earth." You always feel like you are special when you walk down Main Street, like you are a personal guest of Minnie herself. No one treats you like guest #13,256, but instead almost like you are family. There was a gleam in every nook and cranny of the park. (Including the bathroom stalls!) And you almost don't hesitate to pick up a fallen Churro off the spotless ground, blithely continuing to enjoy the rush of sugar. As I got a little older and outgrew pigtails, I admired the meticulous costumes of each cast member. Everything was pressed perfectly, nary a thread out of place. They all looked as if they stepped right out of a Disney movie, perfect in every way. While waiting in line, getting on a ride, or buying an ice cream, each cast member I came in contact with made my experience in the Magic Kingdom that much more amazing because they seemed to be enjoying themselves just as much as I was. As a kid it never crossed my mind that this was a job for them, I assumed they were there to play too!

For me, another establishment that elicits many childhood memories is Barton Memorial Hospital, back in my hometown of South Lake Tahoe, CA. While not nearly as magical as the World of Disney, I spent much of my time there following around my mom, Kathy Cocking. When I was born she was the Director of Obstetrics, later the Director of Nursing, and now the Vice President of Operations. Barton was always home to me, and I always felt welcomed; but I learned a few years ago when I became an employee there that many people did not share the same sentiments about it as I did. Patient satisfaction scores tittered on adequate and competition was starting to lure people away. Patients cited problems with areas including dress code, lack of professionalism, and inadequate customer service. Administration, including my mom as the Project Champion, decided to take on these issues and do something about improving the patient's experience while visiting Barton.

Imagine my glee, reminiscent of childhood, when I found out the Disney Institute was going to be consulting with my hospital to help improve patient satisfaction! Disney Institute has helped businesses for years learn how to run their operations similar to Disney, and just recently began consulting with hospitals. Guests come first with Disney, as they should with hospitals and their employees (aka "cast members"). People who are admitted or visiting for outpatient services should be every cast member's first priority, and should be treated as guests not just as patients who have no choice but to be at that hospital. Having only one choice for a hospital to go to is rarely the case anymore. Guests can shop around much like they do for hotels or vacation spots to find a hospital that is suited for them. That is yet another reason that everyone working in the hospital should make it their priority to make sure a person's visit is as pleasant and enjoyable as a hospital visit can be. If that guest is unhappy with their services, they can leave and go to another hospital; you can bet your mouse ears they will be telling other people about the less than excellent care they received! This is rarely a case for Disney. While they have other competitor theme parks, Disney seems to be on a higher level, excelling in every area far above the rest. There should be no reason that hospitals can not emulate this.

Disney Institute takes a step by step approach to achieving their final goal of "striving for perfection, but settling with excellence." For hospitals like Barton, when the large patient satisfaction issue was broken down into its parts, it was much easier to tackle. Areas such as coming up with consistency in uniforms, on/offstage behavior, and improving the basic customer service given were focused on. Uniforms are a hot topic in most hospitals, including Barton. Administration saw putting everyone in hospital designated scrubs,

though, was the only way to solve the many problems they were having with cleanliness, inappropriate sizes, worn out, and just unprofessional choices in scrubs. As my mom says “Betty Boop scrubs belong on a Pediatric floor, not in an ICU with a fifty year old man on five drips...it’s not cute.” On and offstage behavior of staff is an issue at most hospitals as well. What Disney does with their employees is makes it very clear that while “onstage” (eg: at the nurse’s station, in a patient room, on the elevator, in the cafeteria) a cast member is in the role of whatever character they are playing (i.e. the professional nurse), when you are “offstage” (eg: the break room) you may then take off your costume (eg: eat, talk about you personal life). Disney acknowledges there is a time and a place for both of these, but they should never overlap. Basic customer service is often lacking in hospitals. I experienced this both at Barton and in some of the hospitals I’ve done clinical rotations at during school. Nurses and support staff get so wrapped up in things like “I’m so busy, I have a ridiculous assignment, three breathing treatments to do, a central line to change, and two piggy backs to hang all before nine,’ that they sometimes forget the basics that only take a few extra seconds. Disney Institute works with a hospital’s cast members to show them the power of simple acts—rather than just pointing down the hall to give a lost guest directions, instead walk them to at least a point where they know they will not get lost. In lieu of blasting by that person in the hall with a confused look on their face, ask them if they need help finding something. I have been amazed how all these little nuances (and many more) have added up at my home hospital, and have really made a difference in not just the guest’s experience, but my own as an employee.

There are so many aspects about Disney’s Institute’s philosophy that resonate unbelievably well with patient care in hospitals that I would take over all of Range of Motion talking about them. Thankfully, I will leave room for other writers because we are getting to hear all about Disney’s partnership with healthcare here at State Convention 2009! My mother, Kathy Cocking, will be sharing with all of us how we can figuratively put on those Mouse ears, that Duck bill, or a Goofy hat, and give our patients the most pleasurable and positive experience one could ever receive in a hospital. As the nurses of the future, we have the power to change the mentality and overall feel of a hospital; I am a big believer that the suggestions from Disney and my mom are great ways to start. I have started them in my practices as a student nurse, and have really seen a difference in the care I give my patients. The habits we build as students will stay with us for the rest of our careers. I’m so excited that all of my fellow CNSA members get to hear about this amazing approach that we as students, new graduate nurses, and practicing nurses can use to improve guests’ experiences from the second they walk through our shiny glass doors!

1. <mailto:cocrsouth@cnsa.org>

Secretary/Treasurer Update (2009-10-12 08:28)

Author: Nancy Chiang, RN, BSN, CNSA Secretary/Treasurer, 2008-2009 [1]sectreas@cnsa.org

Hello, fellow CNSA members. Convention is here! You may be wondering why I, the Secretary/Treasurer, am bringing up this fun and informative event. Well, CNSA’s annual Convention is where CNSA scholarship winners are recognized and awarded. So, for all of you who diligently applied for funding for the 2009-2010 year, please try to make it to this year’s convention. Sure, you can have someone come in your place, but it’s so much better when it is you in the spotlight, getting the acknowledgment you deserve. If you are reading this here in Sacramento, then welcome and thank you for attending CNSA’s most important event of the year!

If you didn’t get a chance to apply for CNSA scholarships this year, there are still plenty of other organizations offering them. I have a list of scholarships in my Fall 2009 article in [2]Range of Motion. Most of these are annual opportunities, so if you missed the deadline this year, keep them in mind for 2010.

1. <mailto:sectreas@cnsa.org>
2. <file://localhost/>

2009 Convention. Striking Gold in Nursing (2009-10-12 08:30)

Author: Sharon Robillos, RN, BSN, CNSA Convention Director, 2008-2009, [1]conventiondirector@cnsa.org



Convention's Here! Let's Strike Gold!

We are finally here! The 2009 California Nursing Student Association's annual state convention is upon us, at the lovely Hyatt Regency in Sacramento. As the 2008-2009 CNSA Convention Director, I am excited to welcome you. Convention has so much to offer. For first-time attendees, figuring out how to make the most of this experience may seem a bit overwhelming, but have no fear! Let me provide you with an overview and informal guide on how to have fun and best benefit from convention, from my own personal experiences. The convention packet has even more detail to assist you in planning the weekend. Let's reach for the gold!

Meet California Nurse Leaders:

Whether we are attending the general sessions, or choosing from the plethora of educational sessions, we are going to meet successful nurses from a variety of specialties. They promise to enlighten our minds with their knowledge and experience regarding the professionalism of nursing, the importance of evidence-based practice, healthcare culture, and so much more. Don't hesitate to pick their brains and ask questions. One of them just might inspire you with a golden nugget of knowledge.

Be a Delegate

Should you get the opportunity to be a delegate for your school's local chapter, take it! Even if you are not an official delegate, attending a House of Delegates meeting is an interesting and educational experience in itself. I felt proud and honored to be a delegate last year, because I voted on bylaws, elections, and resolutions, such as the prevention of pressure ulcers and reducing avoidable death/injury in the emergency department. By being a delegate, you are helping shape the voice of student nurses and making a difference in nursing practice on important issues.

NCLEX Preparation

For those who will be sitting for your boards in just a few months, this is a valuable activity. Hurst review does a fantastic job at going over some tough NCLEX style questions and strategies to help you pass this nerve-racking exam. It can give you the refresher needed on topics from early in your nursing program. Those of you just starting out would also benefit. I attended this review during my first semester of nursing school, and I'm grateful I did. Later on, I was able to approach course topics from a different perspective, which ultimately helped me learn more. It also gave me a leg up for my future semesters; I was exposed to areas taught later in my school curriculum, like obstetrics and pediatrics. It is well worth it!

Networking

Simply put, I found convention to be a great bonding experience. You get to connect with your local school chums and share your convention experiences with one another. You also get to opportunity to meet nursing students from other parts of California. You will talk, bond, and understand that they, too, experience the same trials and tribulations of nursing school. They may even offer advice on how to make surviving nursing school just a little bit easier. You can then share a dance with these new found friends at the Friday Night Party: Eureka! Party Like It's 1849! Dress up in some gold rush attire, and par-tay!

Career Building: Vendors + Interview Workshop

Last, but certainly not least, convention offers fantastic opportunities for career building. I have benefited from this by meeting with vendors and nurse recruiters, who helped me understand what they were looking for in hiring new grads. They even offered to help tweak my resume. This year, we are also offering an interview workshop to get pointers on topics such as how to dress, proper interview etiquette (eg: thanking them for meeting you despite their busy schedule), and answering interview questions correctly. I can honestly say I would not have landed my current job without all the experiences and tools that I was exposed to at past CNSA conventions.

As aspiring nurses in California, you are one of 4,000 CNSA members committed to educational, developmental, and professional growth. The CNSA convention gives you the opportunity to learn, network, further your career, have fun, and celebrate nursing. Make the most of it and strike nursing gold!

1. <mailto:conventiondirector@cnsa.org>

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