



Range of Motion

The Official Newsletter of the California Nursing Students' Association

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IN THIS ISSUE

CNSA President:
Shannon Murphy, BSN, RN

Executive Director:
Patricia Lenihen-McFarland, MS, RN

Range of Motion Editor:
Corinne MacEgan, BSN, RN

- 3 Welcome to Convention
- 4 California Action Coalition Update
- 5 ANA Lobby Day
- 7 Competing in Today's Job Market
- 9 Red Cross Training
- 11 Balance
- 12 How Much Do You Know About JCAHO?
Leaders and Friends
- 13 Go for the Gold
- 14 Membership Meeting South
- 15 Creating Your Future Path
National Convention
- 16 Inspiration
- 17 Changing our Future
- 18 Run With It!
- 19 Diversity and Mental Health
- 21 Teen Pregnancy Can Be Prevented
The Energy Will Stay With You
- 22 Live in the Present

Thank You

Corinne MacEgan, BSN, RN
CNSA Communications Director 2011-2012

On behalf of the 2011-2012 CNSA Board of Directors, I would like to extend our sincere appreciation for all of you. California has really shown its mettle this past year, whether it be speaking on resolutions in front of hundreds of national delegates or running for a national position. Your involvement in our nursing student association has shown itself in many ways. You shine so much!

I encourage you to continue living your passion. Many of you have sought leadership positions at your chapter level or national level, and I look forward to meeting those of you who are seeking positions at the state level. This will change your life. You are standing up for what you believe in, and you are working to improve our organization (and nursing) daily.

We are all so proud of you, and know that we will be handing California off to new leaders who will continue this journey of success. Learn from each other, and learn from yourself. Step forward even when you may feel afraid or shy – your state needs you. Look around, at how many people share your passion. This is your team. This is CNSA.



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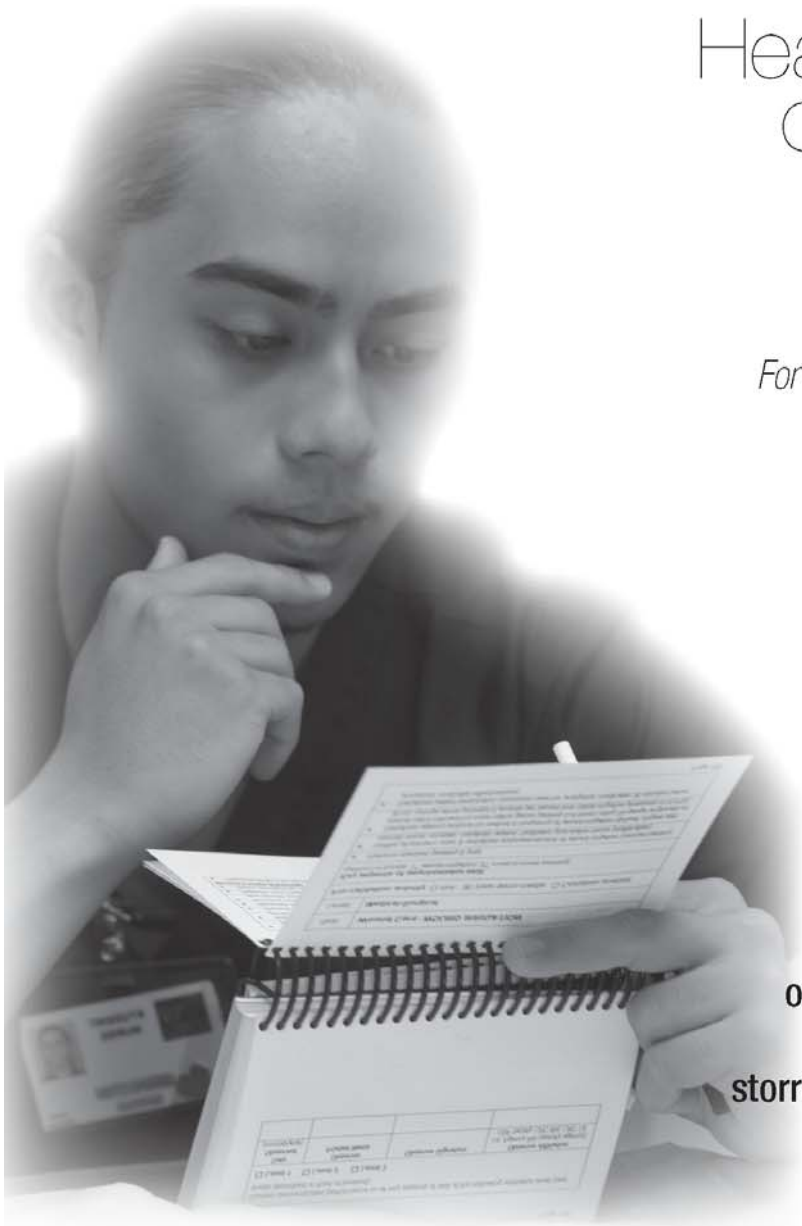
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CNSA Convention Welcome and Reflection

Nathan Howard, BSN, SN

CNSA Convention Director 2011-2012

It is with great pleasure that I welcome you all to the 2012 annual California Nursing Students' Association Convention, "The Ultimate Adventure: Finding Your Path in Nursing". My hope and desire in putting together this year's convention agenda was to appeal to all nursing students, faculty, alumni, and registered nurses in some way or another. Whether you are interested in community service-based care with the Red Cross to acute-care nursing, there is something for everyone! Before I continue, I would like to thank Patricia McFarland, Susan Herman, Brenda Brozek, Dena Fisher, and the CNSA Convention Committee from CSU Stanislaus and CSU Fresno for all of their support in putting together this convention! This convention turned out to be a success and wouldn't have been possible without all of your input and help.

It's still hard to believe that this day has finally arrived. Looking back at this past academic year, CNSA has enriched my life in more ways than I can imagine. I was able to break-down the IOM Report and grasp it's meaning on the future of health care. I traveled to various parts of the State to speak and promote the 2012 annual CNSA Convention to nursing students and faculty. I was also privileged to be able to attend the NSNA's annual convention on their 60th anniversary where I connected with nursing leaders from all over the nation. Yet the best part about being on the CNSA State Board was being able to connect and build lasting friendships with the other board members from all over California.

My hope and dream for everyone attending is that you discover your true passion in nursing as you listen to the various keynotes and break out session speakers. I hope this convention opens your eyes to the multitude of disciplines in nursing outside of the acute-care setting. Continue to strive for your dreams and to never give up, despite obstacles that cross your path! I also hope that this convention encourages you to get involved with CNSA or another organization that lights your passion. Becoming involved will enrich your life and give you valuable skills such as improving your communication skills, organization, and teamwork. All of these assets will help make you a stronger nurse and could help influence your employers in offering you that first RN job.

I encourage you to make the most of your experience at this year's CNSA Convention. Get out of your comfort zone and talk with other nursing students from different schools. Check out all the opportunities in the exhibit hall, and don't forget to support your fellow nursing students at the student tables out in the foyer. But most importantly remember to have a good time and make memories that will last a lifetime!



President's Message



California Action Coalition Update

Shannon Murphy, BSN, RN

CNSA President 2011-2012

It's hard to believe that it is the end of CNSA's first year in the California Action Coalition, and I could not be more proud of the work we have done. Student input and interest has grown exponentially, and our symbiotic relationship has resulted in achievements for the action coalition itself, CNSA as an organization, and students as individuals. We have attended speaker trainings, assisted with town hall planning, contributed to conference calls, created presentations, and even witnessed the launching of the official action coalition web site (caactioncoalition.org).

Like any great journey, we started out with a broad goal, and found many successes, lessons, and offshoots along the way, ultimately allowing California's students to discover their place in this ground breaking work, led by the Institute of Medicine.

For those of you unfamiliar with the California Action Coalition, it is the California-based organization responsible for implementing the recommendations listed in the Institute of Medicine's 2010 report, *The Future of Nursing: Leading Change, Advancing Health*. This report recognizes the importance of nurses as frontline health care workers, patient advocates, and the largest segment of the health care work force (3 million strong!). The initiative presents four key messages, broken down into eight total recommendations, seven of which your CNSA board has been working on directly.

The CNSA State Board of Directors has led the way since January 2012, involving themselves on monthly conference calls, attending meetings, and finding niches for their fellow students. California was one of the first five states to even implement an action coalition, and has continued to lead this important work, with a full-time statewide director, Regional Champions in eight identified geographic regions, and 17 official partners, including CNSA. Adding students to the California Action Coalition's already dynamic team has served to increase awareness and diversify opinions, and has kept California as a progressive and energetic leader in the Future of Nursing campaign.

Legislative Director Jessica Hunter is working with co-leads Garrett Chan and Susie Phillips, on Removing Scope of Practice Barriers for Recommendation #1. So far, she has been attending conference calls and listening to the updates from the groups. Recently, she asked Garrett in what ways she could further get involved. He asked if she could compile a list of local and statewide Professional Nursing Organizations and their contact information so Jessica has been working on completing that. She also helped out by contacting elderly care centers for Mary Dickow and arranged transportation for senior citizens interested in attending the town council meetings in LA County regarding the CAC.

Andrea Vega, your 2011-2012 Breakthrough to Nursing Director, has been working closely on Recommendation #4, which aims to Increase the proportion of nurses with a baccalaureate degree to 80% by 2020. This recommendation falls directly in line with California's Assembly Bill 1295, passed in 2009, which focuses on streamlining nursing education pathways. AB1295 prohibits California State University BSN programs from requiring an associate-degree RN to repeat course work or content that they have already mastered, thereby decreasing some of the frustrations encountered by associate-degree RNs aiming to complete their BSN.

Recommendation #4, fondly known as the "80-20", needs input directly from associate-degree students in order to identify, address, and overcome the barriers of ADN-to-BSN education. Andrea's work on Recommendation #4 represents just one example of how further student involvement is crucial to realistic and tangible outcomes, with each of the eight recommendations.

Corinne MacEgan, Communications Director, worked on Recommendation #6 with co-leads Jan Boller and Martha Dispoto. Lifelong Learning is an integral part of successful practice, and much of our time was spent on completely defining the term. We performed a massive review of the literature on the practice of learning, and are looking forward to moving to the next level of involvement on our project.

CNSA's first year as a partner with the California Action Coalition has been an exciting and rewarding leap into the growing world of health care policy, and has given nursing students a chance to practice their essential leadership skills in a real-world environment. Nurse leaders from throughout the state are working hard to bring these recommendations to fruition, and they need your help! Your input is vital, because it is your voice that needs to be heard; your ideas that need to be considered, and ultimately, your practice that will be affected. To learn more, attend the 2012 CNSA Convention, or log on to www.caactioncoalition.org.

ANA LOBBY DAY IN WASHINGTON, D.C.

Nicole Marcy Bloom, BPH, BSN, RN
ANA\C Secretary and Advisor for CNSA

For many, ANA Lobby Days was their first time hitting the Hill and others were well seasoned. No visit to the Hill is ever the same. There's always an element of adventure. This brief is as much about what was happening on the Hill as it is about inspiring those that have never done it to do it, and offering a few tips, too.

It is imperative that nurses realize how valuable their voice is. Nurses are on the front lines of health care delivery and the Representatives are hoping to hear from the nurses. Nurses are highly educated professionals which the layperson just can't understand. Representatives look at the nurse as a valued expert. The Representatives vote, too, and want nurses' first-hand experiences in order to guide them. Nurses have something to say. Making the effort to have a close personal relationship with your Representatives is worth it.

Nursing issues are in the spot light right now for a variety of reasons. The biggest reason is due to the country's focus on health care reform which brought about the Affordable Care Act. Then there's the Future of Nursing Report's recommendations from the esteemed Robert Wood Johnson Foundation (RWJF) within the Institute of Medicine (IOM) which supplied a lot of the meat to the Affordable Care Act and are in implementation across the country. Additionally, there's the battle with Unions who have an entirely different vision regarding the past, present and future of nurses. *Now* is as important as it ever has been to participate. What's that ole' saying, "Speak now or forever hold your peace?"

The hype at Lobby Days was a victory with Title VIII. The Senate Labor, Health and Human Services (LHHS) appropriations subcommittee under the Senate appropriations committee passed their budget which left level funding. Although ANA was asking for an increase of \$251 million, the fact is that there was not a single cut in the current economic climate where just about everything is being slashed is colossal. Therefore, during visits with Senators that sit on the appropriations committee we encouraged them to support the subcommittee's decision. At visits of House appropriations committee members we asked that they encourage the President to allow the increase in Title VIII funding but at least do not cut it and support the Senate LHHS subcommittee's decision. What will help regarding Title VIII is personal experiences of how this has impacted your life or someone you know. Real examples that they aren't aware of can make all the difference when they vote.

The second issue which was under intense scrutiny was the Home Health Planning and Improvement Act. This will allow Advanced Practice Registered Nurses (APRN) and Physician Assistants (PA) to order home health services for Medicare. A requirement states that a patient see a MD, PA or APRN to satisfy the face-to-face meeting before home health services can be authorized. Currently, APRNs satisfy the face-to-face but does not allow them to sign the plan of care. This is causing gross delays in care which result in both preventable financial costs and preventable, inestimable human suffering. Let your legislator know that this is significant for both urban and rural areas. Remind them that the physicians have positioned themselves neutral on this since it is deemed not a scope of practice issue. Also, there are research studies verifying that this will be a cost savings to Medicare. It's estimated \$7 million in 1 year and \$310 million in 10 years. Additionally, mention that this will not increase utilization. This isn't adding more providers and not adding more patients.

The third pressing debate revolves around safe staffing. Safe staffing can yield a cost savings of almost \$3 billion which is the result of 4 million preventable extra stay days inpatient for preventable adverse events such as infection occurring in the hospital. No longer will facilities be reimbursed by insurance for preventable inpatient adversities. Safe staffing principles apply to all health care services delivery settings. While ANA respects all attempts to address staffing issues, there is concern regarding the fixed nurse-to-patient ratio numbers being law. While fixed ratios seem to offer a concrete solution, what about acuity of the patient, degree of skills and knowledge of the nurse, layout of the unit, level of ancillary support? Also, fixed ratios treats nurses as numbers rather than professionals with a say in the care they provide. In addition, fixed ratios leave zero flexibility in case adjustment is needed as health care changes over the years. Further, with fixed ratios, there must be assurance that facilities do not reduce the ancillary support in order to finance increased RN staff resulting in inadequate care. Finally, with fixed ratios, there's lack of assurance that the "minimum" does not become a maximum as time progresses. States that have enacted safe staffing legislation reflecting the ANA recommendations are Oregon, Texas, Illinois, Connecticut, Ohio, Washington and Nevada via collaborations with all the stakeholders whom the changes impact resulting in benefits to them all but mostly the patients.

There are other bills currently under consideration of concern to nursing that ANA supports. The Safe Chemicals Act which requires chemicals be proven safe prior to introduction to the market putting the responsibility on the manufacturer. The Ban Poisonous Additives Act would ban the toxic chemical BPA (bisphenol-A) from food and beverage containers. The Preservation of Antibiotics for Medical Treatment Act will amend the Federal Food, Drug and Cosmetics Act to require the Secretary of Health and Human Services (HHS) to deny an application for a new animal

continued on page 6

continued from page 5

drug that is a critical antimicrobial animal drug unless the applicant demonstrates that there is a reasonable certainty of no harm to human health due to the development of antimicrobial resistance attributable to the non-therapeutic use of the drug. The Safe Cosmetics Act will close loopholes in law that allows companies to use ingredients in cosmetics and all personal care products known to damage human health and the environment. The Federal Workers Compensation Modernization and Improvement Act includes a provision that will allow reimbursement of services provided by Advanced Practice Registered Nurses (APRN).

Nurses right now are critical because you are delivering health care services when health care services is one of the highest expenditures of the federal budget. The U.S. spends \$2.5 trillion annually and will continue to go up, estimated 25% of GDP in 2025, unless something dramatic is done as soon as possible. Remind your representatives that there are 3x more nurses than there are doctors and that the decisions that you make every single day can drive costs down significantly.

However, we all know that the health care reform is about much more than the money. It's about the safety and quality of our public's health care. What safety and quality entails would fill an entire book. Nurses can demonstrate to the representatives their understanding of what the decisions made in Washington mean to the patients. When you show up and in-person telling your representatives what's important to nurses then they can see and feel just how important it is.

Remember that although the ACA passed and was upheld by the U.S. Supreme Court there is no single final ending point to health care reform. How the health care system will look 5, 10, 20, 50 years from now is yet to be determined. Nursing must rise up to this challenge. This will impact nursing tremendously in as many predictable ways as are unforeseen ways too. Nurses have an enormous opportunity to create the future. Stand-up and participate. Find your voice. Nurses must be at the table or they will be on the menu.

You can make a difference!

TIPS:

- Have an open mind and be flexible.
- Be clear and direct.
- Have a "leave behind." A leave behind is for the representative to reference of your key points and the supporting evidence with personal anecdotes.
- Know what's relevant and be concise.
- Be courteous even when not supporting today's issue because they may support the next time.
- Avoid jargon.
- Passion is fine but raising your voice doesn't make you more persuasive.

Expect 30 - 120 seconds for the total conversation. Now, sometimes you'll have 30 minutes, but chances are more likely that most frequently it'll be the 30 - 120 seconds per topic, or worse for multiple topics. Don't take it personal, their not being disrespectful, if the meeting ends up as a "walk-n-talk." They are obligated to perform to the best of their abilities at a high stakes job on behalf of hundreds of thousands of people. However, don't misinterpret that as your issue is of any less value than any other issue. They have no control over their schedule.

- Pitch it in a way which is favorable to their interests.
- Be familiar with the opposition's views.
- Dress conservative professional.
- Start positive by thanking them for their public service.
- Ask the representative for their opinion.
- Always say thank you and follow up with a thank you letter reiterating your top few points.
- Host a tea at your home and invite acquaintances, friends and family.
- Maintain consistent communications.

RESOURCES:

www.anapoliticalpower.org
www.facebook.com/AmericanNursesAssociation
www.twitter.com/nursingworld
ANA eAdvocacy Tool - <http://apps.facebook.com/by-ananew/>
www.rnaction.org/takeaction
www.capitolupdate.org
www.healthcare.gov

Competing in Today's Job Market:

Learning to Market Yourself

By Brenda Brozek, BNS, MAOL, RN

As nursing students and new graduates, you are facing one of the toughest job markets in decades. Applying for a job in this environment can be extremely intimidating and discouraging.

In my workshops and seminars, students and new grads frequently ask: *How can I convince an employer to hire me when I have so little experience?*

Always remember that YOU are a unique individual with your own skills, talents and abilities. You have a lot to offer. But in order to be successful in landing a job, you must be able to effectively communicate your capabilities to potential employers.

The key to success is learning to market yourself. The principles involved in marketing yourself apply to all nurses seeking jobs—whether it's your first job as a new graduate, or you're an experienced nurse seeking new employment opportunities. Learning these basic skills will serve you well throughout your career.

The basic tenets of marketing are: identify the needs of your customer and show them how your product fulfills those needs. The starting point is a thorough understanding of the attributes of your product. Next, comes an assessment of your potential customers. What are their needs? If your product meets the needs of a certain group—then those are your new customers. To close the deal, you need to help them realize, through positive communication strategies, that your product is just what they need.

These same basic principles hold true when searching for a job. Identify the employer's needs and show them how your qualifications and abilities meet those needs. You must do this in every step of the process—whether you're writing your resume and cover letter, communicating with the nurse recruiter or human resources department, preparing for the job interview or writing a thank you note following the interview.

Strategies to effectively market yourself to potential employers:

- **Conduct a personal inventory.** Honestly assess your abilities and qualifications. This includes education, experiences gained in nursing school, work history, community service, scholarships, awards, etc. Don't forget any special skills, such as leadership experience, fluency in a second language, customer service background and skills in computer and information technology. What makes you stand out from the crowd? Are there areas you want to strengthen? For example, you may want to complete a certification course, such as ACLS, or volunteer at a clinic or health fair to beef up your resume.
- **Create your basic resume and cover letter.** Highlight your unique skills and abilities that you identified in your personal inventory. I've spoken to many new grads with excellent skills, but they're buried at the bottom of their resume, or not even listed. Make sure your key qualifications stand out.
- **Research potential employers.** Begin with the organization's web site. Are there job openings? Do you meet the minimum qualifications? Make a list of the top employers you'd like to work for and learn as much as you can about them by contacting the organization's recruiter, talking to people who work there and/or touring the facility if you haven't had a clinical rotation on the site. Try to identify what that organization is looking for in an employee.
- **Target your resume and cover letter to the specific employer.** Now that you've identified and researched the top places you'd like to work, target your resume and cover letter to the needs of the specific job and organization where you're applying. Scrutinize your basic resume and if necessary, tweak it for the employment situation. For example, perhaps your dream job would be to work in pediatrics. You had an externship in peds, and have taken several continuing education courses in the care of children. These qualifications should be prominently highlighted when applying for pediatric positions.

But what if you decide to apply for a position in oncology or neurology? You would still include your peds experience, but the focus of the resume should now be on your experience and qualifications in the nursing care of adults.

- **Prepare, prepare, prepare for the job interview.** Advance preparation can help you ace your job interview. Again, research the organization and department using the strategies mentioned above. Think about what questions the employer may ask you and practice your answers. Whenever possible, tell stories to illustrate your point. And, remember to consider the employer's needs and show how you meet those needs.

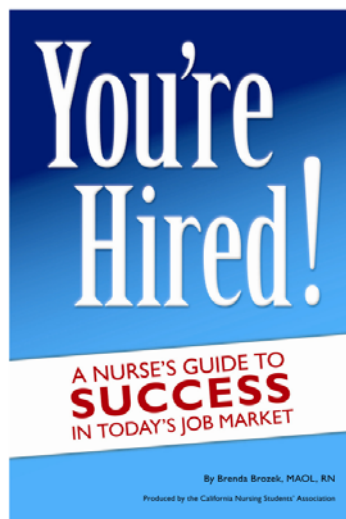
continued on page 8

continued from page 7

Effectively marketing yourself to potential employers takes time and effort, but these strategies have consistently proven to be effective, especially in today's difficult job market.

Brenda Brozek, BSN, MAOL, RN, is author of the book: *You're Hired! A Nurse's Guide to Success in Today's Job Market*, published by CNSA. For more information about *You're Hired*, visit the CNSA web site.

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Shannon Murphy
2011-2012 President
California Nursing Students' Association

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First RED CROSS Disaster Training in California

On April 28th, 2012, California Nurses Student Association led the state educating student nurses, PHN, RN's, phlebotomists, EMT and other medical professionals in the importance of being prepared in the event of a disaster. There were 86 registered medical professionals in attendance to the Red Cross Disaster Training. This event was presented by *Eleanor Guzik*-RN NP, (Volunteer, Central Coast Region Ventura, Disaster Health Services Manager, State Nurse Liaison Advisor Division II, & Preparedness Health & Safety Business Line Lead) and *Debbie Daley*. Both of these amazing Red Cross



leaders informed all the constituents on the importance of disaster preparedness and the nursing role in the event of a disaster. Now, each of the participants are certified in disaster relief and may assist Red Cross locally, in their community or across the state of California. California State University of Fresno welcomed Red Cross and contributed in the huge success of the conference. The training is available for all schools in California. This is a wonderful opportunity to educate yourself, student nurses and medical professionals. Please contact Aimee Ponomarenko-Community Health Director CNSA aimeejoy@mail.fresnostate.edu to assist your chapter in orchestrating a Red Cross Disaster Training near your school!



Janine Frey attends California State University of Fresno. Graduation date: December of 2013. Janine hopes to one day travel as a registered nurse while engaging in missionary work.

I chose nursing because my heart goes out to all those who suffer in disasters and whose health can be improved with something as simple as clean drinking water. So for me, attending the **Red Cross National Disaster Health and Sheltering Course** seemed like an obvious choice.

Those in attendance were familiarized with the actions we can take, personally and as health professionals, to be pro-active in the case of a disaster, local or otherwise. It reminded me of those talks firemen would give in your elementary school classroom reminding you to have an escape plan in the case of a fire—we couldn't wait to rush home and tell everyone about it. After the **Red Cross** training I told many people about the "go bag" prepared with things like a first aid kit, head lamp, blanket, flash drive with all our important documents, medication lists and a water purifier. It is also important to encourage our loved ones and community to do the same. They also prepared us for what a disaster relief shelter would resemble and what our role is in assessing the people who come for help.

The course opened my eyes to my involvement now. I hope all health professionals consider attending the **Red Cross** Training because as part of the caring profession, we should be educating our community about preparation for disasters and helping them through the catastrophe when it strikes.

Janine Frey, SN, BSN, Events Director, CNSA - California State University, Fresno



Holly Francone attends California State University of Fresno. Holly's goal is to become a registered nurse.

Red Cross Disaster Tabletop Seminar, My name is Holly Francone and I am a pre-nursing senior at California State University Fresno. I am a licensed phlebotomist and E.M.T. I chose nursing because it has the potential to be very rewarding. The rewards to being a nurse are different for everyone, but the core of the conversation is usually always the same; it is because we want to help people- helping other people in difficult times in their lives. Though nurses may not always get the recognition and, or appreciation from either their ill patient or family members they may need; it is still understood that their help and presence during their time of need was what helped get them through. This same concept applies to our efforts in emergency preparedness. As we have seen in the years, the need to be emergency prepared not only as a state, but also as a nation is of the up most importance. When a disaster strikes there must be educated, informed individuals implementing strategies to help care for the sick and wounded. Having taken the General **Red Cross Disaster Shelter Tabletop** I was able to recognize areas of importance that are crucial to guiding victims, caring for the injured, and lending a hand to help rebuild their lives. I would recommend this seminar held by the **Red Cross** to all medical personnel, because how can you honorably up hold the medical code of ethics to which we have all summoned ourselves to, if you have not fully met the criteria to which it clearly states?

Holly Francone - EMT & Phlebotomist

continued on page 10

continued from page 9



Ruby Michelle Gonzalez attends California State University of Fresno. Graduation date: December of 2012. My goal: to pass the NCLEX this coming fall with her BSN.

My name is Ruby Michelle Gonzalez and I recently completed my fifth semester of the nursing program at California State University, Fresno. I am thankful to my Lord that I have been given the opportunity to have made it thus far. I am looking forward to being the first within my family to receive my Bachelor of Science degree in Nursing after being encouraged to pursue my dreams by both family and friends. I have previously served as the Breakthrough to Nursing Director for CNSA Fresno Chapter during the 2010-2011 school year. After participating in the Red Cross Disaster Preparedness Program, I would highly recommend this wonderful opportunity to others because it provided valuable information on how to assist as a **Red Cross** volunteer on disaster relief operations such as floods, forest fires or earthquakes. I strongly believe it is important to be able to meet the needs of people displaced as a result of a disaster and this program provides the information to do so.

Ruby Michelle Gonzalez - SN & 2011 Breakthrough to Nursing Director CNSA Fresno



Rachel Elizabeth Olsten attends California State University of Fresno. Graduation date: December of 2012. My goal: To become a Pediatric Nurse after I graduate and continue to serve the Lord. A little bit about myself, I am a fifth semester nursing student at CSU Fresno. I have a passion for infants, children and helping others this is the reason I wanted to become a nurse. My dream is to become a NICU nurse and apply the knowledge gained towards primary prevention and teach new moms how to be healthy during their pregnancy and proper care of their newborn. I believe God has placed a passion in my heart to go on mission trips in order to educate and help underprivileged communities. I hope to someday further my education so I can become a pediatric Nurse Practitioner.

The Disaster Health and Sheltering course provided by the **American Red Cross** that was held at California State University, Fresno campus was an amazing experience. At this conference, student nurses and nursing faculty from the central valley came to participate in one of the first ever disaster training programs for student nurses. I personally learned so much from this conference that I will be able to apply in the future should a disaster occur. We all learned skills such as assessment, referrals, prioritization, support, critical thinking, and clinical judgment when meeting the needs of a victim who has witnessed the event. We learned the importance of using our community health nursing skills to assess the client as a whole in order to meet each of the client's needs and support them through this catastrophe. Another aspect of this conference was learning about how the **Red Cross** responds to such disasters and what the shelter may look like and operate. After the training I have now become a more competent, well-rounded nurse and should a disaster of any nature hit, I will provide nursing support to the clients and their community.

Rachel Elizabeth Olsten - SN & Proactive CNSA member



The training was a success and a seed of passion was planted for our **Red Cross** and our communities. Please continue to check the page for the next disaster training in California. If you are interested in setting the bar in your community contact me via email at aimeejoy@mail.fresnostate.edu. I would love to assist you in this amazing adventure!

Respectfully,

Aimee Ponomarenko- CNSA Community Health Director

Balance: The Essence of Involvement

Christy Apple-Johnson, RN

Imprint Editor, National Student Nurses' Association 2012-2013

As a nursing student, I understand that we are all very busy. I am also a mother, a wife, an employee, an avid community volunteer, and I currently fulfill the role of *Imprint* Editor with the NSNA. On a regular basis I hear from my peers that I might be insane. I am highly functionally insane if that is the truth! I do realize that not everyone can be involved at the level that I am involved in. It suits my personality: a somewhat typical type A, busy-brained, 150 mph/min, live wire! Many people find this life-style exhausting and overwhelming. That is why I cannot judge any of you when it comes to your ability to be, or not be, involved in the NSNA.

Sometimes it seems that there is so much work to be done within our organization that it is easy to become too involved. That is the absolute truth! There are a few magic words I like to utilize to prevent this from happening: "delegation," "limitation," and "no." Although I am busy, I prioritize and dedicate time to my family and my home and school duties. We take vacations, I study often, sleep plenty, exercise at least 3 times a week, and I even play video games with my kids once in awhile. It can be easy to do too much or procrastinate and do too little. When that happens I make a mental note of the guilt it produces and readjust my methods to prevent it from happening again, forgive myself, and move on with my life. Suddenly, the nursing process has become the entire basis of my life! If I would have known it would be so helpful to general existence I would have made it a point to not be so indignant to this new way of thinking in first semester. I suppose continual refinement is essential to the proper evolution of a nurse.

I certainly believe that everyone can be involved in at least a small way. We do not expect you to be as involved as some of us are; we just want to see everyone doing something small to contribute to our efforts for the greater good. I have always experienced immense gratification from my involvement, and I am constantly encouraged to stay involved because of that. It is important to remember that society does not owe us; we owe society for giving us such an amazing education. We should always strive to put more back in than what we take out.

Through our efforts we have accomplished so much this past year! We believe that with everyone designating in a few minutes of their time, our organization could be beyond excellent! We have the ability to create a paradigm shift in nursing. If you have not read "50 Years of the National Student Nurses' Association" by Diane Mancino, I highly recommend it. Look at all that nursing students have achieved in the past! These are turbulent times, much as they were in the 1960's. The influence that this organization had over health care and the nursing work force was a force to be reckoned with. That will be us someday! We will be in the history books of the future. Be a part of that and leave your legacy; you owe it to your patients, you owe it to society, and above all, you owe it to yourself. Warmest regards to all of you!



How much do you know about JCAHO?

Edward Wang, SN

Committee on Cultural Awareness Chair 2011-2012

As nursing students, how much do you know about Health Accreditation? What are some policies in determining a hospital's magnet status, or how does a hospital become certified in a specialty? We are here to talk about The Joint Commission or JCAHO (Joint Commission on Accreditation of Health Organizations).

I often hear hospitals are concerned about Accreditation of the Joint Commission. What is The Joint Commission and what do they do? I found it an interesting topic on which to do some research and share my findings. The Joint Commission is an independent, non-profit organization that accredits and certifies more than 19,000 health care organizations and programs in the United States. The accreditation symbolizes the quality of an organization's commitment to meeting certain performance standards. Joint Commission was founded in 1951 to improve health care for the public with safest, highest quality, best-value health care across all settings. I often thought JCAHO is for hospitals only, but now I realize it is for all health related settings. Those include: hospitals, lab services, home care, disease-specific care, office-based surgery, long term care and many more. Each one has their own specific standards need to meet in order to be accredited by the Joint Commission. The Joint Commission also certifies health care settings to be specialized in certain area of health care. Certifications include disease-specific care, advanced disease-specific care, advanced certification for palliative care and more.

Benefits of accreditation and certification include: helping organize and strengthen patient safety efforts, strengthens community confidence in the quality and safety of care, treatment and services, improves risk management and risk reduction, provide a framework for program structure and management and many more. What JCAHO is providing is to help set up a framework to improve safety and provide a standard for the public to ensure the public the quality of care. There is still a lot we have to learn from all aspects of nursing and now is the time to act. Life is a continuous process of learning.

The Joint Commission: <http://www.jointcommission.org/>



Leaders and Friends

Janine M. Frey, SN, BSN

Events Director, CSU Fresno Chapter

When I decided to go to convention, no one could have told me the life-changing experiences I would be coming home with. Nothing else is more inspiring than being completely surrounded with like-minded nursing students and taking hints from nurses who have already made an impact in the field you are looking towards.

In being privileged with acting as a delegate throughout the convention, I was struck with the importance we have as nurses to continually educate ourselves on the current health care legislation. We also have the ability to initiate legislation if there is a concern about practice or need for awareness because we are the people at the bedside every day—it is our job to make the change for our patients.

I consider myself blessed to be part of such a motivated group of leaders and friends from all areas of the state and country.

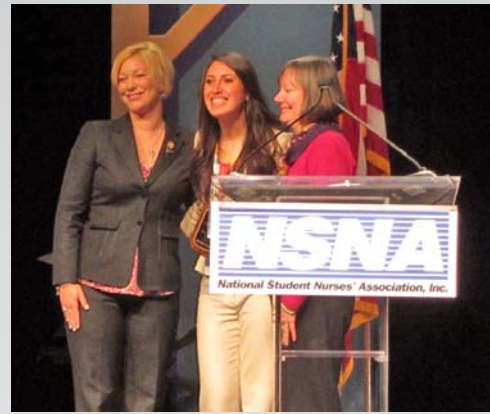
In order to truly understand the impact convention can have on your life, you just have to go!

Go for the Gold!

Jessica Hunter, BSN, RN

CNSA Legislative Director 2011-2012

In the midst of preparing for my first ever RN job interviews, I came to a startling realization of the parallels between Olympic gymnastics and the RN interview process. I thought about how hard the gymnasts had worked towards their goal of winning gold in the Olympics and the many sacrifices they had made to get where they are. Then I thought about how hard nursing students work and remembered the many sacrifices we all had to make: the nights we could have been out with friends but were instead studying in the library, the financial sacrifices spent on 20-pound books and the gas to drive to clinical, not to mention the physical, mental, and emotional toll nursing school takes on a person. In both the gymnast's world and the nursing student's world, all of it leads up to one shining make it or break it moment, which in our case is "The Final Interview".



For both nursing students as well as gymnasts, the journey starts long before that big moment. First, we take years achieving and documenting our accolades so that there is written proof that we deserve to get to this final step. If our past represents our character well, we get invited to go before a panel of judges. While the gymnasts tell their story in flips and seemingly impossible tricks, nurses tell stories of our best clinical moments and most valuable learning experiences. Should we be lucky enough to make it past the panel interview, we move on to the final interview, which is the last moment we get to lay it all out on the floor and show the judges that we are the very best and that no one else can compare. There is no middle ground and the scariest part is that this moment is completely within our hands, lying just past our fingertips.

I realized all these similarities during the time that I found myself between the initial panel interview and the final interview at Stanford Hospital. In that moment it hit me that, like the gymnasts, this final interview was going to be my one and only shot at the gold, at my dream job. I took note of the way the Olympic gymnast prepared. I noticed that they never visualized the million little things that could go wrong, they visualized only the perfect performance every single time. I knew I needed to change my game plan and start acting more like an Olympic contender. Rather than looking over practice question and thinking about a general story I might use, I wrote down all my most pertinent experiences throughout nursing school and broke them down into an explanation of the situation, what action I took, and what the outcome was. I made a list of my most proud accomplishments and found ways to weave them into my stories so I would not forget the great things I wanted to mention most. I plopped myself in front of a mirror for hours at a time practicing full answers, all the while critiquing myself on my facial expressions, body language, and hand gestures. I never memorized an answer but was fully equipped with which past experience I'd bring up depending on what topic they wanted to know about. By the time I got to the interview, I was so confident from all my practice that I was really able to let my personality shine through rather than focusing so hard on what to say. At the end of it all, I left the interview feeling confident and proud of what I knew was a solid performance. I already felt like I had won the gold but the cherry on top was when Human Resources called with a job offer.



2012 Membership South Meeting

John B. James, SN, BSN

Membership Director South, 2011-2012

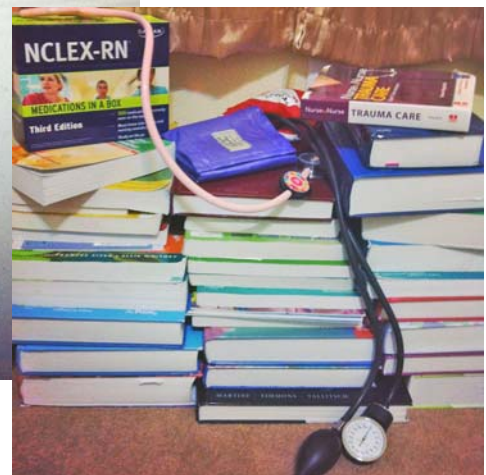
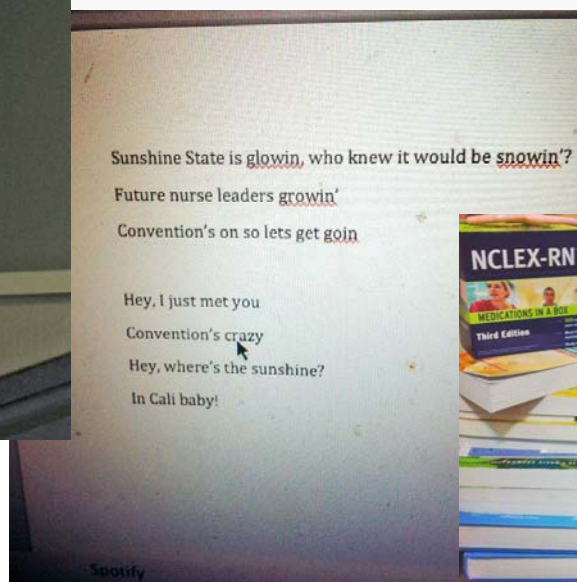
Success!!! The 2012 Annual Membership South Meeting occurred on August 18th at West Coast University in North Hollywood. We were a strong 130 attendants, the largest turnout for a CNSA Membership Meeting, and the energy level was palpable as all of these nursing students came together to share ideas and revel in the accomplishment of a very successful year.

The day began with a well-rounded breakfast, provided by Hurst NCLEX Review, and was followed by an agenda-packed day. We heard from members representing California from San Diego to Fresno: CNSA President Shannon Murphy of SDSU, NSNA Vice-President John Connor of Fresno State as well as the CNSA Vice-President and National Nominations & Elections Committee member Diana Jimenez of Biola University.

The Board of Directors was proud to feature the many accomplishments of its membership within California, including 3 newly-elected National Board Members from CNSA, a recognition at National Convention as 'Best State Web site' and a staggering membership of 5,000 and growing. Your very own Membership Director South presented a valuable resource located on the CNSA web site, the Chapter Tool kit, which allows new and developing chapters an easy step-by-step model for creating a strong foundation.

By far the most memorable and take-away experience of the day was being able to meet CNSA members from across the state and discuss our shared and differing experiences, as well as our drives and dreams for nursing's future. I can say that I walked away from the meeting feeling empowered and inspired, and cannot wait to collaborate more with the membership this Fall.

NSNA Convention Photos





Creating Your Future Path

John Connor, SN, BSN

Vice President, National Student Nurses' Association 2012-2013

Welcome to the 2012 CNSA Convention in Irvine. The Convention theme, "The Ultimate Adventure: Finding Your Path in Nursing", is perfectly suited with the world of nursing today. With revolutionary health care changes taking place as we speak coupled with the expanding scope of practice for nurses, it inevitably creates many new opportunities in the world of nursing. Nursing students often ask themselves throughout their school years which path in nursing they wish to take. There are limitless roles of nurses: obstetrics nurse, public health nurse, community health nurse, nurse anesthetist, flight nurse, nurse practitioner, and countless others. With this expansion of roles for nurses also may come confusion on which path to take.

In order to alleviate some of this confusion, I urge you to get involved and take advantage of the opportunities presented before you. Often times, students become complacent and just go through the motions of daily routines. With the job market becoming more and more competitive, it is imperative that you have specific goals. So rather than just trying to find your path, I urge you to **CREATE** your path. Your future starts **NOW**. The opportunities you create and the decisions you make today will determine where you will end up in the future. The only way you are going to find out whether you enjoy doing a certain task or role is by doing it. Do not doubt yourself or your abilities. You have attended school for many years and have poured out many tears and sweated much blood to obtain the knowledge you have. When I find myself afraid to take a leap to the next step of my personal growth or career, I like to remind myself of one of my favorite quotes, "What would you do if you knew you could not fail" by Robert H. Schuller.

If you have the desire to run for a position on the Board of Directors for CNSA, or even on the National level, do not let yourself believe you are not qualified or suited to run. If you have the desire and passion to do something, just do it and you will be surprised where this mentality will take you.

National Convention

Jenny Timmons, SN, BSN

Public Relations Director, CSU Fresno Chapter

I had an amazing time at National Convention. I was able to meet a lot of new people as well as become close with, and become friends with, the people from my own school. I also learned a lot from the break out sessions, such as "Pharmacology Made Easy", as well as the entire legislative process. I was able to go to different caucuses as part of campaigning for John Connor [current NSNA Vice President] and saw everything that went into the election process. I also enjoyed seeing how the resolutions were presented and passed in order to make changes and better the nursing profession. From everything I saw and experienced during the NSNA convention, I was inspired to run for a position in my local chapter and am now the Fresno State CNSA Public Relations Director. I would encourage everyone to take part in these conventions to learn and grow as a nurse leader.

Inspiration

Amanda Tang, BSN, RN

CNSA Secretary/Treasurer 2011-2012

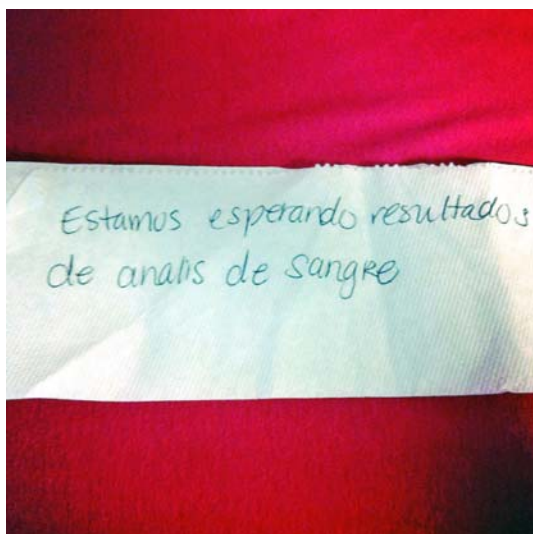
Nursing school. When I think of words to describe nursing school, I tend to gravitate towards difficult or frustrating or even the words ‘never ending’. But I often forget how inspirational and life changing it can truly be. As a nursing student, I often feel as though I simply go through the everyday motions of school. Waking up before the sun rises, clinical, work and studying. Sleep and repeat. Sound familiar? Never had I stopped to think about the impact I make on patients, or the impact my patients make on me. It wasn’t until my fourth semester of nursing school that I experienced that moment. The one that changes you forever.

Walking onto the floor early that morning for pediatrics clinical, I expected nothing different to occur. I would greet the nurses, take report and make my morning rounds. Maybe give some medications, play with the kiddos and be on my way. Simple enough.

Knocking on the door, I greeted my patient. A cute little kiddo who was admitted after being injured in a pedestrian versus motor vehicle accident. Prior to the injury, he was just learning how to walk and talk. But I soon realized he was completely bed bound. As I spoke with his mother and father, they shared stories about how everything had changed in a single second. Dreams of watching their son play baseball or go to college seemed so far away. Turning to the little guy, I introduced myself as I would any other patient; thinking ‘just because he can’t respond doesn’t mean he can’t hear me’. My heart truly ached as I looked into his eyes, wanting to make everything instantly better. Broken hearted that I couldn’t. As I saw those big brown eyes looking back at me, he smiled and grabbed my finger. That’s it. He just smiled and grabbed my finger.

Welling up with tears, I realized all it took was a second. ONE second and all those sleepless nights, early mornings, and mundane care plans were completely worth every single second, if only I could live in that instant again. Some of you may call it my ‘ah-ha!’ moment. Some call it validation. I call it my nursing moment.

These are the moments that I live for. Opportunities like the one I experienced are fleeting, but when they do occur, they are goose bump inducing. I am still waiting for another nursing moment. Whether it will happen soon I am uncertain. But what I DO know is, waiting, as few and far in between as it seems, is ALL worth it.





Changing Our Future Through Awareness

Andrea Vega, BSN, SN

Breakthrough to Nursing Director 2011-2012

All too often, nursing is portrayed as a second class job fit for those individuals not good enough to become doctors. As a student who struggled with deciding between becoming a nurse or a doctor, I can say that nursing requires as much intelligence, sense, and sensitivity or possibly even more. I don't say this to put down another profession, however, I merely want to make the point that we as professionals have some great assets that are not being acknowledged because of negative stigmas like this one. It is time to do away with these negative portrayals of nursing and show the public how valuable we are as health care professionals.

With the Institute of Medicines report on the future of nursing and the 8 recommendations set forth by the IOM, we see our intelligence and dedication acknowledged as we are picked as the number one profession to lead in facilitating the implementation of the 8 recommendations. As Donna E. Shalala, the chair of the Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing, at the Institute of Medicine, put it, "This report is really about the future of health care in our country. It points out that nurses are going to have a critical role in that future especially in producing safe, quality care and coverage for all patients in our health care system."

With your help as nursing students in your prospective cities, we can and will make a change for the better. We need to start off by taking ourselves seriously and valuing the role we play in the health and well-being of patients. We need more involvement in health care policy so we can make sure our voices are heard. We need to strive to further educate ourselves so that we may spread awareness to the public about our amazing profession and only then can we hope to really make a change. Educate yourself and be the change you want to see in the future.

For more information on the IOM report go to the following web page: <http://thefutureofnursing.org>

NSNA Convention Photos





Run With It!

Brittney Cummings, BSN, SN
Image of Nursing Chair 2011-2012

The beauty of being in CNSA is continuing to grow as a leader, finding yourself meeting and networking with visionaries and making dreams unfold into realities. This past year I ran for Secretary, and although I was not elected in the position, the journey to running was a once in a life time experience in its own. Preparing for a position, writing a speech, marketing yourself, and practicing public speaking was a win-win situation regardless of the outcome. I grew so much as an individual in two days which has changed my leadership role tremendously.

After last year's convention, I still was inspired to be involved. I applied for the Image of Nursing Chair and was selected. With this opportunity I was lucky enough to have the freedom to use my creativity. With help, I created an Image of Nursing Campaign and wrote a proposal to have a hospital fund an advertisement campaign depicting Nurses and how truly special our role in the world is. After finding a sponsor, I worked with SHARP Healthcare Systems' creative marketing and design team and created two huge and beautiful ads that will be placed in Bus Shelter Stations all around San Diego for the month of September 2012. It took months to look over pictures, pick the right text and people that would represent our nursing profession. In the end, we struck gold. As the Image of Nursing Chair and working with SHARP Healthcare Systems, we came up with three unique words: Caring, Innovation, and Leadership. What great attributes to spread and educate in our communities! These posters not only depict the true level of compassion, intelligence and level of care nurses provided by nurses, but it highlights the diversity by illustrating men in nursing and different ethnicities!

This dream became a reality because of CNSA and our partnership with SHARP!

I hope you can find something you want to make happen and run with it... never looking back.

Not only did CNSA help me accomplish this with my team of directors and advisors, but it paved a path to never ending growth. I learned the skills, tools, and leadership attributes to gain courage to run for a National position. In April of 2012 I ran for Director of NSNA and went through months of development, a week of campaigning, many late nights and a speech with questions to answer back in front of ALL our Nations Delegates! I was elected and have found all of my NSNA experiences some of the best in nursing school... truly shaping me into a "professional" nurse. If you asked me where I would be one year ago today, NEVER would I have thought I would be representing my state and nation and learning so much each day. It is truly magnificent and possible for each and every one of us throughout the rest of our profession. Our professional organizations are a large part of our job, and we should always seek to grow our innovation, leadership, and compassion!

Diversity and Mental Health: The Invisible Population

Candace Reynolds, SN - East Los Angeles College

Cand_reynolds@yahoo.com

I recently attended the California Nursing Students' Association meeting held in West Hollywood, and an incident there made me think about something that one of my patients recently shared with me. As I was sitting in one of the break out sessions a young man came in to pass out brochures for the upcoming CNSA convention in Irvine. He gave brochures to the women sitting in the table behind me and then walked to the table in front of me and gave brochures to the three ladies sitting in front of me. As he was walking to exit the room one of the ladies who sat behind me stopped him and told him that he didn't give me a brochure. He walked over to me, apologized and then stated "I am sorry I did not see you". I felt like I had been stabbed in the stomach with a jagged knife. For whatever reason he chose not to see me and at that particular time I was invisible to him.

What does this have to do with mental health? I have been a private duty nurse to a mentally challenged 32-year-old man for the past two years. His diagnosis is manic depressant, bipolar, schizophrenic affective. After seeing how medication was not having a positive effect on him I asked my patient's psychiatrist if I could try the evidenced based intervention 'self managed cognitive behavior therapy'. This therapy has been used successfully to assist mental patients to become more independent. His psychiatrist gave me the okay. After several successful trips with me to San Diego I escorted my patient to Union station on August 9th to take his first solo ride. He took the train to San Diego to watch his favorite football team, the San Diego Chargers. When he arrived back at Union Station I expected to see him excited and full of cheer, instead he looked as if he had aged twenty years. I asked him what had happened. My patient told me he became anxious towards the end of the game because of the noise the crowd was making and left his box seat. He said his ears felt as if they were going to burst. He told me that he became disoriented and walked out of the stadium. He tried asking people how to find the trolley back to the Amtrak station but people ignored him because he was a grown man crying. My patient said he felt like he didn't exist. The voices which were, for the past seven months silent, now reiterated how he felt. To all of the people who saw him as he walked out of Qualcomm stadium and along the streets of San Diego visibly distraught, he wasn't there. "I was invisible," is what he said to me. On that day, everyone he encountered chose not to see him. When we, as student nurses, look back at our nursing journey and think back to our clinical rotations and remember the patients we selected to care for, how many of them had a morbidity of mental health? Did we choose to only seek out the patients with drips, on a ventilator or needed wound care? I'm not implying that these patients are not worthy of our care because they are. What I am saying is that we, as nursing students, shy away from the mental patients when we should embrace them as a window into public health, genetics, epigenetic, post-traumatic stress syndrome and neurobiology. The National Institute of Mental Health has estimated that there are 13 million American adults (approximately 1 in 17) that have a seriously debilitating mental illness.¹ The NIHM also states that "mental health disorders are the leading cause of disability in the United States and Canada, accounting for 25 percent of all years of life lost to disability and premature mortality".² What this means, is that at some time in our career as a nurse we will provide care for a mentally challenged patient.

As a nurse we are our patient's advocate. We have to rise above our biases, prejudices and preconceptions so that we can truly appreciate our diverse nation and not look upon anyone as invisible.

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Teen Pregnancy Can Be Prevented!

Edward Wang, SN

Committee on Cultural Awareness Chair 2011-2012

Teen pregnancy has always been a concern in many cultures. Some parents believe teenage pregnancy will not happen to their own kids. The truth is, California is one of the states which has reported the highest number of teenage pregnancies (Guttmacher Institution, 2010). As many high schools have sex education programs, there is much more we can do to decrease the chance of teen pregnancy. It is time to recognize that many teenage pregnancies can be prevented through education and communication.

Peer influence

Many teenagers think sex should occur before age of 18. Those who do not have sex before certain age are considered an outsider, or “un-cool” to hang out with. These peer influences often mislead teenagers to participate in relationships that they may not want to be part of. Pressure increases as teenagers enter their last year of high school. While they lack sufficient knowledge about sex and pregnancy, it is dangerous for teenagers to participate in a sexual relationship. Many teenagers do not know how to practice safe sex and this often leads to unplanned pregnancy. Education in the relationship between sex, pregnancy and sexual transmitted diseases can help teenagers understand how to protect themselves.

Impact on teenage mothers and babies

The target population focuses on girls between age 15 and 19. Teenage pregnancy has a huge negative impact on both the mother and the baby physically, psychologically, and socioeconomically. The Guttmacher Institution (2010) indicates in its fact sheet that six percent of teen mothers aged 15–19 received late or no prenatal care, only one-third teen mothers receive a high school diploma, and nearly 80 percent of unmarried teen mothers end up on welfare. According to the research that is done by Florida State University Center for Prevention & Early Intervention Policy (2005), the children of adolescents are more likely to be born prematurely and 50% more likely to be low-birth weight babies (less than five and a half pounds); as they grow, the children of teen mothers tend to demonstrate poorer school performance and suffer poorer health with greater risk of being abused and neglected. In addition, due to being physically and mentally immature, it is difficult for a teenage mother to take care of her offspring on her own. While lacking perinatal care, the diets of teenage mothers are more likely to be nutritionally inadequate. These negative influences can become a barrier to the mothers and babies overall health.

Economically it is also more difficult for teenage mothers to support a newborn while she is lacking the ability to make a living on her own with inadequate education and experience. The pressure on the mother is far more than those who are in their mid twenties with a secure job and support.

Time to step forward

As nurses and nursing students, we are the first line health care providers to educate the community and patients regarding health related issues. Some cultures and religions refuse the idea of abortion, thus prophylactic health teaching can help prevent facing such dilemma. As a friend, classmate and parents, step forward and help the ones that are in need. Some only need a little more information and support to help them understand the impact of teenage pregnancy. Teenagers are using technology much more often compares a few decades ago. American education is aware of such a trend and many on-line sex education web sites can help teenagers search for answers without their parents facing awkward conversations with their children. Here are some web sites that may help:

www.sexetc.org • www.arhp.org • www.sexedlibrary.org

There are many more on-line web sites that can help teenagers answer any questions that they may have about sex. If you feel uncomfortable talking about it with your children, cousins, siblings, refer them to on-line web sites that will help them understand what they want to know.

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The Energy Will Stay With You

Aimee Ponomarenko, SN, BSN

CNSA Community Health Director, 2011-2012

The National convention in Pittsburgh, Pennsylvania was an amazing experience! As your California Nursing Student Association's Community Health Director, the convention inspired me to write my very first resolution. This resolution was inspired by a break out session that I went to for global initiatives. Part of the discussion was about making a difference in our nation through Community outreach programs. One advisor that was sitting in on the discussion mentioned medical waste and how her and her husband were contacting hospitals and clinics and retrieving unused medical supplies and sending them to third world countries to assist them with the deficit of medical supplies. This struck a chord in me to make a difference here in California.

Immediately, my wheels were turning and I left the break out session and spoke to one of my CNSA advisors Nicole Marcy Bloom. Nicole motivated me to write a resolution that could be the beginning stages of global change. Granted, a heartfelt idea is wonderful, but to put that idea into action, it would take an initiative such as a medical waste resolution. If the resolution is adopted in California at the state convention and then taken to the next National convention and adopted there, it could very well make a positive impact on our global community.

The buzz remained with me throughout the entire convention and the flight home. I collaborated and spoke with many of my colleagues and board members about the issue and each of them encouraged me to follow through with the resolution. I spoke to a dear friend and colleague Cheng Thow who was my school's Legislative Director at California State University Fresno, and he was just as excited about this amazing idea and opportunity and agreed to help assist me on writing the resolution.

Currently, the resolution is about finished and we will be taking it to the annual state convention in Irvine this coming October 19th-21st. I am praying that this resolution will inspire and educate all of my fellow nursing students, board members and advisors to adopt this resolution as the states resolution and take it to national convention this next year! If this resolution is considered and adopted, it very well may be the beginning stages of a new global initiative that could make a difference in our world!!

The most amazing concept about the whole idea is that we as nursing students can make a difference in our world if we step up, declare our nursing voice and motivate and inspire each other to join us on the journey to make our world a better place for all of its' people. I hope that each of you reading this witness and accept this resolution with open arms! This resolution may impact the world's population to immeasurable accounts.



Live in the Present

Corinne MacEgan, BSN, RN

CNSA Communications Director, 2011-2012

It hasn't been a year already, has it? You mean to tell me that it's over already, that I have graduated and been licensed, and [at the time of this writing] am out there scouring the pavement for that first, elusive Registered Nurse position? I have had a bad habit of looking forward to so much that I sometimes forget to live in today. This was one of my personal goals over the last couple of years, and I think I'm doing a good job at improving on it.

Nursing has helped me define this ability to live in the "now". I was able to spend precious time with patients and learn so much about them! In my position as a nursing assistant, I took advantage of every opportunity to share special moments with patients during bed baths or vital signs. Evening shifts are my favorite, because the soft, cool dark lends to personal reflection and perhaps a bit more humble conversation than time allows on the day shift. The people that I have been blessed to take care of are still in my heart, and I enjoy the memories. I do look forward to continuing patient care as a registered nurse, however. That is a gift I hold onto very tightly.

It seems in nursing school there is a lot of rushing to get there, get to that pinning ceremony and graduation. Rush, rush, rush to get licensed and find the first new graduate position. Hurry to get through that first year or two so you can move into the field you dream of. Hurry! Now! Get it done yesterday! C'mon!

Stop. Breathe. Enjoy every day as it comes. You deserve your own time.



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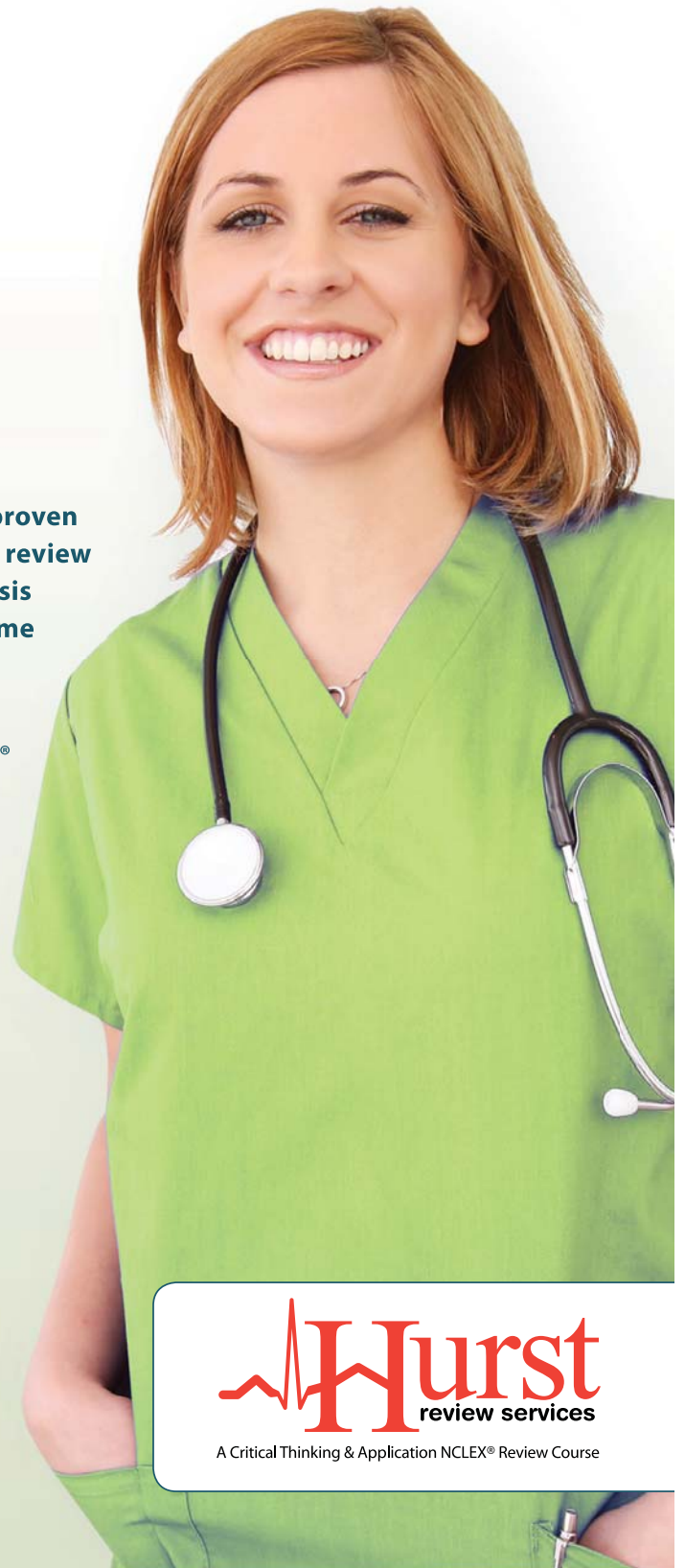
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