

RANGE OF MOTION

The Official Newsletter of the
California Nursing Students' Association

CREATING THE FUTURE BY LEADING THE WAY



In This Issue

- 3 Message from your President
- 4 Consider Running for CNSA Office
- 5-6 An Equation for Change: Desire + Action = Power
- 7 -9 The Giving Tree
- 9-11 New On the Healthcare Front: Mobile Health Clinics
- 12-14 A New Year and a Time to Commit

CNSA 2016-2017 Board of Directors

President

Kyle Navarro

Vice President

Andy Youngblood

Secretary/ Treasurer

Stephanie Botten

Legislative Director

Ryan Robertson

Convention Director

Ana Katrina Cruz Acaylar

Community Health Director

Shauna Fassino

Breakthrough to Nursing Director

Andy Liss

Communications Director

Lina Farnam

Membership Director-North

Janet Linn

Membership Director-South

Shivani Kaneria

Committee Chairs:

Image Of Nursing Chair

Michelle O'Neal

Cultural Awareness Chair

Eva Tan

Message from Your President

By: Kyle Navarro, President

Hello CNSA Members!

Welcome to the first *Range of Motion* issue of the 2016-2017 year. My name is Kyle Navarro and it is an absolute humbling honor to serve as your 2016-2017 California Nursing Students' Association President.

Through the encouragement of my mentors and colleagues I decided to pursue the role of CNSA President. Serving on the prior CNSA Board as the Membership Director North allowed me to grow as a leader while learning about CNSA's operations.

With the guidance of our advisers, the CNSA Board of Directors intends to further CNSA's aim of creating the future by leading the way.

The CNSA Board of Directors have decided to frame this term around three core themes:

- Inclusion
- Connection
- Voice

A few of the ways I hope to embody these themes are by:

- Utilizing social media and communication outlets to maintain an open dialogue with our constituents
 - [CNSA Presidential Web Addresses](#)
 - Increased [Facebook](#) and [Instagram](#) presence
- Maintaining a presence with NSNA to provide opportunity for CNSA members to participate at the national level
- Attending local chapter meetings in person or via online audio/video services
- Participating on other nursing professional or interprofessional boards/committees

Please be sure to read the entirety of this *Range of Motion* and see how the CNSA Board of Directors will implement our three core themes in our work!

We hope to see you at our CNSA annual convention in October 2017!

Warmest regards!



Consider Running for CNSA Office

By: Andy Youngblood, Vice President

Happy New Year friends of CNSA. New Year, New You!

As the Vice President of CNSA I serve on two committees, the Nominations and Elections Committee (NEC) and the Bylaw Committee. My team and I at NEC, are committed to identifying student nurse leaders interested in running for CNSA office in the Fall. We can assist you by giving you the basics on how to run and when to start your campaign. We are currently working on changing the chairs of the Committee on Cultural Awareness and Image of Nursing Committee to director positions. This will require amendments to our bylaws which will be voted on by the House of Delegates at the 2017 CNSA Convention in October.

Members of NSNA, have you ever considered running for a CNSA board position? If so, it is an incredible opportunity to practice and expand your leadership skills. If not, I encourage you do so. Here are some reasons to think about running: you can work on a team that enhances opportunities for student nurses, assist in addressing local or global health issues, and mobilize action in health care initiatives. Serving as a board member requires a set of attainable attributes such as critical thinking, leadership, prudence, compassion, and enthusiasm.

Mobile Healthcare Clinics (MHC): Many of you may remember me when Fresno State's CNSA Chapter presented our Mobile Healthcare Clinics. Serving the communities and individuals is what we are training to do. I offer my help in starting an MHC within your school and chapter. It requires lots of work, patience, and prudence. If this is something that interests you, please reach out to me, reach out to your mentors, and notify your university. For more information on the MHCs please read the article *New On the Healthcare Front: Mobile Healthcare Clinics* on Page 9.



An Equation for Change: Desire + Action = Power

By: Ryan Robertson, Legislative Director

With the current US election cycle coming to an end, many of us have been able to participate in a political process for the first time. I would like to congratulate all those who voted! Voting is one way to combine your desires with action, which allows your power and influence to be felt! Most likely, some of the candidates and propositions you voted for won while others did not. No matter the outcome, there is a sense of empowerment and accomplishment that comes with casting a ballot. Beyond casting a single ballot, there are many other ways to combine desire with action and feel the power of making a difference as nurses and nursing students.

Having the desire to change our world for the better is the first step in becoming involved, but desire alone will not affect change. You also need to act, even if it's in just small ways. I believe many people hesitate because they don't know how to begin. That was the situation I found myself in for years - wanting to make a difference somehow, but not knowing exactly how to do that. My experiences participating in the Nursing Students in Sacramento Internship (NSSI) and being involved in the CNSA Legislative Committee over the past year have helped me finally learn how to start acting, and I would like to share one of those experiences here.

Last Spring, I became aware of a bill (AB 1719) being presented in the California Assembly that would mandate CPR training for all high school students in California. This seemed like a great idea that would empower our youth to save a life in the event of an emergency. I wanted to support the bill and help this idea become law, so I reached out to Phillip Bautista, the current Membership Director of ANA California, who had guided me through my NSSI experience in the Capitol earlier that Spring. He helped me understand what to do to support a bill as it works its way through the legislative process. The options included writing a letter to the bill author and the Assembly and Senate committees hearing the bill, calling their offices and voicing my support over the phone, visiting their offices in person to show my support, and finally attending the Assembly and Senate committee

hearings to speak before the committees. These steps seemed like simple things to do, and I realized then how truly easy it is to get involved. I decided to write, as well as attend the Senate hearings where the bill was being discussed. I also connected with the CNSA Legislative and BTN Directors and we worked together to get CNSA's official support of the bill. It felt empowering and exhilarating to be involved in something I believed in and have my voice, alone and in unity with others, be heard.

Through the summer, I watched as AB 1719 progressed through the various Senate committees, passing vote after vote, until it was finally brought before the Governor's desk. I clearly remember the day I read the news that the Governor signed the bill into law. It was such an amazing feeling to see such a worthwhile law that will save lives be passed and know that I had an impact on that outcome! That feeling is something I wish I could share with every other nurse and nursing student. We are powerful! We can make a difference! The problems we see and frustrations we feel give us a unique and important perspective that should be heard in the legislative arena. I can't force you to feel my passion and enthusiasm for getting involved in the Capitol, but I hope that as you have read this article your own passion and enthusiasm has been kindled. Nurses and nursing students act as advocates for patients, and need both desire and action to positively affect the lives of those we serve. I challenge you to combine action with your desires to help others, and feel the exhilaration that I have felt as you realize your untapped power to advocate for your patients and practice in the Capitol!



The Giving Tree

By: Ana Acaylar, Convention Director & Ian Morris

As we prepare to enter the nursing workforce, making a difference in our communities is near and dear to our hearts. Residing in such a large and diverse state, community health is a major focus of the California Nursing Student Association and student leaders are in a unique position to both help the community and to educate and inspire their peers.

Mental health and homelessness are key issues in Southern California. Nearly 40 percent of the nation's homeless population resides in California, most of them (87 percent) are unsheltered.¹ Of the ten U.S. cities with the largest populations of chronically homeless people, California cities comprise half of the list with more than 20,000 individuals residing in Los Angeles county and the city of Long Beach combined.¹ Long Beach City College students chose to help this vulnerable population by hosting a Giving Tree charity drive.

The Giving Tree is a charity drive open to the whole campus with the goal of collecting new towels and washcloths, body wash, deodorant, shampoo and conditioner, socks, undergarments, blankets, etc. Jeanine Judge, the Chairperson for the Giving Tree stated, "I wanted to support our mental health facilities and bring awareness among the students. A small donation or gesture can go a long way." Through this event, students provide supplies to aid in the care of patients on mental health units and ensure that patients are discharged with at least necessities for hygiene care.

Nursing student Courtney Skaggs, expresses the significance of the Giving Tree: "Many of the patients that I spent time with [on mental health units] were homeless and were discharged onto the street with what little they came in with, sometimes less. By providing patients with hygiene products and new clothes, I know that we really made a difference in their lives with our Giving Tree."

At first nursing students may not realize the number of mental health patients they care for in various clinical rotations, but following their mental health rotation, students come to appreciate that mental health issues can be found in nearly every patient and become more understanding of these patients' needs. According to the National Alliance on Mental Illness (NAMI), the third most common cause of hospitalization in the United States, in both youth and adults, include major depression, dysthymic disorder, and bipolar disorder.² Approximately 1 in 5 adults experienced some form of mental illness in the year 2015.³ Debilitating disorders such as posttraumatic stress disorder and obsessive-compulsive disorder affect 18.1 percent of adults in the United States.⁴



The Substance Abuse and Mental Health Services Administration (2011), define recovery as “a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”⁵ Beside the direct benefits of the hygiene and clothing products donated, receiving community-based support at the holidays helps to promote normalcy in local homeless and mentally ill patients.

Nursing students spend time with these patients and gain an insight into their struggles and needs. Mental health is a life-long battle but help and support from projects like a Giving Tree facilitates their reintegration into the community.

References

1. U.S. Department of Housing and Urban Development, Office of Community Planning and Development. (2011). *The 2016 Annual Homeless Assessment Report to Congress*. Retrieved December 15, 2016, from <https://www.hudexchange.info/resources/documents/2016-AHAR-Part-1pdf>

2. Agency for Healthcare Research and Quality, The Department of Health & Human Services. (2009). HCUP Facts and Figures: Statistics on Hospital-based Care in the United States, 2009. Retrieved December 15, 2016, from http://www.hcup-us.ahrq.gov/reports/factsandfigures/2009/pdfs/FF_report_2009.pdf
3. Any Mental Illness (AMI) Among Adults. (n.d.). Retrieved December 15, 2016, from <http://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-adults.shtml>
4. Any Anxiety Disorder Among Adults. (n.d.). Retrieved December 15, 2016, from <http://www.nimh.nih.gov/health/statistics/prevalence/any-anxiety-disorder-among-adults.shtml>
5. Substance Abuse and Mental Health Services Administration. (2011). *SAMHSA announces a working definition of “recovery” from mental disorders and substance use disorders*. Retrieved from <http://www.SAMHSA.gov/newsroom/advisories/1112223420.aspx>.

New On The Healthcare Front: Mobile Healthcare Clinics

By: Shauna Fassino, Community Health Director

As many of you know who attended CNSA’s Convention in October, the House of Delegates passed a resolution created by California State University Fresno students that concerned the use and education of Mobile Healthcare Clinics (MHC). Not only was this resolution passed by CNSA members, it was also chosen as the resolution to be taken forward to the NSNA Convention in Dallas, Texas this upcoming April. Through this article you will be learning about mobile health care clinics, their purpose and function, and how you as a CNSA member can bring one to your own chapter.

When I first heard the words Mobile Healthcare Clinic, I knew this was something special that deserved CNSA’s attention. But many of you may be asking: what is a Mobile Healthcare Clinic?

Mobile Healthcare Clinics serve as a source of health services to the underserved and rural populations that have limited access to healthcare. They operate by improving access and health of these populations while also saving money. An MHC can serve many purposes including dental, vision, primary care and more. These “mobile” clinics can be moved to wherever they are needed. Some come equipped with all of the necessary items while others are converted into a clinic. They can be anything from a simple van to a motorhome-sized vehicle.

According to U.S. Department of Health and Human Services’ Office of Minority Health, there are 1,500-2,000 mobile clinics nationwide, and they fund more than 200 of them. As many as 5-6.5 million people visit annually. It has been estimated that MHCs are saving about \$20 for every \$1 invested. Once an MHC is vested, one can use the Mobile Health Map, an online resource to see the direct impact of an MHC and can contribute their own data for research.



What can we as nursing students do? The idea is that once a chapter has acquired their own MHC, or a joint MHC with another chapter, they would use the MHCs in their local community for blood pressure screenings, blood glucose screenings, health education and much more. They would be overseen by their clinical instructors and used as part of the community/public health clinical rotation hours.

In order for a chapter to obtain an MHC there are a few options. One would be reaching out to organizations who already have MHCs and would be willing to donate one they do not use anymore. Another option would be to find someone who can help your chapter write a grant proposal. Once a grant proposal is written, it would be sent to any number of organizations that may be willing to aid your chapter. Then reach out to local organizations



and health centers to advertise the MHC. Once the MHC is established, you can begin to target the underserved populations that most need your help!

As your Community Health Director, I want to initiate a statewide campaign on MHCs. By helping to boost the number of MHCs available, we can increase the benefits to the public and nursing students; so look for more information to come on the MHC movement!

References:

1. U.S. Department of Health and Human Services' Office of Minority Health. (2013). Mobile Health Clinics in the United States. Retrieved from http://www.mobilehealthmap.org/sites/default/files/Mobile_Health_Clinics_in_the_United_States_March_2013.pdf
2. Mobile Health Map. (2016). What is Mobile Health Map? Retrieved from <http://www.mobilehealthmap.org/what-is-mobile-health-map>

A New Year and a Time to Commit

By: Janet Linn, Membership Director-North

As we celebrate a new year, I would like to share my goals as your Membership Director North. I would also like to share my thoughts with you, the members of CNSA, about what CNSA is and the benefits of membership.

The Value of Membership in CNSA

Some typical reasons people join CNSA include:

- It looks good on a resume
- You can earn honor cords for graduation
- You were told you should join
- It is good for networking
- You might find a job opportunity

These are common and there is nothing wrong with them.

Here are some better outcomes from a CNSA membership:

- Community service opportunities
- Leadership opportunities
- Meeting extraordinary fellow nursing students
- Learning about nursing legislation
- Being a part of the House of Delegates
- Conventions for learning and sharing
- Educational opportunities
- Help with your resume
- Scholarship opportunities

You can probably think of more, but it is obvious that there are many advantages to being part of this organization. The best way to enjoy CNSA is to be involved. You can choose how involved you are and what you are involved in. Put this advice to the test and see what happens. You will be changed.

The Opportunity to Become a True Professional

CNSA teaches us to be professionals. This is one of the most important attributes we will take away from our involvement in CNSA. We talk about professional nursing in school, but what is it? What does the embodiment of professional nursing include, and why is it important? Here are some of the components I believe set us apart as professional nurses:

- Being professional in ALL of our actions, especially in how we treat others.
- Using evidence-based practice in our nursing.
- Being lifelong learners.
- Being mentors to others.
- Being leaders and creative thinkers.
- Being team players--always.

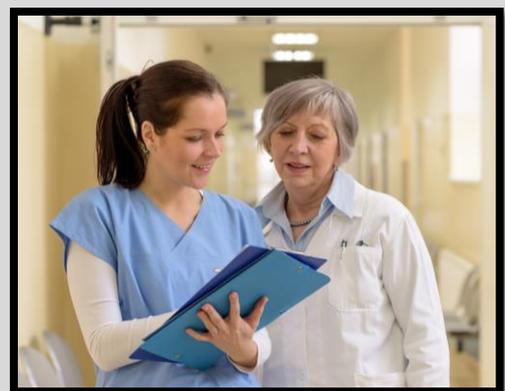
What does CNSA provide to help us become professionals?

- An opportunity to work with nurse leaders
- Examples of excellence
- Educational opportunities
- Leadership opportunities
- Models of nurse leadership
- Leadership mentors
- Opportunities to shape the future of nursing
- A voice to influence and the workplace
- Vision of what nursing was, is and can be

As professionals, we will enjoy our careers much more because what we do is so much more than just a job. We will see that we are part of a bigger picture, and that what we do now will shape nursing in the future. I want to help CNSA members embrace professionalism and realize its benefits.

Overall Goals for the Year

- Help chapters reach out to pre-nursing students
- Aid struggling chapters to be vital



- Increase the voice of CNSA through increased membership
- Improve communication with members to help them get the most out of CNSA

We look forward to seeing you at your respective membership meeting this spring (south) or summer (north), depending on where you live. These meetings are one of the great benefits of membership. There is NO COST to attend! More details to come about dates and locations.

YOU are CNSA! We appreciate your ideas. If there is something you would like to see included at our membership meetings, please email your membership director so our committees can consider the feasibility of including your ideas in our meeting.

I can be reached at cnsamemnorthdir@gmail.com and Shivani Kaneria (Membership Director-South) can be emailed at cnsamemsouthdir@gmail.com. We look forward to hearing from you. Best wishes to all of you this new year as you reach to achieve your own personal

CNSA Advisors

Patricia McFarland, MS, RN, FAAN

Donna Kistler, MS, RN

Ryan Fuller, BSN, RN, CNML

Brenda Brozek: BSN, MAOL, RN

Susan Bowman: PhD, RN

Mary Ann McCarthy: EdD, RN, CNS, STA

For more news and updates from CNSA, visit www.cnsa.org

Like us on Facebook: California Nursing Student Association

Follow us on Instagram: #ca_nursingstudents

Follow us on Twitter: @CNSA_California

Follow us on YouTube: CNSAVideos



CALIFORNIA NURSING
STUDENTS' ASSOCIATION

Phone: (916) 779-6949

www.cnsa.org



Lina Farnam

2016-2017 Communications Director

cnsacommunicationsdirector@gmail.com