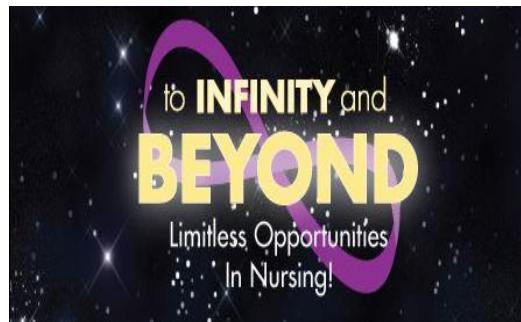


RANGE OF MOTION

The official newsletter of
the California Nursing Students' Association

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California Nursing Students' Association
2014 CNSA Convention
October 17-19, 2014
Sheraton Fairplex Hotel, Pomona, CA





ATTENTION CNSA MEMBERS & Pre-Nursing Majors
Membership Meeting North

Date: February 21, 2015 (Saturday)
Time: 0900-1500 (Registration/Breakfast begins at 0830)
Location: Sacramento State University (Folsom Hall)



**SACRAMENTO
STATE**

7667 Folsom Boulevard
Sacramento, CA 95826

FREE EVENT, but space is limited!

KEYNOTE SPEAKERS:

"Avoid the Black Hole: Work-Life Blending" by Nancy Ryan
Author of "You're Hired" and "Surviving and Thriving" – Brenda Brozek
Stanford Nurse Residency Information Session – Shirley Sampson

Connect with CNSA members from throughout the State.
Hear about the upcoming EVENTS AND ANNOUNCEMENTS.
Learn more about CNSA Scholarships and Opportunities.
Meet directly with the CNSA Board to see what is ahead and how YOU can become involved.

Breakfast and lunch will be provided; Campus Parking Fee \$6.00

Please RSVP to Nessa Osuna
cnsamemnorthdir@gmail.com

Check CNSA Facebook page for the most up-to-date information and further details!



President's Message

By Thomas Ward, 2014-2015 CNSA President

Greetings my fellow future nurse leaders! On behalf of the entire 2015 Board of Directors, let me start off by extending a heartfelt thanks for entrusting us with the leadership of our organization. This coming year looks to be one filled with exciting changes to our profession and we, the board, are taking steps to ensure that student leaders are involved every step of the way.

In November of last year- shortly after the annual convention, the board had a retreat in Sacramento with our Association of California Nurse Leaders (ACNL) and American Nurses' Association California (ANA\C) partners and advisors. We gathered to discuss the coming year and establish a cohesive set of goals. The retreat was a resounding success! Not only did each director establish their individual position goals for the coming year, but the board as a whole also made some very strong goals. The details of many position goals can be found in the biographies of each director in this issue of *Range of Motion*.

On a larger scale, we as a board want to continue increasing our voice in advocacy by continuing to increase our overall membership and number of chapters. We also have a goal to bring more diversity into our groups by not only including nursing students, but pre-nursing students as well. Furthermore, we would like to increase CNSA's presence by beginning to establish more long-term relationships with other professional nursing groups such as Men in Nursing, as well as continuing to strengthen our relationship with the California Action Coalition.

The Vision Statement for the CNSA is "Creating the Future by Leading the Way." We truly took that to heart as we met to discuss the direction for the coming year. We are taking some very determined steps into the future this year by beginning to create a strategic vision for not just this year, but for years to come. CNSA has been in a period of growth and change for the past 10 years. With the amazing support and help of ACNL we are now at a point of optimal growth as we prepare for CNSA's future. With that in mind, we of the Board have started setting goals not just for this year, but also for three and five years to come. We are also starting to lay the foundation for sustainability and independence for our organization with the hope that over the next five years CNSA will flourish and reach new heights. If you would like to know more about this, check the CNSA website for the history of our association.

Lastly, but certainly not the least of our overarching goals for the year, we as a board want to focus on advocacy, and student involvement. As I mentioned before, increasing membership, chapters, and the inclusion of pre-nursing students are all part of this goal – however, it goes beyond that. We also want to continue disseminating information through social media, helping students get involved with the California Action Coalition and the Institute of Medicine (IOM) recommendation committees, and especially developing mentorship and transition programs. Through the development of our professional partnerships, the Breakthrough to Nursing programs and the ChooseNursing.org website (which recently became a product of CNSA) we hope to bring many opportunities to both our current and our future members.


This is an exciting time for CNSA and I am honored to be involved in such a crucial way- I urge all of you to be involved as well! Many of the directors are forming committees to work with them on various projects throughout the year; I highly recommend that those of you who are interested in becoming involved, to contact them and become a part of the new and exciting things ahead.

For our graduating California nursing students and future nurses, we wish you continued success in all your future endeavors. I look forward to working with you all throughout 2015!

Best Regards,

Thomas Ward
2014-2015 President
California Nursing Students' Association

Announcing the California Nursing Students Association's CAREER CENTER at www.cnsa.org



**JOB SEEKERS,
YOUR NEXT
CAREER OPPORTUNITY
COULD BE CLOSER
THAN YOU THINK.**

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- **Personalized job alerts** notify you of relevant job opportunities.
- **Career management** – you have complete control over your passive or active job search. Upload multiple resumes and cover letters, add notes on employers and communicate anonymously with employers.
- **Anonymous resume bank** protects your confidential information. Your resume will be displayed for employers to view EXCEPT your identity and contact information which will remain confidential until you are ready to reveal it.
- **Value-added benefits** of career coaching, resume services, education/training, articles and advice, resume critique, resume writing and career assessment test services.

www.cnsa.org



CALIFORNIA NURSING
STUDENTS' ASSOCIATION
Phone: (916) 779-6949
info@cnsa.org
www.cnsa.org



Meet the 2014-2015 CNSA Board of Directors & Committee Chairs

President:
Thomas Ward

Vice President:
Krystal Scott

Secretary/Treasurer:
Shawn Palmer

Legislative Director:
Valery Bessmerthyy

Convention Director:
Scott Miller

Breakthrough to Nursing Director:
Melissa Byrne

Community Health Director:
Michelle Heslop

Communications Director:
Jimil-Anne Linton

Membership Director- North:
Nessa Osuna

Membership Director- South:
Danielle Gardner

Committee Chairs

Image of Nursing:
Eleana Flores

Cultural Awareness:
Narisa Kanchana





President

Thomas Ward

Saddleback College

Graduation: May 2015

My name is Thomas Ward. I am a Southern California boy originally born in the city of Mission Viejo. I grew up in the small beach town of San Clemente and lived there for many years before moving to Arizona to attend the University of Arizona. I went to U of A to make my way into medical school, but took a large turn halfway through and went pre-law instead. It didn't take me long to realize my heart wasn't in law. I ended up in the restaurant industry, where I stayed for many years. Through that whole time though, I always felt that there was something missing in my life. It was not until I met my best friend did I realize what that was. My friend is a 15-year survivor of a heart transplantation, and he is the son of a nurse. It was through my friend and his

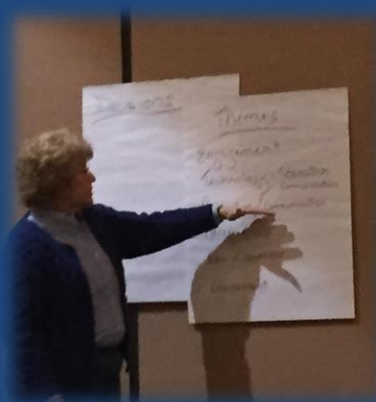
mother I was reminded that I had always wanted to make a difference and take care of people- which is what drove me to medicine in the first place. So when my friend told me one day that I should be a nurse, it was like the light clicked back on and I just knew that is where I am supposed to be.

I was accepted into Saddleback College's nursing program in the Fall of 2013 and I will graduate in May 2015. I am interested in Emergency and Critical Care nursing. I hope to earn my Doctorate of Nursing Practice (DNP) one day. Through nursing I have found my true calling, and CNSA has truly allowed me to take that to the next level by allowing me to advocate for my fellow students as well as our patients. I have served as the Secretary of my school board for the last year and a half, in addition to serving on the NSNA Resolutions Committee. I am now honored to serve as your President in California.

Goals:

- Increase awareness and knowledge of the Institute of Medicine (IOM) recommendations amongst California nursing students and make strides towards implementing such recommendations.
- Help ADN students understand and utilize transition/bridge programs and other resources that can help these students pursue higher levels of education (per IOM Recommendations #4 and #6).
- Further the reach and opportunities for CNSA and our members by developing new partnerships with at least three professional organizations.
- Develop a vision and comprehensive plan for the continued growth and development of our organization for the next three years.
- Strengthening CNSA for the future by continuing to develop general membership and encouraging future nurse leaders (per IOM Future of Nursing Recommendation #7).

Moments from 2014-2015 CNSA Board of Directors Retreat





Vice President

Krystal Scott

CSU Sacramento

Graduation: May 2016

I am excited and proud to have been elected your Vice President for the 2014-2015 term. I have had experience being involved in various associations during my past career, serving on the board in a variety positions and committees. A little about myself: I was previously in the mortgage industry, and after the financial meltdown in 2008, I decided to return to school for a much needed career change. I attended a Medical Assisting and Phlebotomy program at MTI College in 2009, became California state certified; and I have been working for Sutter Health as a Phlebotomist for four years. My interest in phlebotomy stemmed from being an avid blood donor and gradually

learning about venipuncture and blood components during my donation appointments. I have realized through my hospital experience as a phlebotomist that I love patient interaction, and I can't wait to utilize my nursing education to care for patients in a deeper capacity.

I have a very supportive husband, a 12 year-old son, two step-daughters (12 years and 9 years), and my cat named Siri (after the iPhone 4/5s because she talks so much). Our blended family loves to spend time camping, bowling, roller skating, playing the PS3, and taking family trips every year. I am actively involved in various annual community events such as ACS Relay for Life, March of Dimes March for Babies, Blood Source blood donations, Operation Backpack, annual Food Drives, etc. I look forward to serving the community in additional ways offered through CNSA.

Playing an active role in your organization is very rewarding as it provides a valuable service to the community, its members, and ultimately- yourself. CNSA provides opportunities for networking, professional growth, leadership, education, and building friendships. If you truly want to exceed in your nursing career, becoming involved with various organizations is vital. I highly recommend that each of you consider running for a position in your local associations, or even at the next state election.

Goals:

As your Vice President, my main goal is to assist the President, Thomas Ward, or act on his behalf as needed. I look forward to working closely with Thomas in carrying out the duties of office and helping to oversee our new Board of Directors. Another goal I've already begun working on is streamlining our application for State Board candidacy, and providing more incentives to run for office as a pre-slated candidate.

I will chair two committees: the Nominations and Elections Committee, and the Bylaws Committee. Bylaws are rules and regulations enacted by an association to provide a framework for its operation and management. In other words, it is how the association regulates and controls the actions of its members. It will be my duty to review and propose amendments to our current bylaws to ensure they accurately represent CNSA and its mission. I welcome all suggestions for improvement from members (association bylaws are posted on the CNSA website for all members to read). Also, I encourage you to contact me to get involved in this committee and become an integral part of positive change for our association.

Other duties as your Vice President will be to serve as a resource regarding parliamentary procedure, supervise at the annual election, write articles for *Range of Motion*, attend executive board meetings, and prepare and submit VP reports. In addition, I plan to make myself a resource to assist the local associations' Vice Presidents, and all members- to aide in the mission of CNSA for "advancing the transition of the student to professional nurse through leadership development, education, mentorship, advocacy, activism, and stewardship."

Here's to a successful and fun year as we work together toward a common career goal of becoming Registered Nurse leaders!



Secretary/Treasurer

Shawn Palmer

West Coast University, Los Angeles

Graduation: May 2016

I am beyond excited to serve on the 2014-2015 Board of Directors as Secretary/Treasurer. I am currently enrolled in the BSN program at West Coast University, Los Angeles where I have 16 months remaining in the program. I was born and raised in a small town on the outskirts of Palm Springs known for stagecoaches and its old country theme. As much as I enjoy a small town, I have called Los Angeles home for the past three years.

My interest in nursing comes from a passion for people and wanting to care for others. I have always been a sincere and compassionate individual with a big heart, so the nursing profession just seemed natural for me. The one major obstacle between myself and patient care was the vigorous coursework. However, with a lot's of determination, a supportive partner, and a loving family, I am here today.

I began my student nursing at a junior college where I completed 3 semesters in an ADN Program. It was here that I got involved in the student nursing association and found myself intrigued by CNSA. I served as a class representative and chapter president. I recently transferred into a BSN Program at West Coast University, Los Angeles where I am an active member in my local chapter.

Goals:

Some of my personal goals are to build a secretary "tool box" with all of the needed tools to not only better prepare myself for my role, but to enhance the transition for the individuals who will take on this role in the future.

As your secretary, I plan to expedite any and all documents to advisors, NSNA, and cabinet in a timely fashion.

As your treasurer, my goal is to increase revenue by 10% at the end of my term. I will work closely with our CEO, Patricia McFarland, to ensure CSNA's continued financial growth.

I am thankful for this opportunity and look forward to working with such a passionate group of students and advisors.



Developed by nurse leaders and educators, Flo's Cookie Jar provides emergency grants-in-aid to pre-licensure RN students facing a one-time need that otherwise would force them to leave school. Support fellow nursing students by contributing to Flo's Cookie Jar.

For more information, visit the CNSA website:
<http://www.cnsa.org/flo-s-cookie-jar>



Legislative Director

Valery Bessmertnyy

CSU Chico

Graduation: December 2015

My name is Valery Bessmertnyy. I am your new CNSA State Board Legislative Director. I was born and raised in the far east of Russia. From early childhood, I developed a genuine interest for fairness, equality, and justice. After high school, I was admitted to a prestigious university and majored in legal studies. My quest for justice led me to work on legislative proposals designed to improve the social-economic conditions of such marginalized groups as the disabled and the elderly. My personal drafts of proposed legislation helped secure people's healthcare rights and entitlements.

After immigrating to the United States, I continued aiding seniors at community health centers in Southern California, while pursuing my general education studies before my admission to CSU, Chico. Having a solid background in legal studies and public policy, nonetheless, I gradually developed a reasoned predilection and interest in the medical field and nursing, in particular.

Soon I realized that my calling was to work in the healthcare field and that becoming a nursing professional would enable me to influence the lives of people in a positive and meaningful way. On the other end of the spectrum, I would be in a position to make worthwhile contributions to the legislative process advocating for fairness and justice in my profession and public policy in general.

My objective is to combine the solid foundation I have garnered in law and policy studies with my future as a nursing professional. Combining both of these functions at CNSA, I can advocate for our patients' rights, as well as for the rights and entitlements of nursing professionals.

Goals:

I will prepare and disseminate information regarding current legislation related to the field of nursing. I will also raise awareness among nursing students about legislation. Furthermore, my prerogatives will include reporting and circulating information regarding the Nursing Students in Sacramento Internship (NSSI) program and selecting annual interns from the applications submitted.

I will represent CNSA's legislative branch on the state and national level. I will also help refine CNSA's bylaws, work to improve resolution guidelines, solve concerns and problems germane to the legislative branch of the CNSA. Additionally, I will prepare and guide the authors in the resolutions writing process, as well as preside at the resolutions hearing at the annual convention.



Join the CNSA Legislative Team!

We are looking for members to be part of either of two sub-committees: legislative or resolutions.

If interested, please email your name, school name, graduation date, and NSNA membership number to CNSA Legislative Director Valery Bessmertnyy: cnsalegislative@dir@gmail.com



Convention Director

Scott Miller

Antelope Valley College

Graduation: June 2015

Let me introduce myself-- my name is Scott Miller and I am the newly elected 2014-2015 Convention Director. To be honest, I never thought of running for a state position, but the moment I stepped foot into the convention, I was astonished at the energy and passion that was present; I knew this was for me. I am a second career nursing student, previously garnering over 15 years of experience as the director of marketing and public relations of an aftermarket performance parts manufacturer, where I worked closely with several of the top automotive vehicle manufacturers. I remained versatile by creating new products for vehicles new and old, was featured in magazines and television shows, as well as being a part of the

winning team for the National Drag Racing Association. While this was an amazing experience, I always felt something was missing from my life. This was going back to school to become a registered nurse. Nursing school has been an amazing journey. I am the CNSA local chapter president of my school, as well as my class president, with an anticipated graduation date of June 2015, when I will be graduating with my Associated Degree in Registered Nursing (ADN).

Goals:

My goals for my term in office include establishing a convention committee, continuing the progression of the CNSA by providing essential tools so all members will have the opportunity to be successful, and delivering a convention that truly personifies the student nurse.

Moments from the 2014 CNSA Convention...





Community Health Director

Michelle Heslop

San Joaquin Delta College
Graduation: December 2015

Hello. I am Michelle Heslop, the CNSA Community Health Director. I am finishing my first year of nursing school at San Joaquin Delta College in Stockton, CA. I started college as a Pre-Med student and was dead-set on becoming a doctor until I became involved with my campus Student Health Center. During my Bachelor's program, I found my love for prevention and health promotion. I gradually found myself falling further away from the goal of becoming a doctor, and being pulled closer towards nursing as I got more involved with the Student Health Center. I wanted to help prevent diseases, and educate patients about how to manage their diagnoses while having a great quality of life. Pursuing a career as a nurse aligned with my passions. Once I graduated with my

Bachelor's in Biology I already knew that instead of taking the MCAT, I was going to be taking the TEAS. Acceptance into nursing school was one of the happiest days of my life, I began to feel like my goals were progressing and I was getting closer to feeling complete. Nursing school itself has been a constant reminder that while I may not love getting up before the sun, staying up late with care plans, or even saying "no" to fun activities because of a test, I absolutely LOVE becoming a nurse! I love what we, as nurses, do and I honestly feel that I have not "worked" a day since I started nursing school.

Taking on the CNSA Community Health Director position is another day in my life that I will always remember. I am elated to have the opportunity to work with an amazing board. I am further excited that I will also be working towards making an impact on community health and education on a statewide scale! I hope to help people discover a love for their community and find avenues of nursing care outside of the typical hospital venue.

Goals:

Collaboration from past CNSA board members and California chapters has directed my goals to the following;

- Bi-monthly Community Health information regarding the upcoming health observances, including resources and visuals for posting and sharing in SNA meetings, school campus, and in their community.
- Continue working on the goal of helping CNSA chapters to create a Community Health Director Position or equivalent.
- Coordinate with NSNA's Community Health/Disaster Preparedness Committee, CDC and local and state health agencies to bridge the connection between the national, state, and local levels.
- Promote community health events that encourage exercising our role as student nurses to provide health education.
- Work to coordinate, and promote chapters working on fulfilling the requirements and applying for the Multi-chapter Community Service Award.
- Mentor and provide chapters with ideas for Community Health projects that incorporate fulfilling our role as educators in the community.

I look forward to working with and helping all of the California local chapters make an impact in their community. Please feel free to contact me with any questions, concerns, or even just to say hello.



Join the Community Health Committee!

Interested in Community Health? Want to make a statewide difference? There is currently only 7 spots left. We are looking for a blend of Northern/Southern California, and ADN & BSN programs.

Contact Community Health Director, Michelle Heslop:
cnsacommunityhealth@gmail.com



Breakthrough to Nursing Director

Melissa Byrne

CSU Sacramento

Graduation: December 2015

My name is Melissa Byrne, I am originally from Petaluma, California. I am beyond ecstatic to serve as the 2014-2015 Breakthrough to Nursing Director for CNSA! This is my second semester in my nursing program and I love absolutely everything about it. I am actively involved in local and international levels with programs similar to Breakthrough to Nursing. I have volunteered as a mentor for pre-nursing and nursing students at Sacramento State, as a medical staff at Bearskin Meadows Diabetes Camp, and in health clinics through *Volunteers Around the World* in Panama to provide medical outreach for those who do not have access to care.

I am passionate about Breakthrough to Nursing because programs like this are the reason why I am in college. I assist as a mentor by attending monthly pre-nursing panels to provide opportunities for students to ask questions about the program and gain insight from nursing students. I also personally meet students on campus to create academic plans to meet their needs and obtain a college degree. I enjoy being a motivator for students to get to where they want to be despite hardships. Everyone has a unique situation, and I like to take it upon myself to help students find a way to make things work for them. I understand the importance of people having someone believe in them. I want students to feel inspired like I was to pursue nursing if it is what they truly desire.

Goals:

Goals for my term as Breakthrough to Nursing Director:

- **Mentorship programs:** I have met students from several chapters that do not have a BTN program. I want to help implement them! I will be working with membership directors Nessa Osuna and Danielle Gardner to promote mentorship opportunities for newly admitted nursing students to help aid in the transition to nursing school. Everybody needs somebody in times like these!
- **Outreach:** Part of Breakthrough to Nursing is promoting a positive image of nursing. I will be working Image of Nursing chair, Eleana Flores. What better way to do this than get out into the community and show them what nursing is about? I currently participate at the local health screenings and education days in underserved populations and nursing school tours for high school students to present nursing as an option to them. I want to take this to the state level.
- **Cultural Awareness:** I will work with Narisa Kanchana, the Cultural Awareness Chair, to advocate the need for increased cultural competency and to educate about various cultures.
- **Education:** One of my goals is to increase awareness of financial opportunities to help students continue their education. I want to keep people updated on scholarships, resources, and grants available to students interested in nursing.

I encourage anyone and everyone who is interested in the Breakthrough to Nursing committee to contact me via email. Thank you, again, and I look forward to working with you!



Join the Breakthrough to Nursing Committee!

Interested in getting people excited about the nursing profession? We need YOU! We are looking for dependable, organized, and passionate individuals who want to reach out to people about the exciting field of nursing!

Contact BTN Director, Melissa Byrne: cnsabreakthroughonursingdir@gmail.com



Communications Director

Jimil-Anne Linton

National University, San Diego

Graduation: May 2015

My name is Jimil-Anne Linton. I am honored to be the 2014-2015 Communications Director for CNSA. Currently, I am a senior BSN student at National University in San Diego, CA. At the local level, I am an active member in my school's student nurses' association (NUSNA) where I serve as a cohort representative, peer tutor/mentor, and workshops leader. I am also the student representative for the National University Student Experience Committee (SEC) of which I serve as an active participant in improving student success at my school. Furthermore, I am the Communications Director for NUSNA, of which I serve as the chief editor of the school's newsletter *The Pulse*- which has received much acclaim from NU nursing faculty, students, prospective nursing students, and other readers. Additionally, I

am NUSNA's primary webmaster and social media manager.

Prior to nursing school, I served in the U.S. Navy as a musician, playing clarinet and saxophone. My tours of duty included Yokosuka, Japan and San Diego, CA. During my time in the Navy, I also assisted with the command's communications department by writing some articles for the newsletter *Program Notes*.

I decided to become a nurse when I became ill during my service in the Navy. A nurse and I had a very meaningful discussion during a hospital stay. I told myself that at some point I wanted to make the same impact this nurse had on me. Because of this, I ultimately want to work in mental health nursing- namely for the pediatric population, as I know that this particular population is under-served.

The nursing occupation is a unique experience in which it is tumultuous, arduous, rewarding, and versatile all at once. Additionally, nursing requires continuous learning- and there are always opportunities for growth. I can say that I decided to become an active member at the local and state levels because I want to be part of the movement of advancement in my profession. I believe that the seeds are sown at the beginning, and I truly believe that students can ultimately become leaders of nursing.

Goals:

I consider myself to be a person who continuously seeks for improvement. My goals for this term are to improve the CNSA newsletter *Range of Motion* by improving formatting and content, while including features of student involvement at the local and regional levels. The objectives for such goals are to capture the interest of our readers with the intent of increasing membership and member participation. Additionally, I plan to improve CNSA communication channels by enhancing the utilization of social media in order to remain current with the advancement of technology.



Like us on Facebook
and stay updated on CNSA events!

California Nursing Students'
Association (CNSA)



Follow us on Twitter!

@CNSA_California



CNSA is NEW to Instagram!
Help promote the positive image
of California nursing students:

#ca_nursingstudents



Membership Director- North

Nessa Osuna

CSU Sacramento

Graduation: December 2015

My name is Nessa Osuna and I am so excited to serve as Membership Director-North. I attend California State University, Sacramento and will graduate in December 2015. My path to become a nurse has taken a lot of twists and turns. I graduated from San Diego State University in 2006 with a Bachelor of Arts in Liberal Studies. I loved learning and thought that teaching would fulfill my desire to help people. Although teaching was wonderful, I wanted more.

I took a small leave of absence from teaching to have my three wonderful children. It wasn't until my daughter was admitted into the hospital around her first birthday that I discovered nursing. Watching the amazing and selfless nursing staff take care of my daughter led me to where I am today.

I come from a large family in a small town near Santa Cruz, California. I met the love of my life at 18 years old and we were married two years later. It seems crazy to think we've been together for nearly thirteen years and have such an amazing little family. Even with an active family and nursing school, I enjoy many hobbies such as my loves for sewing, cooking, baking, running, hiking, camping and lounging by the beach.

I cannot wait to become a nurse and work with amazing people to help the world one person at a time.

Goals:

- **Help set up at least one new CNSA chapters before my term is over:** I intend to do this by obtaining a contact list for nursing schools in Northern California and contacting each school personally to offer my assistance and CNSA information.
- **Organize a Membership North Meeting:** I intend to do this with the guidance of CNSA's previous Membership Director, Ella Klimkiv, and our CNSA advisors to make sure I include all the vital elements for success.
- **Increase Membership Meeting North Attendance:** We will market our meeting to nursing schools in Northern California (see flyer on page 2). I also intend to follow up with each school's CNSA board prior to the event.
- **Increase Membership:** I intend to do this by communicating with new nursing schools as well as already established nursing schools about the benefits of CNSA.
- **Act as a liaison from the State CNSA Board to local chapters:** I intend to do this by developing excellent rapport with local chapters, increasing active communication with each chapter, and diligently relaying current information and topics concerning CNSA members.

As Mother Theresa said, "I can do things you cannot, you can do things I cannot; together we can do great things." Together we will make this year amazing! I encourage chapters to contact me by email at cnsamemnorthdir@gmail.com.

Check out these resources to stay current
with local and national updates!



National Student Nurses'
Association:
www.nсна.org



Association of California
Nurse Leaders:
www.acnl.org



Membership Director- South

Danielle Gardner

San Diego State University

Graduation: December 2015

My path to nursing school started at home. Although my hard-working single mother was not a nurse, my extended family was very medically-centered, so nursing was in my genes. When my mother was diagnosed with bipolar disorder and multiple sclerosis, I did not understand the major changes that were about to occur in my life. My mother and I ended up moving from our small farmstead in Allison, Iowa to Truckee, California. While growing up, I was able to have a firsthand understanding of psychiatric nursing in a very personal setting. It was hard on me, I did not truly understand why or what my mother was experiencing or feeling. As life continued, my mother was diagnosed with breast cancer. Again, I was able to experience another view of nursing; while my mother fought cancer,

I truly saw the difference a caring nurse could make for not only for the patient, but the family as well. Thankfully, by the grace of God, 4 rounds of chemo, and quite a bit of radiation, my mother went into remission. As a result of this experience, my desire for nursing and caring for others continued to stir- so upon entering college at San Diego State University in the Fall of 2010, I decided that I would begin down the educational path that would lead to me being a nurse.

As I have been able to experience many forms of nursing, I have been drawn to pediatric nursing and education. As of right now, I work at a psychiatric outpatient center. However, I soon hope to work at a children's hospital in San Diego. After graduation-- as I'm sure you can guess, I cannot wait to begin working as a pediatric nurse. In addition to pediatric nursing, I have begun to feel a strong pull towards education- of course, I am not sure where this pull towards teaching will lead me, but I do hope to at least be a clinical instructor at some point in my career.

Goals:

- Expand California membership numbers by ten percent through educating school deans and faculty about the importance of nursing leadership roles that are available through CNSA, and by recommending school participation in order for students to meet the new core standards of nursing education set by the BRN.
- By Spring 2015, collaborate with Membership North Director, other board directors, and advisors to create a California Specific Membership Toolkit for chapters. The toolkit will include, but will not be limited to, documents on how to increase membership with a generic "Why CNSA" powerpoint, description and possible explanation of primary chapter board positions, Mentorship Program FAQ, and fundraising tips.
- Increase the amount of California Nursing Student chapters by ten percent-- this will equate to about three new chapters south of Fresno, California.
- Have at least 150 students in attendance at the Membership Meeting South by providing student-centered sessions that are impactful, promoting the event using creative marketing strategies via social media, contacting Southern California CNSA boards, and encouraging schools to reach out to pre-nursing students.

If we have not met, I would love to meet you or talk with you-- and I mean that sincerely. I really want to hear your story of nursing, how you came to be where you are at, and where you dream to be in the future. I love talking with people and hearing their stories and personal experiences, so if you ever feel the need to talk or have questions, I would love to hear from you. Please feel free to contact me via email cnsamemssouthdir@gmail.com.

CNSA Advisors

Susan Bowman: susanbowman@otcwb.com

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Image of Nursing Chair

Eleana Flores

Yuba College

Graduation: May 2015

My name is Eleana Flores and I am an ADN-RN student from Yuba College and currently serve as Breakthrough to Nursing Director for the Yuba College CNSA Chapter. I was elected in October 2014 at the CNSA Annual Convention to serve as the State Image of Nursing Committee Chair for the 2014-2015 term.

I was born and raised in Sacramento, California, attended Sacramento High School and completed my AA in Liberal Studies at Sacramento City College. I currently live in Rocklin, California with my husband and two children. Nursing is a second career path, as I was previously in the financial services industry for over 15 years. My passion for service, education, mentorship, and team-building translates

well into my new career in nursing, as well as my role as the Image of Nursing Committee Chair. I am excited to make the 2014-2015 term a great success by not only accomplishing the goals set for the next year, but by also adapting and adjusting as the year progresses.

Goals:

- Create a state level Image of Nursing Committee with members representing chapters across the state.
- Encourage local chapters of CNSA to create Image of Nursing subcommittees and assist with planning and implementation of events to promote the Image of Nursing.
- Promote the Image of Nursing by educating the public on the role of nurses in our local communities by utilizing local media outlets and social media using #ImageofNursing and creating CNSA Image of Nursing profile on Facebook.
- Create and publish a quarterly article for the *Range of Motion* newsletter to enhance the positive image of nurses, and promote leadership and the advanced practice roles of nurses.
- Work with Breakthrough to Nursing (BTN) committee and Cultural Awareness Committee to create a statewide event to promote the image of nursing.



Interested in joining the state ION Committee or creating your own local chapter committee?

Email Eleana Flores at:
cnsaimageofnursing@gmail.com



CNSA Instagram Initiative

Help promote a positive image of nursing and California nursing students by posting your pictures on Instagram!

#ca_nursingstudents



Cultural Awareness Chair

Narisa Kanchana

San Diego State University

Graduation: December 2015

My name is Narisa Kanchana and I am honored to serve as the Cultural Awareness Committee Chair for the 2014-2015 term. I am pursuing a Bachelor of Science in Nursing degree in beautiful San Diego at San Diego State University.

I currently serve as the community health co-director at the local level. Through our CNSA chapter, my co-director and I have been able to implement community health projects to include underserved populations such as the disabled, homeless, and socioeconomically disadvantaged communities. These projects have given our chapter valuable insight into the lives of these communities. In hopes of gaining a new world view that I can apply to my own nursing practice,

I will be participating in a medical brigade with a student-run organization called Students HEAL in January 2015.

I want to apply these experiences to this position to cover a diverse range of cultures. I'd like to redefine our current general definition of culture. Traditionally, this position has primarily focused on ethnic cultures. Although it is important that we are aware of nursing implications for a wide variety of ethnic cultures, I'd like to shift some of our focus to aggregates of our community such as disabled, homeless, generational, and religious cultures.

I'm so glad to be part of an organization that allows us nursing students to grow in an environment that facilitates personal and professional development, and allows us to act as large-scale patient advocates and activists.

Goals:

- Develop a Cultural Awareness committee with representation throughout the state.
- Advocate the need for increased culturally-competent practice into nursing education curriculum throughout the state.
- Educate all chapters of CNSA about the nursing implications for various cultures, including aggregate cultures (disabled, homeless, generational, and religious cultures).
- Encourage all CNSA chapters to submit cultural brochures for statewide distribution.



Join the CNSA Cultural Awareness Committee!

We are looking for members who want to advocate for the need of increased culturally-competent nursing practice into nursing curriculum throughout the state, create culture education newsletters, and educate members about global health.

Please contact CNSA Cultural Awareness Committee Chair
Narisa Kanchana via email:
cnsaculturalawareness@gmail.com

2014 CNSA Annual Convention Highlights

By Scott Miller, CNSA Convention Director

A new year is merely 3 days away, the holiday season has come and gone, and I feel as if I have basked in all its glory- no less a few pounds heavier. However, the cliché of "The New Year's Resolutions" will be something I will not include in this article. Let's set our focus, for the moment, on CNSA's 2014 Annual State Convention and what occurred at this spectacular event. For starters, I would like to personally thank CNSA's 2013-2014 Convention Director, Jennifer Ericson, for putting on a great convention. Additionally, I'd like to thank the entire 2013-2014 Board Members for leading the way during the convention and throughout the year.

Now the nitty-gritty, the exhibition hall was filled with interesting companies- all centered around nursing and the interesting tools they had to offer students including the Critical Care Training Center and their variety of classes from ACLS to PALS, as well as Picmonic (a company that helps students memorize through audio-visual mnemonic methodology), Kaplan (an NCLEX review source for students), and many, many more.

Day 1 was off to a spectacular start with Brenda Brozek, author of *You're Hired! A Nurse's Guide to Success* leading a pre-conference workshop on success in the nursing job market; it was definitely a must-attend for any student or new grad looking to break into the job market.

The Keynote address was amazing! Dr. Judith Karshmer, PhD, RN, PMHCNS-BC and Dean for the School of Nursing, University of San Francisco's powerful words echoed through the conference room and left an ever-lasting impression in my mind. Her message was clear that we as students have an impact.

Day 1 ended with the *Out of This World* costume party where attendees dressed up as their favorite futuristic characters. Students from various schools all throughout the state met, mingled, and unwound from the day with each other.

On Day 2, the plethora of activities continued, such as resume reviews and various break-out sessions each holding an interesting topic in nursing, like Robert Patterson's session, *Opportunities for Men in Nursing*. He was able to shine some light on where men stand in the field of nursing- and let me tell you fellas, there are plenty of opportunities! The Kaplan-Hurst review that was intense and educational.

Some very interesting resolutions were introduced at this year's convention too! There were engaging discussions on each resolution topic. Elections were held, where myself and the rest of the current CNSA Board were given the opportunity to elucidate the audience on our own passion for nursing and discussing what we hope to bring to CNSA in the upcoming year. Furthermore, scholarships and awards were presented to several hardworking student nurses throughout the state of California—including the Katie Bray Inspiration Award, given to San Diego State University student, Makayla Marco (pictured below at bottom right). Overall, it was a wonderful convention!

I plan to continue the legacy, growth, and success of the CNSA by providing an amazing 2015 CNSA Convention and I am looking for members to join my committee. If you have the same passion and drive as our current board, would like to help put together another successful convention, and have the opportunity to work with other amazing student nurses, please contact me; my email is: cnsaconventiondirector@gmail.com



Why Write a Resolution?

By Devon Vandewiele, CNSA Legislative Committee Member & Resolution Author

As I walked toward the microphone my legs were weak, my palms were sweaty, and my heart was beating loudly in my chest. As my speech rolled over my tongue, I felt myself become increasingly powerful and confident with each word. I told myself, "You spent hours researching this topic; you know it well- you got this." Before I knew it, the debate was over, the audience was applauding me, and the House of Delegates had agreed to pass my resolution at the California state level.

When I decided to write a resolution for the CNSA Convention, I truly did not anticipate what I was getting into. I knew that I had a strong passion for how women are treated during childbirth; and I knew I wanted my voice to be heard. I began searching for a topic to write about. I looked over previous resolutions written and decided I would select something that was commonly overlooked. I chose to write my resolution on increasing awareness of Post-Traumatic Stress Disorder (PTSD) related to childbirth. Many people asked, "...To childbirth?" Yes, women can experience quite a bit of trauma during the laboring process, which can lead to the clinical diagnosis of PTSD. Although, many may confuse this with Postpartum Depression, it is a completely different diagnosis that often includes nightmares, flashbacks, insomnia, and extreme fear of having another child.

So, I found my topic and I proceeded to look for evidence-based research to back it up. I realized that, although childbirth may be traumatic due to an emergency, it was how healthcare workers were treating women during that stressful time that really left a negative impact on patients. After many hours of research I finally came up with my "title", my "whereas statements" and my "resolved clauses." For those who don't recognize the terminology, there is a specific way in which a resolution must be written- which includes perfect APA formatting. With lots of help from the CNSA Resolution Committee, I had sculpted my masterpiece. I then had to prepare my speech.

I usually have no difficulty with public speaking, but I was rather nervous standing before all my peers to passionately present my resolution at the CNSA Convention. Not only was speaking nerve-wracking, but there was also a formal set of rules concerning the way one must present a resolution to the House of Delegates. After I had spoken about my resolution and answered all the questions everyone had, I sat back down and felt so accomplished. I had put so much work into the entire process and not only did I discover so much about the legislative aspect of nurse leadership, but I also discovered a part of myself.



San Diego State University student and resolution author Devon Vandewiele speaks before the CNSA House of Delegates in support of her resolution on childbirth-related PTSD.

Writing and presenting a resolution at the CNSA Convention was an experience that I will never forget. Not only did I get to speak passionately about something I truly cared about, but I also got to make a difference by informing future nurses of California about a topic that is commonly misunderstood and overlooked. The entire process was a learning experience that I took on without understanding the true impact until the very end. I encourage every student out there to write a resolution so that we, as nursing students, can hear your voice and learn from your passion. In the end, not only did I get to make a difference by informing those at the CNSA Convention about my resolution, but I also accomplished something new and challenging that will prepare me for legislative action in my future career as a registered nurse.

Interested in writing a resolution?

Check out our resolution resources on the CNSA website:

<http://www.cnsa.org/resolutions-toolkit>

If you are planning to write and present a resolution at this year's NSNA convention in Phoenix, Arizona, it is advised to first seek approval of the submission from your school or state chapter. You are welcome to ask any clarification questions or have your NSNA resolution reviewed before the final submission by contacting CNSA Legislative Director, Valery Bessmertnyy: cnsalegislativedir@gmail.com.

Resolution to Blend East and West: Integrative Techniques for Patient Care

By Stephanie Smith, CNSA Legislative Committee Member & Resolution Author

I was three years old when the television show *Kung Fu* was aired in 1972. I used to watch it think how effective the Eastern fighting style was and how the cowboys did not have a chance against his superior technique. Even back then I was drawn to Eastern ways. Throughout my life I have incorporated different Eastern philosophies and techniques from meditation to martial arts into my Western culture. I wanted to apply that "holistic" approach with my Western nursing training and share this love of mine through writing a resolution that embraced East and West.

This past October was an amazing experience for me and my resolution committee. We all were so pleased to have our work be chosen to represent our state chapter and be presented at this year's national convention. During the round tables at the state convention, it was a great joy to share my passion for the alternative healing therapy of acupuncture and the positive effects that it can bring. I was also pleased to hear from my fellow nursing students about their experiences with acupuncture, and that they too have had positive involvement with the modality. I know that when people think of nursing school and the role of a nurse, acupuncture is probably not the first thing that pops into their head. But I do know that one of the main problems that nurses address is pain management for their patients. This is why I felt it was important to write a resolution that was in support of increasing the awareness of the use and benefits of this therapy for pain management.

In 1972, President Nixon made a diplomatic trip to China in an important step to formally normalize relations between the US and the Peoples' Republic of China. One of his press staff on the trip fell ill and had an emergency appendectomy with post-operative acupuncture to address his pain. His name was James Reston and he was a writer for the *New York Times*. He was so impressed with his treatment in Beijing and his fast recovery time that he wrote about his experience in the *Times*. For most Americans, this was the first time they had heard of this ancient Chinese medical practice. Since that time, there has been an increased interest and incorporation of the application of the technique of acupuncture to Western medicine. A paramount lesson I have learned from my first year of nursing school is that our role as future nurses is to be the advocate and educator for our patients. I knew this past summer, when my committee and I had to pick our resolution research topic, I wanted it to be focused on information that might not be seen in our scholastic clinical settings. The resolution helps provide information to our members about the current research that has been conducted and how the use of acupuncture has benefited patients. Hopefully this information will be a useful resource to our members for their future careers and add to their knowledge of different techniques available for their patients.



Acupuncture can be traced back at least 3,500 years as a component of the health care treatment system in China. Acupuncture was used to correct imbalances of energy flow (Qi) by using a complex set of points and meridians. The length of training at most schools is between 3-4 years for oriental medicine programs. Currently it is required to obtain a Master's degree as the entry-level standard for professional practice in the US. One option for nurses is to become a Certified Holistic Nurse through the American Holistic Nurses Credentialing Corporation (AHNCC). This field of nursing is based on treating the "whole" person, including their mental, spiritual and emotional well-being. The Holistic Nurse will use a combination of modalities such as acupuncture, aromatherapy, massage, stress management, hypnosis, hydrotherapy, balneotherapy, Chinese and Eastern healing practices, and wellness coaching.

Helene M. Langevin is a visiting professor of medicine and Director of the Osher Center for Integrative Medicine at Brigham and Women's Hospital, Harvard Medical School, and a professor of neurological sciences at the University of Vermont. She is a leading researcher studying the effects of acupuncture on connective tissue. Researchers are looking at the cellular effects of the technique called "tenting"- which involves rotating the needle at the insertion point and creating a stretching effect on the fibers in the tissues. Through ongoing studies they have seen fibroblasts change shape in response to sustained stretching.

Resolution to Blend East and West: Integrative Techniques for Patient Care (Continued)

The changes are associated with the large-scale relaxation of the connective tissue. Her research has shown that the acupuncture needle manipulation results in sustained stretching- which therefore constitutes a useful tool that can be used to study the biomechanical function of connective tissue and pain management. This is exciting work by Helene and her colleagues, which will help the Western medical world understand the effects of acupuncture at a scientific level.

Resources

If you are interested in looking up current medical studies and current research that is being done in regards to acupuncture therapies, there are many different resources that I would like to share.

- First, a fun pod cast that is done by two experienced acupuncturists. It is called yinyangpodcast.com. They interview experts and share from their years of experience with the practice.
- A great website to explore is <http://www.patientqi.com/>. It is a user-friendly site to research different treatments for various conditions, and it helps patients find doctors that they can work with.
- A great article that was written last January in the Sacramento magazine by Cathy Cassinos-Carr titled *Integrative Medicines: A Local Look* is another great source! It lists off local hospitals and the services they offer, here is the link: <http://www.sacmag.com/Sacramento-Magazine/July-2010/Integrative-Medicine-A-Local-Look/>.

I encourage you to look at these sources and to share them with whoever is interested. The next time you are at clinical, you can even ask the staff if their facility offers any integrative or Complementary and Alternative Medicine (CAM) therapies for their patients. As students, we have a powerful role in voicing change and giving it the momentum to grow.

Thank you for your time and attention. I hope the best for your future nursing careers. I know the future is bright.



Sacramento State University student and CNSA resolution author Stephanie Smith (pictured right) with her chapter's resolutions team at the round-table forum at the 2014 CNSA Convention.

Discussion of Resolutions at the House of Delegates Meeting...



The Resolution Experience: From Start to Finish

By Nicole Rumpf, CNSA Legislative Committee Member & Resolution Author
and Valery Bessmertnyy, CNSA Legislative Director & Resolution Author

Last CNSA Convention in Pomona was full of exciting events. The delegates from California nursing schools attended different workshops, participated in the NCLEX review sessions, voted on the Bylaws, elected new Board of Directors, attended the Exhibit Hall and participated in many other activities that helped them network and grow as professionals. One of the hallmarks of the 3-day event was the resolutions' hearing and voting process. The delegates from every school were able to vote on the resolutions presented and to argue in favor of or against the resolutions. The debate was very engaging, especially when it was time to vote on the CNSA-sponsored resolution that would go to the National Student Nurses Association (NSNA) Convention in Phoenix, Arizona this year.

One of the most interesting things about the 2014 resolutions was that they varied widely in topics. The first resolution, submitted by the California State University, Sacramento chapter, was *In Support of Increasing Awareness of the Benefits of Acupuncture for Pain Management*. The second topic was *In Support of Increasing Awareness and Advocacy for Prevention of Delirium in Hospitalized Older Adults*, presented by the National University, San Diego chapter. Thirdly, the San Diego State University chapter presented their resolution *In Support of Increasing Awareness to Prevent PTSD Following Childbirth*, and the final resolution was *In Support of Teaching Nursing Students Labor Support Techniques Prior to Clinical Hospital Hours in Labor and Delivery*, written by the chapter at California State University, Chico.

So for those of you who have never heard of the CNSA resolutions, you would probably ask, "What is a resolution?" A

resolution is a position statement on any issue of national or statewide importance that the author wishes to be taken action on. From this definition, it follows that a CNSA Resolution is a position statement on a healthcare-related issue of national or statewide importance that the author wishes CNSA to adopt and take action on. It is a way for students to bring awareness to and make change regarding matters they feel passionately about.

The process of writing a resolution, submitting it to the CNSA Resolutions Committee for review, and then presenting it at the annual convention, however, is no small feat. Prior to submission, it involves several months of work- including topic selection, research, drafting, and revision. Once the authors have completed their resolution packets, the resolutions are submitted to the resolutions committee, further revisions are then requested, and then they are approved for presentation at the convention. At the 2014 CNSA Convention, four schools presented resolutions at the House of Delegates.

At the convention, resolution authors had several responsibilities at both the Resolution Round-tables and the House of Delegates. The Resolution Round-tables allowed delegates the opportunity to discuss the resolutions with the authors, ask questions, and review supporting documentation. The House of Delegates meetings were comprised of three days of meeting with formal and informal discussion- where the resolutions were reviewed, debated, and voted on. For each resolution, the author presented a timed statement, after which any of the delegates present could go to the microphone and speak in favor of or in opposition to the resolution, or ask clarifying questions from the author. It was exciting to see members of so many chapters get involved in the debate, often speaking in favor of other schools' resolutions! Finally, delegates were asked to vote on whether or not to adopt each resolution, and then to select one to be sponsored by CNSA at the NSNA convention. All four of the 2014 resolutions were adopted by the House of Delegates, and CSU Sacramento's resolution promoting the benefits of acupuncture for pain management was selected to be the CNSA sponsored resolution.

We, as authors of the resolutions that were presented at the convention, can testify that completing the resolutions process was incredibly challenging- and even intimidating at times, but it was also an amazing learning opportunity! As authors, we learned to research, write, present and defend our topic to a large audience of our peers. We were able to bring visibility and awareness to issues that we care about, which was truly rewarding. It was also exhilarating to see the



**National University
San Diego student
and CNSA
resolution author
Nicole Rumpf
speaking in
support of her
resolution on
delirium
awareness in
older adults.**

The Resolution Experience: From Start to Finish (Continued)

resolutions that we worked so hard on be adopted at the state level, where meaningful change can be enacted. Lastly, being part of a voting body comprised of students from schools all over the state who get to determine causes that the CNSA will stand behind is really inspiring; and it makes one realize that even as nursing students, we have the power to bring about changes in healthcare.

We had a great experience participating in the resolutions process, and would recommend it to any student who is interested. If you have identified an issue in healthcare that you feel could be improved, or would like to see a change that would affect patients, nurses or students, you can write a resolution! Go to the CNSA or NSNA website for more information on how to write a resolution and take a look at the process for submitting it. You don't need previous experience or expertise to participate, and if you have any questions, contact the CNSA Legislative Director Valery Bessmertnyy at cnsalegislativedir@gmail.com. We encourage you to start early in the year- this way, you will have time to polish your resolution and pass it at the next state convention with flying colors! We look forward to hearing from you and working with you to help enact change through writing resolutions for the CNSA!



CSU Chico student and CNSA resolution author Valery Bessmertnyy presents his resolution on pre-clinical labor support training.



2015 Nursing Students in Sacramento Internship (NSSI)

Learn about the importance of a nurse's voice in the making of policies that affect current health care! Apply for the NSSI internship and get first-hand experience with what is happening now at our State Capitol. You can make a difference by sharing your understanding of patient care with public officials who will listen to what nurses have to say.

Application deadline: March 1st, 2015
Internship dates: April 13th-15th, 2015

Visit the CNSA website for more details and to apply: <http://www.cnsa.org/nssi>

You're Hired! A Nurse's Guide to Success in Today's Job Market

Be a success in your job search! This valuable guide provides resources and tips to help you land a job. It's never too early to begin planning your job search strategy.

Order today on the CNSA website!
<http://www.cnsa.org/you-re-hired---book>
CNSA members receive a discount.

Also available on Amazon: www.amazon.com



2014 NSNA Mid-Year Conference Summary

By Jimil-Anne Linton, CNSA Communications Director

The National Student Nurses' Association (NSNA) had its 2014 Mid-Year Conference in Portland, Oregon last November. This particular conference is held every Fall; it provides an opportunity for students across the country to learn about career options and gain a wealth of knowledge that will help students transition into their career paths. In fact, CNSA advisor and *You're Hired* author, Brenda Brozek, was the keynote speaker for this conference as she discussed strategies for being successful in the nursing job market. In addition to career planning, leaders from school and state chapters were able to learn more about their roles during respective break-out sessions. I was fortunate enough to have the opportunity to attend this conference and represent CNSA at the Council of State Presidents (COSP) meeting.



I have to admit that I was a little nervous being the CNSA representative at this particular meeting as I was just newly elected into my position only two weeks prior. Furthermore, I felt I was not qualified to speak on behalf of the state because I was only the Communications Director. However, two other CNSA board members, Valery Bessmertnyy (Legislative Director) and Shawn Palmer (Secretary/Treasurer), were there for support; so I embraced the moment and found that I learned a lot about our state's organization from that experience. I also learned that I knew more than I thought I did, and I was able to share some of that insight with the presidents from other state organizations. One salient theme about our state's organization that I noticed during this meeting is that we are at the forefront in various aspects of our operations, including in terms of membership. I also received a plethora of information that I was able to bring back to our state board at our very first board meeting two weeks later.

The COSP meeting adjourned on Day 2; from then on, I took advantage of the other conference activities. I visited the Exhibition Hall where I was able to meet with representatives from various schools and companies. I also had my resume reviewed and discussed career-building strategies with consultants from the career center. There were numerous break-out sessions that I attended, including the American Red Cross Disaster Training course. Shawn attended some inspiring and educational sessions, which entailed discussion about transgender nurses and exploration of an assortment of nursing specialties. Valery attended similar workshops, but also learned more about

his role at the Bylaws & Legislative workshop led by the NSNA Legislative Director and her committee.

The conference weekend ended with a roundtable forum that allowed NSNA members to meet with the NSNA Board of Directors and their staff. Each department had their own table and I actually had the privilege of engaging discussion regarding my position with NSNA *Imprint* editor, Kimberly Korn. Shawn and Valery were able to discuss their goals with their respective NSNA board members.

At the end of the conference, the three of us CNSA board members took advantage of our stay and explored everything Portland had to offer- from the array of food trucks to the world-famous Voodoo Doughnuts.

The NSNA Mid-Year Conference was an unforgettable experience, and it gave us three CNSA board members the inspirational drive we needed to officially start our board roles two weeks later.



California Action Coalition Summit and the Institute of Medicine Report

By Shawn Palmer, CNSA Secretary/Treasurer

On October 30th, 2014, I, along with my fellow CNSA members, had the pleasure of attending the California Action Coalition Summit held at California State University, Los Angeles. This summit provided attendees with a valuable, first-hand, opportunity to become aware of the ever-evolving transformation in healthcare along with the foundational role that nurses will play in the future of that healthcare system. The summit provided both community and consumer partners the opportunity to gather together in an effort to discuss various programs and initiatives that would better equip nurses with the talent, skills, knowledge, and experience needed in the advancing healthcare in California. A particular topic discussed at the summit pertained to the pursuit of higher nursing education- especially ADN-to-BSN and BSN-to-MSN or DNP programs.

This campaign for action stems forth from the Institute of Medicine's (IOM) landmark report, *Future of Nursing: Leading Change, Advancing Health*- which acts as a blueprint, outlining how nurses can better prepare for and fulfill their role in America's complex and evolving healthcare system.

The key messages from the report include:

- Nurses should practice to the full extent of their education and training
- Nurses should achieve higher levels of education and training through an improved education system that promotes seamless academic progression.
- Nurses should be full partners, with physicians and other health professionals, in redesigning health care in the United States.
- Efficient workforce planning and policy-making require better data collection and an improved information infrastructure.

As the healthcare needs of the American population continues to grow and change, a larger pool of better-prepared health-care professionals is required to prevent disease and promote the health of our nation. Given this sizable task at hand, the campaign for action wishes to partner up with physicians, nurses, insurers, consumers, businesses, government, foundations, academia, and health systems from diverse sectors with the goal of bringing the IOM's recommendations into fruition- thus creating a transformed health care workforce.



To learn more about *The Future of Nursing: Campaign for Action*, as well as ways for you and your CNSA chapter to get involved, please visit:

<http://www.caactioncoalition.org/>

UPCOMING EVENTS!

Membership North Meeting: February 21, 2015

NSNA Annual Convention: April 7-11, 2015

ANA\C RN Day at the Capitol: April 13, 2015

Membership South Meeting: TBD (August 2015)

CNSA Annual Convention: October 16-18, 2015

Stay updated on CNSA events by visiting our website:

www.cnsa.org