

# RANGE OF MOTION

The official newsletter of  
the California Nursing Students' Association

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## The Horizon



of



## Opportunities

## Editor's Message

By Jimil-Anne Linton,  
CNSA Communications Director

Greetings fellow CNSA members!

I hope this edition of the *Range of Motion* finds you well, as most of you are on your Summer break at this time. Some of you may still be in school depending on your program; some of you may be studying for NCLEX, traveling abroad, working, or spending time with your loved ones-- whatever it is you are doing during these months, we hope that you are enjoying yourself.

I wanted to take a brief moment to tell you about some of the changes you will be seeing in these next couple of issues of the *Range of Motion*. One of my goals for this term was to engage our members by providing quality publications worth reading. We, the CNSA Board of Directors, noticed a salient question come up during our interactions with members: "I know what CNSA is, but what can it do for me?"

It is our hope that we will be able to answer that question for you in these next couple of issues. Hence, we are introducing a theme for each issue. You will notice that the articles covered in each issue surround this theme, and we hope that it will help you see what CNSA can do for you and how your membership in this organization plays a significant role in the direction of nursing in California.

The theme for this issue is "The Horizon of Opportunities" as many great things have happened since our last issue. The National Student Nurses' Association (NSNA) had its annual conference at Phoenix, Arizona in April. Shortly after this conference, CNSA sponsored two of our members in the Nursing Students in Sacramento Internship (NSSI) so that they could learn about nursing legislation with experts from the American Nurses Association\ California (ANA\C). Additionally, CNSA was welcomed to the table of nurse thought leaders for discussion regarding strategies to advance nursing education in California-- a project spearheaded by the California Institute of Nursing & Health Care (CINHC) and the California Action Coalition (CA AC). Three of our CNSA board members were invited to be part of this project; data collected from this project will culminate in a white paper that is due to be published and disseminated in 2016. To further expound on the other opportunities and events available to our members, this issue also covers the experiences some of our members shared about refining their nursing skills abroad.

We hope that you will enjoy this issue of *Range of Motion*. We also hope that this issue will enlighten your understanding of what great opportunities are available to you; and lastly, we hope that you will take advantage of such opportunities in the future, so that you will be well-equipped with a desire for continued professional growth and learning that will help you lead successful nursing careers after you graduate.

If there is something that you would like to suggest for future issues, please do not hesitate to reach out to us. The CNSA Communications email address is [cnsacommunicationsdirector@gmail.com](mailto:cnsacommunicationsdirector@gmail.com). We welcome your feedback as we want to ensure that we are able to meet the needs of our members.

We wish you a wonderful summer break and continued success in your future endeavors.

Sincerely,

**Jimil-Anne Linton, BSN, RN**  
**CNSA Communications Director**



**2014-2015 CNSA Board of Directors  
at the 2015 NSNA Convention in Phoenix, Arizona.**



Presents

**SoCal  
Membership Meeting  
at  
West Coast  
University**

590 North Vermont Ave, Los Angeles CA 90004

**Saturday, AUGUST 22, 2015**

**TIME: 0800 - 1600**

Keynote speakers from  
Children's Hospital Los Angeles,  
Brenda Brozek author of "You're Hired",  
and special guest Corinne MacEgan BSN, RN, CHPN, and  
ANA\C President

**Connect with CNSA members from Southern  
California, learn about safest nursing practice, hear about  
upcoming events and scholarships, meet directly with CNSA  
board to see how YOU can become involved.**

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Please RSVP to [cnsamemsouthdir@gmail.com](mailto:cnsamemsouthdir@gmail.com)

Also, check the CNSA Website and Facebook page for the most up-to-date information and further details!

## UPCOMING EVENTS!

**Membership Meeting South:** August 22, 2015

**Annual Conference Call with CNSA Vice President:** September 23, 2015

**CNSA Annual Convention:** October 16-18, 2015

For more details and to stay updated on CNSA events, visit our website:

[www.cnsa.org](http://www.cnsa.org)

## ***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](http://www.amazon.com)



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>

## Highlights from the 2015 NSNA Convention

By Thomas Ward, CNSA President

These last few months have been a truly excellent and amazing time for CNSA! As many of you know, the National Student Nurses Association (NSNA) had their annual convention in April at sunny Phoenix, Arizona. California had an outstanding presence! We brought a total of 57 delegates to the business meetings- which were 13 more delegates than any other state! This was all due to the tremendous hard work of our State board-- special thanks to the delegates and members of the National University Student Nurses Association (NUSNA) San Diego chapter for their help.

California was also well-represented during the business meetings. We submitted three different resolutions-- one of which was the result of a successful collaboration with the West Virginia University School of Nursing. All three of our sponsored resolutions were successful in being carried by the House of Delegates. Part of this success was attributed to the skilled debate of our authors and members who spoke in support. Our delegates also engaged in lively discussion regarding many other resolutions; some of their arguments were instrumental in carrying or defeating some very controversial resolutions.



**CNSA resolution author, Stephanie Smith (middle), and legislative director, Valery Bessmertnyy (left), team up with resolution authors from West Virginia University School of Nursing to discuss their combined resolution in support of awareness for combined alternative medicine (CAM) therapies.**



We had many schools that were recognized with various awards. San Diego State University (SDSU) received the Legislation/Education Award and the Empowering Resolutions Award. California State University Sacramento received the Outstanding Newsletter Award for the local chapter level. In addition, CSU Sacramento was recognized as a new Stellar School Chapter. Riverside Community College (RCC) was also recognized as an ongoing Stellar School Chapter. Congratulations to all of our exceptional school chapters for their successes!

The good news continues. One of our CNSA members, Tanya Davis from National University San Diego, was elected into NSNA office as NSNA Director West, succeeding 2014-2015 NSNA Director West, Zachary Huddleston from CSU Fresno. Additionally, CNSA was recognized with two state-level awards. We received the Winners Way for group 5. This award is given for the highest percentage increase in membership over the last year. California increased membership by 12.7% bringing our total membership to 6,417 members! I would like to extend a thank you to all our membership directors in the state; your recruitment efforts have been enormously successful. Our state was also awarded the NSNA State Excellence Award and given the Florence Nightingale Lamp. This award is given to a state in each group based on membership numbers. The award recognizes states based on state and school projects, convention registration, membership increase, and potential constituents. Being recognized with this award signifies a tremendous level of involvement throughout the state awarded. Again, many thanks go out to all of our members, and I am honored to lead such an active and dedicated state of student nurse leaders!



**Congratulations to CNSA member, Tanya Davis (third from left) for her election as 2015-2016 NSNA Director West. Tanya succeeds 2014-2015 NSNA Director West and CNSA member, Zachary Huddleston (third from right).**

### Awards from NSNA Convention 2015

Congratulations to our CNSA school chapters and members for being recognized at the 2015 NSNA Convention. Thank you for all your hard work and dedication, and for representing CNSA so well!

**California Nursing Students' Association**

NSNA Winner's Way Award- Group 5  
State Excellence Award

**Sacramento State University**

NSNA Stellar School Chapter Award  
&  
NSNA Outstanding Newsletter Award  
(School Chapter)

**Riverside Community College**

NSNA Stellar School Chapter Award  
(Renewal)

**San Diego State University**

NSNA Outstanding Education Award  
(School Chapter)  
&  
Empowering Resolutions Award



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

#ca\_nursingstudents



Follow us on Twitter!

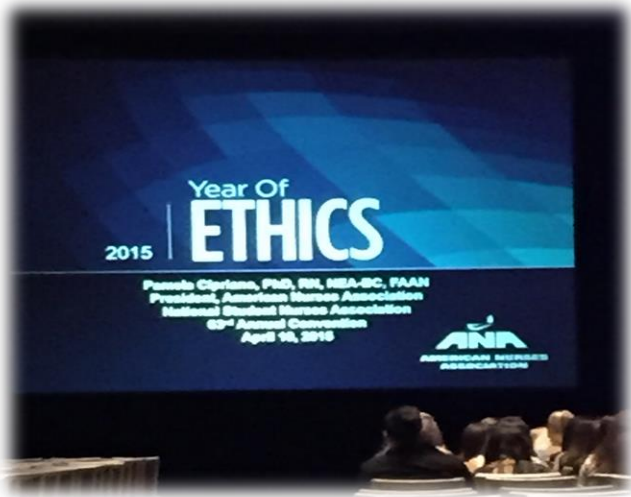
@CNSA California



Like us on Facebook  
and stay updated on CNSA events!

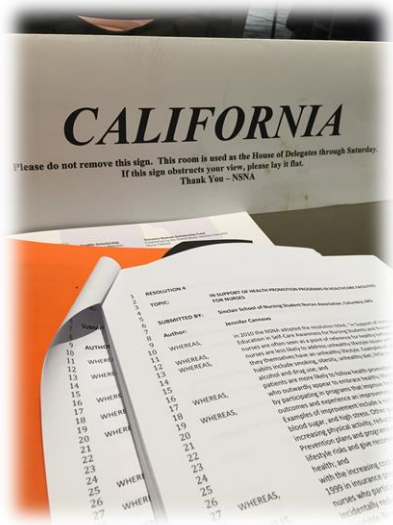
California Nursing Students'  
Association (CNSA)  
&  
Breakthrough to Nursing: California  
Chapter

Highlights from NSNA Convention 2015 (continued)



View more pictures from the 2015 NSNA Annual Convention on SmugMug!  
<http://cnsapics.smugmug.com/2015-NSNA-Annual-Convention-Y-AN/>

Highlights from NSNA Convention 2015 (continued)







**2015 CNSA  
CONVENTION**

**October 16-18, 2015**

Sheraton Fairplex Hotel  
Pomona, CA



# ILLUMINATING OUR FUTURE

*Lighting the Path to Success*

## Keynote Presentations

*Our Past, Our Future!* Actress Pippa White reenacts the inspiring lives of Florence Nightingale and other nursing legends.

*Career Success: An ABC Approach*—Valuable tips for success as a student, new RN and throughout your career.

*Ethics: The Foundation of Professionalism in Nursing*  
Explore the important role of ethics in nursing practice.

## Sessions Include:

You're Hired! Achieving Success in the RN Job Market  
Advanced Practice Roles: CRNA, NP, CNMW, CNS  
Surviving & Thriving: Your 1st Job as an RN

Panel: CNSA's Voice in Redesigning Nursing Education  
Employment Opportunities Beyond Acute Care • Flight Nursing  
Men in Nursing • Succeeding in Nursing School  
NCLEX Review • Test Taking Skills • And Much More!

House of Delegates: Build Your Leadership Skills  
Resume Review: Nurse Leaders Help You Refine Your Resume  
Exhibit Hall: Employers, Educational Opportunities, Resources and Services

For more information about the 2015 CNSA Convention:

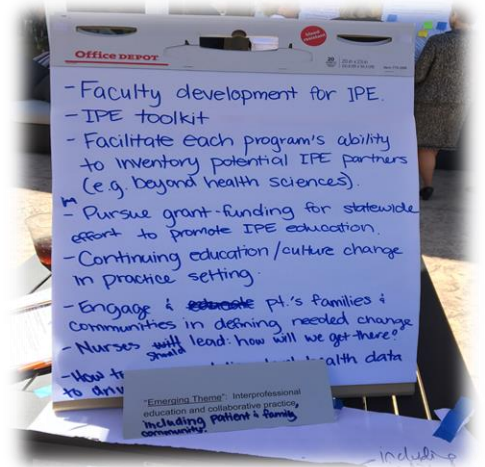
Visit <http://www.cvent.com/d/0rq4ky>

## Revisiting the White Paper of Nursing Education Redesign for California: The Discussion Begins

By Nessa Osuna, CNSA Membership North Director

Do you ever wonder what CNSA does for the nursing profession outside of the conventions and meetings? I know that before I became a board member, I certainly did. It wasn't until I became a CNSA board member that I realized how much CNSA contributes to the nursing profession in California. CNSA is always hard at work for students and the nursing profession. It is an empowering feeling to know that even as students and novice nurses, we have a positive impact on the future of nursing—and it is especially inspiring to know that leaders in our profession look to us for guidance. With that being said, several CNSA board members and other students throughout California were invited to participate in a series of discussions regarding nursing education redesign in California. The conversations revolving around this subject will culminate in the publication of a white paper that is due to be published in 2016. This project is a statewide collaborative effort spearheaded by the California Institute of Nursing & Health Care (CINHC) and the California Action Coalition (CA AC) to redefine nursing education in the state—with hopes that the benefits of the work will cascade to other states and will mold nursing education to meet the demands of the future.

Among other students, Jimil-Anne Linton (CNSA Communications Director) and I took a day trip out to San Francisco on March 25, 2015 to meet with these visionaries for the first time. Having the opportunity to participate in such an exciting event made us proud, but also a little terrified. Nights prior to the event, and even on our way to San Francisco, we read up on previous work done in 2008 and other work surrounding issues for potential discussion. Sitting in the back of the car, I thought to myself, "I wonder what I could possibly offer to this group that they don't already know." Jimil also expressed similar concerns. Patricia McFarland, CEO of the Association of California Nurse Leaders (ACNL) and CNSA offered a deeper explanation of the project, and acted as our liaison and mentor throughout the meeting.



## Revisiting the White Paper of Nursing Education Redesign for California (continued)

The meeting started with introductions and a brief overview of what the day entailed. We had the privilege of listening to many amazing guest speakers. The speakers presented on topics about changes in health care, which created food for thought and discussion. About fifty people were present at this meeting and we had a big job set before us. Our goal for the meeting was to identify new or ongoing objectives affecting nursing education, using previous work as a basis for comparison. Thought leaders disbursed into working groups that interested them, and the brainstorming began. I joined the group that discussed incorporating simulations into nursing practice; the group I worked with was amazing. We had some dialogue on the importance of simulation in nursing education, and came up with ideas such as “provides a safe environment to practice skills” and “allows students to obtain feedback about their performance.” After we exchanged ideas, we presented our work to everyone. This continued until each group had presented. We were then given stickers to vote on the most important topics facing nursing education today. Each member took time to read over each group's presentation board and placed a sticker on areas they felt needed to be most addressed. We adjourned for lunch so that the points could be tallied. The topics with the most points were chosen for focus and further discussion in the upcoming meetings to ensure that they were incorporated into future planning.

The meeting was convened after assigning action team leaders and group members for each identified objective. Since then, action teams have had numerous conference calls and discussions regarding recommendations for implementation of the objectives and further research. Additionally, other California nurses, health care workers, nurse educators, legislators, and other service partners have met for further discussion on the project at regional meetings. Nursing is an ever-evolving profession, and our work to improve it is never complete. We hope that all of the love, passion, and hard work put into this project will benefit generations to come—and that those generations will continue doing great work and passing it along.

## A Glimpse into the Future: The Seismic Shift in Nursing Roles

By Danielle Gardner, Membership South Director

Recently, I was asked the question by a local CNSA chapter, “What does the state do for us?” My response to this question was, and as will always be, “We are the student's advocate; we are the voice of the student.” I answered based on the knowledge that everything the state directors do is for the growth and interests of nursing students in California. In an effort to carry out this pledge, CNSA board members Jimil-Anne Linton (Communications Director), Valery Bessmertnyy (Legislative Director), and I took the opportunity to attend the California Institute for Nursing and Health Care (CINHC) *Seismic Shift in Nursing Roles* conference, held at the Kaiser Permanente Garfield Innovation Center in San Leandro on May 4, 2015. Many nursing and healthcare leaders throughout the state representing major hospitals, healthcare systems, academia, regulatory entities, and other related areas were in attendance.



***Imagine what healthcare could look like in 5-10 years: an inpatient being able to consult with an on-call physician via telehealth and robotic technology? A prenatal patient discussing her course of treatment with her entire treatment team in the comfort of her own home? Is this really possible? It looks like it—so what does this mean for nursing practice in the future?***

## A Glimpse into the Future: The Seismic Shift in Nursing Roles (continued)

The CINHC conference had three objectives: 1) Discuss the shifting RN roles and related competencies needed for new and evolving practice settings; 2) Identify strategies to advance new nursing roles; and 3) To inform individuals of the updates to the California Nursing Education Plan and CINHC's work regarding the 2015 White Paper (see previous article). Throughout the conference, we were challenged to "Think and Dream Big" about the new proposed nursing roles in the next 10 years. These new roles were based on a 2013 CINHC project entitled, *Nurse Role Exploration Project: The Affordable Care Act and New Nursing Roles*. This particular work defined five roles that would be essential for RNs to take on in the expanding health care field: care coordinator, faculty team leader, informatics specialist, nurse/family cooperative facilitator, and primary care partner.



The conference started with Dr. Peter Buerhaus' discussion on the changes manifesting within the health care environment as a result of the health reform. Dr. Buerhaus identified the shift in the healthcare paradigm to one that is a value-driven business. Whether it is listening to a patient pour out his/her heart or practicing personalized patient teaching, He identified that nurses know, more than any other health care provider, how to provide value driven health care. Nurses were encouraged to "step up to the plate" as leaders in this new value driven system.



After Dr. Buerhaus' inspiring session, participants had the opportunity to take a glimpse into the future of health care by touring the Garfield Innovation Center. We looked at self-turning beds used to prevent pressure ulcers, rooms that were cleaned by using light, on-call provider communication using robots, in-home health consultations and inpatient fall prevention using X-Box Live, and simple medical assessments and procedures for chronically ill patients using a combination of technologies seen in fit-bit, telehealth, GPS, and driverless cars. It was especially exciting to learn that quite a few of these technologies will be brought to reality in the new Kaiser Permanente Hospital that is currently under construction in San Diego, California and due to open in 2017—"Dreaming Big" is in action!

In the afternoon, participants broke into various sessions that correlated with the new roles in nursing. I chose to participate in the *RNs in Primary Care* session. Here, we addressed the question of what the RNs role in primary care could look like in 10 years and how we would move the field in this direction. To promote a successful progression and advancement in nursing primary care, we proposed an increase in opportunities for students to practice in the area of primary care while in school in order to encourage and transition students to serve as

primary care providers and educators post-graduation. The discussion on how to motivate students into practicing in these roles included creating a standard of practice for these areas. Other breakout sessions discussed shifting some areas of clinical education to the communities, incorporating more inter-professional education (IPE) experiences in nursing curriculum (especially in clinical simulation), and creating a care culture that fosters the prolific practice of interprofessional collaboration.

At the end of the conference, attendees were left with a clear understanding of the potential for exponential growth and the amount of work required over the coming years to advance the nursing profession. We, as new and budding nurses, must challenge ourselves to be bold; to engage in the tests of change; and to collaborate with new partners so that we may promote a bright and healthy future. As students and soon-to-be nurses, we need to recognize our responsibility and the importance of being proactive early on. I encourage you to be an active participant in the nursing profession by seeking opportunities where your voice can be heard.

## Finding Your Voice in Nursing: The 2015 NSSI Experience

By Amy Bouck, BSN, CSU Sacramento  
2015 NSSI Award Recipient/Intern

Have you ever felt frustrated by political issues that directly impact your life? Have you ever felt like speaking out on an issue, but then didn't because you thought your voice didn't matter? Have you ever wanted to write a letter to your legislature but had no idea how to even begin the process? Have you ever assumed that even if you did write a letter, your letter may never be read? I have had all these questions and feelings too.

I have been a registered voter since my 18th birthday, and avidly participate at the polls. Still though, I have often felt wary of politics. The system felt too complicated for me to navigate, so I stayed away. This led to an internal conflict because I sincerely want to believe in the system. I want to believe that my voice matters. This conflict turned out to be a gift, because it led me to participate in the Nursing Students in Sacramento Internship (NSSI) through the American Nurses Association\California (ANA\C) and CNSA.

NSSI helped me expand my knowledge of statewide politics and break down the barriers that prevented me from getting involved. Over the course of the internship, John Ly, BSN (a fellow NSSI intern) and I spent three days at the State Capitol with members of the ANA\C board.

The NSSI internship was three days long and took place on April 13-15, 2015. The first day was "RN Day at the Capitol"



**Congratulations to our 2015 NSSI Award Recipients/Interns, Amy Bouck (left) and John Ly (right).**



**2015 NSSI Interns John Ly (top left) and Amy Bouck (top right), along with nurses from the ANA\C staff and board, speak in support of SB 277 to eliminate personal belief exemption of vaccines in schools.**

and many student nurses, registered nurses, and nursing leaders were in attendance. The second day was spent learning about important nursing related bills that ANA\C is currently following. After preparing a short statement to urge support or opposition on various bills, we set off to meet, interact with, and build relationships with the staff members of various Assembly Members and Senators. The final day was spent attending hearings. We began with Senate Bill 277. This bill eliminates California's personal belief exemption and mandates vaccinations for all children attending public, charter, or private schools. This is a controversial topic and the Capitol was flooded with constituents from all over the state both in support and opposition of SB 277. Everyone who wanted to testify was allowed a spot at the microphone to state their name, their city, and whether they support or oppose the bill. This took over 3 hours! I was inspired and refreshed to see democracy in action.

My experience with NSSI renewed my faith in the political system, and taught me how easy and important it is to get involved. Our representatives do want to hear from us. As future registered nurses, we have expertise and authority on health care related bills that may be otherwise confusing to legislators. This means they truly value our perspective. Go knock on those doors! Go speak your knowledge! They need

## Finding Your Voice in Nursing: The 2015 NSSI Experience (continued)

to hear from us. They look to us to help them make the best decision on bills that affect nurses and health care directly.

If you cannot physically go to the Capitol, find out who your representatives are by visiting <http://findyourrep.legislature.ca.gov/> and writing them a letter. The letter can be short. State your name, address, that you are a constituent, and a nursing student. State whether you support or oppose the bill you are writing about. Personalize your letter by adding a story about how the issue directly affects you. Remember, this process is about building relationships, so be vulnerable. Always maintain respect and integrity, even when political views differ. If your representative votes favorably, be sure to follow up with a thank you letter.

If I can find my voice as a student nurse, you can too! Your voice does matter.



### ANA\C Loses a Leader

CNSA has benefitted immensely from the strong relationships we have developed with other state professional organizations, such as the American Nurses Association of California (ANA\C). On behalf of the CNSA Board of Directors, advisors, and staff, it is our sad duty to inform you that ANA\C President Dr. Dianne Moore passed away unexpectedly on June 28, 2015. Services for Dr. Moore were held on July 15, 2015. Our thoughts go out to Dr. Moore's friends and family during this difficult time.

Dr. Moore was a pivotal contributor to the nursing profession with her work as a leader in several areas of nursing-- especially in academia. She was recognized for her work in improving nursing programs and developing curriculum at various schools throughout California, including West Coast University, Pasadena City College, and Fresno City College. Dr. Moore's presence in the nursing community will be greatly missed.

ANA\C Vice President Corinne MacEgan BS, RN, CHPN will assume the duties of the President. Robin Schaffer, ANA\C Interim Executive Advisor, stated on the ANA\C website: "Both the staff and the ANA\C Board of Directors remain committed to managing a successful transition of staff and Board Leadership. We will share updates as they become available."

### Interested in writing a CNSA resolution?

Here are the deadlines for the 2015 CNSA resolutions:

**September 5, 2015:** Intent and/or first draft submission deadline

**September 19, 2015:** Final draft submission deadline

For more information and instructions, refer to our resolution resources on the CNSA website:

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

For any questions, feel free to contact CNSA Legislative Director, Valery Bessmertrnyy: [cnsalegislativedir@gmail.com](mailto:cnsalegislativedir@gmail.com)



## Legislative Corner: Current Issues Affecting Your World

### SB 466: Board of Registered Nursing (BRN)

Summary by Stephanie Smith,  
CNSA Legislative Subcommittee Chair

SB 466 (Hill) has been amended many times over the course of the last several months. SB 466 is now a sunrise bill and if signed by the Governor, the BRN will continue until January 1, 2018. This important compromise was a result of collaboration between professional nursing organizations, the BRN, and legislative staff.

#### A little history about Sunset process...

The BRN goes through a Sunset process. This means a bill must be passed by the Legislature and signed by the Governor to Sunrise

the BRN so it can continue. SB 466, as amended, would sunrise the BRN for 2 years. Your Assembly Members and Senators need to hear from nurses that the BRN is needed to monitor nursing practice and ensure public safety. The BRN has had struggles in the last few years that were compounded with the implementation of a new computer system.

Please support the BRN by writing a letter today to your local representatives asking them to support the sunrise of the BRN. To locate your Assembly or Senate Member go to <http://www.leginfo.ca.gov> and enter your address.



### California AB 1306: Certified Nurse-Midwives & Scope of Practice

Summary by Nicole Rumpf,  
CNSA Resolutions Subcommittee Chair

AB 1306 was introduced to the California State Assembly by Assemblywoman Autumn Burke in February 2015. This bill will amend current law to authorize certified nurse-midwives (CNMs) to provide primary care for women from adolescence to menopause in settings inside and outside of hospital, including homes. The intent of this bill is to shift the nature of the relationship between physicians and CNMs from a direct supervisory one to a collaborative one handled as part of a health care system. This will allow CNMs to practice more independently in diverse settings, reduce liability for doctors who have consultative relationships with CNMs, and improve the ability of certified nurse-midwives to provide emergency care for patients birthing in all settings. Additionally, a current CNM advisory group to the BRN would be re-engineered and charged with interpreting laws, clarifying safety standards, and making



recommendations to the BRN regarding issues within the changing landscape of nurse-midwifery.

AB 1306 could increase families' access to many birthing options that aren't covered in the current medical model. It would also improve the provision of health services for women in areas with underserved populations, and help nurses and doctors collaborate to provide the best care for their patients without risking their licenses to do so. If you would like to see these changes enacted, please write the members of the California Senate Business and Professions Committee to encourage them to vote in favor of AB 1306.

Due to concerns raised by a number of groups over amendments taken in this bill, the author has agreed to make AB 1306 a 2-year bill. CNSA's legislative team will continue to monitor this legislation in 2016.



## IMAGE OF NURSING PRESENTS: 2015 PHOTO CONTEST “DEFINING OUR IMAGE”

### Categories:

#### 1) Best Image of Nursing “Group Photo”



Example: “RN Day at the Capitol” with CNSA Board members, Jimil Linton, Melissa Byrne, Val Beaumont, and NSSI recipient John Ly (just from left).

#### 2) Best Image of Nursing “Selfie” or Personal Photo



Example:  
Here's our CNSA Communications Director, Jimil-Anne Linton at the 2015 NSNA Convention!

### How to Enter

#### 1) Post your photos on social media\* using:

#CNSAImageofNursing and #Your CNSA chapter

OR

#### 2) Email photos with student names to:

CNSAImageofNursing@gmail.com

\*\*\*Unlimited Entries! Contest ends September 30th, 2015!\*\*\*

#### Guidelines:

- Pictures should promote the positive image of nursing in venues such as the local community, education/schools, workplace, volunteering, conventions, and public speaking events.
- No photos with patients allowed.

#### Awards:

- Winning photos and story about you and your chapter will be published in the Fall edition of the CNSA Range of Motion newsletter and posted to the Image of Nursing Facebook page.
- Poster of photos to be presented at 2016 CNSA Convention with award recognition.

#### Judging:

- All entries will be voted on by the Image of Nursing committee and approved by CNSA Board of Directors.
- Winners will be contacted by email after September 30th and interviewed for Range of Motion article.

\*Social media posts— your privacy settings must be set to “public” for CNSA Image of Nursing to view the photo(s).



## A Guideline to Ethical and Effective International Projects

By Narisa Kachana, CNSA Cultural Awareness Chair

### AN INTRODUCTION TO GLOBAL HEALTH

In the past decade, there has been an increase in the movement toward bringing awareness and relief of global health issues. Many nursing students and nurses seek out the opportunity to participate in medical trips, which has become evident through ubiquitous online articles and personal social media platforms documenting trips, and through my correspondence with school chapters as Cultural Awareness Chair for CNSA. Having participated in a short-term international medical trip myself and after interviewing a dozen students from our constituents of CNSA, I believe this article will serve as a guideline for participating in an international project of your own. Because there is a lack of standardization and published guidelines for international trips, Ambulatory Pediatrics' Model for Sustainable Short-Term International Medical Trips used their previous experience with international projects to develop a model for other health professionals interested in work abroad.



### ETHICAL OBSTACLES

Upon my research on international health work, I found that ethical concerns are one of the top challenges to overcome. Despite its good intentions, critics label this work as “medical tourism”: short term overseas work in poor countries by clinical people from rich countries (Suchdev, *et al*, 2007). Others label it “voluntourism” which is a fast growing industry that receives about two billion dollars each year from volunteer tourists (Khan, 2014). Theresa Higgs, who runs a non-profit cultural immersion program, is “heartened by the altruism of volunteers but [is] worried about the flood of for-profit organizations bursting onto the scene” (Khan, 2014). Because of our restrictive school schedules, another concern is the sustainability of these projects because we could only dedicate a few weeks of our time to these projects during breaks from the school term.

According to *Ambulatory Pediatrics Model for Sustainable Short-Term International Medical Trips*, these trips can be seen as:

- Self-serving: provide value for visitors without meeting the local community's needs
- Raising unmet expectations: send volunteers who do not have appropriate language or training or accountability
- Ineffective: provide temporary, short-term therapies that fail to address the root causes
- Imposing burdens on local health facilities: provide culturally irrelevant or disparaging care and leave behind medical waste
- Inappropriate: fail to follow standards of health care delivery (continuity, access) or public health programs (equity, sustainability)

“With foresight and collaboration, it is possible to carry out a short-term international health trip that has a positive impact.” In the following paragraphs, I will be highlighting the components and guidelines of the sustainable model. This model is based on Children's Health International Project of Seattle's (CHIMPS) experiences with medical projects since 2002. For more information, please refer to the original content listed in the first citation on the reference section.

### ESTABLISH A MISSION

Create a mission statement, a common and specific sense of purpose, to communicate your groups' beliefs and goals. CHIMPS' mission statement is “To ethically address underlying health issues and to provide sustainable public health interventions and medical assistance for underserved communities in developing countries.” The group refers to this statement to keep the group on course as the project inevitably grows and changes.

## A Guideline to Ethical and Effective International Projects (continued)

### COLLABORATION

Participants must build a relationship with the target community and its infrastructure. This can be done through partnerships with an NGO (non-governmental organization), government agency, or other local organization, which determines the type and extent of work that can be done. These organizations understand and work with the specific community can facilitate the integration of medical and public health projects and assure their continuity.

### EDUCATION OF TEAM MEMBERS AND COMMUNITY

Education of participants should start well before the trip begins. Participants must be educated about the community, its medical problems, and effective interventions for these problems. It is also important to understand the sociopolitical context of a partner community and how it affects the identified medical problems. A sustainable intervention is to teach the teachers of the community about important health messages.

### SERVICE: COMMITMENT TO DOING WORK THE COMMUNITY NEEDS AND WANTS

To determine the needs of the population and follow individual persons, it is important to gather basic statistics, including anthropometric, demographic and dietary data to determine what interventions and supplies are needed. This can be done in partnership with the local organization that connects the participants with the community.

### SUSTAINABILITY

Building a sustainable project involves working in a single location so that efforts can be augmented during successive trips. This approach demonstrates a commitment to an ongoing relationship and allows for a greater effect on the community's health.



### EVALUATION

To ensure sustainability and effectiveness of interventions, evaluations must be done to determine whether goals are being reached. It is essential to measure a project's effects and improving its design and implementation. As your chapter and colleagues set goals for your group's international project, use these guidelines to facilitate ethical and effective interventions. In addition to this, please refer to your college or university's policies on international travel. If you are interested in participating in an international project and would like some guidance, contact me at [cnsculturalawareness@gmail.com](mailto:cnsculturalawareness@gmail.com).

### REFERENCES

Suchdev, P., Ahrens, K., Click, E., Macklin, L., Evangelista, D., & Graham, E. (2007). *A Model for Sustainable Short-Term International Medical Trips*. *Ambulatory Pediatrics*, 7, 317-320.

Khan, C. (2014, July 13). *As 'Voluntourism' Explodes In Popularity, Who's It Helping Most?* Retrieved June 16, 2015, from <http://www.npr.org/sections/goatsandsoda/2014/07/31/336600290/as-volunteerism-explodes-in-popularity-whos-it-helping-most>

## Student Spotlight on Global Nursing

By Narisa Kanchana, CNSA Cultural Awareness Chair

In an effort to highlight student participation and achievements in international projects, CNSA asked its constituents to submit pictures and summaries of their experiences while working abroad. Here are a few testimonials and we hope that these inspire you to participate in similar projects!



**Erica Fontana, San Diego State University  
Ghana, Africa**

*This experience was truly life changing; and it helped me confirm that nursing was the right career path for me. I was able to work first-hand with a Midwife from Ghana. She taught me so much about this profession and she has even inspired me to pursue a career in Midwifery! Her passion and love for her patients and for helping those in need was so inspiring. It has made me want to one day do the same for my own country. Traveling to Ghana, Africa has helped me become a more culturally aware nurse and has reminded me why I wanted to become a nurse in the first place—so I can help those in need.*

-Erica Fontana, San Diego State University

*[We spent] three weeks in Ecuador studying the Spanish language and local health practices, including traditional medicine. Traveling to Ecuador helped me realize the importance of incorporating patients' personal beliefs into their care. Ecuador has legislative provisions for the incorporation of traditional medicine into modern health care standards, and I apply this same respect for personal beliefs in the care of my patients.*

-Cassandra Landrum, CSU Stanislaus



**Cassandra Landrum, CSU Stanislaus  
Ecuador**



**Christine Choi, Christy Zimmerman, Britani Serrano, & Obdulia Sierra;  
National University San Diego  
Baja, Mexico**

*In December 2014, I had the opportunity to participate in a nursing volunteer trip in Baja, Mexico during my winter break, along with a couple of my classmates from National University. I was able to partake in hands-on patient care with the residents of an impoverished community in Puerto Penasco. We conducted surveys of the neighborhoods and identified the medical or dental needs of this community, checked their vital signs and glucose at their homes, and also assisted the clinician at the local community center and rehabilitation centers for men and women. This program was a very hands-on opportunity to delve deep into Community Nursing.*

-Christine Choi, National University San Diego

Student Spotlight on Global Nursing (continued)

When I went to Panama, I was nervous about communicating with patients because I never took a Spanish class. I realized on this day, playing with this child, that it didn't matter. We communicated through laughter and teaching each other games. At that point, I felt like I knew this child. It was such a special moment for me that reminded me of a quote: "Kindness is a language that the deaf can hear and the blind can see, while laughter is something that we all can understand."

-Melissa Byrne, CSU Sacramento



Melissa Byrne, CSU Sacramento  
Panama

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



National Student Nurses' Association:  
[www.nсна.org](http://www.nсна.org)



Association of California Nurse Leaders:  
[www.acnl.org](http://www.acnl.org)



California Action Coalition:  
[www.caactioncoalition.org](http://www.caactioncoalition.org)



California Institute for Nursing & Health Care:  
[www.cinhc.org](http://www.cinhc.org)



American Nurses Association \ California:  
[www.anacalifornia.org](http://www.anacalifornia.org)

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