

CNSA

California Nursing Students' Association

CREATING THE FUTURE BY LEADING THE WAY

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DON'T MISS THIS CNSA EVENT!

Free Registration & Lunch Provided

WHEN

FEBRUARY 24, 2018

TIME

7:45AM-3PM

WHERE

CALIFORNIA STATE UNIVERSITY
SAN MARCOS


MEMBERSHIP MEETING SOUTH

Register at www.form.jotform.com/cnsamembership/mms2018j

MESSAGE FROM YOUR PRESIDENT

"We are excited to announce our first membership meeting will be held on February 24th at California State University San Marcos. This is a terrific opportunity to learn more about the mission and values of CNSA, as well as all the ways you can become involved at both the state and local level."

It is an honor to serve as your 2017-2018 California Nursing Students' Association (CNSA) President and I am extremely excited for the year ahead! On behalf of the entire CNSA Board of Directors, we are enthusiastic about reaching out to you and offering guidance, resources, and mentorship during your journey in nursing school.

During our Board of Directors Annual Orientation Retreat in November 2017, we set our goals for the upcoming year and I wanted to

share some of the areas we are going to concentrate on during our term. While these goals may seem rather ambitious, we will develop strategies during our board meetings to address each goal. We are looking forward to a productive and successful year as your CNSA leadership by accomplishing the following:

- Contribute to the positive image of the nursing profession by actively seeking excellence in all that we do as a Board of Directors, and as the collective body of California nursing students.
- Provide outreach to California nursing schools to help with chapter development.
- Increase attendance at CNSA Membership Meetings and CNSA Annual Convention.
- Provide resources to chapters about outreach to pre-nursing students, high school and college alike. Resources would also address development of mentor/mentee programs.

- Development of a membership engagement and professional development program for nursing students in California. Participants that complete the program will receive special recognition.
- Assist with the efforts to increase the number of potential donors within bone marrow registries, such as Be The Match (the National Bone Marrow Donor Program).
- Increase the number of school chapters that hold Save a Life Days to teach lay persons hands only CPR. Coordinate a statewide campaign during CPR Awareness week in June.
- Development and dissemination of resources to increase awareness about the uniqueness of the cultures of the patients we care for, including assistance for students to decrease language barriers.
- Actively participate in the legislative process, including sharing the voice of CNSA constituents on matters of importance to nursing and health policy. This includes advocating for adoption of

the CNSA resolution to be presented at the NSNA House of Delegates in April 2018.

- Enhance communication with constituents through successful and innovative techniques, including social media.

As we embark on a new year, I encourage you to set goals within your local chapters as well. It is my hope that CNSA can help facilitate joint efforts across California so that we can learn and grow from each other.

Please feel free to tailor any of these goals to your chapter's interests. Perhaps you will feel passionate about one of the topics or planned efforts, in which case I highly recommend that you

contact me or any CNSA Director so that you can be involved. We welcome and need your participation at the state level. I truly believe that together, we can accomplish them all.

The beauty of CNSA is our ability to connect as nursing students while improving and fostering our development as nursing professionals. At the same time, we can join to impact our local communities through outreach and service to improve health outcomes across the state of California and beyond. Together, as the emerging nursing workforce, we will create this future by leading the way!

Please feel free to contact me if you have any questions about CNSA or how to become more involved. My email address is cnsapresident@gmail.com and I look forward to hearing from you!



STEPHANIE LICHTWARDT - PRESIDENT 2017-2018

THE IMAGE OF NURSING IN ACTION



SOPHIE PARSH

IMAGE OF NURSING DIRECTOR 2017-2018

In October, three amazing speakers presented at the annual California Nursing Students Association (CNSA) convention. One speaker, Nurse Kelly, spoke on the image of nursing. Nurse Kelly, a runner up in the Miss America Pageant, wore her scrubs and stethoscope while reciting a personal monologue about a patient for the talent portion of the contest. Although Nurse Kelly did not ultimately win the pageant, her story reached the multitude. Kelly showed leadership through her actions, and as a result, many people recognized the professionalism of nursing and the importance nurses have for advocacy and care in patients' lives. By using the Miss America platform, Kelly role modeled a positive nursing image.

Nurse Kelly's actions reflected the National Student Nurses Association's (NSNA) core values.

The core values complement the ANA Code of Ethics provisions. The values provide qualities for ethically competent nurses.

They are as follows: o Leadership and Autonomy o Quality Education o Advocacy o Professionalism o Care o Diversity

These values emphasize the importance each nurse has and how to carry out one's actions. As leaders, nurses contribute to a healthcare team by focusing on the patient. Nurses are required to have the leadership skills to support a patient's right to autonomy and making well informed decisions. Due to the rigorous clinical training that nursing students receive, a quality education is essential to gaining the skills nurses need.

Nurses are advocates for patients, healthcare professionals, the healthcare team, the hospital, families, and their community. Putting on the nursing scrubs and stethoscope sends a statement about the care and practices of all nurses. Nurses should continue to promote professionalism. Nurses show care when they connect with patients. Care involves compassion, empathy, and action. Not only do they strive to understand what the patient is going through, but take action to make patient care better. The ability to work with diverse individuals is essential to professional nursing care.

Nurses play an important role in people's lives. The actions of one nurse can change a person's view of all nurses. As students, when we put on our scrubs and stethoscopes before clinicals, we not only represent our nursing schools, but also the nursing profession. Nurses, and nursing students impact patients through their work and care. Creating a positive nursing image for the profession starts now in school. Advocating for a positive image of nursing will improve patient care, and the nursing profession. As the future generation of nurses, the profession depends on our image. With the increased rate of retirement for Baby Boomers, more nurses are in demand. It is up to the next generation of nurses to promote a professional image. Change cannot happen all at once. As CNSA chapters, we can change our patient's lives by small actions. Following these NSNA core values can help. To put words into actions, we want to see your actions.

Show us with your photos! Please send in your pictures to this Jotform: <https://form.jotform.com/73326734378161> and be featured on the CNSA social media sites. We are the future generation of nurses, let's start today!

NURSE PRACTITIONERS FULL PRACTICE AUTHORITY AND RURAL POPULATION

Healthcare has always been dynamic, and change is inevitable. For instance, the number of primary care physicians is expected to continue shrinking, as fewer medical residents choose to specialize in family [general] practice and internal medicine (Poghosyan, Lucero, Rauch, & Berkowitz, 2012). Medical residents are trending towards non-primary care specialties. How does this affect our future?

Let's say a primary care physician in a rural area stops accepting new patients because their schedule is too full. The patient seeking medical help is forced to go to the emergency department for treatment. This puts a strain on the hospital and puts a financial burden on the patient. The United States is facing a primary care physician shortage, but the most pressing problem is uneven distribution, particularly in poor and rural communities (Pettersson, Phillips, Bazemore, & Koinis 2013). Nurse Practitioners (NP) will likely fulfill a substantial amount of future demand for care (Auerbach, 2012). NPs and other advanced practice providers can fill these voids, making healthcare more accessible, cheaper and effective for the patient.

Almost half of the United States is heading towards removing restrictions for the advanced practice registered nurses (APRN). How will this benefit California? Well, it's a reality for the NP who works within any Veterans Affairs (VA) facility. VA NPs already have full scope practice, and the veterans are benefiting. So why have NPs in rural California not been able gain full practice authority?

FULL, REDUCED OR RESTRICTED PRACTICE

As of 2017 there are 22 states plus the District of Columbia that allow full practice authority for the NP. This allows the NP to evaluate patients, order and interpret diagnostic tests, make a diagnosis then initiate and manage treatments—including prescribe medications—solely under the licensure authority of the state board of nursing (AANP, n.d). In contrast, 16 states give the NPs reduced practice authority. While, California NPs and the remaining states are under a restricted form of practice. To summarize,

Full Practice

- Evaluates patients
- Diagnoses
- Orders and interprets diagnostic tests
- Initiates and manages treatments
- Prescribes medication
- Acts under the exclusive licensure authority of the state board of nursing

Restricted Practice

- Will be limited in one or more services he/she can provide the patient
- Must be team-managed, supervised, or delegated to by an outside health discipline

Reduced Practice

- Will be regulated by a collaborative agreement where the other party is from an outside health discipline (e.g. Physician).
- May be limited upon the setting where the NP can practice
- Will be limited upon services he/she can offer to the patient

THE OUTLOOK OF NP SCOPE

A research/literature review published in 2015, concluded that aligning policy change, organizational innovations, and future research are critical to NP optimal utilization for patient care and outcomes (Poghosyan, Boyd & Clark, 2015). Recommendations to remove scope-of-practice barriers for APRNs, were made in a 2011 publication by the Institute of Medicine (IOM): The future of nursing: Leading change, advancing health, they should be able to practice to the full extent of their education and training (IOM, 2011).

So, what barriers are California policy makers facing in allowing NPs to practice full scope? I challenge you to do your research and contact your district's legislator, so they can take the message to the State Capitol. In 2015, previous Senator Ed Hernandez (D-Covina) and current Assemblymember Susan Eggman (D-Stockton) introduced State Senate Bill 323 (Full Practice Authority for Nurse Practitioners), it passed the senate floor but failed to pass the Assembly Committee on Business and Professions. When a bill like this comes up at another committee meeting at the State Capitol, know that sharing your experience and support can be a valuable counter to old ideas and irrational policies.

Change is inevitable, let's make it positive!



CONRAD DELMUNDO
CONVENTION DIRECTOR 2017-2018



CHAPTER SPOTLIGHT!

The Fresno State CNSA Chapter is hard at work transforming the student nursing experience on their campus and expanding their impact on the Valley! They support each student from their first semester by organizing RN Bootcamps where they teach first semesters all the ins and outs of nursing school. They continue throughout their education by providing membership meetings with special guest speakers, organizing fun events like Winter Formal, and collaborating on community outreach programs like Health on Wheels and Project Help the Homeless. Finally, they help fundraise for and are there to support each student as they are pinned on graduation day. Keep up with more of what they are doing by following them @cnsafresnostate and remember, Go Dogs!



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DIRECTOR SPOTLIGHT
EMILY ANDERSON

QUICK FACTS

- Sacramento State BSN Student
- Graduating 2018
- Aspires to work as CCN in ICU
- Loves fishing and Abalone Diving

Favorite Quote

As a nurse, we have the opportunity to heal the heart, mind, soul and body of our patients, their families and ourselves. They may forget your name, but they will never forget how you made them feel!
 - Maya Angelou

"I am passionate about nursing advocacy and activism and love to participate in events that promote health and wellness in community"

WHY CNSA?

• I feel so blessed to finally be pursuing the career of my dreams. Through my involvement in CNSA I have been able to apply and develop leadership skills, professionalism and stewardship

This year I had the opportunity to volunteer for save a heart day in which we taught the public hands only CPR as well as provided blood pressure screening and education



CONNECT WITH US THROUGH SOCIAL MEDIA!



c.n.s.a_



California Nursing Student Association (CNSA)



CNSA_California



CNSA Videos