

# OhSNA

OHIO STUDENT NURSES' ASSOCIATION

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Image Credit: Marissa Kimbler

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# A MESSAGE FROM OHSNA'S PRESIDENT

Image Credit: Meris Shuwarger



Hello extraordinary future nurses!

As President of the Ohio Student Nurses' Association for 2020-2021 I have been given the incredible opportunity to help represent the interests of student nurses from all across our great Buckeye state. Now, more than ever, I feel that the opinions of student nurses must be heard, and that we must actively work to protect the interests of our future nurses. Adapting to distance learning has been a lesson in flexibility, tenacity, and dedication for us all, and I am sure you have experienced all the highs and lows that come with an unexpected change of this scale.

As you may know, 2020 is the Year of the Nurse and Midwife. Yet across the country we have seen nurses suffering from burnout, unsafe nurse/patient ratios, lack of PPE, and the highest rates of SARS-CoV-2 hospitalizations amongst healthcare workers (Kambhampati et al., 2020). This Year of the Nurse and Midwife at least 1,500 nurses in the US have died from the disease, equaling as many nurses who died as a result of the first World War (Mitchell, 2020).

I would propose to you that we must make 2021 the Year of Protecting the Nurse. We already know all about the ways in which understaffing and unsafe staffing ratios hurt nurses and patients alike during normal times and contribute to high rates of burnout and turnover, furthering our nursing shortage.

But what of extraordinary times? How can a nurse be expected to wear the same PPE not just for one shift, but to use and reuse it until it falls apart? How can we decrease the nursing shortage now? How can we attract others to join the great field of nursing?

As nurses, we are advocates. Mostly we advocate for our patients, but we must also advocate for ourselves and for each other. We must prove that we value, respect, and will protect our nurses not only when times are good, but when they are terrifying, new, and uncharted.

I would like to invite you to take part in this advocacy by calling your representatives and legislators to request their support for The MSTAD Act (Medical Supply Transparency and Delivery Act). Not sure how? Visit [GetUsPPE.org](http://GetUsPPE.org) to get started. I'd also ask that you follow us on Instagram @ohiosna to be kept apprised of all our advocacy efforts.

And lastly, I know you are working so hard right now, but I would like to remind you that rest is a productive activity. Even if just for an hour, turn off the news, avoid social media, and close your textbooks. Take a breath, and take some time for yourself.

With respect and admiration,  
Meris Shuwarger, OhSNA President

# MEET THE BOARD

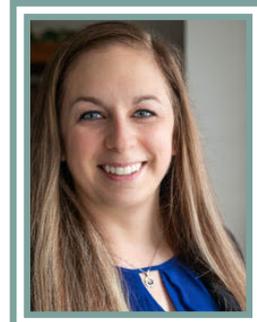
## 2020-2021 BOARD OF DIRECTORS



President: Meris Shuwarger



Vice President: Jeffery Starnes



Secretary: Maria Lewis



Health Policy & Advocacy  
Director: Iasha Palko



Convention Planning  
Director: Mikaylah Young



Breakthrough to Nursing  
Director: Marissa Kimbler



Population & Global Health  
Director: Rashmi Kumbhani



Membership Director:  
Avery Bednarski



Treasurer: Taylor Moore



Public Relations Director:  
Haley Jumper



Graduate Advisor: Taylor Longenette Mullin



ONA Consultant: Dr. Kathy Fernandez

# MULTICULTURAL WINTER TRADITIONS

## FEATURING OHSNA BOARD MEMBERS

My favorite holiday tradition is wearing matching pajamas on Christmas morning. Last year we even included our dog. I've already purchased my pajamas for Christmas 2020!

—Taylor Moore



Image Credit: Taylor Moore



Both my mother and my husband are Polish. Each year, my family celebrates the holidays on December 24th with a traditional Polish dinner, called Wigilia. Polish linens decorate the table, while we sing, eat, and celebrate.

—Iasha Palko

Image Credit: Iasha Palko



Every year we travel to Washington DC to spend time with family and see the tree on Capitol Hill. We also participate in "Wreaths Across America" to put wreaths on the headstones at Arlington Cemetery. The District is my favorite place to be over the holidays!

—Avery Bednarski



Image Credit: Avery Bednarski





Image Credit: Rashmi Kumbhani



Favorite winter traditions are making and decorating cookies, decorating my tree and Dolly Parton Christmas songs! Also, something we do is give handmade gifts and use the money saved as a donation to a local animal shelter.  
—Rashmi Kumbhani



Image Credit: Maria Lewis

For the past 7 years now, every black Friday I put up my 4' Christmas tree instead of going shopping. Another thing I've done the past few years now, is my very best friend from Kent State typically comes home after Christmas and we spend a weekend together catching up in her hometown on the outskirts of Cleveland.  
—Maria Lewis



Image Credit: Meris Shuwarger

Being raised in a blended family, getting to celebrate Hanukkah and Christmas has always been so meaningful to me. Getting to share these holidays with my two children means the world to me now!  
—Meris Shuwarger



# PRESIDENT ELECT JOE BIDEN PROPOSED HEALTH CARE PLAN

Contributor: Iasha Palko

With a new administration comes promising health care goals. Here, we outline the key points of the Biden Health Care Policy, which build on the foundation established in the Affordable Care Act.

## ACCESS TO HEALTH INSURANCE FOR ALL AMERICANS

- **Public health insurance option**

- *Implementation of a public option modeled after Medicare A to provide insurance access independent of an employer.*

- **Tax Credits to Lower Premiums**

- *No family should spend more than 8.5% of their income on health insurance.*

- **Expanded Coverage**

- *A public option will offer coverage to individuals in the 14 states where Medicaid expansion has not been enacted.*

## KEY POINTS

Goals addressing systemic issues within the healthcare system include:

1. A LESS COMPLEX HEALTHCARE SYSTEM

- Stop “surprise billing”
- Increasing market competition
- Improving health outcomes
- Investing in community health centers

2. ADDRESS DISCRIMINATION IN HEALTHCARE

- Expanding access to contraception and free preventative care
- Restoring funding to Planned Parenthood
- Supporting global health efforts
- Reducing maternal mortality rates among people of color
- Achieving mental health parity and expanding access to care

For additional information, including prescription drug policy and coronavirus efforts, visit <http://joebiden.com>

# SELF-CARE & EMOTIONAL WELLNESS

## Through Nursing School and a Pandemic

Contributors: Avery Bednarski and Maria Lewis

As nursing students, we understand that this past year has brought hardship and exceptional levels of stress. The usual nursing school stressors piled atop the pandemic experience is requiring an increased need for self-care. Here are a few tips from the Ohio Student Nurses Association Board of Directors and nursing students around Ohio on what they are doing to promote mental wellness during these difficult times.

### OUR RECOMMENDATIONS

- Listen to a guided meditation on Headspace. Headspace is currently offering free access for healthcare professionals and students.
- Get in some movement by following a free Yoga with Adriene video on Youtube.
- Reach out to friends, family, and peers for support.
- Find a new class at a gym or fitness center. Many facilities are running holiday specials on membership prices.
- Attend therapy or seek out professional assistance as needed. Take advantage of university-provided counseling services.
- Make connections with people experiencing similar things as you.
- Have crisis lines programmed into your phone for emergencies.

### HOW NURSING STUDENTS AROUND OHIO ARE PRACTICING SELF CARE

"Taking long walks has been very helpful for me because being surrounded by fresh air and nature is calming to me."

-Katie, Capital University

"The biggest thing I do now is wake up at least 10 minutes earlier than I need to so I can relax while I drink my morning coffee."

-Margaret, The Ohio State University

"I also try to spend as much time with my family and friends to just spend some time laughing and enjoying their company."

-Kendra, University of Findlay

"During the past year I've made it a top priority to exercise daily when I can and eat healthier to help maintain my mental health."

-Adam, Mount Carmel College of Nursing

"I have been using a reflection journal to write my thoughts and feelings down as another way to cope."

-Sarah, Ohio University

"Pay it forward during the pandemic, loving on my family and friends, and remaining thankful during this unprecedented time of our lives!"

-Brandi, The Christ College of Nursing and Health Sciences

"I also make sure I do something for myself at least once a week. This ranges from getting myself another sweater or blanket to stopping studying early one night."

-Emma, Chamberlain University

## COMMITTEE UPDATES

“ The Office of Healthcare Policy and Advocacy has been working to provide weekly #AdvocacyWednesday posts on topics relevant to student nurses. So far, we have discussed mental health and COVID-19. As the year progresses, we hope to explore a variety of issues and develop further materials to educate and inspire future nurses.

-lasha Palko

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“ This year has brought high levels of stress and loads of unknowns to students all over the world. As the pandemic continues to threaten our communities, my main goal for this year is to prioritize the safety of our members. I would like to keep everyone healthy and continue to lead by example for our peers. While adhering to the necessary safety measures, my next goal is to create online spaces and support systems for nursing students in Ohio. Finally, I would like to ensure that students at schools without established student nurses associations also have the opportunity to be involved and represented. I hope that, by creating and promoting connections with other students, we can encourage new membership and continue to provide support for the current members of the OhSNA.

-Avery Bednarski

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“ This year as treasurer, I hope to ensure that our spending helps fund organizations with aligned values and promotes student nurses in Ohio. We recently donated money to Operation Christmas Child, an organization that sends Christmas Shoeboxes filled with goodies to children in need all over the world. My goal this year is to help student nurses develop a better understanding of money, budgeting and finances so that come graduation, we can be better prepared to buy that dream car or home. I've started a monthly post on OhSNA's Instagram where I share #monthlymoneytips!

-Taylor Moore

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“ The goal of the population and global health position this year will be to focus on human and animal rights. These two areas will be bridged together by shedding light on the human trafficking epidemic in Ohio, global environment and conservation, and organizations that focus efforts on training rescue animals to be assistance animals. This year, this will be obtained through multiple virtual education and training opportunities open to all nursing students.

-Rashmi Kumbhani

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Image Credit: Taylor Longenette





# CONVENTION 2021

Although our 2020 convention was canceled due to COVID-19, we will be holding a 2021 convention, either on-site or virtually!

Visit our website and social media for more information on our upcoming events.

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

Follow us on Instagram!  
@ohiosna



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Kambhampati, A. K., O'Halloran, A. C., Whitaker, M., Magill, S. S., Chea, N., Chai, S. J., . . . Wilson, M. W. (2020). COVID-19-Associated Hospitalizations Among Health Care Personnel – COVID-NET, 13 States, March 1–May 31, 2020. *MMWR. Morbidity and Mortality Weekly Report*, 69(43), 1576-1583. doi:10.15585/mmwr.mm6943e3

Mitchell, G. (2020, October 30). Known Covid-19 nurse death toll 'now equal that from WWI'. <https://www.nursingtimes.net/news/coronavirus/known-covid-19-nurse-death-toll-now-equal-that-from-ww1-27-10-2020/>.