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A MESSAGE FROM MERIS SHUWARGER

OHSNA PRESIDENT

Hello extraordinary future nurses!

It's hard to believe that together we have come through a full calendar year since the pandemic brought about the initial "stay at home" order here in Ohio from Governor DeWine. For many of us, it's been a full year of Zoom lectures, labs, and clinicals or some combination thereof. Some of us have returned to clinical sites under much different circumstances. And so many of us have been affected directly or indirectly by this virus.

I hope today that you can take some time to reflect on how far you, yourself, have come over the past 12 months. Think of all that you have accomplished on your path to becoming a nurse. You might be gearing up for graduation, having persevered through a global pandemic. Perhaps you're starting your first clinical course soon. Maybe you're moving on to your specialties. And a few of you might be reading this with "RN" officially after your name.

Whatever you've accomplished over this past year, OhSNA is so proud of you. We see how hard you work. We know the late nights and the long lectures. We understand the days you just want to stay in bed. We celebrate your successes and we are here for you when things don't go the way you planned. Not just in COVID times, but always. We are proud to have you as our constituent, and so honored to be able to represent your interests.

Please keep reading and check out the updates from all of our board members. Even from home, we are working so hard to bring you fun and interesting events. And mark your calendars! October 2nd will be our annual convention, and it will be held virtually! You can listen to our incredible speakers and visit all our exhibit booths without even getting out of your pajamas. Speaking of convention, we are so pleased to announce an exciting lineup of speakers! Cathy Parkes of Level Up RN will be our keynote speaker, and she will be speaking on resiliency in nursing. We will also be joined by Cat Golden of Nurses Inspire Nurses, Diana Page of Catalyst for Self Care, Claire Phillips of Nursing the System, and more. Our aim for this convention is to arm you with the tools you need to practice radical self-care, avoid burnout, and be the best advocate you can be for yourself and your colleagues at the employer, local, state, and federal levels.

Mark your calendars—I promise you won't want to miss this!

With respect and admiration,
Meris Shuwarger
President, Ohio Student Nurses' Association

WHAT ARE WE UP TO?

BOARD MEMBER UPDATES

RECENT EVENTS

MedFlight Presentation by Steve Broghese, RN, EMT-P, CEN. Steve covered the history of flight nursing, a typical day in the life of a flight nurse, and the required education and qualifications for flight nursing.

Anti-Trafficking Program Specialist, Maria Busch covered the nature and scope of human trafficking in Ohio. Maria also discussed sample cases, signs & indicators to help healthcare professionals identify potential victims.

[Visit our website to view recordings of these events.](#)

MEMBERSHIP UPDATES

Avery Bednarski has worked diligently to increase connectivity with Ohio nursing students. She has spent most of her time finding contact information for schools that OhSNA did not have previous interactions with, reaching out to administrators, and ensuring consistent communication with additional programs around the state. Avery hopes to gain contact with as many nursing students as possible and make sure all students get the opportunity to receive updated information from OhSNA.

SOCIAL MEDIA

Treasurer Taylor Moore provided "Monthly Money Tips" post on Instagram. Taylor covered opening a student credit card, improving a credit score, checking your credit score for FREE, contacting debt collectors, and requesting settlements.

Marissa Kimbler has been working through Breakthrough to Nursing to create monthly awareness posts on Instagram. She has covered breast cancer, thyroid disease, and diabetes awareness. Breakthrough to Nursing has also put together the series of "Marketing Yourself" which includes resume building, career portfolios, and interview tips.

Iasha Palko provided #AdvocacyWednesday posts on Instagram. Her posts included topics about voting, mental health care, and front-line workers battling COVID-19. In the future, the Health Policy and Advocacy office plans to cover topics like women's health, diversity, and ANA position statements.

Follow us on Instagram
@ohiosna 

MARKETING YOURSELF

RESUME BUILDING, CAREER PORTFOLIO, & INTERVIEW TIPS

Based on a Presentation by Dr. Lois S. Marshall

Contributor: Marissa Kimbler

Priority: Receive your nursing license 4-6 weeks after graduation & plan for your first career position.

- What is your dream job?
- What are you willing to take?
- Are you willing to move locations for a position?



Building a Resume: It's like you in a business suit!

- Include a goal or objective statement, no more than 2 sentences.
- Include licensing & certifications, education, experience, honors & awards, professional organizations & activities, presentations & publications, special skills, & references.
 - Licensing: List the license number
 - Experience: List preceptorships, capstone, & practicums
 - References: Can be left off & listed on a separate sheet that is brought to the interview
- No font smaller than 11 point, keep it to 1 page in length
- Send a follow up email to thank them, & ask for feedback if you did not receive the position.

Career Portfolio: "The passport"

- Where you have worked, where you work now, & where you want to work.
- Compilation of marketable skills, abilities, & qualities
- Community service/Volunteering
- Letters of reference

Interview Tips: It's not just to see if they want you, but if you want them too!

- Prepare: role play the interview, arrive early, dress for success, come prepared with questions for the interviewer, and most importantly: be yourself!
- Questions: think about your strengths & weaknesses, why you chose nursing, how you work with others, & what makes you an ideal candidate for the position.
- Be prepared to describe past situations you've encountered & what you learned.
- Potential employers are NOT allowed to ask about:
 - Marital status
 - Age & sex
 - Religion

CONVENTION 2021



OHIO STUDENT NURSES' ASSOCIATION

OhSNA Convention 2021: The Year of Protecting the Nurse

Join us for our **virtual** convention on October 2nd, 2021. Our aim this year is to bring you content designed to help you be the most well-rounded nurse possible!

Not only will we have exhibitors present in our virtual exhibition hall, but we will also be hosting an incredible lineup of speakers! Stay tuned for more information on our incredible lineup, which includes:

- Cathy Parkes BSN, RN, CWCN, PHN, Founder & Chief Educator at **Level Up RN**
- Cat Golden, RN, Owner of **Nurses Inspire Nurses**
- Diana Page, ACNP-BC, Nurse Mentor & Educator with **Catalyst for Self Care**
- Claire Phillips, MN, RN, Founder of **Nursing the System**
- Panel discussion on diversity in medicine and cultural competency

Please keep a lookout for more information from us soon about how to register, the schedule of events, and more. We can't wait to see you there, and hope that you will learn plenty to carry with you as a new grad!

Follow us on Instagram
@ohiosna



DID YOU KNOW...

MARCH IS NATIONAL NUTRITION MONTH

Access to Food:

During the recent public health emergency, government agencies have worked hard to develop flexibilities for those who use programs like Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and the Supplemental Nutrition Assistance Program (SNAP). The U.S. Department of Agriculture (USDA) has also developed plans for children who are enrolled in the National School Breakfast and Lunch programs. Children are able to maintain access to food during times of school closures.

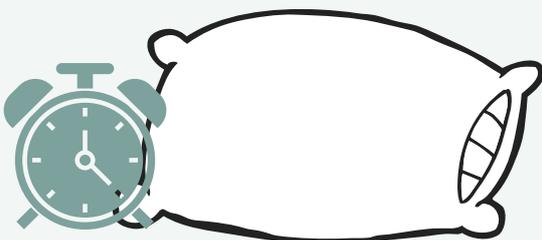
Coronavirus (COVID-19). (2020). Retrieved from <https://www.eatright.org/coronavirus>



Tips for Supporting your Immune System:

1. **Eat plenty of fresh fruits and vegetables.** Polyphenols are natural occurring compounds found in both fruits and vegetables that help support beneficial gut bacteria while inhibiting harmful bacteria.
2. **Stay hydrated.** Water is needed to allow our kidneys to flush out toxins, help our digestive systems remove waste from our bodies, and to keep lymph fluid flowing.
3. **Avoid eating sugary foods.** Sugar is a source of empty calories. Consuming sugar suppresses our immune system by destroying the germ-killing ability of white blood cells for up to five hours after ingestion.
4. **Sleep.** Lack of sleep suppresses our immune system by preventing our body from producing cytokines to fight off infection. Adequate sleep ranges from 7-9 hours per night.
5. **Reduce stress.** Stress suppresses our immune system, similarly to a lack of sleep. Find a way to manage your stress: exercise, meditation, reading, listening to music, etc.
6. **Get moving.** Moderate physical activity improves the flow of lymph fluid. It is recommended to get 30-60 minutes of activity per day.

Smith, M. D. (2020). 7 Ways to make your immune system stronger. *Better Nutrition*, 32-36.



NUTRITION & COVID-19

DID INDUSTRIAL FOOD SET US UP FOR COVID-19?

According to article writer Melissa Diane Smith, the 2020 Coronavirus pandemic should bring global attention to the risks that exist in our modern food system.

"First, our industrial food system is decimating the environment. Second, our nutrient-depleted and chemically saturated processed-food supply is changing our bodies from the inside out."

Our soil has been depleted of nutrients as a result of industrial farming. Without healthy soil, it is impossible to have nutritious food to support healthy immune systems. "There also is emerging research that exposure to environmental chemicals such as pesticides, BPA, and dioxins—which are used in the growing of food ingredients and the packaging of food products—impair immune function and leave people more vulnerable to infectious diseases." People who suffer from a chronic diseases are at a higher risk. "Preliminary findings show that metabolic dysfunction, which occurs with any of these diseases, can cause devastating complications from COVID-19."

Smith, M. D. (2020). 7 Ways to make your immune system stronger. Better Nutrition, 32-36.



OHSNA ADVISORS ARE PUBLISHED!

The OhSNA board members would like to congratulate our advisors, Dr. Katheryn Fernandez and Taylor Mullin on their recent publication in the Journal of Current Trends in Nursing & Health Care.



Dr. Fernandez is the proud advisor to OhSNA since 2015. During this time, the board of directors has excelled in growing on a state and national level. She is the recipient of the 2020 OLN Excellence in Teaching award. This underscores her dedication to helping students be successful during their degree pursuits. In 2019-2020, Dr. Fernandez has published 3 articles and continues to be an invited speaker at national and international nursing conferences. She developed a digital evidence room that will be the exemplar for CCNE site visits. In addition, she leads two study abroad trips to Mexico annually for students exploring the culture and healthcare of Mexico.



Taylor is the Ohio Nurses Association graduate advisor for OhSNA and an adjunct faculty member at Capital University. She served on the OhSNA board for 2 years as secretary and vice president. Taylor graduated from Mount Carmel College of Nursing in 2018, and she recently graduated from Capital University obtaining her MSN in nursing education. She works full time as a staff nurse in the operating room at The James Comprehensive Cancer Center where she works with the thoracic oncology team. Taylor will be starting her PhD degree in nursing at The Ohio State University fall of 2021.

Visit page 9 to read the Q&A with Dr. Fernandez and Taylor about their experience with writing the article.

Visit <https://katalystpub.com/jctnhc-articles-inpress/> to read the full article.



ABOUT THE ARTICLE

VARK Learning Preferences and Engagement of Prelicensure Nursing

Q: What is VARK?

A: VARK is an online assessment used by nursing professors to determine what types of learning styles each student has in the classroom.

Q: What made you decide on the topic of VARK?

A: (Taylor) I decided to research this topic while I was in my graduate school course where I started learning the ins and outs of teaching and learning. You don't realize how important it is to know everyone's learning style in the classroom until you get teaching experience.

Q: How much time did you put into writing this article?

A: (Taylor) This research was a part of my graduate nursing courses. I decided that I thought it would be great research to share with others, so I started working on making it a manuscript and submitting it to different journals. This research took me almost 10 weeks to complete.

Q: Do you have any advise for other nurses who are interested in publishing an article?

A: (Taylor) My advice is to not get discouraged if you get a rejection. You would be surprised to know even the most famous authors out there have been rejected. You learn and grow from the feedback from certain journals and it helps you put together a better manuscript. I also am a believer in having a mentor through all of this. The second author, Dr. Fernandez, is my mentor and it has helped me write some of my best work.

Q: What was your overall experience with putting together the article?

A: (Taylor) Putting together a research paper or a manuscript is not always easy. Many journals have different guidelines and rules to follow, so making adaptations to that is critical in having a chance to get it published. I have had my share of rejections, but it makes getting the acceptance that much more exciting.