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OhSNA NEWS

OHIO STUDENT NURSES' ASSOCIATION

Winter NewsLetter

ohiostudentnurses.org

Happy New Year from OhSNA

Welcome to the new year and with it the first edition of the 2019 Ohio Student Nurses' Association newsletter. Hopefully everyone enjoyed their break, got some much-needed rest, and maybe enjoyed some sun and warm weather. Now that the holidays are behind us, and the new semester has begun, it's time to get back to our studies. As busy nursing students it is important to remember to take time for self-care and to keep yourselves healthy.

Remember the saying "all work and no play…."? Well, all work and no breaks can be just as bad. If you have been working steadily for hours give your eyes and mind a chance to rest. Take a break. You will come back feeling refreshed and alert and ready to go.

Sometimes the workload, deadlines, and pressure can feel overwhelming. At times like these try to remember that you are not alone. Reach out to your professors and friends. Perhaps there is more time available to complete a project, or a friend that can help you study.

Your health is a key factor to maximizing your academic potential. Eating correctly is an integral part of staying healthy. Learn proper portion size to avoid eating too much of even the healthiest foods, and keep track of how much you're eating. For most people, meat servings should be about the size of a deck of cards and other servings vary by the type of food. Check out recommended amounts and other nutritional information at www.choosemyplate.gov. Eating healthy also includes snacks. Keep healthy snacks around, stock your dorm room or apartment with fruits and other healthy snacks and leave the Cheetos on the supermarket shelf.

Healthy eating is a great start but don't forget to exercise, it won't happen by itself. Have a plan and incorporate a variety of activities in your workout, such as strength training, cardio, and stretching exercises.

Have a great semester and look for our spring edition coming in April.

Has your chapter done something worth sharing? Are there topics of interest you'd like to read about? Email us at ohiostudentnursesassociation@gmail.com

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Meet the 2018 - 2019 Board of Directors

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Chamberlain University

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Casey Larson
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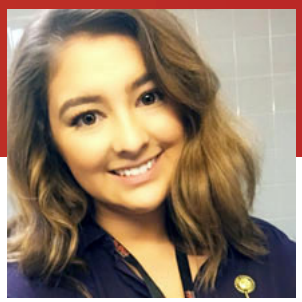
Population and Global Health Director



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A Message From the President

Hello and Happy New Year! My name is Shaina Bahler and I am a senior at The Christ College of Nursing and Health Sciences in Cincinnati, Ohio. I am incredibly excited and honored to be able to serve and lead this talented Board of Directors. The Board is working very diligently on building our association to reach its fullest potential to ensure a strong continuation for future student nurse leaders. In addition, our goal is to reach out and connect with school chapters across the state of Ohio to preserve OhSNA's legacy of strong leaders and foster excellence at the school level.

In just a few short weeks, the Board of Directors will be gathering to attend our annual OhSNA Board Retreat. This provides us the opportunity to spend a weekend together to focus solely on Board business, strengthening relationships, and supporting each other in our goals. We have so many exciting ideas and projects to share with you in the coming months so make sure you're staying up to date by following us on FaceBook, Instagram, and Twitter. Don't forget to check out our new website at OhioStudentNurses.org.

I hope you enjoy this edition of our newsletter. May you find helpful and useful information that supports you in your academic, professional, and personal goals for the new year. No matter what obstacles or hardships come your way, it's important you know that OhSNA is here for you. We care about your success and will do anything in our power to support you and your goals. Have a great year and I wish you all success!

Spotlight on The University of Toledo

Chapter President Christopher Foy accepting the award on behalf of his chapter

Chapter of the Year

The University of Toledo was named OhSNAs Chapter of the Year in October during the annual awards ceremony for its dedication and service excellence. In addition to serving many other organizations and upwards of 50 smaller projects, they had two main projects. The first was initiating a mentoring program in which newly admitted BSN 1 students were paired with BSN 2 students in an effort to increase student success by making the transition to the upper division of nursing easier. The SNA later administered a survey yielding mostly positive results and great suggestions for improvement. The SNAs second project was presenting information to 5th-8th grade students in a school where health had been removed from the curriculum. Working with the school nurse and counsellor, four educational sessions were held to discuss marijuana, puberty, pregnancy and sexually transmitted diseases. These topics were specifically chosen because of the high risk area in which the school resides.

A Guardian Angel

University of Toledo student Hanan Ramadan was on her way home from mosque one day when she stopped at what she thought was a minor car crash to see if they needed assistance. The situation turned out to be much worse than she originally thought and thanks to her quick thinking, determination, and hard work Hanan has been credited with saving the life of the motorist.

> It was like muscle memory to me. I just instinctively knew what to do. All of the courses I've taken and all the training I've gone through, everything my instructors have told me for years, it all came together and just made sense to me in that moment

Read the full article by Tyrel Linkhorn in the UT News
https://utnews.utoledo.edu/index.php/11_27_2018/ut-nursing-student-credited-with-saving-life-of-motorist-after-crash?fb

Hanan Ramadan Photo credit: Tyrel Linkhorn

OhSNA Annual Convention

Helping good students become great nurses - our mission here at OhSNA.

Our 2018 annual convention was held at Capital University last October. Our primary focus at convention was to prepare our Ohio nursing students for life after graduation. We held many great sessions that sparked great conversation. One of our sessions was a clinical and nonclinical panel that hosted nursing professionals from around the state who shared their journey through their career, and some pit-stops they made along the way. Another valuable session many of Ohio's future nurses experienced was the Ohio Department of Health's Project DAWN training session where 50 attendees received opioid education, naloxone training, and also received a naloxone kit that they will be able to use in the community. Other sessions included a LinkedIn marketing yourself session, mock panel interviews, resume building, and a graduate program panel. Our opening ceremony, keynote speaker, brain bowl, exhibit hall, professional headshots, our association's first campaign video, and all other sessions at convention were incredibly inspirational and prepared our members for what's next to come. Our keynote speaker, Jan Lanier, gave a touching presentation and shared her experiences as a Nurse Attorney that inspired all who attended. In the House of Delegates Ohio made history—we had the largest number of applicants for Board of Directors positions and the greatest amount of resolutions submitted and passed. We hope that this convention helped to make Ohio's nursing students great future nurses. We can't wait to see you all again at the 2019 State Convention.

With love and wishes for good sleep,
OhSNA

CONVENTION GIVE AWAY

This years OhSNA Annual Convention will once again be at Capital University in October 2019

Help us choose the theme.

The winner will receive 5 convention passes. Please submit your ideas by February 28th to ohiostudentnursesassociation@gmail.com

Keisha Robinson, Jenna Carlisle, Katherine Irvine, Drea Blau

Reigning champions Capital University placed 1st and 2nd in this years Brain Bowl competition, holding onto the trophy. This brought them to a total of 5 wins, breaking the tie with Case Western Reserve University for the most Brain Bowl Championships.

Highlights from the 36th Annual MidYear Career Planning Conference

Genevieve Richard, Nadia Teahan, Casey Larson, Shaina Bahler, Andrea Cordova, Pema Andrugsurba

"Find your Stride" campaign developed day one during Innovate! Create! Engage!

"My only regret from my college experience, is not getting involved in the NSNA sooner. This was my first time attending a national conference, and the experience was incredible. From networking to listening to nursing professionals share their stories—I could not have asked for a better time. These conferences offer such great insight into what the nursing profession has to offer and I am so grateful for having the opportunity to attend. My advice to other students is to get involved as soon as you can, because surrounding yourself with like-minded individuals is extremely rewarding."

- Casey Larson

Pema Andrugsurba, Shaina Bahler, Andrea Cordova, Casey Larson, Nadia Teahan

MidYear Conference was an incredible, yet extremely busy experience. There were tons of workshops, panels, and break off sessions available and each member had the option to choose which ones to go to.

Shaina Bahler, Nadia Teahan, Casey Larson, Andrea Cordova, Adrienne Jackson, Pema Andrugsurba

Some activities available at convention

Day 1:

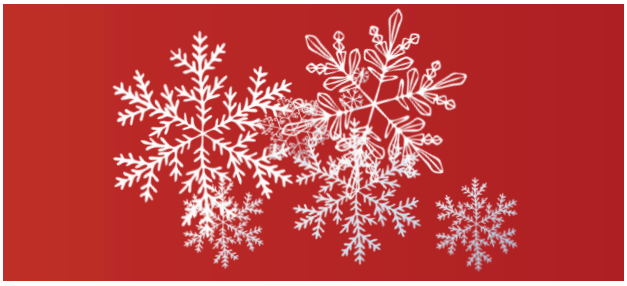
- NCLEX Mini Review
- DKMS: Bone Marrow Donor Registry
  - o A quick cheek swab that can potential save a life! A perfect match is extremely hard to find and having the ability to add ourselves to the registry in under 5 minutes was an excellent opportunity!
- American Red Cross Disaster Certification
- Newsletter and Website Workshop
- Donna Cardillo as the Keynote speaker
  - o Donna has been called the "Nurse Whisperer" and was an incredible guest speaker. She shared her stories and inspired us with ideas about how to find happiness in the nursing profession along with maximizing our potential. She was incredible to listen to and a fantastic speaker.
- Innovate! Create! Engage! Develop a Campaign to Increase Membership and Participation in your School Chapter

Day 2 :

- Morning yoga
- NCLEX Mini Review
- American Red Cross Blood Drive
- Exhibit Hall
- Career Readiness Panel
- FNSNA Event: Fundraiser for NSN where karaoke, games, dancing, and mingling were encouraged. There was even a giant Conga line that went around the venue a couple of times and was so much fun.

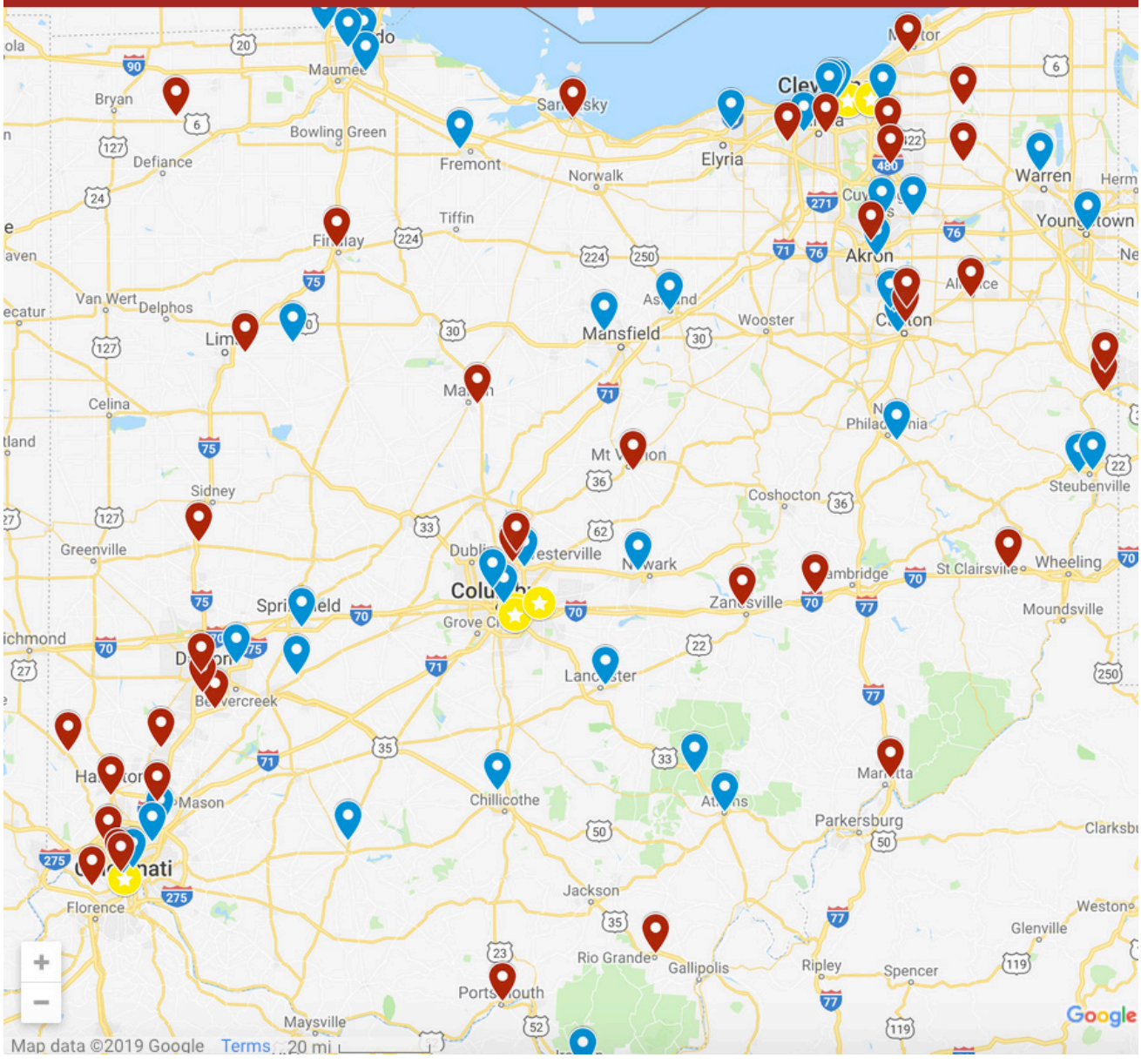
What is COSP you ask?

We hear acronyms all day, everyday, and half of the time have no idea what they mean. It's time to fix that, one acronym at a time. COSP stands for Council of School Presidents. Now that we know what it stands for, let's find out what they do.



The OhSNA Council of School Presidents Committee leads the Council of Student Presidents (COSP) meeting at annual convention and serves in an advisory capacity to Ohio SNA school presidents. The members of the committee are responsible for setting committee goals, tracking, and collaborating with the OhSNA Board of Directors and Ohio SNA chapter presidents. Goals of the committee include contacting and acquiring contact information with all state chapters, establishing relationships with chapter Presidents, and creating a culture of volunteering and community involvement. The COSP committee with the help of the OhSNA Board of Directors is in the process of contacting state chapters, verifying contact information, and searching for volunteer events.

Does Your School Have An Active Chapter?



Active Chapters Inactive Chapters OhSNA Board Members

A New Resolution is in the Works

"While most nursing associations agree that veterinary technicians should work towards standardizing education and the licensure process, they do not support the use of the word nurse as part of the new credentialing system."
https://nurse.org/articles/vet-tech-nurse-title-initiative/

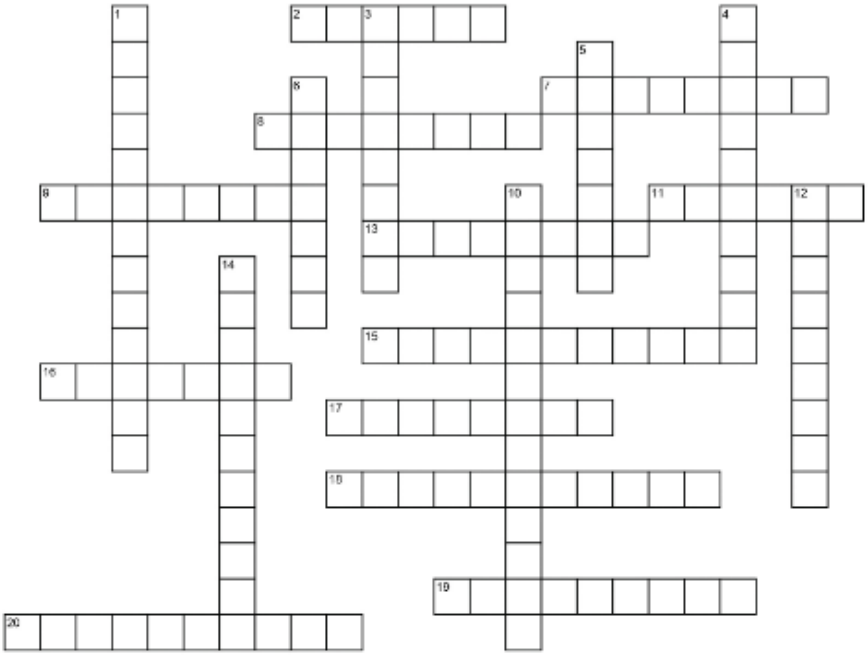
The OhSNA Resolutions & Legislative Committee has been hard at work taking a stand for something we should all be passionate about and have worked hard for as future nurses; to protect our credentials, name, and profession. They are writing a new resolution on "Title Protection" to submit to the NSNA.

https://www.statnews.com/2015/11/18/fda-nasal-spray-overdose/

Population and Global Health

The Population and Global Health committee is currently working on gathering resources and contacts to ensure we have a successful year implementing and educating our statewide project, focused on the Opioid Crisis and Narcan training. We hope to also allow different chapters to lead their own community service and education projects, and support them in doing so. We've heard suggestions of infant and mother mortality and sexual education; we hope to, in addition to our statewide project, help host chapter-led projects regionally (such as Cleveland, Cincinnati, and Columbus).

Nursing Ethics



www.momentrix.com/academy/nclex-exam

ACROSS

2 a theory that involves making ethical decisions or taking ethical stands related to health care and believes that functioning under good intentions makes actions ethical.
7 the individual's self-determination. It involves personal respect for others.
8 the health care provider's obligation to keep the promises they make to their patients, maintain patient confidentiality, and keep patient information private
9 power gained by threatening physical/physiological/financial pain if expectations are not met.
11 cites objectivism as the main focus and is centered on self-interest of the individual.
13 speaking for those who cannot speak for themselves.
15 Health Insurance _____ and Accountability Act
16 _____ care: an organized delivery of care or services that involves a select panel of care providers who give out their services based on a prepayment arrangement between the provider and the managed care organization.
17 involves telling the truth.
18 a type of professional liability based on negligence in which the health care professional is held accountable for breach of a duty of care involving special knowledge and skill.
19 a type of philosophy used to guide ethical decisions in health care and nursing.
20 an unintentional tort involving a breach of duty or failure (through an act or an omission) to meet a standard of care, causing patient harm.

DOWN

1 the principle of doing no harm.
3 when a physician consults another physician or specialty group to help care for the patient.
4 functions on the premise of duty or obligation and states that nurses are bound to always do what is right for their patients.
5 involves fair treatment and equal care for all.
6 patient's right to be treated with honor and respect.
10 Self-_____ is the desire to become more and more what one is, to become everything that one is capable of becoming.
12 _____ of care: the current practices used to ensure capable and skillful health care delivery by registered nurses.
14 involves doing well and acting in the patient's best interest.

Tried and True Study Tips

Was your last exam score not what you were expecting? Or are you looking for new ways to shake-up your study routine? Here are some study tips to help you engage in your learning material so you can get the exam grade you want.

1. Study a little every day

   We all know by now that cramming is not going to help no matter how hard you try. Commit yourself to spending at least 30 minutes a day to studying. It helps to be very specific about what you're going to review if it's only for 30 minutes. Say to yourself, "I am only going to look at beta-blocker medications". The more specific you are with your intentions, the less likely you'll get distracted and off-track.

2. Think "Act" not "Fact"

   When we're in nursing school, a lot of what we're learning is all theory and we may not see it first-hand until we're actually on the job. When you're reviewing class material, ask yourself, "How will this information help me help my patient?"

3. Form a study group… or don't!

   Studying with other people can provide encouragement and support. When you collaborate with your fellow students, you are more likely to retain information. However, many study groups can easily turn into social hour. If you find that your study group consistently gets off track and distracted, don't be afraid to step away and use your time more effectively. When you do form a study group, make a contract of sorts saying that for every hour you study together, 10 minutes will be used to talk about social things.

4. It's okay to skim

   You're looking at the syllabus and you see you're assigned to read 10 chapters… IN ONE WEEK. Everyone knows that nursing students are basically super-human, but reading this much might be close to impossible. That's why we recommend skimming the chapters BEFORE you dive deep into reading. When you skim-read first, you'll know how the chapter is set up so when you go to class, you'll remember what areas to refer back to when you need to read a little deeper. Make sure to look at headings, subheadings, highlighted terms, and review the summary and questions at the end of each chapter.

5. Know your learning style

   Everyone learns a little differently. Knowing your own learning style will help you discover study tips that work for you. Which learning style do you think you are?

   - Visual (spatial): You prefer using pictures, images, and spatial understanding.
   - Aural (auditory-musical): You prefer using sound and music.
   - Verbal (linguistic): You prefer using words, both in speech and writing.
   - Physical (kinesthetic): You prefer using your body, hands and sense of touch.
   - Logical (mathematical): You prefer using logic, reasoning and systems.
   - Social (interpersonal): You prefer to learn in groups or with other people.
   - Solitary (intrapersonal): You prefer to work alone and use self-study.

"Life doesn't begin at graduation. It began when you made the decision to start nursing school." - unknown