



OHIO STUDENT NURSES' ASSOCIATION

Summer NewsLetter

NEWS

ohiostudentnurses.org



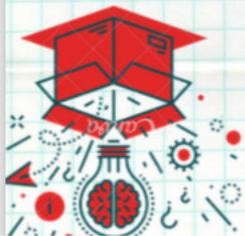
SAVE **the** Date



OCTOBER 5, 2019

OHNSNA ANNUAL CONVENTION

CAPITAL UNIVERSITY



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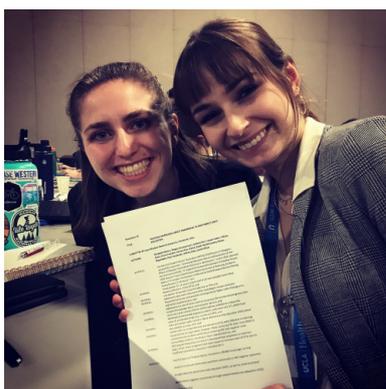
@OhioSNA #OhSNA
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We are so excited to announce our that our Annual Convention is taking place on October 5, 2019 at Capital University. Our theme is "Out of The Box"—focusing on unconventional nursing career paths. We have a great line up for you, ranging from Narcan training to Recycle Art to the Exhibit Hall, to our Keynote speaker Terry Pope speaking on Social Media and the role it plays in our nursing career. We look forward to giving our constituents the best convention OhSNA has yet to host. We hope that you are able to join us for this one-day convention extravaganza!! Registration will open soon, so please keep your eyes peeled for further details. THANK YOU FOR BEING AMAZING PEOPLE! We look forward to seeing you all in a few short months.

2019 Annual National Convention in Salt Lake City



This year's 2019 NSNA Annual Convention took place in breathtaking Salt Lake City, Utah at the Salt Palace Convention Center. From morning yoga and mini NCLEX reviews to Plenary sessions and over 30 breakout sessions, there was something for everyone. OhSNA represented itself well, with three students receiving individual scholarships, two schools passing resolutions in the house of delegates, the board receiving an award, and Capital University receiving the 2019-2020 NSNA Foundation/ 3M Stethoscope Leadership Development Grant. An Ohio Caucus was held where all constituents were updated on what the OhSNA Board has been working on along with plans for the future. For the first time ever, the caucus was streamed live on Facebook. The week came to a close with a group dinner at Bucca di Beppo with close to 50 Ohioans in attendance!



Annie Frank (left) & Eliabeth Adams (right), Case Western Reserve University, Resolution 9: In Support of Opt-Out Organ Donation Program Awareness



Cameron Duke, Emily Hirth, Taylor Pellam, Halle Turner, Araba Dzacka, Layne Sullivan, Mount Carmel College of Nursing, Resolution 26: Increasing Awareness of Administration and Faculty Support of Student Leadership



Alyssa Schroeder, University of Toledo, Winner of the International Photography Contest



Neva Ryan, Chamberlain University J&J Nurses Change the World scholarship recipient



Maggie King (left), Notre Dame College, AACN scholarship recipient
Kaitlyn Cantu (right), Case Western Reserve University, J&J Nurses Change the World scholarship recipient



Drea Blau (left) & Erica Mayersky (right), accepting the 3M Stethoscope Leadership Development Grant on behalf of Capital University



The OhNSA board was recognized for Ohio's donation to help double the 3M Littman Stethoscopes grant at the recognition reception for supporting the 50th Anniversary of the FNSNA



(From left to right) Allie Taylor, Shaina Baylor, Pema Andrugsurba, & Kaitlyn Cantu accepting the Population and Global Health Award on behalf of OhSNA

MCCN Resolution



Primary author Taylor Pellam made this eye-opening statement to the 67th NSNA House of Delegates:

“Who here has felt stressed or overwhelmed over the course of nursing school? Mental health and mental illness touch all of us as nursing students, whether it be in clinical with a terminal patient, at home with a family member or an internal battle that we seem to fight every day. Anxiety, depression, personality disorders and behavioural changes are a few examples of mental illnesses that we as students face. The intense coursework, increased pressure to achieve satisfactory grades on top of working, family, maintaining a social life, and trying to stay physically healthy are all attributing factors. Mental health and mental illness need to be brought to the surface and talked about. Promoting awareness of mental health can help reduce the risk of suicide in nursing students.”

Mount Carmel College of Nursing students Taylor Pellam, Halle Turner, Cameron Duke, Miranda Fenton, Layne Sullivan, and Khalid Abdi drafted, submitted, spoke on, and passed a resolution at the 67th NSNA Annual Convention that brought to light the mental health conditions that nursing students face. In their resolution, research supports the reality of these mental health conditions causing an increased risk of suicide among the nursing student population. In their opening statement the students expressed the need for these issues to be addressed immediately, to help save the lives of not only our nursing students, but the faces of our world’s future health care professionals.

Spotlight on Capital University



Chapter President Erica Mayersky and fellow classmate Andrea Blau accepted the grant on behalf of their chapter.

Capital University’s Student Nurses Association (CUSNA) received the 2019-2020 NSNA Foundation/ 3M Stethoscope Leadership Development Grant for \$2500 and thirty 3M Stethoscopes.

The purpose of the project that CUSNA received funding is to provide an educational and mentorship experience for faculty and students regarding the integration of holistic nursing philosophy and principles into nursing education curricula. The idea came from a 2016 NSNA Resolution that Capital University Student Nurses Association (CUSNA) presented and passed entitled “Encouraging Nursing Schools to Implement Holistic Nursing Components into the Curricula.” Specifically, CUSNA intend for the

program to not only “encourage nursing programs to include the core values of holistic nursing into the development of an integrative practice model”, but also to provide “how-to” tools and strategies for accomplishing this goal.

CUSNA plans to develop and implement an educational program on “integration of holistic principles into prelicensure nursing school curricula” for faculty-student dyads using a “train the trainer” approach. The one-day educational conference will be free to participants,

however enrolment will be limited to around 20-25 faculty-student dyads, for a total of 50 participants. After the conference, they will have a program of individualized follow-up and mentorship for at least 2 – 3 months in which student and faculty program leaders will contact program participants (via email, phone call, conference call) to offer support and encouragement as needed. The purpose of this strategy is to role model individualized and holistic focus on each participant. Potential participants will apply for the program by completing an application that includes professional background information, and goals statements indicating how they plan to use the information and experience gained from the workshop. Continuing education credits will be provided free of charge to faculty participants, as will healthy snacks and a light lunch. CUSNA will be working collaboratively with the Capital University faculty and local/national leaders of the American Holistic Nurses Association (AHNA) and American Holistic Nurses Credentialing Corporation (ANCC) in planning this program.



Are you a recent graduate? Here is some helpful information to help you land your first job.



Preparing Your Resume

- Heading with Identification Information
- Education Section (Includes Degree, Institution and GPA)
- Experience / Employment Section (Role, Organization & Dates followed by highlights of contributions or accomplishments)
- Honors / Awards / Activities Section (Lists honors, certifications, service, memberships, or leadership activities)
- Professional appearance: (Effective use of boldface, white space, typeface, liners etc. Avoidance of over-design)
- Accomplishes brevity – 1 page format for new graduate
- Draft and Revision with improvements based on feedback
- Separate list of references, title contact information
- Professional writing grammar, spelling, and punctuation, 11-12 point font used

What to Wear to an Interview

You should always wear professional interview attire to an interview (as opposed to wearing scrubs). Suits are ideal, however as a new nurse a shirt and tie with slacks for men, or dress pants (or tailored skirt) and a blouse for women are also acceptable.

It is important to appear neat and well-groomed. Clothes should be pressed, tailored, and preferably in neutral colors with a simple or traditional design. Accessories should be kept to a minimum and it is not recommended to wear any religious icons such as crosses. Cover tattoos and remove any facial piercings. Make sure your hands are well-groomed, most especially your nails, and keep your hair under control.

Questions You Should Ask

Towards the end of the interview, you'll likely be asked if you have questions. This is a time to ask any unanswered questions you still have about anything you have discussed, as well as anything you might like to know. It is a good idea to have some written down ahead of time. Here are some example questions:

- What makes this unit a great place to work?
- What is the turnover rate for this unit?
- What would a successful first year in this position look like to you?
- What does the onboarding process look like?
- How would you describe the culture on this unit?
- What types of nurses thrive on this unit? What types of nurses don't do well?
- Could you tell me about a nurse who really excels at their job, what makes their performance so outstanding?
- How will my performance be evaluated?
- What is your timeline for getting back to candidates about next steps?

CONGRATULATIONS ! YOUR HARD WORK HAS PAID OFF AND YOU'VE LANDED AN INTERVIEW

HERE ARE SOME TIPS TO HELP GET THE JOB:

I. Know the company you are applying for

Their mission statement and what they have accomplished are always good things to highlight.

III. Be Honest

Honesty is always a good policy. Do not accept something that you are under-qualified for, and never lie to get into a position.

V. Know Where to Go

Hospitals and medical facilities can be confusing to navigate, be sure to arrive early so you can find the place of your interview.

II. Have Three Positive Character & Work Ethic Traits Ready to Discuss With the Interviewer(s)

Along with weaknesses!

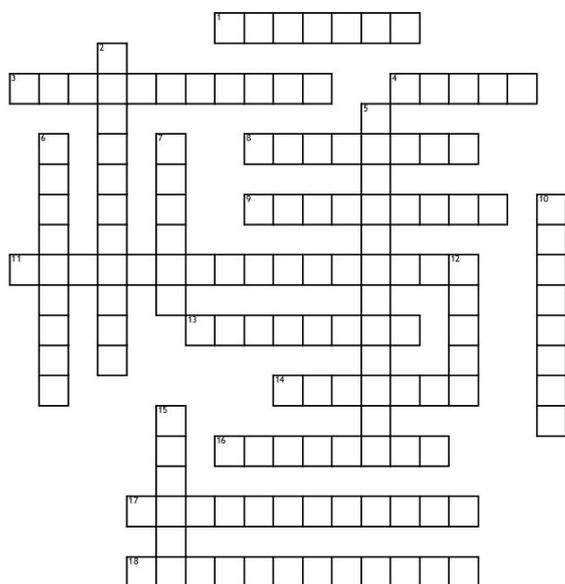
IV. Have Questions Prepared

Remember that you are interviewing them as well! Have a list of questions prepared prior to the interview to ask afterwards

VI. Practice!

Take these tips and practice answering common interview questions so you're confident on the day of.

Fundamentals of Nursing



Across

- difficult or labored breathing
- removal of nonviable, necrotic tissue
- illness with rapid onset of symptoms and lasts a relatively short time
- urination during the night
- data that is directly observed
- refers to actions of a drug as it moves through the body
- thick dark yellow or green drainage with a foul odor
- inadequate tissue oxygenation at the cellular level
- bluish or grayish discoloration of the skin
- the act of listening with a stethoscope to the sounds produced within the body
- study that deals with chemicals that affect the body's functioning

Down

- pulse rate below 60 beats/min in an adult
- injections administered into the adipose tissue layer
- difficulty swallowing or the inability to swallow
- thick, leathery scab or dry crust that is necrotic
- exercises involving muscle shortening and active movement
- artificial opening for waste excretion located on the body surface
- point when the drug is at its lowest concentration

https://wordmint.com/public_puzzles/195600

Where am I now?

Check out what your OhSNA board members are up to this summer.



Allie Taylor
OhSNA President

Hello, my name is Allie Taylor, your OhSNA President. I am a May 2019 graduate of Mount Carmel College of Nursing. I recently passed my board exam and am ecstatic to be able to add a few extra letters to my last name! I plan on taking the summer off for some R&R and plan to start my nursing career after my time off.

- Allie

Hi everyone! What a beautiful summer! So where am I now? I have graduated with my BSN from Chamberlain University this past April and passed boards in May, yay! I currently work as a Staff RN in the NICU at Riverside Methodist Hospital, and absolutely love it. I hope to pursue travel nursing at some point in my life and I'm so happy to be serving on this board for the Ohio Nurses Association!

Can't wait to meet all of you in October 5th for this years convention at Capital University!



Pema Andrugsurba
Treasurer

- Pema



Casey Larson
Secretary

Following graduation in Cincinnati, I moved to Huntsville, Alabama to work on a cardiac floor in the largest hospital serving Northern Alabama and it has truly been amazing. I have already learned so much over the past month and even though leaving family was extremely difficult, I'm thrilled to finally be working as a nurse!

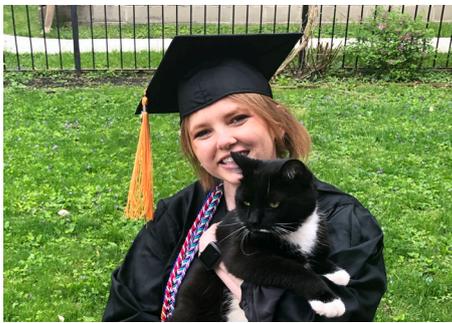
-CASEY

This summer, I transitioned into a Clinical Technician role and began my job in the PICU, and I also began my internship in the Labor and Delivery department! I am a trained birth doula, and it's been a fun experience switching from standing at the head of a mom's bed, to the foot of it!

-Kaitlyn



Kaitlyn Cantu
Population and Global Health Director



Drea Blau
Public Relations Director

I recently graduated and am getting ready to start my dream job as a Staff RN at Nationwide Children's Hospital in the NICU. Until then I am enjoying my time off by relaxing by the pool and trying to catch up on life. Right after graduation I went on a cruise to Alaska to relax before taking the NCLEX, and it was absolutely amazing.

- Drea

Hi, Ohio nursing students! I hope all of you are having fun and restful summers. In getting ready for my senior year next fall, I have been traveling a lot. I went to Guatemala for an immersion trip through Notre Dame College's campus ministry at the end of May, and we spent time immersing ourselves in the culture and serving in the clinics and school there. Bonding with the people was amazing. I also have been to Florida for a family vacation, Arizona for a Lifeteen Catholic Youth Minister Training Conference, and most recently, Benedictine College in Atchison, Kansas for the Lifeteen Leadership Conference as a chaperone. I can't wait to see everyone at convention in the fall and hear about all of your adventures this summer!

- Natalie



Natalie Bacon
Membership Director



Erica Mayersky
Convention Planning Director

Hi, I'm Erica Mayersky the Convention Director for OHSNA. I recently graduated from Capital University's Accelerated Second Degree Program with my Bachelor's of Science in Nursing. I enjoy spending time with my husband, friends and family, health and fitness, reading, being outdoors, traveling, and trying out new restaurants. I have the cutest Yorkie, Scarlet..Go Bucks... and three cats "the peanuts gang"-Lucy, Linus, and Charlie Brown. I can't wait to meet you at this year's OHSNA Convention in October.

- Erica

Hi, I hope everyone is enjoying the summer. I recently graduated with my BSN and passed the NCLEX. I will be starting as a staff RN soon with Nationwide Children's Hospital in their Behavioral Health Unit. I am enjoying some time with family before starting my new job. My wife and I recently welcomed our third child, and are enjoying this time with him and the girls. I look forward hearing about how you are all doing and hope to see you at OhSNA annual convention in October.

- Chris



Chris Sobecki
Council of Student Presidents Director, ohioosp@gmail.com



Maggie King
Nominations and Elections Committee Director

I am currently working at the Cleveland Clinic Children's Hospital as a Nurses Aide. Going into my senior year at Notre Dame College in Cleveland, I am trying to relax as much as possible and take my last summer before the "real world". I have gone on vacation, been on an immersion experience to Guatemala, and am reading as many books as I can. After graduation, I plan on moving somewhere south and becoming some kind of nurse, I am just unsure which area I would like to be in quite yet!

- Maggie

Nurses' Day at the Statehouse



(Top photo) Allie Taylor, Mount Carmel College of Nursing & Wesley Osler, The Christ College of Nursing and Health Sciences
(Bottom photo) Chris Sobecki, Chamberlain University

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It was a great opportunity to attend Nurses' Day at the Statehouse for my third consecutive year. We had the chance to meet with lawmakers, ask important questions, and to advocate on behalf of nurses. We heard a brief speech from Governor DeWine, and we talked about the issues that matter to nurses and students. Issues like the attempts of veterinary technicians to describe themselves as nurses, or the very real abuse that nurses often face. Overall it was an excellent chance to get involved with policy in a direct way. I'd encourage students to participate!

-Wesley Osler

Project Dawn

In the fall, the OHSNA board hosted our first ever Opioid Epidemic Education and NARCAN Training event! We put out a form to RSVP for our 30 spots, and they filled up in less than 24 hours. Our speaker, Maureen Floriano works with Project DAWN and facilitated our discussion about the current state of Ohio's opioid epidemic, the factors attributing to it, how to recognize and screen patients that may be affected by substance use disorder, and how to encourage empathy surrounding our communities. Our attending members also received Naloxone kits and were trained to administer NARCAN in the community. If you are interested in bringing an Opioid Epidemic Education and NARCAN Training event to your school, please email Kaitlyn, our Population and Global Health Director at kjc83@case.edu to set up a presentation!

OHSNA, USNA, & PROJECT DAWN AT METROHEALTH

NARCAN TRAINING

An effort to raise and promote awareness of the healthcare communities' understanding and responsiveness to Ohio's opioid epidemic.

FACTS

Project DAWN (Deaths Avoided With Naloxone) is a community based overdose education program that has distributed thousands of kits in Ohio through our Department of Health.

Naloxone (Narcan) is an opioid antagonist; it can reverse an opioid overdose by competing for opiate receptors in the CNS.

Annual prescription opioid related deaths are at an 8 year low and heroin related deaths are at a 4 year low - fentanyl being mixed with other street drugs is now driving Ohio's overdose deaths - 4,854 in 2017.



Prevent Cervical Cancer

with the Right Test at the Right Time



Screening tests can find abnormal cells so they can be treated before they turn into cancer.

- ① The Pap test looks for changes in cells on the cervix that could turn into cancer if left untreated.
- ② The human papillomavirus (HPV) test looks for the virus that causes these cell changes.

The only cancer the Pap test screens for is cervical.



Most women don't need a Pap test every year!

Have your 1st Pap test when you're

21

If your test results are normal, you can wait 3 years for your next Pap test.



HPV tests aren't recommended for screening women under 30.



When you turn 30 you have a choice:

If your test results are normal, get a Pap test every 3 years.

OR
Get both a Pap test and an HPV test every 5 years.

HPV is the main cause of cervical cancer.



- ① HPV is a very common virus, passed from one person to another during sex.
- ② Most people get it, but it usually goes away on its own.
- ③ If HPV doesn't go away, it can cause cancer.

You can stop getting screened if:

- ① You're older than 65 and have had normal Pap test results for many years.
- ② Your cervix was removed during surgery for a non-cancerous condition like fibroids.



The cervix is the lower, narrow end of the uterus (womb) that connects the uterus to the vagina (birth canal).



No insurance? You may be able to get free or low-cost screening through CDC's National Breast and Cervical Cancer Early Detection Program. Call (800) CDC-INFO or scan this QR code.



More information about cervical cancer:
www.cdc.gov/cancer/cervical/

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control



Know the Facts About Cervical Cancer

Cervical cancer is the easiest gynecological cancer to prevent and treat, once detected. The prevalence of this disease has significantly decreased over the past 40 years, but still in 2019, there is estimated to be 4,250 female deaths from this diagnosis. The OhSNA began partnering with a non-profit organization called The Crawford Crew. This organization's sole function is to help end cervical cancer. The OhSNA held an event in a Columbus nursing school to help promote awareness of the prevalence of cervical cancer, and the importance of participating in the preventative measures that are available. Together, we hope to end the suffering, pain, and devastation cervical cancer inflicts upon its victims and their families. As members of the OhSNA and as future nurses, we have a duty to not only treat illness, but more importantly, to prevent it. The Crawford Crew is hosting a 5k on August 10th to help raise money for their foundation, which pours money into patient assistance, education, research, school and community outreach programs for cervical cancer, and other gynecological cancers. If you would like more information on how to register, or volunteer feel free to contact me (ataylor2@mccn.edu). Let's kick cervical cancer!

As you begin summer break, make sure you find time to allow yourself to relax and unwind. Self-care is the best care. If you need anything from us, if you have an accomplishment to share, or need guidance in your student or professional career, email us!! We would love to hear from you. (ohiostudentnursesassociation@gmail.com)

All the best,
Allie Taylor, OhSNA President

HPV Vaccine Facts

for boys and girls

Every year **26,800** women and men in the U.S. develop HPV-related cancer.

The HPV vaccine protects against nine HPV types and **6 kinds of cancer.**

90% of genital warts, **74%** of all HPV cancers, and **81%** of cervical cancers are prevented by the vaccine.

In the U.S., **79 million** are currently infected with HPV. Half of all new infections are in boys and girls aged 15-24.

Up to **80%** of sexually active individuals have had HPV. Safer sex practices like condoms and monogamy do not fully protect against HPV.

11-12 years is the optimal age for the vaccine because antibody production is highest, and it should be given long before any sexual contact to be most protective.



10 WARNING SIGNS OF CERVICAL CANCER

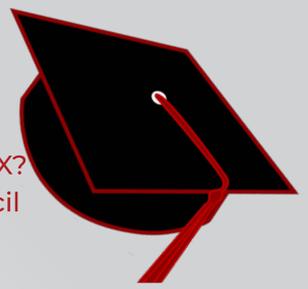


<https://fight.org/cervical-health-awareness-month/>

source: CDC MMWR 2015,64(11): 300-304 CDC 2013 Surveillance

Illustration by Hannah Henry, courtesy of www.thevaccinepage.org

Tips & Tricks for Passing the NCLEX



Are you preparing to take the NCLEX? Need some guidance to help prepare for the NCLEX? Here are the major categories the NCLEX will test you on according to the National Council of State Boards of Nursing (NCSBN):

- Health Promotion and Maintenance
- Psychosocial Integrity
- Basic Care and Comfort
- Pharmacological and Parenteral Therapies
- Reduction of Risk Potential
- Physiological Adaptation
- Management of Care
- Safety and Infection Control

Be prepared to take 75-265 questions on the NCLEX

Go to https://www.ncsbn.org/2019_RN_TestPlan-English.pdf for a detailed version of this test plan.

Some of the most useful resources reported by senior nursing students and new grads are:

- UWorld
- Mark Klimek
- NCLEX-RN mobile app
- Picmonic RN
- School resources – HESI review, Saunder’s, ATI

Recommended study tips reported by senior nursing students and new grads are:

- Study every day
- Take the weekend before the NCLEX off from studying
- Schedule time to take at least 200 questions a day leading up to the NCLEX and at least 20 a day during your nursing classes
- Take your practice questions at the same time you will schedule your NCLEX exam
- And above all do as many practice questions as possible

It is never too early to start preparing to pass your NCLEX, the sooner you begin the better. Good luck to all seniors taking their NCLEX this year and happy studying.



The OhSNA Board of Directors would like to recognize and congratulate all graduating seniors and wish you all the best of luck on the NCLEX and in your new careers.

“Constant attention by a good nurse may be just as important as a major operation by a surgeon” – Dag Hammarskjold