



The Pulse

THE NEWSLETTER OF NUSNA SAN DIEGO

AUGUST 2016

NATIONAL UNIVERSITY STUDENT NURSES ASSOCIATION

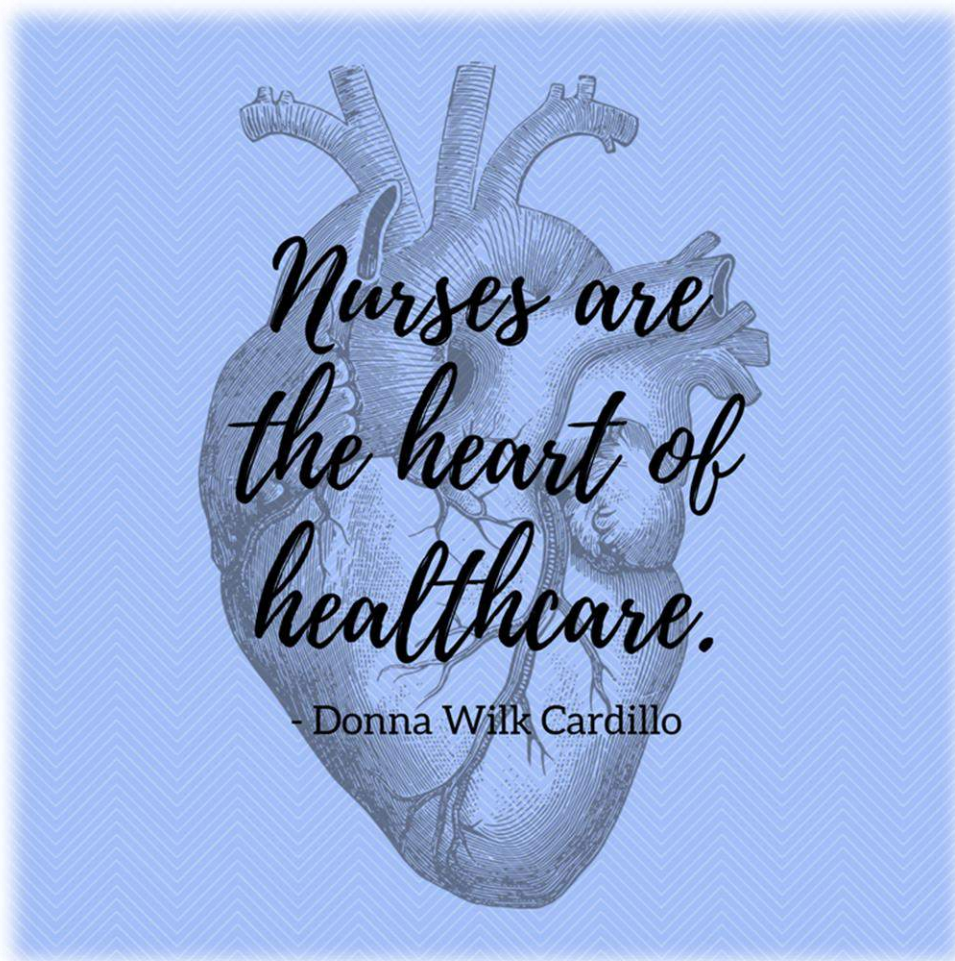
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THE HEART OF HEALTHCARE



SERVICE Dignity RESPECT
Benevolence Caring Empathy
COMPASSION Diligence Advocacy
NURSING

Message from the Editor

Ut Prosim

By Alyssa Gallardo, Cohort 41
NUSNA Communications Director



Greetings! My name is Alyssa Gallardo, and this issue of *The Pulse* is my last as the Communications Director of NUSNA San Diego. It has been a privilege to be a member of NUSNA's Board of Directors alongside my colleagues. Their dedication to serve NUSNA and the community inspired and

motivated me to strive for greater things. It was a rewarding experience, and I am thankful for the support of my colleagues and the faculty as I continued on my journey through nursing school.

Anyone who meets me knows that I take great pride in my alma mater Virginia Tech (Go Hokies!). It was there that I realized my proclivity for service to others through the university's motto of *Ut Prosim*, which means "That I May Serve." I experienced firsthand the impact of compassion and its potential to help an individual get through a rough time and to build a strong sense of community through acts of service, however large or small. The meaning of *Ut Prosim*, however, extends beyond helping others through community service. It serves as a reminder to strive for the betterment of others through teamwork and collaboration and by using one's knowledge to improve the lives of others. As I interacted with patients and individuals in the community throughout nursing school, I aimed to uphold the principles of *Ut Prosim* to serve them with compassion, respect, and dignity. I aspire to carry its principles with me in all my endeavors, especially as a nurse in order to provide patients with optimal care.

I have learned so much on my adventure in nursing school, and I have come to develop a stronger appreciation and respect for my future profession as a registered nurse. I wish you all the best in whatever your future brings, and may you embrace the meaning of *Ut Prosim*.

Committee Members of the Month

These students are recognized for their dedication and the exceptional work they have demonstrated on their respective NUSNA committees. We appreciate the time and commitment they contributed to serving their fellow NUSNA members and the community.

August

Lilibeth Hunton, Cohort 45
Student Activities Committee

July

Cheri Rhea, Cohort 45
Student Activities Committee

June

Renee Jefferson, Cohort 45
Student Activities Committee

May

Heather Tennant, LVN 8
Student Activities Committee

Incoming Board Members

NUSNA welcomes our newest Board members. Congratulations!

We look forward to working with you during your term!

April Elections



Workshops Director

Ashley Kaufman
Cohort 46



Legislative Director

Melvyne Cerrillo
Cohort 42

July Elections



President

Jessica Dambach
Cohort 47



Secretary

Nicole Davis
Cohort 47



Treasurer

Sarah Barrett
Cohort 47



Mentorship Director

Maribel Koke
Cohort 45



Communications Director

Janelle Werthmann
Cohort 46

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

– Dalai Lama

Upcoming Elections

The following NUSNA Board positions will be up for election in October:

- **Breakthrough to Nursing Director**
- **Community Service Director**
- **Fundraising Director**
- **Legislative Director**
- **Student Activities Director**
- **Student Faculty Liaison**

Following this election, the Alumni Chair position will be up for appointment by the Board of Directors. For all positions, you must have at least 9 months left in the program. For detailed descriptions of these positions, please reference the latest bylaws on the NUSNA SD [website](#). If you are interested, please submit your intent to run, along with your biography and photo, to NUSNA's Vice President at nusna.vp@gmail.com.



Outgoing Board Members



NUSNA would like to thank the following Board members for their services to the association. We appreciate all that you have done, and we wish you the best of luck in the future!

Ashley Barnes, Cohort 40
Legislative Director

Daniel Zaldivar, Cohort 40
Workshops Director

"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."

– Margaret Mead

Faculty Interview

Professor Eligio David Soliman, Jr. MSN, RN, CMSRN, ONC

Interviewed by Janelle Werthmann

Cohort 47

Incoming Communications Director



Professor Soliman is a theory and clinical instructor for Medical-Surgical I Nursing at National University. He currently works at Sharp Memorial in the Ortho/Neuro Department.

"I had a great fear of blood and needles. This actually challenged me to continue [as a nurse]."

Please tell us about yourself. Where were you born and raised? What are your hobbies and interests?

I was born and raised in the Philippines. Youngest of three siblings. Our family is quite diverse—my dad is a forester, my mom is an economist, my eldest brother is a business consultant, and my other brother is a data architect. So Nursing is not an inherited family business for me, unlike many other Filipino families I know. ☺

My hobbies: cooking, reading, gardening, going on road trips. I like taking pictures, but I'm not good at it (yet). I'm planning to invest on a DSLR soon.

How were you inspired to enter the nursing profession?

I was a Statistics major when I started college, but an accident I met, forced me to stop schooling. After recovery, I reviewed my options, and Nursing was a popular choice back then so I decided to join the crowd. In the middle of my program when I started my clinical rotation, I thought I will drop out because I realized I had a great fear of blood and needles. This actually challenged me to continue. I graduated with high honors for my BSN and immediately pursued my MSN after that. Since then, I have worked in every area in the hospital—[Med/Surg], Peds, ICU, Dialysis, Labor and Delivery, and OR.

What area of nursing do you teach/work in?

Currently, I am the course lead for Med-Surg 1. I am concurrently employed as a Clinical Nurse working part time in acute care tele, ortho/neuro department.

How did you start teaching at National University?

Serendipitously. My pug led me to [National

"The key to lasting learning is pairing what needs to be learned with a strong degree of relevance to both personal and professional practice."

University]. We were renting an apartment near a NU campus, and one time while walking, I saw the nice campus by Aero Drive. I went home and searched if it had a nursing program, then I applied.

Describe your teaching style and philosophy.

My teaching style is old school. I seldom use PowerPoints. I discuss and engage my learners throughout the duration of the class. I believe learning builds up, and it is crucial for each educator to bridge the gap of what is known to what needs to be learned. And the key to lasting learning is pairing what needs to be learned with a strong degree of relevance to both personal and professional practice. It should not just be a topic that needs to be memorized for a passing score but rather a concept that has a personal bearing as well.

What is the most important thing that you want students to know about you?

Teaching and imparting my knowledge and experience is my deep passion. I will not lower standards so everyone will pass but rather I will make sure everyone who takes my course will develop exceptional competence to become successful nurses one day.

Describe your proudest professional accomplishment.

When I think of this question, the first thing that I feel as my greatest professional

accomplishment are my students. I have taught around 4000 nursing students since I started teaching back in 2009. For my Personal/Professional accomplishments, a couple of things come to mind. Graduating with high honors for both BSN and MSN degrees. Pioneering a personalized diabetes management and prevention program in the Philippines. Workflow redesign projects here in the United States that aim to restructure professional practice models for Acute Care RNs. Lastly, obtaining my National Certification for Medical-Surgical Nursing and Orthopedic Nursing.

Donna Wilk Cardillo once said, "Nurses are the heart of healthcare." What are your thoughts on this quote?

Nurses are the heart of healthcare because we sympathize and empathize. We are with the patient from birth till their last breath—we are their ultimate advocates. Nurses are the mediums that translate the science of medicine to a humanized healing approach.

Nurses are the heart of health care—we are at the core that beats and keeps everything alive and functional. We give life to the system and we are the reason that each branch functions smoothly. Remove nurses from the picture, and there will be nothing left in healthcare. No other profession can claim the same.

"Nurses are the mediums that translate the science of medicine to a humanized healing approach."

CNSA Membership South Meeting—July 30, 2016

*By Janelle Werthmann, Cohort 47
Incoming Communications Director*

I can truly say I am grateful that I attended the CNSA Membership Meeting South that was held this past Sunday. The room was buzzing with nursing students and professional nurses alike from across the state—from as far north as Sacramento, I believe—who are all committed to keeping nursing as the #1 trusted profession in the nation. National University was very well represented, with the majority of the NUSNA board in attendance. When it came to raffling off special prizes, with generous donations to Flo's Cookie Jar, many of the winners were from our side of the room. We truly have an amazing student body of nurses here at NU; I am proud to call many of these people friends.

Jessica Gonzalez, NUSNA's current/outgoing Mentorship Director, did a phenomenal job putting the event together at Cal State San Marcos. It was not only informative and enlightening regarding the processes many of us are/will be going through as we transition from nursing school to taking the NCLEX and eventually joining the RN workforce, but it was truly a positive and entertaining experience to be in the presence of

others who share your dream of making this world a better place, one patient at a time. We heard from an array of speakers on pertinent topics such as the BRN process, the ENA (Emergency Nurses Association), Sharp Hospital recruiters, Kaplan NCLEX Review test taking strategies and critical care training certification.

Each of these presentations was well worth their slot time; I learned so much—even though I'm roughly 18 months away from these stages of my nursing career—that I feel prepared and ready to face these challenging times when they arrive. I must confess my favorite speaker was the Kaplan Review lady from New York—that lady should be a part-time comedienne because she had the entire room laughing throughout her presentation. It wasn't just the jokes—she truly opened our eyes to how the NCLEX test was constructed, and what to expect when we take it. Altogether, this experience was one that I will always appreciate throughout my nursing school career, and I'm sure down the road when I finally become a registered nurse. I love the hard work that NUSNA puts into each of its events, and I am even more grateful for the NUSNA team behind them that ensures the best experiences for its NU nursing students.



Student Interview

Heather Tennant, LVN 8

Interviewed by Alyssa Gallardo, Cohort 41
Communications Director



Please tell us about yourself.

My name is Heather, and I have been an LVN for 4 years now. I am really quite lucky to have discovered my passion so early in my lifetime. I am 25 years old, and I love to camp, volunteer my time to animals and humans in need, and I am recently vegan (since March). I am learning so much about nutrition and what a healthy diet can do for my mind, soul, and body!

What motivated you to pursue a career in nursing?

I have always known that I am type A personality. I am very curious and need to know details, and I am always aware of my surroundings. Once I also realized I yearned to help those in need, whether animals or people, I knew these qualities would help mold me into a wonderful nurse. I am still working at becoming the greatest nurse I

can be every day!

How has your experience as an LVN influenced you to back to school for your BSN?

As an LVN, I sometimes found myself being held back, or limited rather, in my duties in the clinical setting. I always strive to continue learning new things, and I knew I did not want to stop at what I already knew as an LVN. School is always a challenge, but when you remind yourself there IS a light at the end of the tunnel, your path becomes much clearer. I am very blessed to be able to go back to school. I strongly believe that keeping your brain entertained is the only way to keep the “wheels turning!” The human body is such an amazing and vast system; I cannot let it go to waste.

As the nursing profession has grown and evolved, nurses have been described as “The Heart of Healthcare.” What do you feel is the best way that nurses exemplify this?

Nurses are the heart of healthcare for many reasons. Doctors are the head, and his nurses are the neck. Without the neck, the head could not function appropriately, efficiently, or smoothly. Nurses feel with every inch of their bodies, their minds, and their souls. We (nurses) walk through birth, death, and everything in between, and we are so blessed because we get to

“We (nurses) walk through birth, death, and everything in between, and we are so blessed because we get to experience all of this with our patients.”

"We are all in this together, and we need to make sure we are supporting and encouraging each other."

experience all of this with our patients. No one walks alone when nurses are involved! Yes, we may be so annoying wanting to know if you have had a BM, but we truly have the patient's best interest at heart! (giggle) Nursing is not for the faint of heart. When you are a nurse, you are part of the largest family you will ever have.

What has been your favorite part about being in the program thus far?

So far through the BSN program, I have made wonderful friends and have been taught by very intelligent professors. I am grateful for their service. There is not one thing in the program that sticks out as my favorite; there are many things here and there that I am grateful for.

Is there a particular area of nursing you want to work in once you become an RN?

Once I become an RN, at this moment in time, my heart is in emergency or ICU nursing. I know as I continue to move through the program, I may find my niche elsewhere, and I am willing to accept whatever may come my way. Nursing has so many outlets; it is hard to choose one area to be in!

Do you have any advice or tips to share with fellow NU nursing students about how to be successful in the program?

In order to be successful, I feel it is

important to make friends and share the wealth. Also, it helps tremendously to have an outlet for stress. Some students still work, some have children, and some may not have their own mode of transportation—we need to make connections. We are all in this together, and we need to make sure we are supporting and encouraging each other. In the future, when we all become RNs and are working on the floor, we will then too be part of a team and will be a valuable asset to others.

"For me, I am driven by two main philosophies: know more today about the world than I knew yesterday, and lessen the suffering of others. You'd be surprised how far that gets you."

—Neil deGrasse Tyson

NUSNA in the Community

"There is no exercise better for the heart than reaching down and lifting people up."
– John Holmes

Spring Sprint Triathlon May 1, 2016

Professor David Soliman served as the faculty supervisor for NUSNA as members volunteered in the finish line medical tent at the Spring Sprint Triathlon in Mission Bay.



SD International Triathlon June 26, 2016

NUSNA members volunteered in the medical tent at the San Diego International Triathlon to benefit Father Joe's Villages with Professor Chun Chow at the Spanish Landing Park in downtown San Diego.



"Without a sense of caring, there can be no sense of community."
– Anthony J. D'Angelo

Suja Rock 'n' Roll Marathon June 5, 2016

Nearly 30 NUSNA members volunteered in the medical tent at Waterfront Park for the Rock 'n' Roll Marathon with supervising faculty Professor Nicole Sevilla-Zeigen.



NUSNA in the Community (continued)

Stand Down for Veterans

July 22-24, 2016

Stand Down for Veterans is an annual 3-day event hosted by the Veterans Village of San Diego to provide a safe place for homeless veterans to get rest, supplies, and other services at one site—Tent City at San Diego High School. On July 22 and 23, NUSNA San Diego volunteered in the medical tent to give back to our veterans for their service. We collaborated with nurses, MDs, and other medical professionals to care for them and provide needed medical services—a resource they would otherwise have limited access to any other time of the year. Thank you to all of our members who volunteered. We would also like to especially thank the supervising faculty who volunteered with us!



Thank you to all of the NU faculty who have taken the time to volunteer with us at our community service events. We would not be able to hold these events without your help. We appreciate your continued support as we work to serve our members and the community.

**"Nurses dispense comfort,
compassion, and caring without even
a prescription."
– Val Saintsbury**

Cohort Updates

CONGRATULATIONS!

Good Luck

on your next
adventure!

CONGRATULATIONS Cohort 39, LVN 7, and Cohort 40!

Cohort 39 and LVN 7 completed the nursing program in April, while Cohort 40 finished in June. They celebrated the end of their student nurse journeys at their White Coat Ceremony in May. Thank you for your guidance and mentorship. We wish you all the best of luck as you move on to take the NCLEX and become RNs.

Cohort 41

is halfway through Leadership with Professor Nicole Sevilla-Zeigen.



Cohort 42

is going into their 2nd month of Community Nursing.



"Caring about others, running the risk of feeling, and leaving an impact on people brings happiness."

– Harold Kushner

Cohort Updates (continued)

Cohort 43

will be completing Peds this month and starts Psychiatric Nursing in September.

Cohort 44

is currently halfway through OB.



Cohort 45

completes Med-Surg I this month and begins Med-Surg II in September



LVN 8

finishes Med-Surg II this month and will be starting Psychiatric Nursing in September.

Cohort 46

will be starting their 2nd month of Fundies in September.



Welcome Cohort 47!

They began their nursing journey at National University last month in July. They are currently finishing Health Assessment and will start Pharm in September. We wish you the best of luck and want you to know NUSNA is here to support you and help you be successful in the nursing program.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

– Leo Buscaglia

Upcoming Events

- **Giro di San Diego: September 11**
Volunteer with NUSNA in the medical tent.
- **Career Day: September 19, 2016**
NUSNA is hosting a Career Day to provide you with resources for your success. See flyer for more details.
- **Light the Night Walk for LLS: November 5, 2016**
Walk with NUSNA and/or make a donation to support the cause.
- **Disney Marathon: November 13, 2016**
NUSNA will be volunteering in the medical tent. Stay tuned for updates on how to sign-up.

NUSNA is now on Instagram!



@NUSNASD

Follow us for updates. We would love to hear from you! Tag us in your photos when you participate with NUSNA.

Get involved with NUSNA SD!

Take advantage of the many opportunities offered to help you succeed and enhance your nursing education. All committees are in need of new members and fresh ideas. Request a mentor to help you navigate through nursing school and answer questions, or sign up to become one! Help your colleagues grasp nursing concepts and increase your own nursing knowledge by becoming a Workshops leader. Reach out to our Directors, or visit our [website](#).

NUSNA San Diego Updates

- Need help with a subject? We have a workshop just for you! Workshops are designed to help you be successful in your classes. Check out our website for the [workshops schedule](#) updated monthly.
- Visit our website for more info about events and news: www.nusnasd.org. Also, follow us on [Facebook](#) (NUSNA San Diego) to stay updated.

CNSA Updates

Get involved with CNSA and join a committee! For more information about the various committees, visit their website www.cnsa.org, or contact CNSA Membership Director South, Jessica Gonzalez (NUSNA Mentorship Director, Cohort 41) at cnsamemsouthdir@gmail.com.

The 2016 CNSA Annual Convention will be held on October 7-9, 2016 in Visalia, CA. This year's theme is *A Culture of Learning: Our Passport to the World of Nursing*. See the flyer at the end of the newsletter for more details.

NSNA Updates

The 34th Annual Midyear Career Planning Conference will be held on November 10-13, 2016 in Kansas City, MO. For more info, visit their [website](#).

Help support NUSNA!

Scrub Sale – Need new scrubs because you spilled your daily dose of coffee? Or you just want an extra pair? NUSNA sells donated NU scrubs for \$5! If you're a recent graduate, please help us and donate your used scrubs! Contact us at nusna.fundraising@gmail.com.

Badge Reel Sale – NUSNA is selling badge reels for \$6 (or 2 for \$10). They're sturdy and fun, so you can show them off with flair.

Water Bottle Sale – Coming Soon!

Meeting Schedule

September 26, 2016

14:30-16:00

October 24, 2016

14:30-16:00

November 28, 2016

14:30-16:00

All meetings will be on the RB Campus.
Please see the bulletin board for details.
The meeting schedule and location are
subject to change by the President.

NUSNA SAN DIEGO FACULTY ADVISOR

Professor Jenna Scarafone (MS, RN, CPNP)
Faculty Lead – Pediatrics
jscarafone@nu.edu

COHORT REPRESENTATIVES

Cohort 40

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LVN Cohort 8

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Cohort 46

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NUSNA San Diego Board Members

BOARD OF DIRECTORS

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Workshops Director – Ashley Kaufman
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Scholarships Chair – TBD
scholarships.nusna@gmail.com

NUSNA SD thanks all those who contributed to this issue. We greatly appreciate your time and commitment to help make this newsletter possible.

Click the flyer for more info.



A flyer for NUSNA Career Day. On the left, a grey signpost stands in a green field. It has five colorful directional signs: an orange arrow pointing right with 'FREE FOOD', a blue arrow pointing left with 'MOCK INTERVIEWS', a yellow arrow pointing right with 'RESUMÉ REVIEW', a purple arrow pointing left with 'PROFESSIONAL PHOTO', and a green arrow pointing left with 'AND MUCH MORE!'. To the right of the signpost, the text 'NUSNA' is in a large, bubbly, blue-outlined font. Below it, 'presents' is in a simple sans-serif font, followed by 'Career Day' in a large, white, cursive font. A white cloud graphic contains the date 'Monday September 19' in a blue cursive font. Below the cloud, the text 'from 11am to 4pm' and 'at Spectrum Library' are in a simple sans-serif font, followed by 'Dress to impress!' in a slightly larger sans-serif font. At the bottom, the text 'For more info about Career Day, visit our website.' is in a bold sans-serif font, and a QR code is to its right.

NUSNA
presents
Career Day

*Monday
September 19*

from 11am to 4pm
at Spectrum Library
Dress to impress!

For more info about Career Day,
visit our website.



Click the flyer for more info.

CNSA
California Nursing Students' Association

A Culture of Learning

Our Passport to the World of Nursing!

2016 CNSA CONVENTION
Visalia Convention Center • Marriott Hotel in Visalia, CA
October 7-9, 2016