



# THE PULSE

THE NUSNA STUDENT NEWSLETTER

## MESSAGE FROM THE EDITORS IN CHIEF



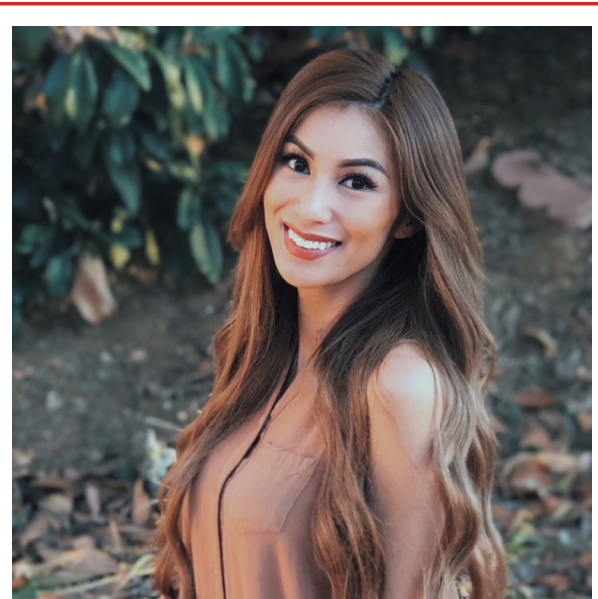
Hello NUSNA!

As we welcome 2019, I would like to thank everyone who has given me the opportunity to serve as your 2018 communications director. Serving in NUSNA has given me the chance to collaborate with my fellow students, staff, and faculty, which helped me realize that dedicating my time and effort for this organization is truly a rewarding and humbling experience.

Although it makes me sad that my time as your communications director is almost over, I am excited to have Camelle as your new director! I strongly believe that her credibility and creativity will greatly benefit NUSNA and I am ecstatic to see her vision and goals for NUSNA foster it's growth.

To everyone who made this newsletter possible, I genuinely thank you for sharing your experience and talent with us. I wish everyone a happy new year and may we all take 2019 another year to better ourselves and make a difference.

Rizza Angadol  
Outgoing Communications Director



As the incoming communications director, I am eminently grateful to work alongside Rizza to bring you this exceptional newsletter. From every NUSNA event these last few months to inspirational stories, special experiences, successful outings, and a magnificent white coat ceremony, this newsletter has it all. It is remarkable seeing our nursing students represent the true meaning of assiduous and

passionate leaders. You all deserve the recognition highlighted throughout these pages. Here's to your accomplishments and contributions!

Camelle Sison  
Incoming Communications Director

Assistant Editors : **Kristin Destajo**  
**Juliana Laninovich**

December 2018

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# *Thank you, Outgoing Directors!*



Rizza Angadol, C50  
Communications Director

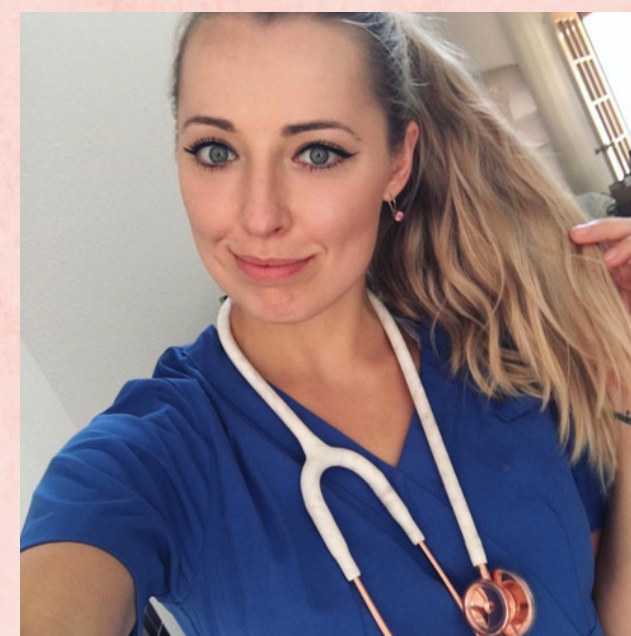


Kyle Roloff, C50  
Community Service  
Director

# *Welcome, Incoming Directors!*



Camelle Sison, C54  
Communications Director



Vikoriya Glushko, C55  
Community Service  
Director

# *Congratulations, CNSA Director!*



Jessica O'Donnell, C55  
CNSA Secretary/Treasurer

*Upcoming* **JANUARY ELECTION**  
**TREASURER**

Contact the treasurer to know  
more about the position and the  
VP for more election details

Meet  
Camelle!



My name is Camelle Sison and I am in Cohort 54. I received my bachelor's degree in journalism from SDSU and worked with Fox 5 San Diego as a news writer and assignment desk editor for their morning show. I also wrote for an online women empowerment magazine where I was proud to create content that motivated individuals to succeed. I thought I was set for life on this smooth pathway I created, but then I hit a little speed bump that led me into a different route. I was inspired to switch careers in order to make a difference in healthcare when my grandmother passed away. My mother, who is an RN, caught a great deal of malpractice actions and medical errors during my grandmother's several hospital visits. I always thought, "What could've happened if my mom didn't have a background in healthcare? Would she have caught these mistakes? What could've happened if she didn't?" My grandmother would've died in pain due to the errors of her nurses, and that is not okay. This experience opened my eyes to the many flaws in the healthcare system due to one single factor: miscommunication. This is why I am striving to be a nurse. I want to be an individual who can bring more light into decreasing miscommunication and medical errors all while advocating for patients. I am immensely grateful for the experiences that led me into this fine profession, and I vow to step into this powerful platform as a leader who ensures communication is a strong, two-way process.

# Rise Strong in Clinical: *Say Goodbye to Feelings of Otherness*

By Camelle Sison, C54  
Incoming Communications Director

**OTHERNESS.** Are you familiar with this? It's actually a feeling that comes up at least once during clinical rotations. The sense of otherness strikes when nursing students feel out of place or different from what is familiar, usually in a new setting when they aren't sure of where they belong. Although it's common to feel this emotion, you may find yourself in great discomfort if it happens more than usual. In fact, one way students alleviate the sense of otherness is by limiting their forward movement. They do this by choosing to remain in the role of observation – letting their nurses do everything instead of participating with them (Maria, 2016). However, constantly watching rather than doing does not allow one to truly learn the work of nursing. In order to shake off the state of otherness, there is something every nursing student must try: lean into the discomfort.

Understanding what makes you uncomfortable and maybe even vulnerable during clinical rotations makes all the difference. What makes you feel uneasy in the first place? Why do you feel out of place? Is it an intimidating nurse, death, caring for a patient who scares you, having to do something for the first time, the thought of making a mistake? Once you have identified your challenges, do not avoid it nor keep it to yourself. Expressing these feelings to someone who can help you, such as your nursing preceptor, is of uttermost importance as it opens the door for finding a solution. As RN care coordinator and nurse educator Maria Kneusal says, "All of us have things that make us uncomfortable in our work as nurses." Thus, it is ...



important to remember that even the most skilled nurses have discomfort and they’ve found ways to work through it, and so will you.

As future nurses, it is essential to remove the clutter and see the bigger picture: your experiences are meant for you to learn and to blossom into a competent nurse. Therefore, put an end to the sense of otherness by revolutionizing the way you enter a clinical rotation. It may seem difficult to see the light at the end of the tunnel when you don’t necessarily feel like an expert. However, the first lady of American theatre once said “the expert at anything was once a beginner.”

References

Kneusel, M. (2016). Empowering nursing students: Fourteen golden rules for clinical day. Creative Nursing, 22(3), 181-184. <https://doi.org/10.1891/1078-4535.22.3.181>



By Amy Adams  
Cohort 51

# A Peek Behind the Curtain : *Emergency Nursing*

The Emergency Nursing Association (ENA) conference was a remarkable experience that I will never forget. I applied to the ENA Foundation for a scholarship and was beyond grateful to have the entire conference fee waived. After working as an emergency medical technician (EMT) for six years, I knew in my heart that working in the Emergency Department as an RN is exactly where I belong. Experiencing the ENA 2018 conference gave me further affirmation to that goal. I am drawn to the adrenaline that follows the unique cases of trauma, injury, mental health, and acute onset symptoms. Attending this conference allowed me to network with RN’s who specialize in emergency medicine, attend workshops related to subjects of my interest, explore the exhibit room to learn about new technology, and hone in on my long-term goal of becoming a flight nurse.

The topics of the workshops that I attended were Predicted Health Impacts of Climate Change and their impact on Emergency Nursing, Firestorm in Wine Country: A Trauma Center's Response, psychotropic medications, Applying Wilderness Medicine to Rural Emergency Department Care, Public Policy Issues Impacting Emergency Nurses, True Grit -Building Mental Toughness in Emergency Nurses, and so many more! I was also able to participate in a focus group for the Impact of Legal Marijuana on the Emergency Department workload. I shared my knowledge and work experience of how marijuana has impacted chronic pain patients and what it has done to our emergency departments since becoming legalized for recreational use. My insight from being an EMT in a 9–11 system and working at Sharp HealthCare was taken into consideration. For lack of better terms, it felt incredible to have my expertise validated in a research project.

To build on the experience of attending a professional conference where I wouldn’t know anyone, I decided to seek out nurses who would be interested in sharing a VRBO. This was one of the best decisions I made in attending the conference because I was able to spend time and form relationships with two amazing ED nurses! I connected with one of them so well that she has become one of my mentors. As we were walking through the exhibit hall one morning, we came across a nurse who needed participants to join her SIM war team. The simulation war competition encourages nurses to work together in teams to achieve the best

possible outcome for a patient. Having the opportunity to be involved in treating a SIM lab patient with nurses who have worked in the ED for 20+ years was an unforgettable occurrence. Working together with seasoned nurses brought more insight into the kind of qualities that are needed to be an exceptional ED nurse.

Hearing about the experiences of ED nurses and the avenues they have explored within nursing inspired me to continue down my dream path of becoming an ED nurse. I was able to gain insight into new grad programs that would allow residencies in the Emergency Department, which resonated with me and gave me hope for my first future RN position.

I must admit that the Emergency Nursing Association Conference 2018 was one of the best experiences I have had as a student nurse. Words can't express how grateful I am for being granted an ENA Foundation Scholarship and having the opportunity to attend this fantastic event. I value the time that I had to speak with RN's, the friendships that I formed, the workshops that I attended, and the exhibit hall where I saw state-of-the-art equipment and learned new skills such as starting intraosseous infusions, where you drill directly into bone to inject medications quickly. My enthusiasm for the nursing profession has magnified since attending this conference. I encourage nursing students to attend a professional conference that suits his or her interest for their RN career goal. I can't wait for the ENA 2019 Conference in Austin next year. I'm looking forward to having my RN-BSN in a new grad program at that time. I've quickly learned that one of the best things about nursing is all of the opportunities and experiences there are to look forward to!



# September - October Events

9/30 EKG screening

10/20 NICU LITTLE GRAD REUNION



10/29 RONALD MCDONALD HOUSE

MENTORSHIP MEET AND GREET  
BONFIRE



OCT. 05, 2018

# CRMO AWARENESS WALK-A-THON



What an amazing event we had at the CRMO Awareness Walk-a-Thon! There was so much love and support not only here in San Diego but all around the world! It was such a wonderful day filled with laughter, love and tons of delicious cakes! Thank you so much to everyone who was a part of the team of people that made this event such a HUGE success!

*-Kyle Roloff (C50), Outgoing Community Service Director*

OCT. 5-7  
VISALIA, CA

# 2018 CNSA CONVENTION



At this year's CNSA convention, NUSNA-SD had six delegates who attended the three-day conference: Janine Adviento, Rizza Angadol, Camay Lim, Jessica O'Donnell, and Peter Tannous. The delegates had an amazing time participating at the house of delegates as they voted for legislations, spent some time with each other and other participants, made connections, learned more about the field of nursing, and celebrated as we won awards!

Some of the highlights at the convention include: **adaptation of the legislative committee's resolution, Increase Awareness on the Advantage of Emotional Intelligence in Nursing Practice in the state level** and **NUSNA-SD receiving the Chapter Recognition Award and Outstanding Newsletter Award.**

Our current Student-Faculty Liaison Director, **Jessica**, was also elected as the **2018-2019 CNSA Secretary/Treasure**. Lastly, we would like to thank our outgoing VP, Jade Evans, for her contribution to CNSA as the 2017-2018 CNSA Vice President. Congratulations, NUSNA-SD!

# PROMOTING EMOTIONAL INTELLIGENCE IN NURSING



*By Camay Lim (C53),  
Legislative Director*

Earlier this year, I started on a journey that I did not expect to be one of my most memorable experiences in nursing school. In this experience, I learned so much about the dedication and passion of nurses and nursing students in improving the profession through the power of resolution making. When I took on the position of Legislative Director, I was greatly inspired by my predecessor. Her Resolutions Committee successfully passed a resolution at the House of Delegates at the California Nursing Students' Association (CNSA) Convention in 2017. As a brand-new nursing student and board member, defending and debating an issue at a state convention sounded intimidating, but it also made me want to make the same impact as they did. I wanted to be able to look back at my time in nursing school and know that I left a small impact that could potentially spark a change in the nursing profession for the better.

Like most people, I am terrified of the unknown. I figured if I knew more about the resolution process I would be less nervous, so I began researching and learning about what a resolution actually was and how it impacts an organization when adopted. Resolutions are position papers written to increase awareness or create a change

in legislation about a certain issue or problem in a system. If adopted, they become the basis of policies, priorities, and actions of an organization. Proposed resolutions are submitted to the House of Delegates for discussion to determine if adoption is feasible. In this case, a resolution adopted by the California Nursing Students' Association will communicate its importance to the CNSA, its constituents, members, chapters, nursing, and health care needs of the public. Learning about resolutions and their potential impact, I was encouraged to make a change in my community.

After learning what a resolution was, I assembled new participants and a couple of members from the Resolutions Committee the previous year to lean on their expertise. We decided that we wanted to submit a resolution on an issue that was never brought up at the state or national level and had the potential to dramatically improve the nursing profession and community. We came up with several potential topics, discussed them in great detail, and researched their validity. In the end, the one topic that resonated with everyone was the concept of Emotional Intelligence (EI). The more we researched about Emotional Intelligence, the more excited we got about the potential EI had on improving several aspects within the nursing profession.



*Resolution committee (from L-R): Janine Adviento, Camay Lim, and Jade Evans. Not pictured are Jennifer Cherry and Holly Kreczkowski*

**"EMOTIONAL INTELLIGENCE IS THE ABILITY TO MONITOR AND RECOGNIZE YOUR OWN AND OTHERS' FEELINGS AND EMOTIONS, TO DISCRIMINATE AMONG THEM, AND TO USE THIS INFORMATION TO GUIDE ONE'S THINKING AND ACTION."**

Emotional Intelligence is the ability to monitor and recognize your own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and action. We discovered that there are numerous research studies and literature reviews that proves Emotional Intelligence can improve nursing communication, leadership, teamwork, education, and most importantly, the quality and safety of nursing care. The Joint Commission recognizes poor communication and leadership as the most frequent root causes of sentinel events. The Joint Commission also claimed that EI concept may hold the key to safe patient care. Nurses who have high EI ability are able to assess their own bias, fatigue, and stress levels in the work environment to prevent omission or misinterpretation of health information. Nurse leaders with high EI ability are also able to motivate their employees to perform effectively resulting in higher job satisfaction and lower reports of burnout. Essentially, nurses with high EI ability can positively affect patient safety and increase quality care. Not only does EI positively affect quality nursing care, safety, leadership, and communication, it also has an effect on a nurse's ability to handle and deal with stress. Nurses are able to conduct self-care interventions to maintain excellent mental and physical health, leaving them at the best state to care for their patients at the worst moments of their lives. With this new information, our passion and determination began to build, motivating us to share the value of Emotional Intelligence at the CNSA Convention. However, we still had a lot of work ahead of us.

With five months until the convention, we researched EI extensively and discovered that it essentially affected all aspects of the healthcare community, but we decided it would be best to focus on one area: patient safety. We focused our research and found

several articles and studies on how EI, or lack of, could affect patient safety and drafted our position paper to submit to the CNSA Legislative Director for a preliminary review. About a month from the convention, we received an email confirmation that our resolution was

accepted for discussion at the House of Delegates at the 2018 CNSA Convention in Visalia, CA.

We were ecstatic that our resolution was accepted but nervous at the same time. We prepared our presentation, came up with hypothetical questions we could be asked, and formed impact statements that could relate to student and nursing professionals. We crossed every t and dotted every i – or so we thought. On the first day of the convention, we were one of nine resolutions accepted for discussion. The other eight were interesting and all had the potential to change the nursing profession. However, we were all taken by surprise when we received an email explaining we would each have 60 seconds to pitch our resolution to the delegates. I remember slightly panicking and thinking to myself, "I only have one minute to boil down months of research to convince the majority of delegates that Emotional Intelligence is vital to the nursing community?! This will be fun."

It seemed like I was going to go over my allotted time, but it took just under 60 seconds to present our resolution. Fortunately, we had several students ask challenging questions which gave us the opportunity to elaborate and expound on our resolution, sparking interest throughout the room. We were surprised on how many students were interested in the mental health of nurses. The next day, when the Legislative Director reintroduced our resolution to the floor, he gave the audience an...



opportunity to speak in favor or against EI. Delegates from schools across California overwhelmingly supported our resolution. Some students even shared their personal experience with EI and the positive impact it had on them and their patients. Shortly after the discussion, the Legislative Director asked the House of Delegates to rise if in favor of adopting the resolution and over three quarters of the room stood up! I felt incredibly proud of our team, our accomplishment, and most importantly, the resolution would increase awareness of Emotional Intelligence in the nursing practice!

# CNSA Convention:

## SUICIDE PREVENTION



BY JESSICA O'DONNELL (C55),  
STUDENT-FACULTY LIAISON

Being a “newer” nursing student, I truly did not know what to expect, but I left the convention with great tools and even better friendships. The main education session I want to share is “Suicide Prevention: Identifying and Treating Colleagues at Risk”. Kathleen Snyder, MSW presented her story of losing her grandfather, mother, and husband to suicide.

For every one person that dies from suicide, there are twenty five that attempt. Many of them don’t want to die, they just want their pain to end. Try asking: are you thinking about ending the pain?

**What can you do to help? Think TALK**  
**T - Tell them you are worried about them**  
**A - Ask clearly & directly if they have thought about hurting themselves or made plans**  
**L - Listen intently**  
**K - Keep them safe**

This isn’t therapy, it is suicide first aid.  
If you are contemplating ending your life, take a step back, and stop and get your bearings. Your bearings are where you are safe.  
World Suicide Prevention Day is September 10, but this is something that we should consider everyday. The conversation begins with us as professionals in healthcare.

Kathleen ended her session with the following message: we need to change the verbiage. Jane Doe died of suicide. She wants us to remember them for how they lived. Kathleen’s husband loved ice cream. She celebrates him whenever she takes a moment to stop and enjoy some ice cream.

There was not enough time in the session to discuss treating nurses specifically, so I dove into research around nurses. There isn’t much that exists. We hear of the numbers for physicians, military, and other occupations, but we don’t hear about the rates or ways to help nurses. The National Academy of Medicine published a discussion paper earlier this year around the lack of research, along with the lack of procedures to navigate prevention and grief. It is a great topic to continue reading.

Save these as a contact to your phone so you can share with your peers in an instant:

Suicide Hotline: (800) 273-TALK  
Crisis Text Hotline: Text HOME to 741741

# November

## 26th

## Blood Drive

## 14th

## Shower of Blessings

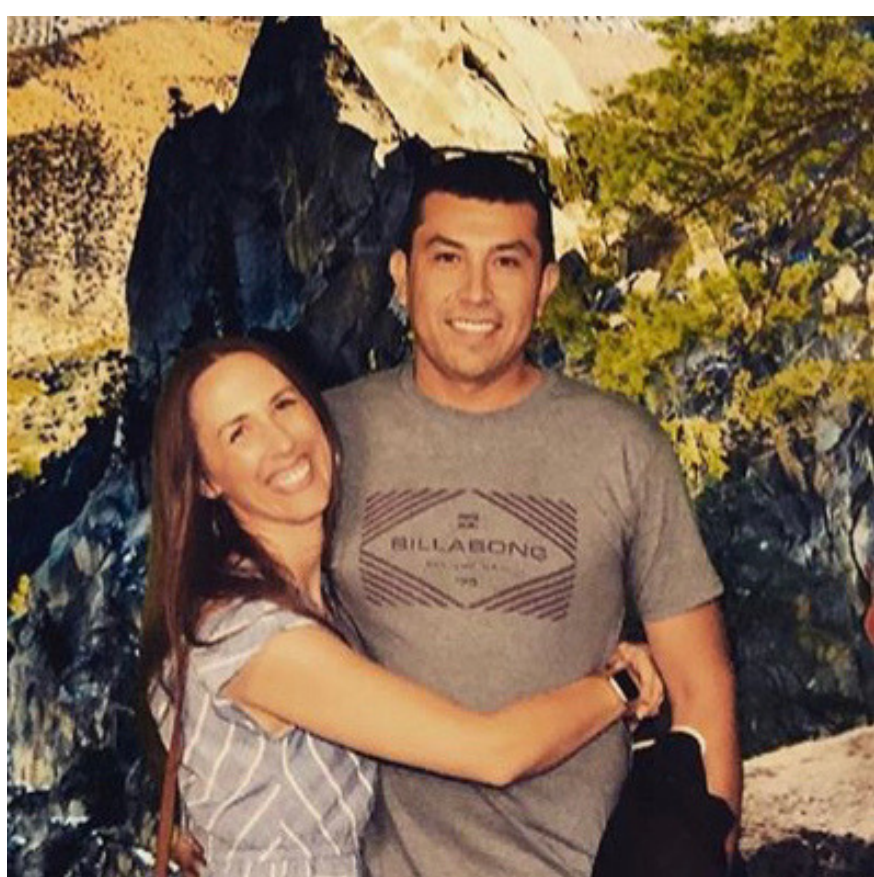
## Ronald McDonald

## House



**25 UNITS OF BLOOD  
DONATED AND 75  
LIVES SAVED!**

## A Life Changing Discovery



I cannot stress enough the importance of daily check-ins with your health as well as check-ups with healthcare providers. I was recently diagnosed with Melanoma, spitzoid dysplastic nevus to be exact. It is a rarer type of melanoma that usually grows on the trunk and legs of women. This caught me completely by surprise when my dermatologist called with the pathology report and I knew it was not good since he was calling me after hours to talk. He wanted to be aggressive with it's removal so he had me scheduled for an excision one week later.

**By Rachel Gould Diaz (C51)**

**Cohort Representative**

But let's go back to the beginning, this all started with a very normal looking mole on my left flank. It fit the bill for the ABC's and had never raised suspicions during prior skin cancer screens. The only difference this time was that I had accidentally scratched it one morning and it hurt. Like, really hurt, more than usual. So I made an appointment to have it looked at. My dermatologist took one look and said, "it looks fine, but lets biopsy it just in case. He called me a week later with the news and made me promise not to google it so as not to scare myself. At first I was in shock, but soon panic set in. My father passed away when I was eight years old from kidney cancer, he was 36. I shall be celebrating my 36th birthday at the end of December, if that's not apropos I don't know what is. Once I had a good cry with my nearest and dearest, I went into task master mode and started my research about Breslow's depth and



*" I hope that I can use my experience and encourage anyone and everyone to be their own advocate and be seen by a healthcare professional even if you think you're healthy or seem fine."*

possible treatments as well as recovery.

Thankfully, the excision went smoothly and the patho came back with clear edges and a superficial depth! I will have to go in every four months for the next couple of years for screenings and now I have a lovely four inch long scar, but that will heal and I'll be looked after closely which is comforting. I hope that I can use my experience and encourage anyone and everyone to be their own advocate and be seen by a healthcare professional even if you think you're healthy or seem fine. No matter our varying backgrounds, be it economic or cultural, we all should be looked after and the resources available can and need to be used so we can all be the happiest and healthiest versions of ourselves. Thank you.



# National University Nursing Honor Society

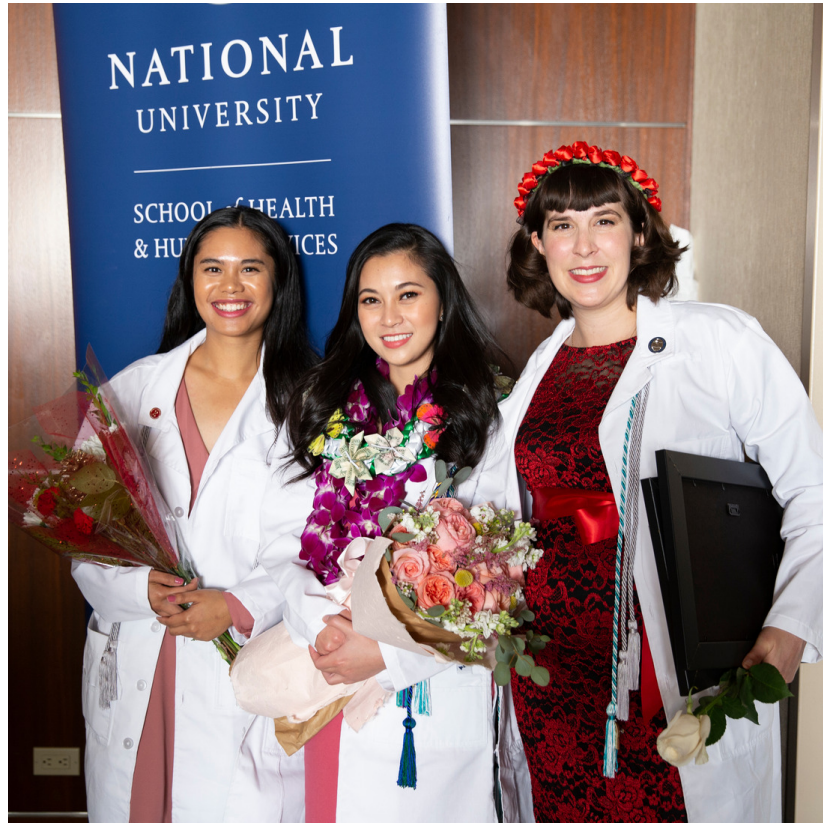
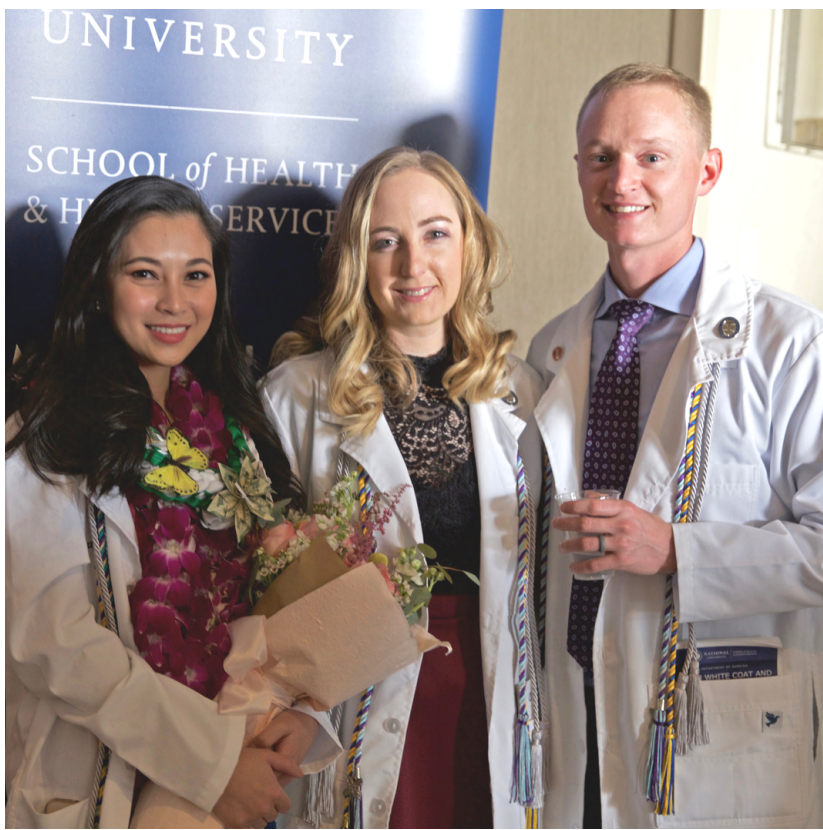
COHORT 49 & 50



On November 17, 2018, National University Nursing Honor Society recognized students who earned the top 35% cumulative GPA within cohort 49 & 50. Students who were inducted into the honor society received certificates and honor cords as a recognition of their academic success and commitment to serving the school and the community.

# White Coat & Pinning Ceremony

November 30th, 2018  
The Westin Gaslamp, San Diego



## Cohort 49 & 50

# White Coat & Pinning Ceremony



## AWARDS

### NUSNA DIRECTORS AWARD

Jade Evans (C49), Vice President  
Kylie Clower (C49), Membership Director  
Kaila Pascua (C49), Student Activities Director  
Allen Nisperos (C49), Student-Faculty Liaison  
Eloisa Mendez (C49), Workshops Director  
Allie Rivette (C49), Scholarship Committee Chair  
Rizza Angadol (C50), Communications Director  
Kyle Roloff (C50), Community Service Director

### SCHOOL OF HEALTH AND HUMAN SERVICES OUTSTANDING LEADERSHIP AWARD

Hollie Baptista Saldana (C50), Chair  
Starla Pigott (C50), Vice Chair  
Kimberly Valbuena (C49), Admin Officer  
Julie Nguyen (C50), Finance Officer  
Summer Barnes (C50), Student Representative  
Pamela Fathy (C50), Mentorship Officer  
Erica Boley (C50), Activities Officer  
Rizza Angadol (C50), Outreach Officer

### ACADEMIC EXCELLENCE AWARD

Brittany Halsell (C49)  
Erica Boley (C50)

### CLINICAL EXCELLENCE AWARD

Allen Nisperos (C49)  
Erica Boley (C50)

# Culturally Considerate Nursing:

## WHAT CAN WE DO TO PROVIDE THE BEST CARE TO OUR PATIENTS?



By Kristin Destajo (C50), Assistant Editor

Health is an issue that affects people from all walks of life, and it shouldn't be a surprise that patients in the hospital reflect that. In my cohort alone, we have a diverse student body, ranging from Egyptian heritage to biculturally mixed individuals. We all come from a variety of cultural and ethnic backgrounds, and as nurses we have to understand how varying cultural values contribute to healthcare as a whole. These differences in our culture make us unique and give us the ability to contribute in individualized ways. A wide range of points of view broadens our horizons and allows us to approach health problems with multiple perspectives. Ultimately, our diversity is a strength that we should take pride in, and we should nurture it within our healthcare community.

Just as how we have a diverse background in the healthcare field, our patients also stem from a multitude of cultures. A patient's culture affects how they behave and perceive things; however, not all people from the same culture share the same ideals. This can make nursing care rather tricky. As nurses, it is our duty to have an understanding of these cultural values and differences and take them into consideration when providing interventions and when interacting with our patients. If we are not aware of and respect these cultural preferences and beliefs, our patients could possibly consider us rude or insensitive. In an effort to equip this generation of future nurses with the ability to maintain positive nurse-patient relationships, here is an outline of few things to consider when providing care.

### Eye Contact.

Eye contact is heavily determined by culture and in nursing school we are taught to maintain eye contact with patients. However, some patients who come from Asian, Arab, and American Indian backgrounds can interpret consistent eye contact as a sign of disrespect and view it as aggressive. Patients from these backgrounds may avert their eyes when speaking to you in an attempt to show respect and trust.

If we are aware of cultural preferences such as this we can avoid misunderstandings and allow the patient to feel more comfortable with you and foster a better nurse-patient relationship.



## Personal Space & Touch.

Another factor to consider is personal space and touch with patients. This is another preference that is heavily determined by culture and a lot of the time we are not even aware of our personal space preferences until we are placed outside of them. Studies have shown that Americans, Canadians, and British individuals require the most personal space between themselves and others. In contrast, those from the Middle East and Latin America have shown to need the least amount of space.

In order to prevent misunderstanding and strains on the nurse-patient relationship, we should keep personal space preference in mind when we interact with our patients. For example, a patient may perceive a nurse sitting close to them as an expression of caring and concern, while another patient could consider it an invasion of personal space making them uncomfortable. One good general rule of thumb is to maintain an arms length away unless otherwise prompted by the patient.

## Time & Punctuality.

For individuals in the healthcare field, it is vital for us to maintain a schedule and meet deadlines to perform our jobs well. However, attitudes about time and punctuality vary widely among cultures. These differences can unfortunately become a barrier between nurses and their patients. In western culture, we measure time using clocks and watches. In contrast, time can be a relative phenomenon for other cultures. An example of this would be that some hispanic people consider time to be a guide rather than a strict outline, they make a primary distinction between the day and night but do not specifically consult hours or minutes. In addition, time can be marked by activities, meals, or rituals instead of a clock. As a result, it is our job as healthcare providers to communicate clearly with these patients and for the hospital to provide services such as follow up calls and reminders to ensure that these patients receive the care that they need.

Another factor potentially affecting punctuality would be value differences. Values can influence someone's sense of priorities. One example of this would be a patient prioritizing responding to a problem at work or within the family rather than attending a scheduled medical appointment. It is important for us as nurses to remain understanding of these differences in values and to avoid acting negatively towards these patients. Shaming these individuals would reduce their confidence in the healthcare system and could potentially lead to more complications such as disregarding patient teaching or medications due to their lack of trust in their healthcare providers.

## Diet.

Food is a large part of everyone's life, no matter the culture. Oftentimes food is associated with positive events such as family time, celebrations, life accomplishments, and ceremonies such as weddings. However, culture does determine what kind of food is served, the frequency of meals, and who eats with whom. Culture also determines how foods are prepared and served and how they're eaten (with chopsticks, fingers, or forks).

practices such as fasting, abstaining from selected foods at particular times, and avoiding certain surgical implants



such as bovine heart valves. In asian culture, there is strong belief in hot and cold foods which can impact health status. As nurses, we must take the time during our primary assessment to ask our patients if they have any cultural food preferences. This establishes a further trust with patients and allows us to respect their culture while providing them with the nutrition they need to get well. It is also important for us to respect any religious practices such as fasting if it will not negatively impact their health. It is a great practice to educate ourselves on the basic dietary preferences of the major cultural groups we serve to advocate for the patient and provide education regarding certain nutritional choices and provide patients with the tools to keep themselves healthy.

## Barriers to Communication.

A key piece to effective nursing is communication. In order to establish an environment that includes and respects different cultures, we must acknowledge that not everyone speaks the same language. This includes not only verbal language, but also tone of voice, volume, and nonverbal communication such as body language. Fortunately, the Joint Commission requires healthcare facilities to have interpreters available. Through my clinical experience, I've seen translators contacted over the phone or even through video chatting. It is important to remember that modern technology has given us tools to aid our nursing and we should utilize them.

Though translators are extremely useful, we will still have to interact with patients by ourselves. In order to effectively overcome barriers of communication with patients who do not speak the same language as you, I've included a few tips and tricks to help us in our nursing journey.

- 1. When entering to the room, greet the patient with his/her last name or his complete name. When you introduce yourself, say your name, point to yourself, and smile.*
- 2. We should speak in a low, moderate voice and avoid raising the volume of our voice when explaining things. Patients who are not hard of hearing may interpret this as the nurse being angry or shouting at them.*
- 3. Organize your thoughts. Repeat and summarize frequently. Use audiovisual aids when available. Use short, simple sentences and speak in the active voice.*
- 4. Remember to avoid medical jargon and to use simple words such as "pain" rather than "discomfort."*
- 5. When providing teaching, validate whether the patient understands by having him repeat instructions, demonstrate the procedure you've taught him, or act out the meaning.*
- 6. Use any appropriate words you know in the person's language. This shows that you're aware of and respect their native language.*

*Get phrase books from a library or keep a translating application and make or buy flash cards.*

In conclusion, your patients will appreciate your efforts, and you'll be prepared to provide better care if you are a culturally sensitive nurse. Diversity is a strength not a burden, and we can all make a greater impact on our patients' lives if we take into account cultural considerations. It is our job as nurses to provide efficient, effective, and individualized care to each patient and to remember that they are people and deserve to be treated with dignity and respect.

### Reference:

*Public health nursing: Scope and standards of practice. (2013). Silver Spring, MD: American Nurses Association.*

*YODER-WISE, P. S. (2018). LEADING AND MANAGING IN NURSING. S.l.: MOSBY.*

# Holiday Cheer



Holiday Cheer is part of the Community Engagement Core in the School of Human Health and Services (SHHS) in which three departments work together to make a positive impact on the lives of selected families from San Diego. This year, SHHS hosted four families, and with everyone's generosity and kindness, SHHS was able to give these families a deserving Holiday celebration on December 8th, 2018.

Thank you to everyone who made this event possible!



# CONNECTING THE DOTS

## *with Planetree*



*By Wena Luansing,  
Cohort 53*

PlaneTree – It sounds like an organization that has to do more with saving the planet than a platform for cultural change in healthcare. My experience at this year’s Planetree International Conference on Person Centered Care in Boston, MA was formative and exposed me to the innovations, possibilities, and miracles that are happening around the globe – right now – as you read these words.

I was impressed by all the connections and relationships forming, the exchange of knowledge, the sharing of ideas, the displays of innovative devices, and the overall energy of attendees. It did not feel like your typical conference, and instead felt like an informal gathering of

colleagues who were genuinely happy to see each other! I heard accents from so many countries that I lost count.

Dean Gloria McNeal represented National University with her session about Telehealth Medicine and there were several poster presentations from faculty we all know and love. The support from Planetree International, who organized the event, was key for students like me. We were eager to participate and they wholeheartedly welcomed us in their meetings, invited us to blog, have a booth, and genuinely wanted to hear what we had to say, and always ushered us to see the keynotes...

## COMMITTEE MEMBER OF THE MONTH

### *October*



Rizza Angadol, C50



Allen Nisperos, C49

*Congratulations to Rizza for the newsletter and Allen for his hard work at the CNSA conference!*

*–Peter Tannous, Vice President*

My favorite keynote speakers included Dr. BJ Miller, Dr. Reb Close, Dr. Casey Grover, and Dr. Shawna Pandya who all showed me that anything is possible if you have a passion for it. Sharp Coronado invited us to a dinner mixer and we even got to celebrate CNO Chris Walker’s birthday with the Dean starting off the “Happy Birthday” song.

Of course, the conference was hard work with long hours, but it was worth it. After the conference, I got to see Boston in the fall and experience what they call “Massitude.” In the end, I came away feeling excited



*Planetree Conference 2018 volunteers*



*NU Planetree with National University and Sharp Coronado*

NU’s Planetree Student Committee has helped me connect the dots, so to speak, and has ignited a new passion for advocacy. I know that Planetree can help you accomplish this, too. Find something that inspires you to participate more whether it’s in a student organization at our university or in something that really matters to you. Make it personal. Make it count.

and very proud to call myself a member of the Planetree movement. My nursing career is already being influenced by person-centeredness. As a student nurse worker with Tenet Healthcare, I am mindful of “who” and “what” I bring once I set foot in a patient’s room or on the hospital floor. I have already been recognized by a colleague and patient in my first month. With a grateful attitude, gratitude comes back tenfold.



*Janette and Stephanie with the Planetree founder, Angelica Thieriot*



# National University Honor Society of Nursing

## SCHOLAR'S DAY

December 13, 2018

Selected students and faculty are invited to attend, to participate, and to present a topic of interest. Topics presented at the event are related to nursing research, innovative clinical practice or clinical outcomes.



# December 2nd - Holiday Home Tour



Sign Up Now!



NATIONAL  
UNIVERSITY

THE DIVISION of EXTENDED LEARNING



American  
Heart  
Association

AUTHORIZED  
TRAINING  
CENTER

Affiliated with the Center for Healthcare Education

## AHA/NAEMT Approved Continuing Education Courses January & February 2019

### BLS for Healthcare Provider - CPR

**Initial** **Renewal \***  
Cost: \$50 Cost: \$30  
\*Must provide current card at start of class

### EKG & Pharmacology

Includes EKG and Pharmacology  
Cost: \$180 (incl book)  
\* 8 CEUs awarded

### Advanced Cardiac Life Support

**Initial** **Renewal**  
Cost: \$180 (incl book) Cost: \$145 (incl book)  
\*10 CEUs awarded \*5 CEUs awarded  
\*Must provide current card at start of class

### Pediatric Advanced Life Support

**Initial** **Renewal**  
Cost: \$180 (incl book) Cost: \$145 (incl book)  
\*10 CEUs awarded \*5 CEUs awarded  
\*Must provide current card at start of class

### Pre-Hospital Trauma Life Support

**Initial** **Renewal**  
(2 day course) Cost: \$245 (incl book) Cost: \$155 (incl book)  
\*16 CEUs awarded \*8 CEUs awarded  
\*Must provide current card at start of class

Classes held at  
National University, Kearny Mesa  
3570 Aero Court, San Diego, CA 92123  
National University Students/Alumni/  
Faculty receive a 25% discount on all  
courses (excluding BLS) by using  
promo code: NUAHA

**Register Today!**  
[Nupolytech.org](http://Nupolytech.org)  
(under "AHA Programs")  
(858) 642-8600

\* National University is an authorized AHA & NAEMT training site

\* CE's are instructor-based and approved by EMSA

\* Discount applies for NU students, alumni and faculty

## January 2019

4Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9 PALS @ KM (8am-5pm)	10	11	12
13	14	15	16	17 ACLS @ KM (8am-5pm)	18	19
20	21	22 PALS @ KM (8am-5pm)	23	24 BLS CPR @ KM (9am-1pm)	25	26
27	28 ACLS @ KM (8am-5pm)	29	30	31		

## February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 PALS @ KM (8am-5pm)	7	8	9
10	11	12 BLS CPR @ KM (9am-1pm)	13	14 ACLS @ KM (8am-5pm)	15	16
17	18	19	20	21 PALS @ KM (8am-5pm)	22 EKG/Pharm @ KM (9am-4pm)	23
24	25 ACLS @ KM (8am-5pm)	26 BLS CPR @ RB (1pm-5pm)	27	28		

Unless otherwise noted (in calendar):

- ACLS Classes are held from 8 am - 5pm
- EKG/Pharmacology classes are held from 9 am—4:00pm
- PALS Classes are held from 8 am - 5pm
- PHTLS Classes are held from 8 am - 5pm
- BLS CPR Classes are held from 9 am - 1pm (AM) or 1pm-5pm (PM)
- Location: KM= Kearny Mesa RB = Rancho Bernardo

**Register Today!**  
[Nupolytech.org](http://Nupolytech.org)  
(Under "AHA Programs")

# BE A NSNA DELEGATE!

## IGNITE YOUR PASSION: LIGHTING THE WAY FOR EXCELLENCE!



National Student Nurses' Association

Visit [www.nснаconvention.org](http://www.nснаconvention.org)  
for future updates!

## 67<sup>TH</sup> ANNUAL CONVENTION APRIL 3-7, 2019 Salt Palace Convention Center • Salt Lake City, Utah

# COHORT UPDATE:

*Where are they now?*

## Cohort 50: *Issues in Nursing*

Cohort Representative:: Rizza Angadol  
[nusna.cohort50@gmail.com](mailto:nusna.cohort50@gmail.com)



## Cohort 51: *Community III*

Cohort Representative:: Rachel Gould Diaz  
[nusna.cohort51@gmail.com](mailto:nusna.cohort51@gmail.com)



# Cohort 52: *Psychosocial*

Cohort Representative:: Janine Adviento  
[nusna.cohort52@gmail.com](mailto:nusna.cohort52@gmail.com)



# Cohort 53: *Pediatrics*

Cohort Representative:: Alyssa Carrillo  
[nusna.cohort53@gmail.com](mailto:nusna.cohort53@gmail.com)



# LVN 10: *Community III*

Cohort Representative:: Samantha Shepherd  
nusna.lvn10@gmail.com



## Cohort 54: *Med-Surg II*

Cohort Representative:: Katie Yegsigian  
nusna.cohort54@gmail.com



# Cohort 55: *Med-Surg I*

Cohort Representative:: Trina Rey

[nusna.cohort55@gmail.com](mailto:nusna.cohort55@gmail.com)



# Cohort 56: *Research*

Cohort Representative:: Laura Yahemiak

[nusna.cohort56@gmail.com](mailto:nusna.cohort56@gmail.com)





## 2019 MEMBERSHIP MEETINGS:

Meetings are scheduled on the 4th Monday of every month at 2:30 P.M. located at the RB Campus.

- January 28th
- February 25th
- March 25th
- April 22nd

*Meeting schedule and location are subject to change as determined by the NUSNA SD President.*

## JOIN A COMMITTEE!

- Breakthrough to Nursing Committee
- Budget and Finance Committee
- Bylaws Committee
- Community Service Committee
- Communications Committee
- Fundraising Committee
- Membership Committee
- Mentorship Committee
- Nominations and Elections Committee
- Planetree and Alumni Relations Committee
- Scholarship Committee
- Student Activities Committee
- Workshops Committee



*Email the Vice President at [nusna.vp@gmail.com](mailto:nusna.vp@gmail.com) for any questions.*

# Congratulations, NCLEX-RN passers!

Last academic quarter, we obtained a 97% NCLEX passing rate for all NU campuses.

# HELPFUL RESOURCES



## WORKSHOPS

- Need help with a subject?
- Having difficulty with care plan?
- Need guidance in building your portfolio?

For workshops schedules, go to <http://www.nusnasd.org/workshops.html>

To sign up, select "Going" on the event page for the desired workshop on NUSNA SD's Facebook page

Interested to be a Workshop leader?  
***Click here***

Workshop leaders must be within good academic standing with a minimum Nursing GPA of 3.3.

## Join our Mentorship Program!

### Be a mentor!

- Must be an NUSNA Member
- Successful completion of NSG 320 (Med-Surg II)
- Must not have started NSG 325 (Psych)

### Be a mentee!

- Available to all NUSNA members

← Click each to get more information about the mentorship program.

# OPPORTUNITIES FOR SUCCESS!

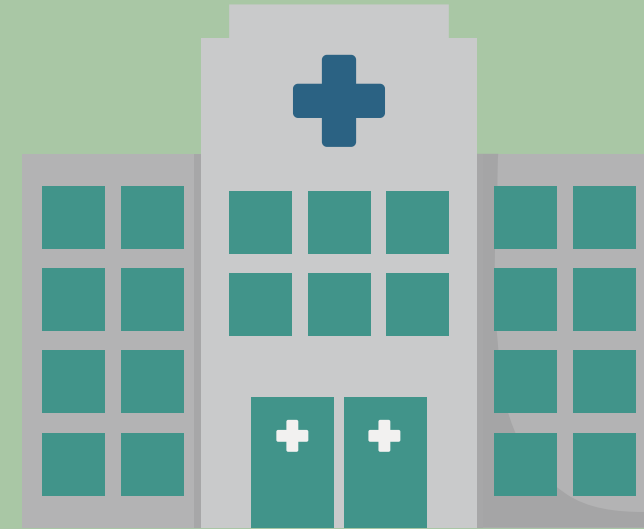


## Hospital Nurse Residency Programs for new BSN Graduates

Click [here](#) to see the list of hospitals providing structured programs for new BSN's.

## Looking for a job?

Click *here* to check out what hospitals are hiring!



## Make a Difference!

Join NUSNA in making an impact in the community and sign up to be a volunteer at one of our community service events.

**JOIN US HERE!**

**SAN DIEGO**  
**NUSNA**  
National University Student Nurses' Association

**Community  
SERVICE**

**VOLUNTEER NOW**

Go to <http://www.nusnasd.org/community-service.html> to sign up for volunteering opportunities.



## LET'S GET SOCIAL

CONNECT WITH US!



**NUSNA San Diego**



**NUSNASD**



**[www.nusnasd.org](http://www.nusnasd.org)**

**SHARE YOUR  
PHOTOS, STORIES, IDEAS,  
AND QUESTIONS WITH US!**

**Thank you to everyone who helped and contributed to making this newsletter possible. Special thanks to students, Phil Oels, and Lucia photography for the photos.**