

S P R I N G 2 0 1 2

# the NUSNA News

February 2012, Issue #3

## Bayside Community Center

National University students have assisted volunteers at the Bayside Community Center with taking vital signs after a senior fitness class. Bayside is a neighborhood-based organization that has supported the Linda Vista community for 80 years. Its Senior STEPS program was developed to provide a variety of preventative health and education services for the area's senior community.

Consider volunteering for this community service project! While taking vital signs, students provide education on healthy lifestyles and distribute and complete vital signs logs that seniors can use to monitor their blood pressure. We volunteer every Tuesday and Thursday from 11:00 to 12:00 and optimally we'd like to pair up a more senior student nurse with one that is newer to the program. The sign-up sheet has been updated to provide volunteer spots through May and can be accessed through the following link:  
<https://docs.google.com/document/d/1YPYmjdxbpOEF9piWCfXtGouRmaaqsWv2XFCDrsFf7hc/edit>



## It is time for NUSNA elections!

**The NUSNA will be holding annual Board Member elections the week of February 20th. The open board member positions are:**

President	Student Faculty Liaison
Vice President	Community-Service Coordinator
Treasurer	Membership/Recruitment Coordinator
Secretary	Pinning Ceremony Coordinator
Student/Public Relations	

**Email [nusna.info@gmail.com](mailto:nusna.info@gmail.com) if interested in running!**

### Join NUSNA now!

Want to be a part of your local chapter at National University? Go to the link to sign up:

<https://nsnamembership.org/>

Each student must be a NUSNA member in order to run for a NUSNA position.

## Toiletry drive was a success!

What a success!!! The NUSNA collected 1,169 items for the Toiletry Drive!! The delivered items included over 280 men and women razors, 84 bars of soap, 100 toothbrushes, almost 100 tubes of toothpaste, 67 bottles of shampoo, and many other toiletry essentials.

Thank you very much to everyone for your contributions and hard work. The thousands of people that will receive toiletry kits containing these items will help the San Diego area obtain millions of dollars in funding. Last year the Regional Task Force on the Homeless (RTFH) was able to obtain more than 16 million dollars to fund much needed programs. They are very hopeful this year they will exceed last year's number!!

## Get to know your faculty: Interview with Professor Casey of NSG 314

### **What influenced your decision to become a registered nurse?**

I realized the many diverse opportunities that nursing would afford me. There is never a reason to be bored or burned out! Additionally, every day brought purpose - other jobs I had prior to getting my Nursing Education didn't offer that.

### **What are some ways to cope with the challenges of nursing as a career?**

- 1) Take care of your health. Keeping yourself healthy, both mentally and physically will give you the resources that you need to respond to the demands and challenges of nursing.
- 2) Take good care of your relationships! It's very easy to let those important friendships "take care of themselves" while responding to the needs that your new profession puts forth, but they need some attention and nurturing to survive.
- 3) Never quit learning. Stay engaged in what is current through professional networking, journals and weekend seminars in your favorite "get away" destination.

### **What do you feel are some important benefits of being a member of the National University Student Nurses Association?**

Having the opportunity to work with others, in a professional setting, to influence your school and profession is exciting! I believe that it's important for students to have a voice, and an active association offers that. Additionally, it is the way that nursing professionals work within their specialty organizations and place of employment; through professional practice and shared governance structures. Through the National University Student Nurses Association, students are able to work with faculty and leadership to positively influence the quality of the program and overall student experience. I find it very fulfilling to have a process where students and faculty can work together towards these goals. Additionally, the NUSNA has done a terrific job in finding ways for their members to network out in the community and make professional contacts.

### **Is there any advice you can give to nursing students to help them become successful in National University's nursing program?**

Review the time commitment that an accelerated program demands. Be honest with yourself in regard to how much time, in comparison, you have set aside for yourself to study and prepare. Develop time management and prioritization skills. Involve your support system and family so they can actively support you in meeting your goal!

## Cohort Updates

Cohort 22 finished their final nursing class in January, 2012 and will be attending their pinning ceremony on 2/23/12. They are looking forward to the future and wish all of the cohorts good luck in their nursing careers!

Cohort 23 is in NSG 340, Nursing Leadership & Management. The lecture is led by Beverly Wilson and focuses on the many facets of being a leader and manager. The clinical portion allows us to shadow a nurse leader (charge, manager, etc.) in the hospital setting which so far has provided great insight to the behind the scenes logistics of running a hospital. In week four we face a significant milestone...the ATI Comprehensive Predictor Exam. Wish us luck!

Cohort 24 finished Psych at the beginning of February and is just getting started with the first of the three Community courses. Our heads are spinning a little from all of the information and assignments, but we're all looking forward to getting involved in the community and helping to create ways in which San Diegans can battle some common health issues.

Cohort 25 is currently in Pediatrics. We are having a great time fine tuning our assessment skills on the pediatric population – from day old infants, to teens, there's always something new to learn each day! Our clinical rotations are split into four groups. Two groups go to Rady Children's, and the other two go to Kaiser. Our rotations have been quite interesting, as we have been able to witness miracles in the OR, learn about anomalies in radiology, observe the fragility of life in the NICU and PICU, help recover kids after surgery in the PACU, and go out into the community alongside home health nurses for our float rotations.

Cohort 26 is currently in NSG 314, Childbearing Family Nursing. This is a two-month course taught by lead faculty Debra Casey. This class has one lecture day and two clinical days per week. We just completed an all-day onsite clinical training in post-partum care and will have skills competency testing next week before we begin clinical. There are four clinical groups located at Scripps Mercy Hillcrest, Scripps Mercy Chula Vista, Scripps Memorial La Jolla, and Sharp Chula Vista. There is a new dynamic of patient care with women and families that embraces a new learning environment for students and celebrates life.

Cohort 27 has just started med/surg 2 with Professor Sangsionoi and Professor Dela Cruz. We have lecture on Wednesdays and have clinical at Scripps Mercy & Kaiser on the telemetry floor. We are all eager to learn more about ECG, patient care and documentation. This class has a comprehensive ATI exam along with our course curriculum as well as a few extra lab days to help us become safe new grads!

Cohort 28 is currently in the second month of Fundamentals with Peggy Mata as the professor. The students meet for lecture once a week and are assigned to lab or clinical twice a week. For the first month of Fundamentals, students had lab twice a week and learned new skills, such as inserting NG tubes and catheters. During clinical rotations the students care for patients residing in skilled nursing facilities. From Fundamentals on, nursing students are required to pass the ATI proctored exams in order to complete the class, so start preparing now!

Cohort 29 is currently in Health Assessment. Although they are the newest cohort to the nursing program in San Diego, they are very eager to develop a strong foundation of knowledge that will help them throughout nursing school.