

NUSNA Newsletter

National University Student Nurses' Association

Cohort 26, RN

The Department of Nursing at National University Rancho Bernardo recognized Cohort 26 during a pinning ceremony held on Friday, February 8, 2013 at the Hilton Del Mar.

The Pinning Ceremony has been a tradition of nursing schools around the world that represents the transition of nursing students to nursing professionals. The new grads were presented with nursing pins by family, friends, and faculty of NU.

This is a particularly special pinning ceremony as 6 of our board members have graduated: Michele Olive, President; Dave McClure, Community Service Director; Jennifer Bryan, Pinning Ceremony Coordinator; Heather



Arbogast, Student Faculty Liaison; Nicole Moreau, Fundraising Director; Dori Nelsen, Treasurer. They have helped shape NUSNA into the organization it is today and paved the way for an amazing future!



Shelby Crenshaw is another cohort 26 member and representative that has made a lasting impact on NUSNA as she established a library for students to utilize for various nursing textbooks as well as uniforms.

CONGRATS COHORT 26 & GOOD LUCK!!

- > April 6—National Kidney Foundation
- > April 7—The Crew Classic
- > April 20—Feeding America
- > April 29—San Diego Brain Tumor Foundation

More info on page 8

Building for the Future

by: Ryan Rickley (NUSNA Fresno President)

National University Student Nurses' Association (NUSNA) has taken some big steps toward our goal of being a 501(c)(3) non-profit. Russ Parkman, who is the lead faculty for National University's (NU) graduate program in taxation, agreed to formally take NUSNA as his service project for the year. Each year, members of the faculty have to perform "service" to the university as part of their faculty status; by taking NUSNA on Russ has done us a tremendous favor. His background in law (he has a

Juris Doctorate), accounting (he is a Certified Public Accountant), and taxation (he teaches those classes for a living) will ensure that as we take each step we are making decisions that protect out organization, while also building towards our future goals. Our first meeting with Russ brought forward that we needed to incorporate with the California Secretary of State as soon as possible; this process costs right shy of \$500 and take about 1 month. It is of note, that only because Russ has offered his services and talents for no

cost that our price is so low. Without his help, we would be paying well over double that price. The three Board of Directors from each campus (Fresno, Los Angeles, and San Diego) approved sending in the amount of \$150 at their respective January meetings. Following this action, we transferred the money to Russ who is now in the process of obtaining out incorporation (Inc.).

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Dr. Alice Noquez

Dr. Alice Noquez is the latest addition to NU's Faculty. She joined NU July 1, 2012 as Associate Professor in the Department of Nursing and is currently the Lead Faculty for Community Health Nursing with cohort 28.

Dr. Noquez received her MSN from the University of San Diego in 1997 and PhD in Nursing from the University of San Diego in 2008. Before coming to NU, she worked at California State University Long Beach (CSULB) where she spent three years as a Coordinator of the MSH Family Nurse Practitioner Program. She taught at the graduate level, both core courses and content specific to the Family Nurse Practitioner track. Prior to CSULB, Dr. Noquez spent a year at the University of Nevada Las Vegas as a Visiting Professor teaching Community Health at the undergraduate level. She is a Board Certified Family Nurse Practitioner and maintains a clinical practice one day a week.

Why did you choose to teach at NU?

I chose to work at NU in a full time capacity because I had experience teaching Nursing Theory as adjunct faculty at the Los Angeles campus for two years and I enjoyed the accelerated curriculum format and teaching in a hybrid model. As a private university, National attracts a unique caliber of students who are highly motivated and high achievers. In my experience, the possess maturity and bring extensive life and career capabilities to their nursing education. The innate drive for learning among NU nursing students is a good fit with my philosophy of a teacher as a facilitator of learning who promotes autonomy.

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

Student success in National University's nursing program requires well developed time management skills to meet the demands of the accelerated curriculum. Communication and networking are essential. With the renewed focus among leadership and faculty to make each student's experience a positive one, I encourage students to communicate with faculty regarding their learning needs and challenges. Membership in the Student Nurses Association (NUSNA) is an excellent way to network and the mentoring program they provide has been a great success. Finally, remember to take care of yourself. Get enough rest, eat well and when you can, play a little. Your journey through this nursing education is a special time in your life so embrace every experience as you make progress towards a rewarding career in nursing. ■

"The greatest danger for most of us is not that our aim is too high and we miss it but that it is too low and we reach it."

- Michelangelo

Thank you to Michele Olive!

Tireless. Determined. Leader. These are some of the words that are used to describe NUSNA's outgoing President, Michele Olive. Her refusal to accept the status quo, be it in herself or those around her was also a common theme.

Michele had a vision for the legacy she wanted to leave behind. She wanted to leave NU a better place than when she found it. How amazing would this world be if we all lived by the same credo.

NUSNA, under Michele's leadership

and vision, greatly expanded its reach into not only the university, but the community as a whole. She established a framework for excellence within our organization and has truly been a catalyst for change—expanded membership; expanded community outreach; partnerships with other nursing schools; and a richer and stronger partnership between faculty, staff and students. With all of this in mind, she's also a wife, a mother to her three children, and working as a Nursing Assistant at Sharp Memorial Hospital.

Michele's aspirations and goals for NUSNA is a gift to current and future nursing students and will continue to enhance the experience for many more cohort to come!

We can't thank you enough!

Congrats & Best of Luck with all your endeavors!!!



Welcome New Board Members

NUSNA would like to welcome the following new board members who will take office beginning April 1, 2013. Kudos for volunteering your time and energy to enrich the student experience, provide community support, and make a name for NU nursing students in the healthcare community!!!



Sara Burrington
Cohort 30
2013-2014 President



Sharleen Cronin
Cohort 30
2013-2014 Treasurer



Josh Higgins
Cohort 27
2013 Community Service
Director



Alyce Sugita
Cohort 32
2013-2014 Student Faculty
Liaison



Linnea Larson
Cohort 30
2013 Mentorship Director



Jenna Marie Salazar
Cohort 30
2013-2014 Communications
Director

**"I've failed over
and over and
over again in my
life and that is
why I succeed."**

- Michael Jordan

Licensed Vocational Nurse

By: Jessica Roman (LVN Cohort 5)

Licensed Vocational Nurses (LVNs) are entry-level health care professionals who work under Registered Nurses and Physicians. Most LVNs have attended 12-18 months of formal training in a California "approved" vocational nursing program or have challenged the NCLEX-PN based on work experiences, such as military Corpsman. Upon completion of their training, they then sit for the NCLEX-PN exam to receive a California Vocational Nursing License.

LVNs have the opportunity to earn a Baccalaureate nursing degree through NU's unique program. The LVN to BSN

step-up program consists of 15 months of core nursing classes and accepts 20 students annually. Because of their educational background, LVNs do not take the same path as generic entry baccalaureate nursing students; they are not required to complete Fundamentals, Medical-Surgical I, Pediatrics or OB.

Classmate, Grace Siu who has been a LVN for 3 years, chose to go back to school because of more career options. "I could specialize in a certain area and travel if I wanted to".

I am simply following my career path. When I initially became a nurse in 2011 I knew I would

not limit myself to the entry-level health care role that LVNs serve. I wanted the educational background and the knowledge to complete safe and effective health care for my patients. As LVNs we are taught to perform tasks (i.e. trach care, inserting NG tubes, foley care) but are not taught to be analytical in what we are doing. We do not challenge our minds and ask why or request explanation; we simply follow orders. At the baccalaureate level, nurses are so diligent in providing the highest level of care but in addition to that they have an educational background and the critical thinking skills that set them apart from LVNs.

Building for the Future

(Continued from page 1)

The next time I write to you, we will have obtained our official Inc. status!

Following this action, we will begin our journey towards non-profit status with the Internal Revenue Service (IRS). Russ will again guide us through every step. The other two campus Presidents, and myself, have consented to serve on the founding board of directors for

NUSNA, Inc. Each of us will hold two-year terms. I will serve as President, Mark Apavatjirut from Los Angeles will be Vice-President and Michele Olive from San Diego will serve as Treasurer. We will be filling other positions (Secretary and Alumni/Membership Director) in the coming weeks. If you graduate this year please inquire if you are interested.

Mark, as the Vice-President, is working on the NUSNA, Inc. bylaws. Michele, as the treasurer, is working on our initial operational budget for the main organization, as well as the individual chapter levels.

These are two important steps towards obtaining our 501(c)3 status. Stay tuned for more information in the next issue! ■



NUSNA Fresno President Ryan Rickley & Faculty
Advisor Geeti Farrahi

Legislative News

By: Patti Murphy (Cohort 27)



Are you passionate about a healthcare issue? Do you want to make a difference at the state and/or national level?

Writing a resolution is a great way to increase awareness about an issue you are passionate about.

WHAT IS A RESOLUTION?

A statement that helps increase awareness and/or create change in legislation, and when adopted by the California Nursing Student Association (CNSA) become the bases of policies, priorities and Actions of CNSA.

Resolutions can be position statements, are evidenced-based, and are a CALL TO ACTION

There are three types of resolutions: Resolution of Substance, which gives direction for future action; Resolution of Courtesy, which provides a venue to give recognition of contributions; and Emergency Resolution, which is a call to action based on urgent happenings such as natural disasters.

A RESOLUTION CAN IMPACT THE FUTURE OF NURSING!

Nursing students at National University have never submitted a resolution.

Together, we can change that!

Do you have an idea or a problem that you think needs attention?

Are you interested in getting involved in writing a resolution?

Contact
patti.murphy.nusn@gmail.com
for more information

"Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek."

- President Barack Obama

Upcoming Elections



Are you looking to make the most of your nursing school experience? Are you interested in making a difference? The perfect place for you might be National University Student Nurses' Association!!!

The following board positions will be holding elections this May and will take office effective July 1st:

- Vice President
- Student Activities Director
- Communications Director

Any interested students contact your cohort representatives or corresponding board members for a detailed job description (see page 5 for contact information).

Next NUNSA Meeting—March 26

Time: 2:30 pm

Place: RB Campus

They are open to all NUNSA Members. It is vital to make the most of our experience at NU. Get informed, participate in numerous volunteer opportunities, expand your knowledge with guest speakers, connect with other nursing students, and MUCH MORE!!!

Scholarships

Please visit the following websites for scholarship information particular to nursing students and other scholarships you may qualify for:

- * <http://www.nu.edu/Admissions/Financial-Aid-and-Scholarships.html>
- * <http://www.discovernursing.com/scholarships>
- * <http://www.fastweb.com>

NUSNA in the Community

NUSNA Board Members



NU students volunteered at the **San Diego Brain Tumor Foundation's (SDBTF)** 2nd Annual Fastest 5K and Fun Walk held at Liberty Station in Point Loma on September 22, 2012.



NUSNA got word that the event was a huge success. SDBTF raised over \$60,000 for the patients and families! This would not have been possible without the help of the walkers, donators, and volunteers.



Faculty Advisor—Debra Casey
dcasey@nu.edu

President—Sara Burrington
nusna.president@gmail.com

Vice President—Ashley Coady
nusna.vicepresident@gmail.com

Secretary—Marianne Mesina
nusna.secretary@gmail.com

Treasurer—Sharleen Cronin
nusna.treasurer@gmail.com

Community Service Director—Josh Higgins
nusna.communityservice@gmail.com

Membership & Recruitment—Desirae Lee
nusna.membership@gmail.com

Student Activities Director—Carrie Geiger
nusna.studentrelations@gmail.com

Student Faculty Liaison—Alice Suguita
alyce.sugita.nusn@gmail.com

Legislative Director
Patti.murphy.nusn@gmail.com

Mentorship Director—Linnea Larson
nusna.mentorship@gmail.com

Communications Director—Jenna Salazar
Jenna.salazar.nusna@gmail.com



Feeding America is the nation's leading domestic hunger-relief charity that strives to end hunger in our country. NU students volunteered February 9, 2013 by sorting, and packaging nutritious food items that will be given to San Diegans struggling with hunger.

Next opportunity: April 20—more information on page 8

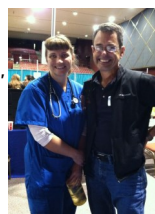


The **Regional Task Force** conducted their annual homeless count in which volunteers canvass San Diego to obtain data regarding the homeless population. The data that is collected is used to obtain federal funding for local providers to address needs of the Homeless and alleviate homelessness in our community. NU students volunteered in locations throughout San Diego January 25-27, 2013 counting and interviewing the Homeless.



Medical
Services

The San Diego Volunteer Lawyer Program presented **The Women's Health Network: Empowering Women in Need** on March 9, 2013 at the San Diego Civic Center. Women had the opportunity to receive free or low-cost services such as mammograms, pap smear screening, HIV testing, dental screening and services, and mental health services. Information and education regarding breast health, prenatal care, child development, and general health information was provided. These are just a few of the many resources that were available. The turnout is said to have been bigger than ever before!



The Balancing Act

By: Maryanne Mesina (NUSNA Secretary, Cohort 28)

We all know that nursing school is like nothing you've ever experienced. Sacrifices are made, intense schedules are dealt with, and the average 11 pound head of yours puts a lot of stress on your neck when staring at those textbooks all day. Nursing students are a special breed of human beings who are high-achievers but tend to rely on self-punishment as a driving force of motivation. We are harsh on ourselves when we fail to achieve the seemingly unachievable and often forget to celebrate the many triumphs and achievements. So, the lesson is FIND YOUR BALANCE. As Assistant Director of Rancho Bernardo Dr. Rich Guertin would say, "it's not hell, it's not craziness, you're



investing in the rest of your life". I encourage you to take a step back and evaluate your thoughts, feelings, and remember what motivated you to pursue nursing. Most importantly, balance each day by mixing it up; do things you enjoy. Play, laugh uncontrollably, exercise, watch a movie, try a new recipe, sleep in an extra hour, and surround yourself with the people, and animals, you love.

Of course, there is a time and place for everything. We must maintain a professional image as knowledgeable and serious health care providers, but not to the point where it restrains us and hinders our growth. It's the balance we need and deserve, so pencil in a break and embrace the lighter side! ■

Upcoming Events

NUSNA Library

The NUSNA Library is rapidly growing! Books that are available include everything from basic health assessment resources to Pharmacology, Med-Surg, and NCLEX preparation review books. Take advantage of this opportunity and go check it out!

Contact your Cohort Reps to borrow and/or donate books. You may also donate your scrubs!!

Location: NUSNA Office (in nursing department office)

3 Chapters | 330 Members | 1 Mission

Fresno | Los Angeles | San Diego

www.nusna.org

NUSNA FRESNO

NUSNA Fresno is at the tail end of it's first year in existence; we're incredibly happy with our progress over this first year. The Peer Mentor Program here has had outstanding first results, and Ryan Rickley (Chapter President) is going to the Spring Symposium in San Diego to present it to Faculty next week. We held elections and have a great new board of directors from Cohort 9 who will take over this Summer when Cohort 7 graduates. In addition, Cohort 6 just completed their program and is holding their pinning ceremony this Friday March 8th. We're incredibly proud of their success, and hope the best for them.

In other news, we are working on a Health Fair for Nurses' week that will kick off Cohort 10's experience at National, as well as promote health in our communities. We expect a large turn out, and have partnered with local organizations such as First Five Fresno, The American Red Cross Central Valley, and The Central Valley Blood Bank. It should be a great event! We are also planning a Spring Social in April, as well as preparing Merchandise for sale in the coming months.

NUSNA LOS ANGELES

NUSNA Los Angeles just finished elections and we have a new President, Heather Mayor, Cohort 8. Mark (the previous president) & his cohort really laid the foundation for the LA chapter. We see ourselves as getting it up and running--like getting a kite up into the air. We look forward to events and fundraisers, as well as getting future cohorts involved, among some other things. The new board is getting up and running, and excited to work towards our future as NUSNA, Inc!



Cohort Updates

Cohort 27 is currently in Leadership with Dr. Guertin. Clinicals are being held at Scripps Memorial in La Jolla. The students are getting a firsthand look at what it means to be a nurse manager. They are also working very hard at reviewing ATI in order to study for the comprehensive predictor exam. This exam is 180 questions and is three hours long. It's comprehensive, so it will cover everything from Fundamentals through Leadership. The Cohort is getting excited to be finishing this challenging program and begin to study for the NCLEX.

Cohort 28 is currently in Community with Dr. Noquez and loving the opportunities to work with people in the real world setting! The course is focused on developing a resource for a community within San Diego to improve public health conditions. As cohort 28 continues on through the community classes, the nearby light of graduation is a bright reminder of how far they have come!

Cohort 29 recently finished up their Peds rotation with Professor Maureen Evans and is beginning eight weeks of Psychiatric Nursing with Professor Ann Kelly. They are excited by the challenge of learning about therapeutic communication and working with a completely new patient population. Four clinical groups are split between Scripps Mercy, Sharp Mesa Vista, Sharp Grossmont and the VA.

Cohort 30 is currently in OB/Maternal Newborn Nursing with Professor Debra Casey. This is an exciting and challenging class. Some students incorporate their knowledge from personal experience to clinical practice while others are able to learn for the first time about maternal and newborn nursing. Students have clinical rotations at Sharp Chula Vista, Scripps Mercy Chula Vista, Scripps Mercy San Diego, and Scripps Memorial La Jolla. Cohort 30 is excited to have completed about half of the nursing program and is looking forward to another year to come!

Cohort 31 is currently in Medical Surgical II with Professor Sangsanai. The class of 49 faces each day trying to absorb a vast load of material and trying to learn to think critically about how to care for patients in pressing circumstances. Clinicals are exciting, with hands-on experiences with diverse people who have medical surgical related diagnoses, and Cohort 31 attends clinicals at Scripps Mercy, Kaiser Hospital, and Sharp Chula Vista. Overall, Med Surg II is a tough but welcome challenge for Cohort 31!

Cohort 32 just finished up Fundamentals and enjoyed their clinical time at the SNF's learning and honing new skills. They are currently taking on the challenge of Med Surg. The cohort is now 56 students, each of whom is eager to continue learning, thriving and surviving this part of the journey. They have been contacting their mentors from the new mentorship program each step of the way for advice and guidance.

Cohort 33 is currently in Pharmacology with Professor Parent. New friendships and bonds continue to form as we go through the program together (see pictures below). We look forward to the challenges that lie ahead.



LVN Cohort 5, made up of 20 Licensed Vocational Nurses, has just completed their first class, Professional Nursing Values with Dr. Kracun. This class was designed specifically for LVNs to gain greater understanding of the scope of practice between the LVN and RN roles. The LVN Cohort 5 also completed their ATI focused reviews on Caring for Children and Maternal-Newborn as they are not required to complete these classes. They are currently in Nursing Theory, a hybrid class, with Dr. Dahlen. The LVN cohort 5 students are very eager to become the first LVN cohort involved with the NUSNA. Their cohort representatives are Allison Corbett and Jessica Roman.

Volunteer Opportunities

Christ Lutheran Church
Blood Pressure Screening and Health Assessment

Assist Professor Sue Mason with blood pressure screening and providing information about health promotion and health resources! This is a monthly opportunity, sponsored by the church's Health Ministry and is open to the public.

NUSNA would like to have 5-8 volunteers. Volunteers need to have successfully completed NSG211, Health Assessment.

Screening and assessment generally takes place on the first Sunday of the month, but may be rescheduled to the second Sunday due to holidays or significant community activities. Volunteers need to arrive at the church lobby at 9:30 a.m.; screening lasts no later than Noon.

Location: Christ Lutheran Church, Pacific Beach, 4761 Cass Street, San Diego, 92109. Dress is business attire with student ID tag.

A sign-up sheet has spots through the August screening and can be accessed through the following link:

<https://docs.google.com/document/d/1-oYWhJp-bwkN5LUT0loC8ae9DIFZnj7qqwmZw0two2o/edit>

APRIL 2013

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SATURDAY

NATIONAL KIDNEY FOUNDATION

What: Student will be responsible for collecting information on height, weight, BMI, and BP measurements. Please bring your stethoscope!

Time: 1100-1400

Where: NTC Liberty Park Station, Point Loma

APRIL 2013

7

SATURDAY

THE CREW CLASSIC

What: First Aid Tent @ their annual rowing competition bring together rowers from around the world

Time: Any 4 hour (or more) increment between 0700-1600

Where: Mission Bay (exact location TBA)

APRIL 2013

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SATURDAY

FEEDING AMERICA

What: Sorting and packaging nutritious food items that will be given to San Diegans struggling with hunger.

Time: 0900-1100

Where: 9455 Waples St, Suite 135 San Diego, CA 92121

APRIL 2013

29

MONDAY

SAN DIEGO BRAIN TUMOR FOUNDATION

What: This is the San Diego Brain Tumor Foundation's signature fundraising event-the 11th Annual Dennis Campbell Memorial Charity Golf Tournament, Dinner & Silent Auction. This is a fantastic day for volunteers to help support San Diego's brain tumor community.

Time: starting @ 1200

Where: Rancho Bernardo Inn, 17550 Bernardo Oaks Dr., San Diego, CA 92128

For more information and to sign up, contact:

briar.ewing.nusn@gmail.com (cohort 27)

nusna.communityservice@gmail.com



PRESENTS
**How to Market Yourself
as a New Grad RN**



By: Dr. Alice Noquez
Thursday, March 21st 2013
4:30 PM – 5:30 PM - Room 116

Come join us as Dr. Noquez discusses the new
graduate process of job interviews, resumes,
and interviews!

Reserve your seat today!!

NUSNA members will be given priority

To reserve your seat: E-mail Nusna.Studentrelations@gmail.com and please
give your name, cohort #, and NUSNA member status